



# *The* **Digestive Restoration** *Plan*



# The Digestive Restoration Plan

My obsession with digestive health all started when I went through my own challenges with irritable bowel syndrome and small intestinal bacterial overgrowth (SIBO). For years after my major struggles, I continued to battle with persistent yeast that has at times sapped my energy and made life unpleasant.

By following this program and living out a probiotic lifestyle, I have been able to overcome these health issues and improve my digestion, energy, brain function, immune system and overall quality of life.

As my life and health began to take off, I started attracting clients from all over the world that were suffering with debilitating conditions. I found that most of the time, these cases had severe leaky gut syndrome as an underlying root cause of whatever other issues they were dealing with.

In order to get more people well in a quicker and easier fashion, I had to develop this program. Over the years, I have changed so many things in my never ending quest to perfect a general program that will help the vast majority of the clients I work with. However, everyone is unique and your own genetic makeup, microbiome and biochemistry is unlike anyone else on the planet. Therefore, you will have your own unique results from this program.

This program comes from 10+ years of obsessive study, learning from the top experts in digestive health, functional nutrition, functional medicine and leaky gut correction. If you follow this diligently you will have a greater than 90% chance of overcoming your digestive symptoms and improving your overall quality of life.

It won't always be easy though, as the program requires a rigid food restriction plan for roughly 30 days and this could last for months. You won't be able to eat many foods you always thought were healthy for you and that you loved so much!

You will have to stay away from processed foods, sugars, starches and desserts. You will either fall in love or hate bone broth and chicken soup! But if you take advantage of all the information and strategies in this booklet along with the rest of the Digestive Restoration Plan, you will give yourself the greatest chance to change your microbiome, fix your leaky gut and maximize your life energy!

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before doing any of these health strategies.

# Chapter 1

## The Digestive Restoration Plan

Digestive disorders can be extremely embarrassing and debilitating. Conditions such as irritable bowel syndrome, yeast overgrowth, small intestinal bacterial overgrowth and colitis are extremely common and can be hard to get under control.

What most people don't understand is that the gut plays an enormous role in brain and emotional health, joint support, skin health, immune function and so much more! Many individuals never deal with digestive symptoms, in spite of many health problems that originated with intestinal breakdown.

### Signs of Digestive System Dysfunction

Leaky Gut Syndrome	Hormonal Dysfunction	Adrenal Fatigue
Asthma & Allergies	Liver/GallBladder Problems	Chronic Fatigue
Crohn's Disease	Diarrhea/Constipation	ADHD/Autism
Auto-Immunity	IBS	Ulcerative Colitis
Irritability	Nutritional Malabsorption	Rashes/Hives
Bad Breath	Mental Disturbances	Acid Reflux
Food Allergies/Sensitivities	Acne/Eczema	Low Energy
Skin Fungus	Abdominal Bloating	Joint Pain
Depression & Other Mood Disorders	Stomach or Duodenal Ulcers	

If you are dealing with any of these issues and want a natural solution to get well, than this program is for you!

### Micro Flora Balance is Key to Health

Your gut is your largest organ and is the key to good health. The human microbiome project has shown that there are ten times more microbial cells in the body than human cells in the body. Microbial cells make up anywhere from three to six pounds of weight within the individual.

The project found that bacterial protein-coding genes are 360 times more abundant than human genes in the body. This means that the genetic makeup of the microbiome has a greater influence on an individual's health than the intracellular genetics of the individual.

Communities of microorganisms are located in every exposed area and cavity of the body. However, the gut provides a dark, moist environment with continuous supply of nutrition and so it is the optimal breeding ground for microbial life.

## **The Natural Ecosystem:**

The digestive tract is loaded with trillions of microorganisms that form a natural ecosystem commonly called the gut flora. Certain lifestyle stressors throw off the natural symbiosis between gut bacteria and human host health. This dysbiosis leads to a rise in pathogenic microbes, chronic gut inflammation and damage to the gut lining.

This internal ecosystem is dependent upon certain beneficial species being widespread and in control. These symbiotic microbes are progenic in that they support life. These organisms provide a protective barrier that guards the intestinal wall against pathogenic bacteria, parasites, fungi, viruses and environmental toxins. These organisms also create anti-microbial substances that destroy pathogenic organisms. They are very powerful, natural antibiotics, antivirals, and antifungals.

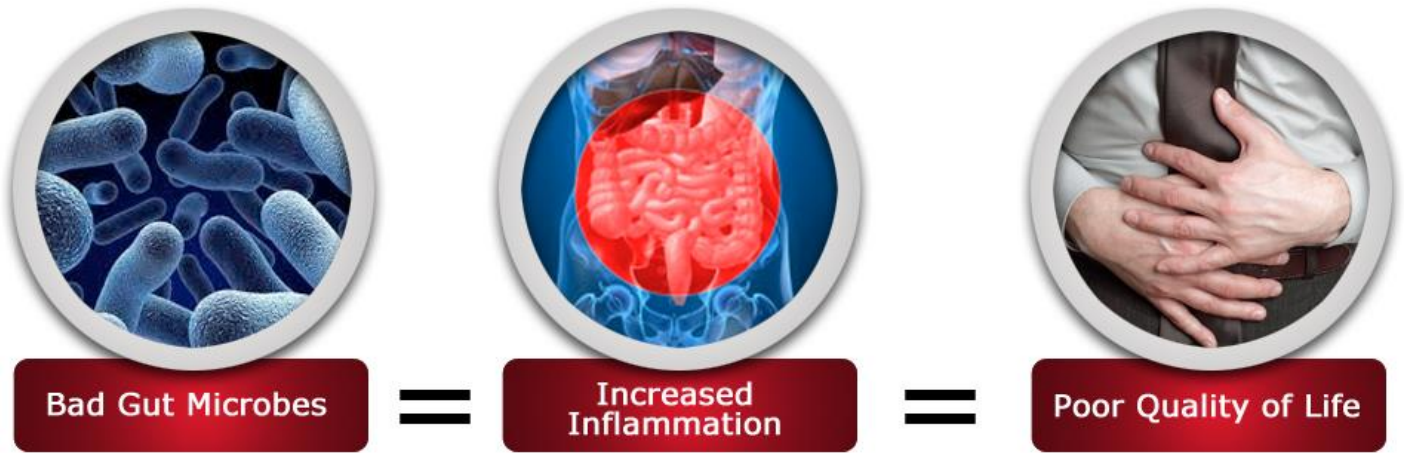
The beneficial microflora work to digest our food and produce enzymes that metabolize protein into absorbable amino acids. These key enzymes also transport important vitamins, minerals and other nutrients through the intestinal wall and into the blood stream where they are effectively carried to cells that are in need of these nutrient packages (1).

The pathogenic microbiota consume too many of the vital nutrients we need and they produce toxic waste material. These toxins inflame our gut lining leading various stages of intestinal permeability.

The health of the body and mind are especially dependent upon the health of the human microbiome. The ideal ratio of progenic to pathogenic microbes is thought to be 85:15.

Most Americans today have this ratio flipped in favor of the antagonistic microbial communities. This is called dysbiosis or bad bacterial balance. Dysbiotic conditions are due to the influence of environmental toxins that wipe out progenic species and create an environment conducive to pathogenic growth (3).





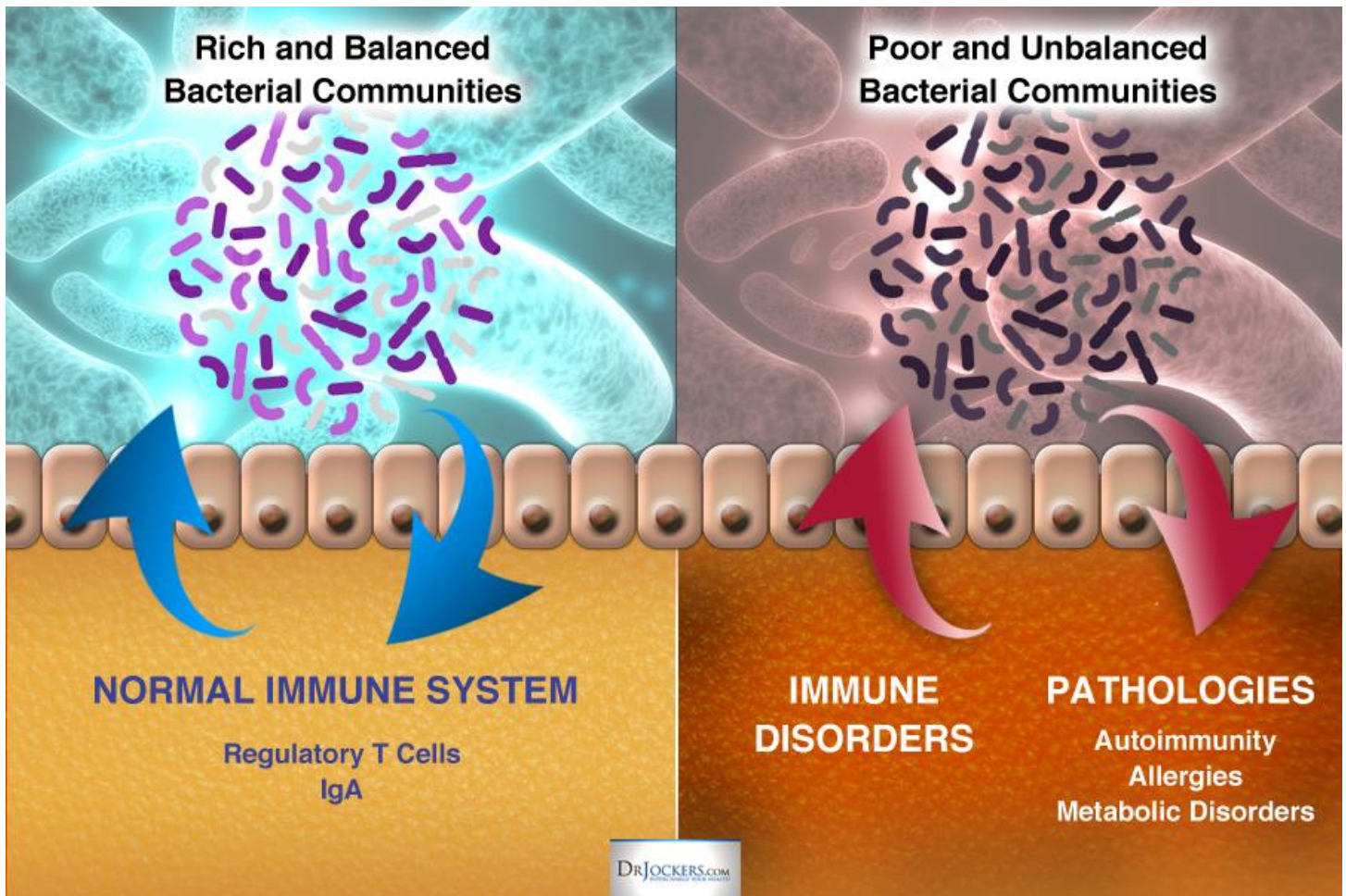
## How We Develop Leaky Gut:

When you damage the intestinal wall little “micro-lesions” form which can cause undigested food particles to pass into the bloodstream. This leads to inflammatory responses and causes nutritional malabsorption and deficiencies.

When the gut is damaged it leads to food allergens and sensitivities that initiate a widespread inflammatory process throughout the body. This inflammatory process further irritates the gut lining and causes even larger holes in the gut lining.

Additionally, it stimulates the adrenal glands to pump out more stress hormone. In time, the adrenals wear out and the hormonal systems are dramatically affected. The adrenals produce cortisol which helps to calm inflammation. When the adrenals are overworked they are unable to produce enough cortisol and inflammation can grow out of control.

The bottom line is that your health revolves around the health of your gut. If your gut is damaged or you have an abundance of pathogenic microorganisms it is impossible to be healthy. The gut must be addressed in order for one to live a lifestyle that builds health and vitality.



## Chapter 2

# How We Destroy Our Digestive Systems

I was born in 1981 and grew up in a time when we were told by public health authorities that fat was evil, and we did whatever we could to consume more carbohydrates and less fat. My family, like most people in those days thought that foods like orange juice, cheerios, pasta and potatoes were “health” foods.

My mom was very vigilant about keeping sugar and candy out of the house and never really spoiled us with sweets. We were considered the “healthy” kids and my mom was considered radical for restricting processed meats and sugary foods from the family. The only animal products we regularly consumed were fish, eggs and dairy with a little bit of poultry from time to time.



## **This Was My Typical Diet:**

**Breakfast:** Bowl of corn flakes with low-fat milk and banana and glass of orange juice.

**Lunch:** Peanut butter and jelly sandwich on whole wheat bread, pretzels and an apple.

**Dinner:** Pasta with tomato sauce, parmesan cheese and garlic bread or vegetarian burritos with flour tortillas, refined beans, veggies and processed cheese.

As I developed, I became very interested in performance and health. I was an athlete through high school and my mom taught me that nutrition played a big role in my performance. I began to ask for kale, garlic, fruit, peanut butter and canned tuna (for protein) and lots of pasta and bread (for carbs).

## **My Body Was Breaking Down on the Inside:**

In my early 20's, I was a personal trainer and extremely active and fit. However, on the inside, I was struggling.

I would have periods of tremendous intestinal cramping that would leave me lying on the ground squirming in pain. I struggled with constant bouts of diarrhea and constipation that were unpredictable. But I thought this was normal and no big deal. Especially, since I was living a much healthier lifestyle than just about anyone that I knew.

I was a lacto-ovo vegetarian and never ate what I considered "junk food" like candy, fast food or pastries. I exercised daily and looked great on the outside, so I thought I was doing everything right...but I really had no knowledge of how to truly care for my body.



By ignoring these smaller problems, I was allowing them to get worse and worse, and eventually spiral out of control. That is when the “little things” completely disrupted my life.

## My Typical Diet Plan as a Personal Trainer:

**Breakfast:** Bowl of Quaker Oatmeal squares, berries, skim milk, dry roasted peanuts, whey protein (processed – not the raw, non-denatured that I currently recommend).

**Lunch:** Salad – spinach, cucumber, onion, tomato and processed soy burger or tuna fish with olive oil and table salt and pepper.

**Snack:** Nuts, fruit or processed protein and energy bars.

**Dinner:** Farmed salmon with veggies and olive oil or soy burger with whole wheat bun and salad with olive oil.

**Before Bed:** Protein Shake with skim milk, berries and whey protein.

You can see that this diet was better than my childhood diet – I was consuming more vegetables and nutrients, but I still took in a lot of carbohydrates and processed foods that were dressed up as “health foods.”

Both of these diets were highly inflammatory and, in my case, the lifestyle factors I will describe going forward destroyed my digestive system. This led me to have low energy, cramping, bloating and constipation. I was also sleepy all the time with major brain fog.





## **Here Were Some of the Issues:**

### **Drinking Water:**

I was drinking tons of water (which we all know is healthy) at least a gallon a day, but unfortunately the water was not filtered very well and contained chlorine and fluoride, which both have a detrimental effect on our gut microflora and intestinal lining.

### **Artificial Sweeteners:**

I knew better than to eat a bunch of sugar, but at the time I didn't realize how bad Splenda was. I never purchased Splenda directly but I used processed protein bars and whey proteins that contained this dangerous ingredient.

### **Pasteurized Dairy:**

I would consume a lot of skim or low-fat milk, yogurts and cottage cheese. Unfortunately, most of these products were not organic.

Subsequently, I ended up consuming extreme amounts of hormones and antibiotics, which created dangerous chemicals that inflamed my body because of the high heat pasteurization process. The grain-fed cows, which were forced to eat corn and soy based feeds with high levels of omega 6 fats, also contributed to this inflammation.

### **Farm Caught Fish:**

I would have salmon and tuna all the time because I thought they were healthy. Unfortunately, like most people, I ate a low-quality farm-caught variety that I would purchase because I didn't know the difference between farmed and wild caught. Farmed fish is fed genetically modified (GMO) grains that are laced with pesticides and herbicides that damage the gut lining.

### **Gluten and Grains:**

I would eat oatmeal or Quaker oatmeal squares every morning. I would use whole wheat breads and pastas and lots of brown rice. I thought this was super healthy, but grains in general are inflammatory and the lectin components can be extremely hazardous to gut health and the overall nutritional status of the body.

### **Soy Products:**

One of soy's primary isoflavones, genistein, has been shown to inhibit the enzyme tyrosine kinase in the brain. The highest amounts of tyrosine kinases are found in the hippocampus, a brain region that is essential to learning & memory.

High soy consumption actually blocks this mechanism of memory formation. Processed non-organic soy is also genetically modified (GMO) which makes it quite hazardous for a number of reasons explained below.

### **Processed Proteins:**

I was a huge fan of processed protein bars, protein shakes, getting shakes at smoothie places, etc. I remember that I would even drink Ensure – because I liked that it had protein and vitamins/minerals in it. I didn't realize these nutrients were in dangerous synthetic forms that are not well-tolerated by the body.

Unfortunately, these products were all synthetically created and had tons of dangerous additives, preservatives, artificial flavorings, etc. All of these add to our toxic load and inflame the body and damage the gut lining and the microbial diversity in the digestive system.

### **NSAIDs:**

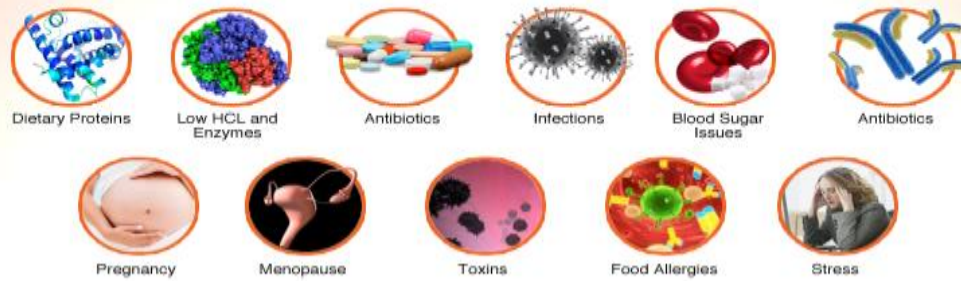
I suffered with headaches all throughout my childhood and would frequently take Ibuprofen or other non-steroidal anti-inflammatory drugs (NSAID's). When I played high school sports, I took more to control pain and help with injuries. Unfortunately, NSAIDs place a lot of stress on the liver and kidneys and wear down the stomach and intestinal lining.

### **My System Was So Overwhelmed:**

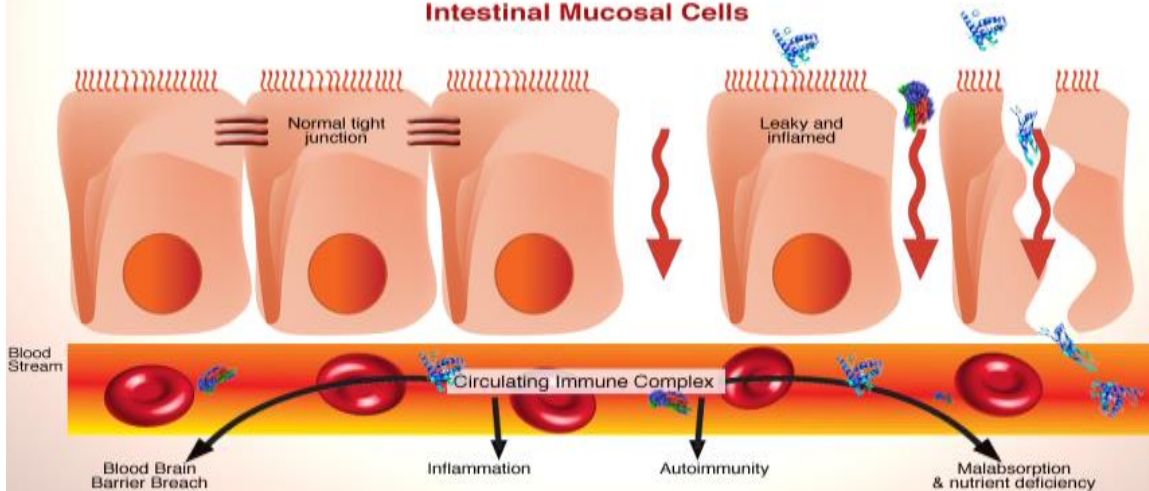
By the time I got into graduate school, my system had been overwhelmed. I dropped 30 lbs in a 6 month period of time (from 165 lbs to 135 lbs) and I looked very thin. My parents and colleagues were concerned. My blood pressure was extremely low and I would get dizzy every time I stood up too quickly.

# LEAKY GUT SYNDROME

## Triggers Causing Intestinal Damage



## Intestinal Mucosal Cells



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I finally realized that I had leaky gut/irritable bowel syndrome and needed a drastic change. So I went about removing all the possible toxins from my diet and lifestyle, and in a year I had gained the muscle weight back and felt significantly better.

This is when I realized that digestive health is foundational to overall health.

## The Digestive Dysfunction Epidemic:

I could go on and on about all the things well-intentioned people are doing every day that damage and inflame their bodies. I should know, because I was one of them for so many years!

Did you know that research indicates that 61% of the United States population alone is dealing with at least one symptom of digestive dysfunction?

You name it — gas, bloating, heartburn, abdominal pain, candida, constipation, diarrhea — the statistics say that YOU are more than likely experiencing one or more of them, right now at this very moment.



# **Digestive Problems & Inflammation Are the New Normal:**

Living with digestive problems has become the new normal. Typically, they begin as minor complaints — a little indigestion here and there, the occasional tummy ache or bout of heartburn.

Over time, they get progressively worse. The signs are relatively silent at first and then, BAM, you get hit with some horrible symptom out of nowhere!

THIS is what's so confusing to people, as hundreds of millions across the globe are wondering why they don't feel well. The truth is that "modern day" medicine has fallen as much as 17 years behind the latest research. In other words, almost two decades will pass before your doctor recommends what actually works. Chances are, your doc is unaware of the growing number of research studies demonstrating these alarming findings:

- The toxicity of persistent constipation may cause common, everyday symptoms like fatigue, attention deficit, and brain fog.
- Autoimmune conditions like Hashimoto's thyroiditis, rheumatoid arthritis, and multiple sclerosis are almost always rooted in digestive dysfunction and chronic inflammation.
- The inflammation from gut dysfunction can spread throughout the body, causing inflammation in the brain, joints, and other important organs.
- Chronic inflammation is a characteristic of cancer, heart disease, diabetes and neurodegenerative disorders like Alzheimer's, Parkinson's and dementia.

Inflammation in the gut may also shut down your body's ability to burn fat. Most doctors are either unaware of this information or don't care to know. Meanwhile, people like you and have paid the price and unnecessarily suffer serious discomfort and even get into debt because of medical bills!

## **What Is the Solution?**

The solution is to make lifestyle changes that are in alignment with our body's natural genetic code. We were made to enjoy and assimilate nutrients from real foods. Foods that have been consumed for thousands of years by people all over the world are naturally bioavailable and easily assimilated by our bodies.

This ancestral approach to food consumption is rich in nutrients and low in environmental toxins. It works in harmony with the body and frees up vital energy for all of our basic functions. The food provides for our various cravings due to the good fats that are smooth and creamy, the hearty proteins and the flavorful herbs. This is the nutritional plan for optimal lifelong energy and vitality!

# Chapter 3

## The Digestive Health Program

The goal of our three phase digestive restoration program is to break the “Vicious Cycle” as described by Elaine Gottschall in her book on the topic. She describes this cycle as a constant pattern of diarrhea, constipation, acid-reflux, gas, indigestion, bloating, fatigue and many other digestive symptoms.

This vicious cycle is basically a process in which inflammatory damage to the intestines causes poor digestion which leads to bacterial overgrowth. These bacteria then release waste particles after consuming the undigested or partially digested food.

There are some microbiota who eat toxins and produce key nutrients such as B vitamins and vitamin K. There are other microbiota that eat valuable nutrients and produce toxic material that causes damage to our bodies.

When we have poor digestive processes, we create an environment that is ripe for the development of the type of microbiota that consume valuable nutrients our body needs and produce waste particles that affect our brain, stomach, intestines, liver, skin and many other organs.

### 10 Common Digestive Symptoms:

1. Gas
2. Bloating
3. Diarrhea &/or Constipation (less common than diarrhea)
4. Abdominal pain or cramping
5. Skin disorder such as eczema and rosacea
6. Diagnosis of irritable bowel syndrome or inflammatory bowel disease
7. Food intolerances such as gluten, casein, lactose, fructose and more
8. Chronic illnesses such as fibromyalgia, chronic fatigue syndrome, autoimmune diseases, diabetes and neuromuscular disorders.
9. B12 deficiency as well as other vitamins and minerals (iron and magnesium are common)
10. Fat malabsorption

### The Digestive Breakdown Process:

1. **Poor Digestive Processes** due to poor diet, chronic stress, eating too fast or on the go, taking anti-biotics, antacids or NSAID medications.

2. **Intestinal Inflammation:** The inflammation of the intestinal region creates swelling and fluid (like a sprained ankle) and often increases the mucous content. This reduces nutrient absorption further.
3. **Overgrowth of Bacteria:** The bad bacteria, yeast and sometimes parasites come in and feed on the undigested food particles.
4. **Bacteria, Yeast & Parasites Produce Toxins:** The overgrowth of these microorganisms leads to high levels of waste material release that causes more inflammation and gas. This accounts for the stomach pain, distension, gas, change in bowel movement patterns (diarrhea and constipation), etc. that many experience.



## Healing the Gut:

It is vital to remember that when one has this sort of health condition, the intestines are inflamed. Think about this like a sprained ankle. If you are trying to walk on your sprained ankle, it will swell up even more and will never heal as it was designed too.



The same pattern works with your gut. If we are constantly challenging our gut with foods that are tougher on the digestive processes, than we are only irritating the injured intestines even more and we can forget about truly healing.

The only way to heal a sprained ankle is to stay off of the ankle. You need to rest it, ice it (reduce inflammation), maintain compression and keep it elevated.

The best way to heal a damaged and inflamed gut is to reduce food stuffs that are going through it and use nutrients that help to soothe and de-inflate the gut lining.

## The 3 Phase System to Heal the Gut:

- 1. ReSet Phase:** This is a liquid fast that focuses on herbal teas, bone broth, essential oils, apple cider vinegar and coconut oil.  
**Goal:** Starve out bad microbes & reduce intestinal inflammation  
**Duration:** 3-5 Days
- 2. ReBuilding Phase:** This uses easily digestible foods that provide key nutrients to rebuild the intestinal lining.  
**Goal:** Rebuild the intestinal wall while keeping inflammation down  
**Duration:** 10-14 Days
- 3. ReInnoculation Phase:** We begin the process of using fermented foods and fermentable carbohydrates to repopulate the gut with healthy microbial species.  
**Goal:** Help support the development of healthy microbial species in the gut  
**Duration:** 10-14 Days

This is the basic 30-Day program to heal the gut. After these 30 days the goal is for you to be able to move into the probiotic lifestyle.

**The Probiotic Lifestyle:** This is a lifelong process where you focus on eating real foods that support the development of a healthy microbiome.

You want to find the foods that are most agreeable to you and eliminate the foods that are not agreeable.



# The 3 Phase System to Heal the Gut

## 1 ReSet Phase

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**Goal:** Starve out bad microbes & reduce intestinal inflammation

**Duration:** 3-5 Days

## 2 ReBuilding Phase

**2. ReBuilding Phase:** This uses easily digestible foods that provide key nutrients to rebuild the intestinal lining.

**Goal:** Rebuild the intestinal wall while keeping inflammation down

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## 3 ReInnoculation Phase

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## The Probiotic Lifestyle

**The Probiotic Lifestyle:** This is a lifelong process where you focus on eating real foods that support the development of a healthy microbiome.

You want to find the foods that are most agreeable to you and eliminate the foods that are not agreeable.

This is the basic 30-Day program to heal the gut. After these 30 days you move into the probiotic lifestyle.



## Chapter 4



The leaky gut protocol begins with a 3-5 day reset that is a de-inflaming fast. During the fasting period the individual should consume organic broths and either broth or water w/oregano essential oil and peppermint essential oil.

Bone broth provides a megadose of critical nutrients like gelatin and key amino acids that support the rapidly growing cells in the gut and soothe inflammation and scarring of the gut lining.

### **The Reset Phase:**

**3 Days:** Aiming to drink 40-60oz of organic chicken broth daily with 1 drop of oregano essential oil per 4 oz of broth. If you don't like the way the essential oil tastes than try using it in water.

If you don't want to make your own broth (which is best), you can get it pre-made in a carton of Pacific Foods organic chicken broth [here](#) with 9g of protein per serving. This is an excellent product! You can also find organic free range chicken broth at your local health food store that you can use.

In addition, you want to drink an additional 20-60oz of organic herbal tea and/or water with apple cider vinegar (ACV - 1 tsp per 8oz). Also using 1-2 drops of lemon essential oil in water can be extremely helpful. You can combine a drop of lemon oil with a tsp. of ACV in 8oz of water.

\*\*\*Note, if you don't like the essential oil in your broth than don't use it like that. You can put the drop of essential oil in your water or you can take it in a gel cap as a supplement.

**Upon Arising:** Drink 8oz of herbal tea and 8oz of water with 1 tsp of apple cider vinegar w/one drop of lemon essential oil

**1 Hr Later:** 8-16oz of bone broth



**1-2 Hrs Later:** Drink 8 oz of water with 1-2 drops of oregano essential oil and 1-2 drops of peppermint essential oil. Do this between servings of bone broth throughout the day

**Every 3 Hrs:** 8-16oz of bone broth

**Optional:** If you desire, you can take 1 tsp of virgin coconut oil or 1 tsp of grass-fed ghee with the broth. Simply mix it into the broth or have it right off the spoon. You can also add in a tsp or two of grass-fed collagen protein or bone broth protein if you like. The protein helps to keep your energy up and reduce cravings & nausea.

**In Between Broth:** Enjoy water w/essential oils, herbal teas and water w/apple cider vinegar.

### **At the End of the 3 Days:**

If you feel really good, ask yourself if you would like to continue to fast. If so, then I would recommend continuing and doing a 5 day fast.

If you are struggling on the fast than I would recommend ending it at 3 days and beginning the rebuilding phase.

There is really no “right answer” here. A lot of people think they have to slug through a full 5-day fast. I don’t recommend that if you feel absolutely awful. This will not help your body get better faster. In fact, it could be really degrading to your system.

However, there are people who feel the best they have felt in a long-time while doing the fast. Those are the people who should continue the fast and go the full 5 days.

### **When To End the Fast Early?**

It is normal to feel mild nausea, mild-headache, fatigue and brain fog when you begin the fast. This can be even more accentuated if you have been depending upon caffeine up until now.

However, if you feel so poorly that you are unable to even get out of your bed, or have a non-stop pounding headache and vomiting than you will want to end the fast early. The fact is that some people have such intense adrenal fatigue that doing a fast is not warranted.

For many people with adrenal fatigue, they notice that doing herbal teas, and having the bone broth with added bone broth protein helps to maintain stable blood sugar levels and keeps them from crashing. In addition, be sure to add in salts and trace minerals as that can really help keep you stable.

However, it is highly advisable for everyone to limit the overall activity level during the fast. Try to rest a lot, take some gentle walks outside at a nature park and relax as much as possible.



## The Reset Phase:

The leaky gut protocol begins with a 3-5 day reset that is a de-inflaming fast. During the fasting period the individual should consume organic broths with oregano essential oil and peppermint essential oil.

Bone broth provides a megadose of critical nutrients like gelatin and key amino acids that support the rapidly growing cells in the gut and soothe inflammation and scarring of the gut lining.



### 3 Days:

Aiming to drink 40-60oz of bone broth daily with 1 drop of oregano essential oil per 4 oz of broth.

In addition, you want to drink an additional 20-60oz of organic herbal tea and/or water with apple cider vinegar (1 tsp per 8oz)

Upon Arising: Drink 8oz of herbal tea and 8oz of water with 1 tsp of apple cider vinegar.

**1 Hr Later:** 8-16oz of bone broth with 1-2 drops of oregano essential oil and 1-2 drops of peppermint essential oil.

**Every 3-4 Hrs:** 8-16oz of bone broth with 1-2 drops of oregano essential oil

**Optional:** If you desire, you can take 1 tsp of virgin coconut oil or 1 tsp of grass-fed ghee with the broth. Simply mix it into the broth or have it right off the spoon.

**In Between Broth:** Enjoy herbal teas and water with apple cider vinegar.



### At the End of the 3 Days:

If you feel really good, ask yourself if you would like to continue to fast. If so, than I would recommend continuing and doing a 5 day fast.

If you are struggling on the fast than I would recommend ending it at 3 days and beginning the rebuilding phase.

## Trouble Shooting the Reset Phase:

The most common complaints that I get during this phase is fatigue, nausea, headaches & cravings. This is very common on a fast.

**Fatigue:** Be sure you are adding some good salts to your broth. Himalayan pink salt is my favorite and you can also add a pinch of kelp powder which provides iodine and phytonutrients to the broth.

Since a fast is essentially a low-carb diet (or no carbs), the body excretes a lot of sodium. It is important to add a lot to your broth. The broth should taste mildly salty but good. Don't over salt to where you dislike the flavor.

**Nausea:** This is very common during this phase. Collagen or bone broth protein in the broth or teas can help. Additionally, using ginger or peppermint tea and fresh ginger that you can grate and add to the broth can be very helpful for reducing nausea.

**Headaches:** Headaches are typically related to either low blood sugar (hypoglycemia) and/or low blood pressure and lack of oxygen getting to the brain. I recommend having the collagen or bone broth protein powders added to water or bone broth to get more blood sugar stabilizing protein. You can also do 1 tsp of coconut oil every 3-4 hours as well.

It is also key to get enough trace minerals so add in the good salts and you can use the kelp powder to get enough of these minerals, which will help improve overall adrenal function.

**Cravings:** Whenever you deprive yourself of food you have a natural tendency to have food cravings. Your body and mind are so used to chewing food and consuming sugar, carbs and protein that cravings are a very natural result.

When we eat food, we release dopamine and endorphins. This creates a natural feel-great experience. This neurophysiological process creates a strong emotional component to eating. Beyond the emotional component, using collagen or bone broth protein and coconut oil or grass-fed ghee in your broth and teas can be very helpful.

Often times cravings come when our body is in need of trace minerals. This is especially the case with people who find they crave things like potato chips and pretzels. Getting the good salts and kelp powder can be especially helpful for reducing cravings.

If you experience food cravings, hang tough and realize that this is a normal detoxification process that will help you grow stronger physically, mentally and emotionally.

This whole process has a lot more to do than just healing your gut. It is really about healing the deepest part of ourselves and learning to listen and manage the rhythms of our body.

## To Beat the Cravings:

1. **Have a Success Partner:** This could be someone you are doing the program with or a supportive friend or family member. Their job is to encourage you and hold you accountable to following through with what you set out to do.
2. **Journal:** Journal about your feelings and how strong you are for overcoming these. Keep your journaling super positive...continue to reaffirm how you are an overcomer, a champion, that you rise in victory, etc.
3. **Have a Visualization Board and/or Process:** You can create a vision board that shows you rising above challenges, feeling and looking great and experiencing life fulfillment. Keep looking at the board. Additionally, practice visualizing yourself strong and healthy. Vibrant life is flowing out of you! This will help to reenergize and refocus you to accomplishing your goal!

Think of this process as a short-term challenge that strengthens your self-control and will power and will lead to a more enjoyable and fulfilling life. I believe you will look back at this period of time in the future and realize that it was a period of time you had great breakthroughs!

## To Beat the Cravings:

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LIFE CHANGING YOUR HEALTH



Have a Success  
Partner

Journal

Have a Visualization  
Board and/or Process



# Chapter 5



The rebuilding phase is a combination of the GAPS diet and low-FODMAPS nutrition plan. We want to utilize this dual approach to get the best gut healing food based nutrients into the body with the least amount of stress on the digestive system.

The major theme here is to cook the vegetables well and consume them in soups and stews to continue to take in the enormous health benefits of bone broth.

Additionally, you can make berry shakes with coconut milk as a side option to give you liquid nutrition and variety.

**Meat:** Wild-caught Salmon, Organic Chicken, Turkey or Duck meat

Use Bone Broth or Collagen protein powder

You can try Gut Healing Protein if you are vegan/vegetarian as this is a 99% pea protein and 1 % brown rice protein that is hypoallergenic.

**\*Why Not Red Meat?** We have found that red meat is tougher on the digestive system and we want to do everything possible to reduce stress on the digestive system during this stage.

**Fats:** Organic animal broth (grass-fed beef, lamb, duck, chicken or turkey), coconut oil, coconut milk, grass-fed ghee and olive oil

**Seeds:** Pumpkin seeds, Hemp seeds, Chia seeds & Flax seeds

**Fruit:** Berries, lemons, limes, small amount of granny smith apple



## **Vegetables:** Low-FODMAP group

Bamboo Shoots	Bok Choy	Butternut Squash
Carrots	Chives	Cucumber
Fennel	Green Beans	Green Onion (Scallion)
Ginger	Lemongrass	Kale
Olives	Parsnips	Radishes
Pumpkin	Sea Vegetable	Squash
Spinach	Sweet Potato	Zucchini

These are all good vegetables during this plan. During this phase, these all (except cucumber and olives) need to be cooked in a soup/broth.

Small amounts of raw cucumber slices with apple cider vinegar are permissible. You may add olives to this.

Meals must be small and spread out throughout the day.

\*If you have a history of kidney stones or if you know you struggle with oxalate rich foods than avoid using spinach or Swiss chard and instead use a moderate amount of kale. \*

**Meals:** Protein Shake with organic coconut milk, fresh or frozen berries (no more than ¼ cup per shake) and 1 scoop of Bone Broth protein powder.

## **Stews: Organic bone broth**

**Orange Vegetable:** Carrots or Squash or Sweet Potato

**Green Vegetable:** Kale, spinach, zucchini or green beans

**Sea Vegetable:** Small amounts of kelp, dulse or nori flakes

**Meat:** Organic (ideally pasture-raised) chicken, turkey or duck

You could also do wild-caught fish such as salmon

**Herbs:** Italian herbs such as oregano, basil, thyme, rosemary, etc.

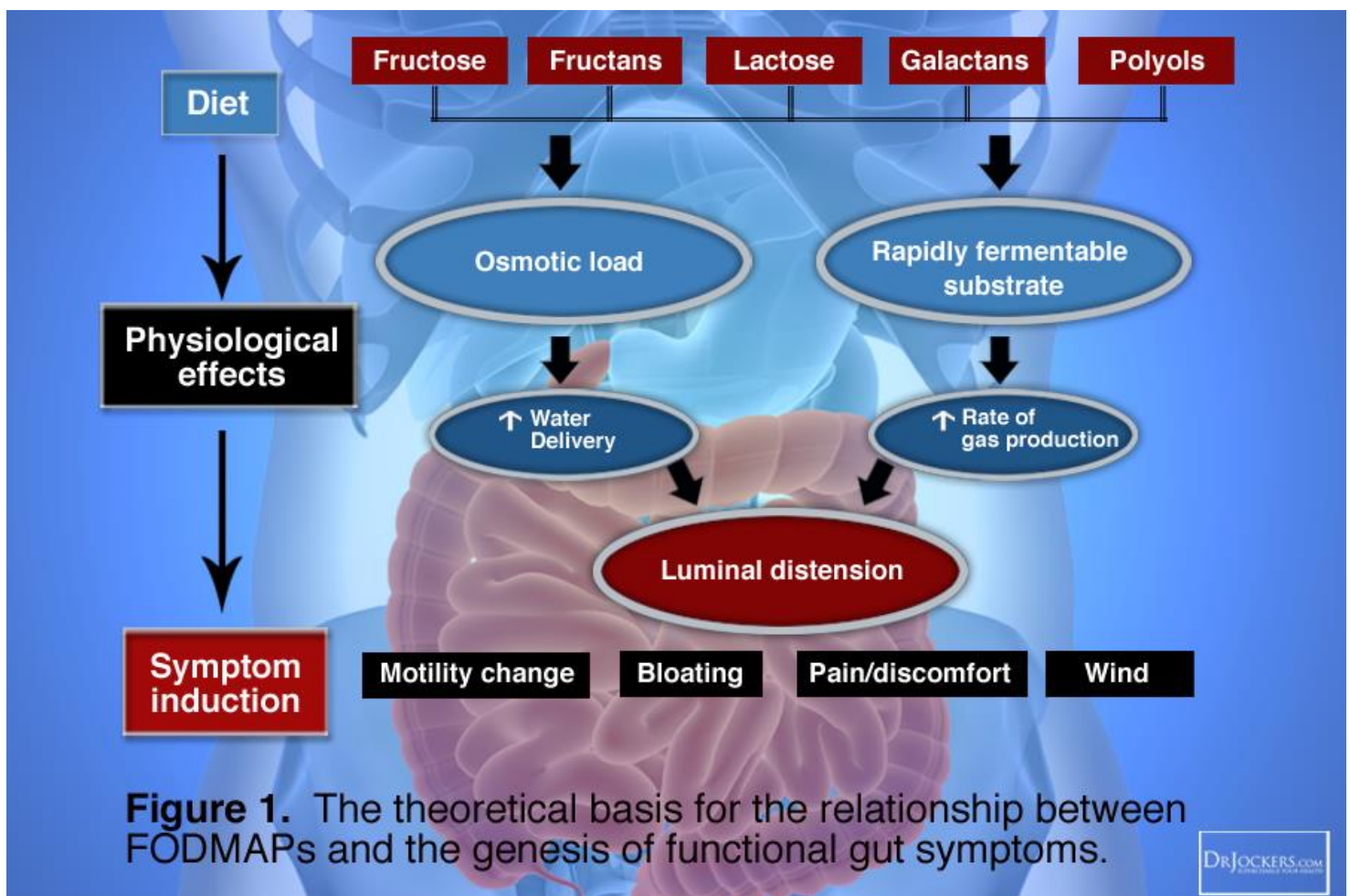
**Fats:** You can add coconut oil and/or grass-fed ghee

\*Avoid Any Ingredients you are allergic or sensitive too\*

\*If you are allergic to coconut than you can use hemp milk or try almond milk but be sure to avoid any containers that have the ingredient carrageenan in them\*

## What Are FODMAPs and Why Aren't They Allowed?

FODMAP is an acronym for Fermentable Oligo, Di- and Monosaccharides and Polyols. These are all types of sugar based carbohydrates that are found in certain foods and are challenging on the bowel. These sugars include glucose, fructose, galactans, polyols and lactose among others.

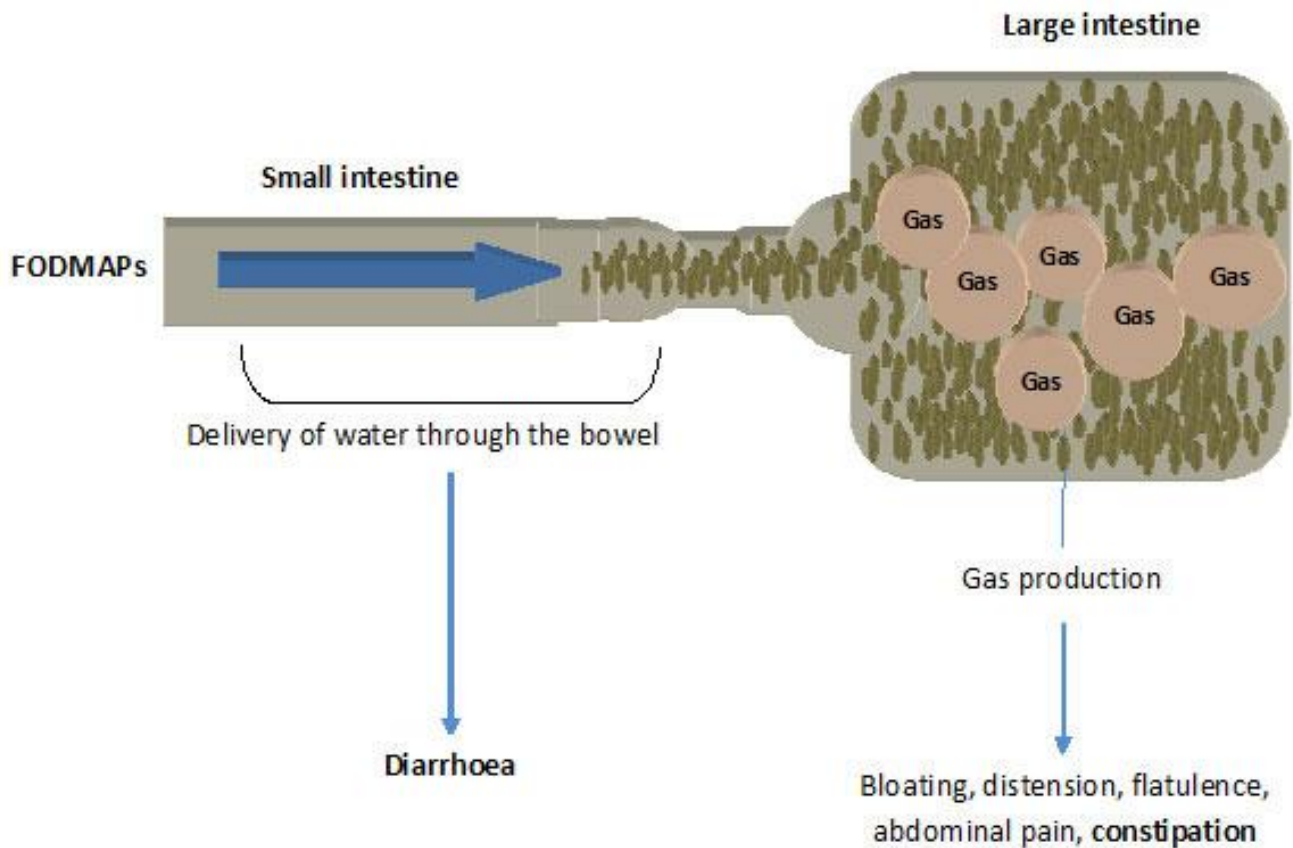


## The Symptoms of FODMAP Problems:

Individuals who struggle to digest these carbohydrates typically experience symptoms that include abdominal discomfort, bloating, cramping, nausea and/or pain after eating foods with these FODMAPS. These sugars are osmotic and pull water into the intestinal tract which accounts for the diarrhea. Most symptoms appear within 30 minutes to two hours after eating.

Not everyone who struggles with FODMAPs will develop diarrhea, many struggle with constipation or alternating bouts of constipation and diarrhea such as with irritable bowel syndrome.

People who struggle with FODMAPs have a condition called small intestinal bacterial overgrowth (SIBO) in which their small intestine has an overgrowth of bacteria that shouldn't normally be present. The FODMAP's are a fuel source for these microbes who release toxic byproducts as they metabolize the sugars. The toxicity that the microbes release causes the digestive discomfort and overtime leads to many different health challenges.



## The FODMAP Diet Restrictions:

The typical restrictions on a FODMAP diet include generally inflammatory foods such as gluten, unfermented soy, peanuts and often nightshade vegetables. The diet also removes foods high in fructose such as fruit, honey and agave nectar. We do allow lemon/lime and small amounts of berries.

Fructans are also known by the prebiotic inulin. This is a non-digestible fiber that is healthy for those with normal bowel flora. Fructans are found in wheat, onions, garlic, artichokes, asparagus, sugar snap peas, cabbage, shallot, leeks, cauliflower, mushrooms, pumpkin & green peppers. These are often not tolerated well by people who struggle with digestive problems.

Galactans are the primary carbohydrate found in beans, lentils and legumes. These are not tolerated well by individuals with digestive problems. Polyols include sugar alcohols such as sorbitol, mannitol,

xylitol, maltitol and erythritol. Other foods that have polyols include pitted fruits like avocado, apricots, cherries, nectarines, peaches and plums.

# The FODMAPS Diet

excess fructose	lactose	fructans	galactans	polyols
<p><b>Fruit</b> apple, mango, nashi, pear, tinned fruit in natural juice, watermelon</p> <p><b>Sweeteners</b> fructose, high fructose corn syrup, concentrated fruit sources, large servings of fruit, dried fruit, fruit juice</p> <p><b>Honey</b> corn syrup, fruisana</p>	<p><b>Milk</b> milk from cows, goats or sheep, custard, ice cream, yogurt</p> <p><b>Cheeses</b> soft unripened cheeses, such as cottage cheese, cream, mascarpone, ricotta</p>	<p><b>Vegetables</b> asparagus, beetroot, broccoli, brussel sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion, shallots, spring onion</p> <p><b>Cereals</b> wheat and rye</p> <p><b>Fruit</b> custard apple, persimmon, watermelon</p> <p><b>Misc.</b> chicory, dandelion, inulin</p>	<p><b>Legumes</b> baked beans, chickpeas, kidney beans, lentils</p>	<p><b>Fruit</b> apple, apricot, avocado, blackberry, cherry, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon</p> <p><b>Vegetables</b> cauliflower, bell pepper, mushroom, sweet corn</p> <p><b>Sweeteners</b> sorbitol, mannitol, isomalt, maltitol, xylitol</p>

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We don't have to avoid these foods for life, but in the early stages we need to eliminate them and then very slowly reintroduce them. This is exactly what we do in the Digestive Health Restoration program. The 3<sup>rd</sup> Phase is the reinnoculation phase, where we slowly and intentionally reintroduce higher FODMAP foods and see how our body tolerates them.

Some individuals will feel great as they begin adding in these higher FODMAP groups because they are providing valuable prebiotic fibers for their gut microflora. Others will not be able to tolerate many of the FODMAP groups. You may be able to tolerate one specific group or one food within a group. I have seen it be very random and that is why you want to be a detective while you are adding these back to carefully observe what you notice.

I recommend starting with the healthiest ones first. This would include things like avocado, garlic, cruciferous veggies, etc. and see how you tolerate those in the reinnoculation phase.



# Chapter 6



After the rebuilding phase, you move into the reinnoculation phase where you consume lots of good fats and fermented and steamed veggies. This period lasts for fourteen days while you slowly add in new foods and see how the body tolerates them and what is going to support your microbiota and body the best. Be sure to watch out for how your body responds to the various higher FODMAP foods.

The only foods consumed on this part of the plan are small amounts of steamed cruciferous veggies like broccoli, cauliflower, cabbage, Brussel sprouts, etc. Small amounts of steamed carrots can be nice too. You want to find the veggies your body is able to tolerate.

If you notice gas, bloating, cramps, heartburn, etc. after consuming something be sure to journal that and try it again the next day. If you notice 2 days in a row of this sort of reaction eating the same thing than stay off that particular food for a while (at least a month) before retrying.

## **Best Foods to Begin the Reinnoculation Phase With:**

All foods that were tolerated well during the ReBuilding phase

### **Additional Foods to Begin Adding**

**Meat:** Red meat – grass-fed beef, lamb, bison, venison

**Fats:** Avocado

**Vegetables:** Higher FODMAP group (Fructans and Polyols specifically)

**Fructans:** Asparagus, Beet root, broccoli, Brussel sprouts, cabbage, garlic, leek, onion and shallots, chicory, dandelion, inulin.



**Polyols:** Cauliflower, mushrooms, avocado (most fruit is in this category). Sugar alcohol sweeteners are on this list but I would recommend waiting until the 2<sup>nd</sup> month to begin adding back those.

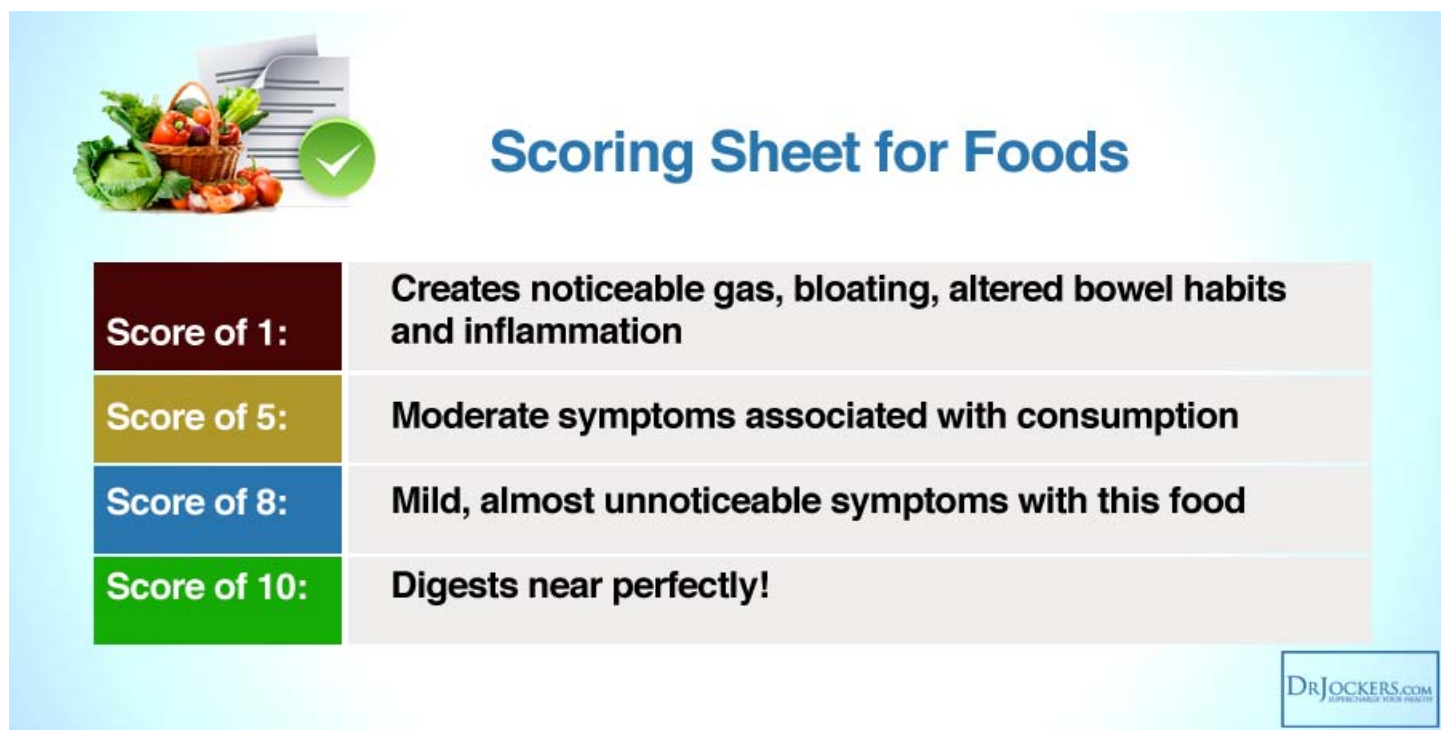
I recommend the first 7 days focusing on Fructans and the 2<sup>nd</sup> week focusing on Polyols

## How To Implement:

You can choose to stick with soups and stews and if you are still having symptoms at this point, I would highly recommend it. If you are feeling a lot better, begin to have these vegetables steamed or sautéed.

Take one vegetable each day, such as asparagus and try it for lunch in a sautéed form with grass-fed ghee or coconut oil and herbs. Then try it with dinner steamed with grass-fed ghee or coconut oil and herbs.

Assess how you feel during the 24 hour period from consuming lunch on Day 1 to lunch on Day 2 and see how much gas, bloating, fatigue, etc. that you notice.



The graphic features a basket of fresh vegetables (broccoli, tomatoes, carrots, and leafy greens) next to a checklist and a green checkmark icon. The title "Scoring Sheet for Foods" is written in a large, blue, sans-serif font. Below the title is a table with four rows, each representing a different score level. The first row has a dark brown background for the score and a light beige background for the description. The second row has a gold background for the score and a light beige background for the description. The third row has a blue background for the score and a light beige background for the description. The fourth row has a green background for the score and a light beige background for the description. In the bottom right corner of the graphic is a logo for DRJOCKERS.COM with the tagline "SUPERCHARGE YOUR HEALTH".

Score	Description
Score of 1:	Creates noticeable gas, bloating, altered bowel habits and inflammation
Score of 5:	Moderate symptoms associated with consumption
Score of 8:	Mild, almost unnoticeable symptoms with this food
Score of 10:	Digests near perfectly!

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Fermented veggies and beverages such as sauerkraut, kimchii, pickles, kombucha and coconut water kefir and coconut milk kefir are good foods to try in small quantities and see how your body tolerates these as well.

In the mornings (away from when you are trying the higher FODMAP group) the following day, try some fermented food such as 1-2 tsps. of sauerkraut or kimchi or coconut water kefir. Use only one type of fermented food at a time and see how you feel in the next couple of hours that morning.

Use the same scoring chart for the fermented foods and drinks you are trying. For each type of fermented food I like to give 3-days and three different measurements. This is because when you first begin to add in fermented foods, there is often a little bit of digestive discomfort but as your body gets more used to them, they should help you feel very good!

If after a few days you are still having symptoms with the fermented foods try a different one. If the symptoms are very bad, take them out altogether. This negative response could be due to a histamine intolerance and you may need some support for your histamine metabolism.

We explain more about histamine metabolism in the 35 day email series that comes with this program so sign up and look out for those emails in your inbox.

Using small quantities of chia and/or flax seed is really good for fiber and essential fats. Continue with coconut oil and you can also use coconut butter, coconut flakes and coconut milk in small quantities. These are all good during this stage and make sure you apply all the rules above to see if they are disturbing your gut as well.

## **Scoring Sheet For Foods:**

The goal of the journaling process and using this scoring sheet is to create your “food safe zone,” where you are highly aware of the foods you tolerate the best and those you are not tolerating well.

The foods that digest in the 8-10 range are the main foods you want to be consuming on a daily basis. Foods that are in the 5-7 range you want to eat only on occasion. Anything ranging under a 5 should be avoided completely for another month.

Each month you can try a lower scoring food and see how you respond. If you are responding higher than previous than you may be able to consume that food either on occasion or if it scores high enough you may be able to have it regularly.

## **Pulse Testing:**

A great strategy to begin to apply in the reintroduction phase and to carry over into the probiotic phase, especially when you look to add back nuts, eggs, nightshade veggies and grass-fed dairy protein would be to pulse test it beforehand. Simply sit for a few minutes and take your pulse and record. Then put the food in question on your tongue, wait about 10 seconds and then start taking your pulse again.

If you notice a change of 3-4 beats or more per minute than it is a sign of a stress response. I would avoid that food and not try to challenge it back for at least a month. After one month, you can try to pulse test it again and see what happens.

Be sure to look at the Pulse testing PDF for more details on how to accurately perform this test.

# Chapter 7

## The Probiotic Lifestyle

This is where we get into the lifestyle phase of the program and we begin to incorporate more foods and test your tolerability to them. We want to create a nutrition plan that is full of real foods that are rich in prebiotic fibers, good healthy fats, clean proteins and anti-oxidants.

In this phase, you should be able to tolerate more fermented vegetables and tonics. Be sure to check how you are reacting to these foods. If you notice increased flare-ups of cramping, diarrhea, eczema, acne or fatigue try cutting down a bit. Overtime you will find the right amount for yourself.

Do the same with the various “fringe foods” that are not allowed on the first 30 days but have some health benefits if they are tolerated by the body.

### **These Fringe Foods Include:**

Eggs (pasture-raised)

Raw, grass-fed dairy

Chocolate (Raw Cacao)

Nightshade Veggies

Higher Oxalate veggies (spinach salad as an example)

Nuts, Beans & Legumes

When or if you introduce any of these, be sure to use the same scoring chart above. If you notice you don't feel as well on a consistent basis when consuming these foods than eliminate them for at least a month or two before trying to reintroduce them.

\*If you notice you have an allergy or extreme sensitivity to any of these, it would be better to stay off of them for at least 6 months if not longer before reintroducing them. In some cases, you may never be able to tolerate one of these normally healthy foods.

### **PreBiotic Veggies:**

You may also want to add in a lot of prebiotic veggies such as radishes, jicama, leeks, onions, artichoke, Dakon radishes, celery, cucumbers, carrots and tomatoes (if you can handle them – some people have more inflammation when they consume nightshades like eggplant, tomatoes, potatoes and bell peppers).

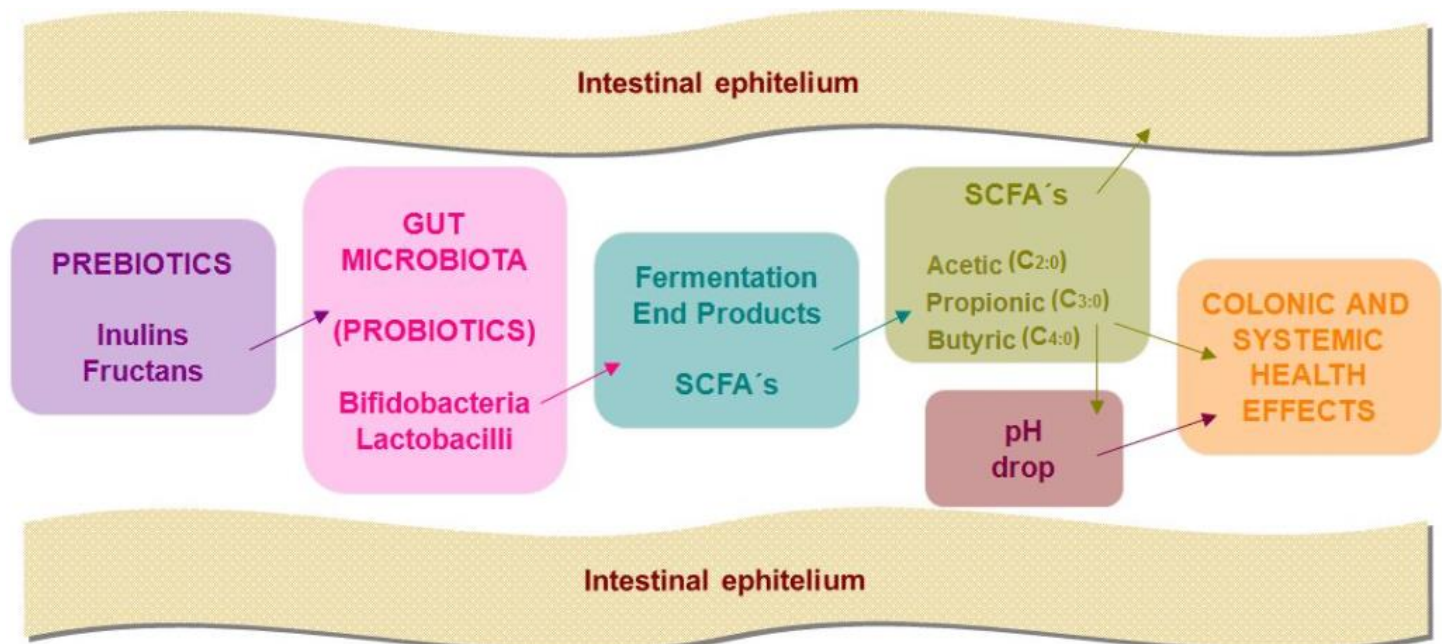
These foods provide great prebiotic fibers to help feed your microbiome and produce short chain fatty acids that keep your gut healthy and strong. As you improve the health of your gut you will begin to crave these vegetables.

PROBIOTICS	PREBIOTICS
Live microorganisms	Non-living, non-digestible by human ingredient (carbohydrates)
Bacteria or yeast	Serve as food for friendly bacteria within the gut
Available as food supplements and in certain foods containing live cultures such as yoghurt, kefir, aged cheese, kombucha, sauerkraut, or miso	Available as food supplements and naturally occurring in certain foods, such as chicory root, Jerusalem artichoke, onion, leek, garlic, raw oats, or banana
Probiotics may support the treatment of diarrhea, irritable bowel syndrome, certain intestinal infections, prevent or reduce the severity of colds and flu or aid digestion	Prebiotics aid digestion and may support the treatment of several chronic digestive disorders or inflammatory bowel disease

A great meal is to have a bowl of guacamole with an assortment of these prebiotic veggies that help to feed and strengthen a healthy microbiome. You can also add in some flax crackers for more good fibers and a tasty crunch.

For some individuals, they thrive off of these prebiotics while others struggle with too many of them. Have keen awareness of how you tolerate them.

Ideally, these should give you more energy, better brain function and consistent bowel movements. If you notice a lot of gas and bloating and other unwanted symptoms that reduce your intake.





# Chapter 8

## All About Bone Broth

Many cultures have used bone broth to make healing elixirs, soups and stews for many centuries. The Jewish community made chicken soup the popular remedy for the common cold without fully understanding the unique health benefits in this dish. Science has revealed the amazing health benefits that come with bone broth.

Bone broth can be made from any animal with bones and the most popular soup bones include those of fish, chicken, turkey, beef, lamb and venison. The bones house a variety of powerful nutrients that become released when they are slowly simmered in water for a few hours. These nutrients include bone marrow which helps provide the raw materials for healthy blood cells and immune development.

### **Key Nutrients That Enhance Healing:**

Other valuable nutrients include collagen, gelatin, hyaluronic acid, chondroitin sulfate, glycosamino glycans, proline, glycine, calcium, phosphorus, magnesium and potassium. These all help with the development of healthy joints, bones, ligaments and tendons as well as hair and skin. These nutrients are considered beauty foods because they help the body with proper structural alignment and beautiful skin and hair.

Glycine and proline are essential for connective tissue function which is the biological glue that holds are bodies together. Without them we would literally fall apart. These two amino acids are essential for healing microscopic wounds throughout the body and they also suppress inflammatory activity. This is especially important for individuals with chronic inflammation or auto-immune conditions.

Bone broth provides the nutritional synergy to calm an overactive immune system while supplying the body with raw materials to rebuild stronger and healthier cells. This is why it is such a great healing food to have when the body is encountering stress from bacterial or viral infections as well as digestive disorders and leaky gut syndrome.

### **Bone Broth Recipe:**

This is a fantastic recipe, just be sure to strain out the broth afterwards. In Phase I-II we are avoiding celery, onion and garlic fibers. We can drink their essence in the broth, which only provides more anti-microbial support.

Be sure to add 1-2 drops of oregano and/or peppermint essential oil in each cup of bone broth you consume for increased anti-microbial support.

If you don't want to make your own broth (which is best), you can get it pre-made in a Pacific Foods organic chicken broth in carton with 9g of protein per serving. This is an excellent product! You can find an Amazon link in the recipe book for this program.

In phase III you are ready to consume garlic and celery and should thrive on these powerful fibers.



## Make your own Bone Broth

### Ingredients:



- 1 organic whole chicken
- 8 c of water
- 4 -6 stalks of celery, finely chopped
- ½ white or yellow onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 Tablespoon chopped fresh parsley
- 1 inch ginger root, finely chopped
- ½ teaspoon sea salt
- ½ teaspoon of apple cider vinegar

### Directions:

Place all of the above ingredients in a crockpot and cook on low heat for 8 -10 hours. Meat should fall away from the bones.

You can store any excess broth in the freezer and defrost for a later time.



### Various Nutrients Within Different Bones:

Different bones have unique characteristics to be aware of. Larger bones such as the femur and humerus bones of the legs and arms contain more bone marrow than many of the smaller

bones. Individuals with anemia, lung disorders, immune disorders, chronic infections, etc. would more specifically target these disorders using broth with increased marrow.

Smaller bones contain more gelatinous materials than larger bones. The gelatinous material is especially useful for digestive health as it provides key raw materials that help the cells of the digestive system to regenerate.



**Top 10 Benefits of**  
**BONE**  
**BROTH**

1. Natural Expectorant
2. Builds Healthy Bones
3. Joint Pain Relief
4. Healthy Hair & Nails
5. Heals the Gut
6. Inhibits Viruses
7. Reduces Swelling
8. Calms the Nerves
9. Reduces Recovery Time
10. Removes Arterial Plaque Build-up

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## **Finding the Right Stock Bones:**

It is especially important to find stock bones from humanely raised healthy animals. This would include 100% grass-fed cows, bison, lamb and organic poultry bones. Wild game like deer and antelope are fantastic as well.

Conventionally raised animals that are fed a diet of genetically modified grains loaded with pesticides and herbicides and other chemicals and heavy metals should never be used. The body naturally stores many **toxins** in the fatty portions of the bone and that is what you are consuming in the bone broth.

It is best to know the farm and farmer where you are getting your stock bones. The more grass and green foods the animals eat the more rich the nutritional value of the meat and bone contents. Beef can



and should be 100% green-fed while poultry should have lots of pasture in their diet although they will also need seeds, worms, insects, etc.

**US Wellness Meats** is a trusted source for Stock Bones. You can look for traditional stock bones or for oxtail or get a whole chicken, whole turkey, whole duck and use everything including the organ meats. You can find everything I mentioned [here](#)



### Other Options:

If you don't have the time or energy to make your own broth(which is best), you can get it pre-made in a carton here of free-range chicken broth. This is an excellent product that I use personally and have my clients using all the time.

I typically recommend the regular version and not the low-sodium as most of the people I work with are on a lower carbohydrate diet and on a low carb diet, your body does not retain sodium. On a higher carbohydrate diet, you retain sodium and that can cause a number of health issues.

If you do get a low-sodium version, I would recommend adding in lots of herbs and things like sea vegetable (dulse, kelp, kombu, etc) which is rich in iodine, sodium and chlorophyll.





## Bone Broth Protein:

Bone Broth Protein begins as a true bone broth liquid. It's then dehydrated, making it into a concentrated source of high-quality, tasty powder.

A quality Bone Broth Protein Powder comes with the **same benefits of a homemade broth**, but it's also just as beneficial for digestion and even more **versatile in so many recipes**.

Bone Broth Protein **supplies 20 grams of muscle-building protein** to support healthy muscle building, maintenance and metabolism.

**Bone Broth Protein is loaded with type 2 collagen** and also contains vital minerals, including potassium, magnesium, calcium, selenium, glycosaminoglycans (GAGs), hyaluronic acid, glucosamine and chondroitin. **It's high in proline and glutamine— which are amino acids that support the digestive system.**

This is my go to protein powder for a smooth shake. The beef gelatin makes recipes very gelatinous, but the bone broth protein mixes easy into water or shakes.

## Introducing Bone Broth Protein™

A breakthrough in protein supplementation that delivers the benefits of homemade bone broth in a convenient, easy-to-mix form



### HEALTHY JOINTS, SKIN, MUSCLES, AND DETOX†

- ✓ Support joints, skin, muscles, and digestion
- ✓ Reduces visible signs of wrinkles & aging
- ✓ Boosts energy during the day
- ✓ Aids metabolism & promotes anabolism
- ✓ Mix In Protein Shakes, Smoothies and Juices
- ✓ Dairy Free | Soy Free | Grain Free | Gluten Free

# Chapter 9

## 13 Steps to Keep Your Gut Healthy:

- 1. Avoid Processed Foods and Eat an Anti-Inflammatory Diet:** Processed foods contain dangerous environmental chemicals that alter the microbiome and favor the development of bad bacteria and yeast species.
- 2. Drink Filtered Water:** Only drink water that has been filtered – ideally through a high quality carbon filter or even better through a reverse osmosis system system.
- 3. Consume Lots of Small and Medium Chain Fats:** Small chain fats (SCFAs) such as butyric acid and medium chain fats (MCT's) like caprylic and lauric acid are powerful support for the microflora. You find butyric acid in grass-fed butter and ghee and caprylic/lauric acid in coconut oil.
- 4. Anti-Microbial Herbs:** Some herbs such as oregano, thyme, peppermint and basil help to kill off bad microbes and favor the development of healthy microbes. Consume these generously in either a fresh, dried or essential oil form on a daily basis. You can also use supplemental antimicrobials such as berberine, bayberry and grapefruit seed extract. I have my clients use [GI Regulator](#) to reduce microbial counts.
- 5. Practice Intermittent Fasting:** Go a minimum of 12 hours between meals overnight. Try to work your way to 16-18 hour daily fasts. Be sure to drink as much clean water as possible in order to flush your system and save off hunger.
- 6. Drink Coffee or Tea with Butter:** Coffee and herbal teas contain powerful anti-oxidants that favor the development of a healthy microbiome. Be sure to get organic varieties and use grass-fed butter/ghee and coconut oil in them in order to get more small and medium chain fats.
- 7. Use a High Quality Probiotic Supplement:** Taking a high quality probiotic on a daily basis is especially beneficial to improve your gut health. I recommend [Probiocharge](#) as a general wellness probiotic and [Prescript Assist](#) for challenging digestive health conditions who are unable to tolerate lactobacillus strains of probiotics.
- 8. Consume Healthy Prebiotic Foods:** This includes dark green leafy veggies, asparagus, leeks, carrots, onions, garlic, radishes, artichokes and jicama. Include these in your daily diet. If you have an increase in gas and bloating consider reducing certain FODMAP groups. Read this [article](#) for more info.

**9. Move Your Bowels:** You should be having 2-3 solid bowel movements daily in order to flush out all the food you consumed the day before. You want to eliminate food waste with a 12-24 hour period or the material becomes a breeding ground for bad microbes. If you are having trouble with bowel motility, follow all of these steps and drink extra water and add in 10 grams of L-[glutamine](#) daily.

**10. Carminitive Herbs:** Carminatives are herbs that stimulate the digestive system to work better. These herbs contain a high content of volatile oils that are effective at expelling gas and easing griping pains from the stomach and intestines.

These herbs also tone the mucous surfaces & increase peristaltic action within the esophagus, stomach. This peristaltic action propels food and wastes through the system. The major carminative herbs include coriander, cinnamon, ginger, juniper, anise, fennel, cloves, caraway, dill, peppermint, thyme and licorice.

These carminatives are often combined with aloe. Aloe is a cathartic herb that increases intestinal transit time and is used to alleviate constipation. These herbs help to tone down the powerful gripping effect that aloe often promotes in the gut. This combination helps stimulate effective and comfortable stools for those with chronic constipation.

**11. Smooth Move Tea:** Used for thousands of years to get your “movement” moving again, senna works by gently stimulating your intestines and aiding your body’s natural elimination process. This tea combines senna the carminitive herbs fennel, coriander and ginger to reduce the potential for unpleasant feelings like cramping. [Smooth Move tea](#) is best taken at bedtime to help improve bowel movements the following morning.

**12. Use Ginger:** I would also recommend using ginger tea which is extremely helpful for your digestive tract and for stomach acid and bile production. You can also chew on ginger root before meals to help stimulate stomach acid and bile production for better digestion.

**13. Gut Repair Powder:** If you are struggling with leaky gut issues, consider using Gut Repair Powder and/or a straight [L-glutamine](#) powder (if you struggle with Aloe Vera, DGL and arabinogalactan fibers as some with SIBO do). I do often recommend 20+ grams of L-glutamine to support individuals recovering from severe leaky gut syndrome.

**14. Prioritize Sleep:** Sleeping is when our body does its best healing and repair. I have had many people go through this program and when they emphasize sleep, they heal SO MUCH faster!!! Be sure to get into bed by 10-11pm at the latest, use black out curtains and an eye mask to help your body secrete more melatonin and sleep deeper. Aim for 8 hours of sleep each night.

# Chapter 10

## Beneficial Supplements

This is an advanced supplement protocol to help someone break through challenging digestive and leaky gut issues. This goes along with our 3 phase digestive restoration nutrition plan and healthy lifestyle habits.

### Key Aspects:

<b>AntiMicrobials:</b>	GI Regulator & L-Glutamine
<b>Immune Support:</b>	Wobenzyme & Prescript Assist Probiotics
<b>Detox Support:</b>	Daily Detox & Prescript Assist Probiotics
<b>Digestive Support:</b>	Acid ProZyme & Super DZyme
<b>Microbiome Support:</b>	L-Glutamine & Prescript Assist Probiotics



### GI Regulator:

Various different forms of herbs have anti-microbial factors that reduce pathogenic bacteria, yeast and parasites. These herbs can be used to reduce the microbial load and be an important part of reestablishing a healthy microbial balance.

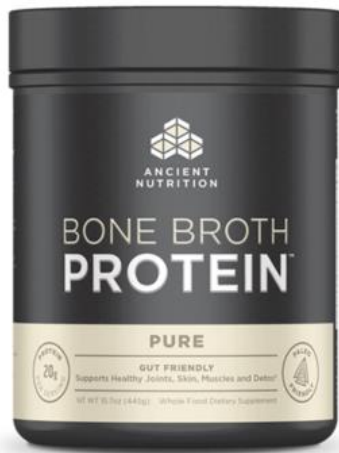
**Normal Protocol:** 1 cap – 2x daily

**Advanced Protocol:** 2 caps – 2x daily or as directed by your health care practitioner.



# Introducing Bone Broth Protein™

A breakthrough in protein supplementation that delivers the benefits of homemade bone broth in a convenient, easy-to-mix form



## HEALTHY JOINTS, SKIN, MUSCLES, AND DETOX†

- ✓ Support joints, skin, muscles, and digestion
- ✓ Reduces visible signs of wrinkles & aging
- ✓ Boosts energy during the day
- ✓ Aids metabolism & promotes anabolism
- ✓ Mix In Protein Shakes, Smoothies and Juices
- ✓ Dairy Free | Soy Free | Grain Free | Gluten Free

## Bone Broth Protein:

Key amino acids necessary for healthy gut lining, joints, skin and overall healing. This is rich in minerals and the amino acid glycine which enhances liver detoxification and overall energy production.

**Normal Protocol:** Take 1 or more scoops in shake, soup, coffee or tea each day



## L-Glutamine:

L-glutamine is the major amino acid needed by the intestinal cells to heal and rebuild. This product helps to strengthen the gut lining, favors the development of healthy microbial species, improves gut motility and reduces frequency and intensity of diarrhea.

This is the most important compound for rebuilding the gut lining and improving the strength of the mucosal membranes of the stomach and intestines.

**Normal Protocol:** Take 1 scoop daily in water or shake

**Advanced Protocol:** Take 2+ scoops - 2x daily in water or shake or as directed by your health care practitioner.



## Activated Charcoal:

This product contains 500mg of activated charcoal per serving. Activated charcoal has an incredible ability to bind and sweep out toxic agents such as pathogenic microbes and their waste products as well as pesticides, herbicides, heavy metals and more.

**Normal Protocol:** 1 cap between meals or at night before bed (away from food/meds/supplements)

**Advanced Protocol:** 2-4 caps between meals or at night before bed (away from food/meds/supplements)



## Acid ProZyme:

Hydrochloric acid is necessary for creating an acidic environment in the stomach to digest protein and ionize minerals. This also helps to stimulate bile release from the gallbladder to effectively metabolize

fat in the small intestine. Without these key functions working optimally we become at risk for anemia, thyroid problems, osteoporosis and auto-immunity.

Low stomach acid is a very common problem especially in older individuals or those who have suffered from various infections like H Pylori, been on anti-biotics and other medications like non-steroidal anti-inflammatories. Low stomach acid sets the stage for damage to the delicate lining of the digestive tract and the formation of leaky gut syndrome.

**Normal Protocol:** Take 1 capsule with each protein-containing meal.

**Advanced Protocol:** Take 2-4 capsules with each protein containing meal or as directed by your health care practitioner.



## **Super DZyme:**

Enzymes are extremely key for breaking down carbohydrates, protein and fatty acids and prepare them for proper digestion and assimilation in the body. Individuals with digestive challenges are often unable to produce sufficient quantities of digestive enzymes and are unable to effectively digest the food they are eating.

Improper digestion causes significantly more stress and inflammation in the gut lining that ultimately leads to the degradation of the mucosal membranes and the complications of leaky gut syndrome.

When the mucosal membrane is damaged it is then unable to secrete the appropriate enzymes and we end up with a vicious cycle that causes more gut inflammation.

**Normal Protocol:** 1-2 capsules with each meal

**Advanced Protocol:** 3-4 capsules with each meal or as directed by your health care practitioner



## Prescript Assist Probiotics:

Imbalances in the intestinal terrain may lead to or contribute to the propagation of yeast overgrowth, parasites, and harmful bacterial growth. Introducing the right type of probiotic strains of microorganisms on a daily basis is a powerful way to regulate your gut health. This daily practice will improve your immune system, digestive system and help improve hormonal and brain health.

**Normal Protocol:** Take 1 capsule daily with or without food

**Advanced Protocol:** Take 1 capsule – 2x per day with or without food or as directed by your health care practitioner.



## Wobenzyme:

Systemic enzymes are used to break down the protein layer of biofilm that is produced by bacteria to protect themselves. Biofilms are bacterial populations that adhere to each other and other surfaces within a self-produced extra-cellular matrix. The biofilm creates a pod-like intracellular bulge on the gut wall.



Biofilms offer bacterial species incredible survival advantages. These include the ability to horizontally transfer genetic material, shelter from environmental changes, protection from the host immune system, sharing of metabolic byproducts, tolerance and adaptability to antimicrobials.

Proteolytic enzymes disrupt these biofilms and make the bacteria more susceptible to the bodies immune system and the usage of anti-microbials and anti-biotics.

**Normal Protocol:** Take 3 caps in the morning on an empty stomach

**Advanced Protocol:** Take 6 caps in the morning on an empty stomach or as directed by your health care practitioner.

\*This product should be taken at least 2 hours before or after consuming food for best results\*



## Adapt Strong:

I often see people with severe digestive issues that struggle with adrenal fatigue. During adrenal fatigue, the body cannot produce enough cortisol to keep them energized and active throughout the day. They often crash at points during the day and need to nap.

They often do not even respond to stimulants like caffeine because they have gotten to the point of adrenal exhaustion and are incapable of producing enough stress hormone to keep their energy up. This can also lead to lack of emotional control and depression.

Cortisol helps to reduce inflammation in the body. That is why cortico-steroids are prescribed to those with major inflammatory issues. When cortisol is stable, it keeps us energized and reduces inflammation. When cortisol is unstable and too low at periods of time during the day (or all day), we end up with increased inflammation. This inflammation impairs the digestive system's ability to heal and rebuild.

As long as cortisol rhythm is out of balance, the gut will not fully heal and seal. If you are dealing with adrenal fatigue, you want to support your cortisol production while healing your gut. I use Adapt-Strong is my go to supplement to support the bodies ability to adapt effectively to stress, manage cortisol levels and support stable energy levels.

**Normal Protocol:** 1 cap – 2x daily (morning and afternoon)

**Advanced Protocol:** 2 caps – 2x daily (morning and afternoon)

## Putting This All Together:

I know this was a lot of info and you are probably wondering where to start. If you can only afford one supplement, I would probably take the probiotics but it is different based on the unique factors involved in each case. Everyone is different and there is no protocol that works the same for everyone.

This is what I find works well for most (80%) of the cases I have worked with and many of my colleagues have seen.

## Reset Phase:

- 1) **GI Regulator** – Take for 1-6 months depending upon degree of microbial overgrowth. This supplement kills off bad microbes but also helps to balance blood sugar levels which is another key process in healing leaky gut. If one has a parasitic overgrowth, they may need a specific anti-parasitic supplement as well.
- 2) **Wobenzyme:** Take 3-6 caps 1-2x daily for 30 days to reduce inflammation in the body and break down bacterial biofilms.
- 3) **L-Glutamine or Gut Repair:** Beginning with 3-6 grams daily and working up to 20+ grams daily. This is a powerful support nutrient for rebuilding the gut lining.
- 4) **Adapt-Strong:** Help to balance stress hormone and improve cortisol regulation.
- 5) **Daily Detox:** Helps to detoxify all the systems of the body, strengthen the liver and clear the colon of microbial toxins.

## ReBuilding Phase:

Continue to take the supplements from the reset phase. Add these 3 to improve digestion and help to rebuild the gut lining.

- 1) **Prescript Assist Probiotic:** Hypoallergic, soil based organism to begin the formation of healthy microbes to strengthen the gut lining and reduce the level of bad microbes.
- 2) **Acid Prozyme:** Taking this in the middle or right at the end of each protein containing meal is very important to ensure adequate digestion.

**3) Super D-Zyme:** Take this a few mins before you begin your meal to ensure proper digestion. Additionally, make sure you fully chew your food until it is fully liquid in your mouth which will help to take stress off of the digestive tract and reduce the need for enzymes.

## ReInnoculation Phase:

Continue with the supplement protocols above. Depending upon lab tests or recommendations from your functional nutrition practitioner you may decide to add in colostrum or Gut Defense. I like to start small and work to a larger dosage with this.

You may also want to add in core supplements such as fish oil, vitamin D3/K2 and anti-oxidant support. Additionally, if you have had a histamine intolerance, you will want to add in Allergy Defense.

## After 30 Day Protocol:

Depending upon how you are responding, some of these supplements can be reduced. I often will take people off of the GI Regulator, Wobenzyme and the Daily Detox at this point. If the individual tells me their energy is great all day, we reduce or remove the Adapt-Strong.

I typically recommend the individual stay on L-glutamine or gut repair for another month and acid prozyme, probiotics and the digestive enzymes for 3-6 months.

It is possible for one to come off of all of these if they were healthy enough to begin with and have a really good diet that is rich in bone broth, collagen protein and L-glutamine, fermented foods and drinks that are rich in probiotics and enzymes and use digestive bitters such as apple cider vinegar, ginger and peppermint to continually strengthen HCL production.



## About Dr David Jockers DC, MS, CSCS

**Dr. David Jockers** is a functional nutritionist, corrective care chiropractor, exercise physiologist and certified strength & conditioning specialist. He currently owns and operates Exodus Health Center in Kennesaw, Georgia and runs one of the hottest natural health websites in DrJockers.com

His experience working with thousands of individuals has given him a level of expertise in the field. He has had the privilege of traveling to London with the Maximized Living wellness advisory council to help the USA athletes win the gold in 2012.



He is the author of “**SuperCharge Your Brain: The Complete Guide to Radically Improve Your Mood, Memory and Mindset,**” and the **SuperCharged Recipe book** with over 180 full-color recipes to help you take back control of your health.

He has developed 6 revolutionary online programs with thousands of participants. These programs include E-guides, recipe guides, meal plans and video instructions including “The Sugar Detox,” “The Cancer Cleanse,” “Navigating the Ketogenic Diet,” and “The Digestive Health Restoration Program” and “The AutoImmune Elimination Program and the Super Brain program.”

He is a sought after speaker around the country on such topics as weight loss, brain health, functional medicine, natural detoxification and disease prevention. Dr Jockers does local and long-distance consultations to help customize specific lifestyle plans to improve performance and beat chronic disease.