# **Leaky Gut Protocol** & Modified Elimination Diet

The **Leaky Gut Protocol** is a combination of products which, when blended with water, makes a shake. It contains a variety of ingredients to help support normal intestinal barrier function and allows the gut to "seal and heal". The shake provides nutrients which help decrease intestinal inflammation and probiotics to reestablish a more normal gut flora. The shake also contains a serum-derived bovine immunoglobulin complex and hyperimmune chicken egg, which really are the "secret in the sauce". These immunoglobulins, or antibodies, help to support immune function in the gut.



### Instructions:

OptiCleanse® GHI IaG 2000 CWP™ **IG 26 DF** 

ProbioMax® Plus DF

1 packet

1 Tbsp or 1 capsule

1 scoop

1 packet (or 1 capsule)

Blend, shake, or briskly stir all powdered supplements together with 8-12 ounces of water.

#### **Elimination Diet**

The Leaky Gut Protocol is most effective when used in combination with an elimination diet. Consider trying this diet even if you don't do the entire Leaky Gut Protocol. As a minimum, take a good probiotic supplement at the start.

The purpose of an elimination diet is to help you identify often subtle and gradual reactions to commonly reactive foods such as: gluten, dairy, soy, GMO corn, eggs, peanuts, sugar, and food additives (e.g., MSG, aspartame, artificial flavorings, colors, etc.). You might also consider eliminating anything that you eat daily, crave, or "love". These are often foods that one might react to.

If feeling deprived having to cut out certain foods, ask yourself, Would I rather be deprived of some of these foods or deprived of my health? Try to focus on what you can eat rather than what you can't eat, and this will seem much easier.

## Gluten and Leaky Gut Syndrome

At a minimum, you should eliminate all gluten. Gluten contributes to leaky gut syndrome in just about everyone. Let me begin by defining gluten and explaining why gluten sensitivity is on the rise. Gluten is the protein found in certain grains such as wheat, barley, and rye. You may have heard of celiac disease which is a severe form of gluten sensitivity, which is now found to affect one in 100 individuals. That is a rate which has increased from 1 in 3,000 only thirty years ago.

# **Non-Celiac Gluten Sensitivity**

More recently, there has been a new group defined as "non-celiac gluten sensitive" individuals who experience a reaction to gluten. Unlike celiac patients, they do not have antibodies against various intestinal proteins which defines celiac disease. By some estimates this group may represent up to 30% of the population, but I believe the incidence is actually higher. In my experience, nearly 100% of patients who stop consuming gluten end up feeling better and really notice adverse symptoms if they reintroduce

it into their diet later on. Unfortunately, the only way to know for certain if you are a "non-celiac gluten sensitive" individual is to try going gluten-free and see how you feel.

# **Getting Started**

Try going on an elimination diet or at a minimum, try going "gluten free" and you will likely feel better within a week. We recommend staying on the diet for at least 3-4 weeks as it will take about that long to "heal the gut." Some patients may take up to 3 months to reestablish a normal functioning intestinal mucosa. In my experience, everyone who goes through this process feels better in the end. This is a "whole food" diet, which focuses on fresh vegetables, fruit, good fats, and quality protein sources.

### **Paleo Diet**

The "Paleo Diet" which many of you have already heard about, suggests eliminating all grains, not just those containing gluten.

A paleo diet is an eating plan based on foods humans might have eaten during the Paleolithic Era. The premise is we should eat only those foods our ancient "hunter gatherer" ancestors ate before we became an agricultural society some 10,000 years ago.



# **Dietary Guidelines**

- Prepare the leaky gut shake for breakfast.
- Eat something from the allowed list if you are still hungry.
- Drink plenty of water preferably filtered.
  - Consider adding some fresh squeezed lemon juice.
- Drink green tea.
- Eat lots of vegetables and fruits preferably organic.
- Enjoy moderate amounts of highquality protein.
  - Wild fish, chicken, turkey, beef, and lamb.
  - Select from organic, pastureraised, grass-fed products whenever possible.
  - Do not grill, fry, or cook at a very high temperature.
  - Avoid processed or cured meats.
- Nuts and seeds, except for peanuts (peanuts are actually legumes).
- Healthy fats like avocado, coconut oil, and extra virgin olive oil.
- To maintain a stable blood sugar level, meals and snacks should consist of:
  - Protein Carbohydrate Fat
- Shop for and prepare foods that you CAN eat.
- Try this program with a friend or your significant other.
- Allow time for exercise, stress reduction, and adequate sleep.
- Buy the highest quality ingredients that your budget will allow.
- · Get organized and plan ahead.
- Keep a diet and symptoms journal.
- Eat a wide variety of foods.



#### **Foods to Eliminate**

- Sugar
- Peanuts and peanut butter
- Any food you're allergic to
- Any processed or highly refined foods
- Gluten-containing grains
  - Wheat, rye, barley
  - Prepared foods containing gluten
- Dairy (milk, cheese, yogurt, ice cream)
- Soy or any products made from soy, such as soy milk or tofu.
- GMO corn and GMO corn products
  - The majority of corn and corn products come from genetically modified organisms (GMO's), which can contribute to leaky gut.



- GMOs and Leaky Gut
- Eggs (optional)
  - Quality eggs are actually healthy for you; however, they are on the list of foods which people frequently react to.
  - You can experiment with these. Get the highest quality eggs possible.
- MSG and aspartame
  - Avoid MSG and Aspartame as these have harmful side effects
  - Aspartame and MSG

## **Additional Elimination Considerations**

- Gluten-free grains (e.g., rice, quinoa, millet, GF oats, buckwheat, etc.) contain lectins;
   begin reintroduction at 2 weeks.
- Legumes (e.g., lentils, beans) reintroduce following grains or at 2 weeks; contain lectins. \*
- Nightshade vegetables (e.g., potatoes, tomatoes, peppers, eggplant, tomatillos) can contribute to joint pain.
- Coffee/caffeine- eliminate or at a minimum limit to 1 cup a day.
- Alcohol- best to avoid; clear liquors are better.

\* Lectins are commonly found in legumes and grains, binding to carbohydrates and forming glycoproteins. In moderate amounts, glycoproteins have many benefits such as immune system regulation and to keep blood protein levels under control. However, consuming too many lectins can cause loose stools, immune dysregulation, and can contribute to leaky gut.

Soaking/sprouting legumes and grains will decrease lectins, allow for better digestion, and increase the nutrients available.

#### After Elimination

The goal of the elimination diet is to reconnect with how food makes you feel. There are no typical or normal responses, as each person may differ in terms of how they feel. The key is that you learn to reestablish your connection with food and begin to understand how food may affect you.

- After 3-4 weeks you might try reintroducing some of the foods that you have eliminated.
- Begin reintroducing foods one at a time, allowing 3 days between each reintroduction.
- Some of the foods on the list that I would suggest avoiding forever, if you can, include:
  - Gluten
  - Soy
  - MSG
  - Any genetically modified organisms (GMO's)
  - Aspartame

If symptoms persist, further food allergy testing may be warranted.