

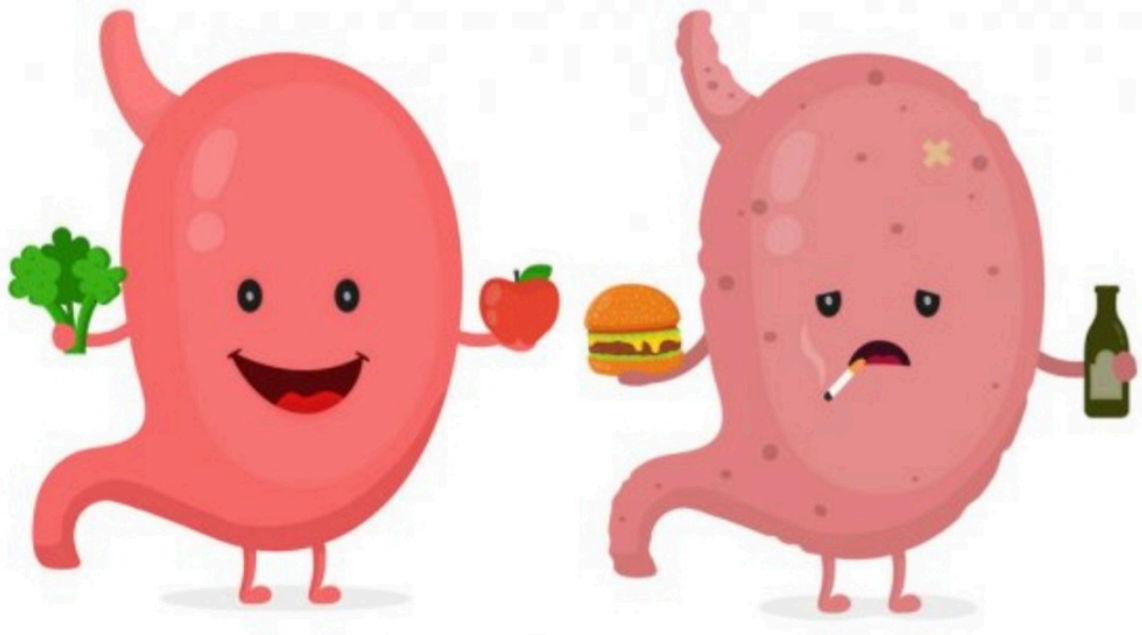
Gut Health

By Eddie Henry

As I have stated in multiple posts, there are many things that I really like to optimize on a daily basis, mainly being my energy. But besides that, which really encompasses everything, is sleep and poop. A glorious dump after epic sleep is the cat's ass! Now you are ready to crush the day! So, let's get on with optimizing your gut to create this unicorn of a day.

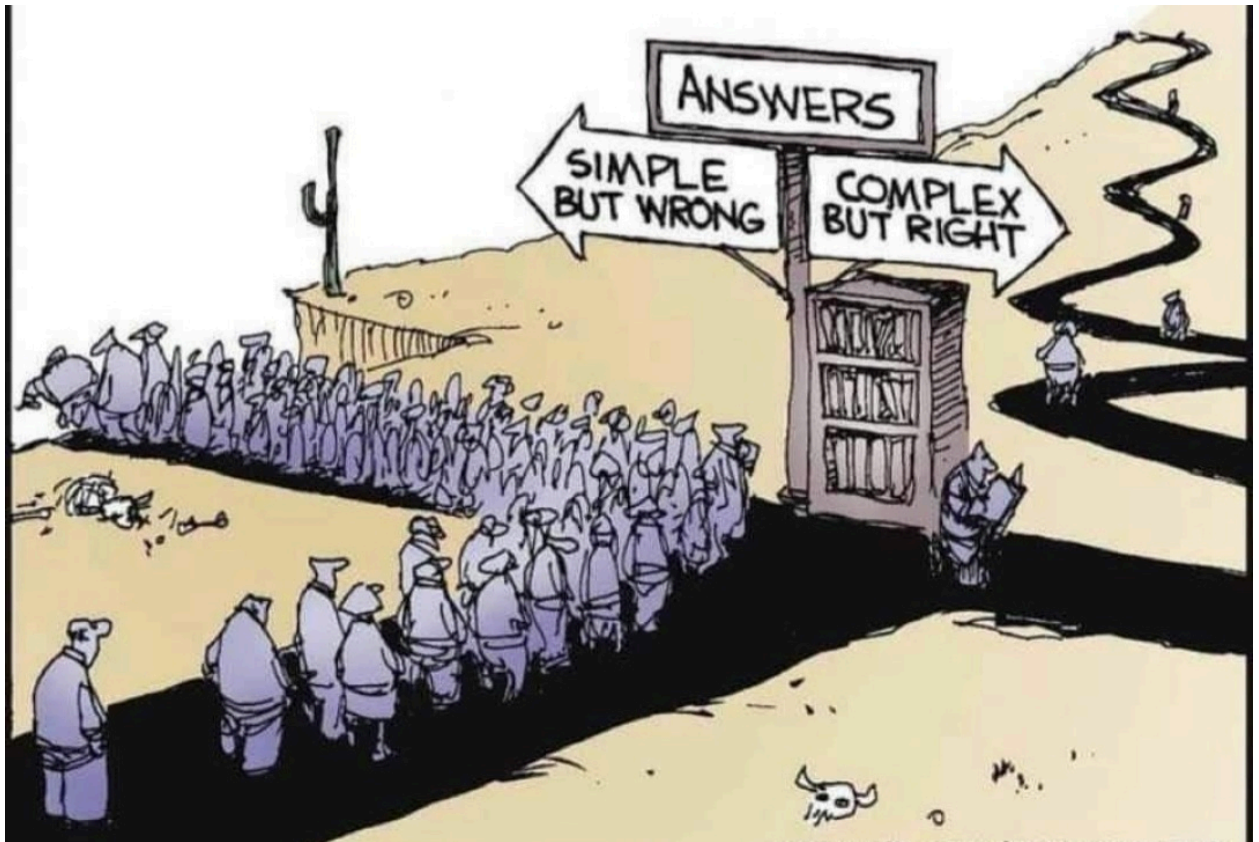
Let me back up... I really had no intentions of writing a piece on gut health, at least anytime soon. I figured there were more prevalent and 'sexy' topics moving into summer, like getting LEAN!!! But I have had an overwhelming amount of stomach issues amongst my friends that has concerned me. This led me to look into and find that a surprising two thirds of Americans experience regular digestive issues, - chronic stomach pain often resulting in cramping, bloat, gas, and loose stools. – good times! I have even had clients sleeping on the bathroom floor because the symptoms have gotten so severe. So where do we go from here? Well, we fix it, and get super fit along the way!

REMEMBER, I am not a doctor, nor do I play one on the internet. This is simply what has worked for me, friends, and clients when trying to fix or heal a damaged gut. This could be from, poisoning (food, alcohol, drugs, antibiotics, chemicals, etc.,) illness, allergies and sensitivities, or simply a poor lifestyle.



Before we move on, please understand that your stomach is a very complex system of checks and balances in the form of trillions of microscopic organisms comprised of fungi, viruses, bacteria, and other microbes, which have to be in order to function properly. This biome controls more than you can imagine. It is responsible for our mood, metabolism, weight, and immune system. When things get out of whack, bad things happen, and this will unfortunately become the norm moving forward. Big Pharma,

Big Ag, and Big Food, have unfortunately made it difficult to navigate these waters leaving our health compromised. And as Hippocrates said, 'All disease begins in the gut.' I don't want to get into all of the heavy stuff in this article, just remember that a pill normally is not the fix. Mainstream information will probably just band aid the issue. Do some research, try some things out, and get to the bottom of the situation. Your life literally depends on it.



As I point out all too often, we should minimize the culprits before adding in too much fancy supplements. Good quality sleep, good whole foods, good movement in nature, and good friends, should be a priority. Anything that compromises these things should be suspect. Be mindful and eat intuitively. An elimination diet may be necessary, but you probably already know the issue... Your body will often give you clues on what is actually serving you correctly versus bringing you down. Is that friend toxic and creating more negative energy in terms of stress and anxiety? Is that food toxic and creating more negative energy in the form of intestinal inflammation? Yes, dairy, caffeine, alcohol, nuts, seeds, gluten, refined vegetable oils, and pretty much all processed foods are creating negative energy in your intestines. Furthermore, even low-quality whole foods like salmon and blueberries (my fav! – I was a bear in my last life...) can be farm raised, sprayed down with chemicals, basically mutant, causing more harm than fast food. Crazy! Choose wisely and keep your gut lining strong! It is literally the barrier that keeps the bad stuff out of our body.

I tend to use a two-step protocol to reset the gut. Then I try to continue the protocol in the most livable way weekly. The first step is full elimination and restoration. The second is rebuilding and reintroducing. The second phase is where you will identify your triggers, which you will most likely

continue to consume in moderation (which will forever boggle my damn mind.) Which is why the protocol kind of repeats itself over and over again. Let's say alcohol and gluten are your triggers. Well, if you have some wine and pizza or margaritas and tacos this weekend, you will consequently be inflamed for a few days and feel subpar. That's fine, you were aware of the consequences. Now you must minimize the inflammation and restore and rebuild the gut again. Rinse and repeat. I would love for you to just cut that shit out so you could really see some results, but I know how it goes.

So here is what needs to happen to take back control of our digestive health, assuming you have gotten a grip on the items above.

1. First off, give your gut a break and play a bit with intermittent fasting. Don't overthink this. Just go a few hours longer than normal without eating. This gives your gut a break from inflammation and gives it time to restore and rebuild the gut lining. Just good ole fashioned water! Just make it clean. I really like a liter of Gerolsteiner in the morning...

2. Then heal up with some quality bone broth. Nothing is more soothing and nourishing to the gut lining. The gelatin in the broth is a big piece of this, so make sure the broth looks gelatinous at room temperature.

The Caveman's Broth found at Midtown Trainers is by far the best broth I have tried, but Kettle and Fire will do in a pinch

Kettle and Fire Broth: [Amazon.com : Beef Bone Broth Soup by Kettle and Fire, 2 Pack : Grocery & Gourmet Food](#)

3. Next, build back some good guys in our biome. Resistant fiber ferments in the intestines and give the probiotics some good food to help them flourish. So, we will need to eat ample amounts of the fiber along with a variety of fermented foods like quality sauerkraut, kimchi, kombucha, kefir, and yogurt. Remember to be mindful when adding back in a food. Luckily, Bulletproof Gut Health Collagen has all of this stuff included along with Zinc, mentioned below ,to simplify your reset.

Once the bad stuff has been minimized and the above three items have been covered, you are pretty much there. But you can also drill down and take a few more steps that could help even more. In this scenario, the list below should be included for optimal results.

Here are a few supplements and a short description on that can help with gut health.

1. Collagen: makes up the structural framework of your GI tract
2. Glycine: Found in bone broth can help rebuild the gut lining
3. Zinc: can help the health of the gut lining

Bulletproof Gut Health Collagen: [Amazon.com: Gut Health Collagen Protein, Unflavored, 14 Oz, Bulletproof Prebiotics, Probiotics, & Zinc Carnosine to Support a Healthy Gut Microbiome | 10g Collagen Peptides for Gut, Bone, Joint, & Nail Support: Health & Personal Care](#)

4. Digestive enzymes: can help digestive foods in the event that your gut was overly inflamed and unable to break down food effectively

Masszymes: Digestive Enzymes: [Amazon.com: MassZymes - Digestive Enzyme Supplement - with Proteolytic Enzymes - Provides Bloating, Constipation, and Gas Relief - Contains Lipase, Amylase, and Bromelain \(250 Capsules\): Health & Personal Care](#)

5. Tetrahydrate: helps seal up the barrier systems in the gut that keeps things intact.

Ion Biome: [Amazon.com: ION*Gut Health | Promotes Digestive Wellness, Strengthens Immune Function, Alleviates Gluten Sensitivity, Enhances Mental Clarity | 2-Month Supply \(32 oz.\): Health & Personal Care](#)

6. Colostrum: possibly the most healing food of all time for our gut.

Kion Colostrum: [Amazon.com: Kion Colostrum | Grass-Fed Bovine | Gut Health and Immune Support | 30 Servings: Health & Personal Care](#)

7. Magnesium: can help relax the gut if overly stressed and inflamed

MagSooth Magnesium: [Amazon.com: Jigsaw Health MagSoothe Calming Magnesium Powder Supplement Jar, 60 Servings: Health & Personal Care](#)

8. Licorice root, Marshmallow extract, Slippery Elm and Aloe Vero: can all be very soothing to the gut lining, and I like to take before any meals when resetting the gut. The following product made by Thorne Research contains all of them.

9. GI En-Cap: [Amazon.com: Thorne Research - GI-Encap - Botanical Supplement for GI Tract Support - 180 Capsules: Health & Personal Care](#)

10. BodyHealth Power Meal: This is the most hyper allergenic meal replacement I have found for digestive issues. The taste is ok, but the nutrition profile is awesome!

BodyHealth Power Meal: [Amazon.com: BodyHealth PerfectAmino Complete Power Meal Replacement Shake \(Dark Chocolate, Pouch, 20 Servings\), Organic Protein Powder Drink w/ MCT Oil, Probiotics, Vegan, High Nutrition, for Weight Loss Diet: Health & Personal Care](#)

This is what my perfect gut health day would look like: Phase 1

- Wake up and hydrate. I could make this tonic super elaborate with minerals and electrolytes, but let's just focus on the digestive tract for now. Link to my last article regarding fancy supplements to upgrade your water here: [Top 10 Supplements – xrlifestyles](#). I prefer a liter of Gerolsteiner. The carbonation feels good to my stomach, and I find this brand to be the highest in minerals, specifically magnesium, which can help relax your digestive muscles.
- Then take a tsp of colostrum on an empty stomach
- Next, COFFEE: Let's be clear, if you were trying to heal up your digestive tract, coffee would not be part of the ideal regimen. **A piping hot cup of bone broth would be THE BEST!** Herbal teas including, peppermint, ginger, and marshmallow root, would also be much more soothing than an acidic cup of joe. But, since coffee is a non – negotiable for most, upgrade it for digestion as much as possible. Use an organic and mold free brand with purified water. Then add 1 scoop of Bulletproof Gut health Collagen to it.

Bulletproof Coffee: [Amazon.com : The Original Whole Bean Coffee, Medium Roast, 12 Oz, Bulletproof Keto Friendly 100% Arabica Coffee, Certified Clean Coffee, Rainforest Alliance, Sourced from Guatemala, Colombia & Brazil : Grocery & Gourmet Food](#)

- Lunch/Shake Time! The BodyHealth Power Meal along with GI – Encap. and Masszymes
- Continue with proper fluids. I like an herbal tea midday, but water is just fine. Just stay hydrated, which shouldn't be an issue with the broths and shakes that are included.
- Before dinner: A tbsp or so of Ion Biome.
- Dinner Time! Not so fun during a gut reset. You really want to just have another shake or broth. If taking another shake, use the GI En-cap as well as digestive enzymes with. Remember, this is just for a few days. Then we can reintroduce foods to see what works and what doesn't.
- Magnesium before bed mixed with another serving of Bulletproof Gut Health Collagen

Phase 2: Simply adding back in quality whole foods and eating very mindfully. I could go on and on with what foods to start back with, but again, you know you best. Think on what whole foods serve you best and make them as quality as possible. 'The Simple Guide to the Paleo Autoimmune Protocol' is my favorite book on inflammatory foods and I highly recommend reading it if interested.

The Simple Guide to the Paleo Autoimmune Protocol: [A Simple Guide to the Paleo Autoimmune Protocol: Laird, Eileen: 9781519600288: Amazon.com: Books](#)

Full disclaimer, for optimal results, I result to a much more basic diet to reset my gut. Day 1 and 2 are simply bone broth. Day 3 and 4 are bone broth plus Serenity Kids Baby Food (This stuff is amazing! It literally has all of the safe foods predigested in a convenient package. It is also my 'go to' travel food.) Serenity Kids Baby Food: [Serenity Kids Baby Food, Organic Savory Veggies and Ethically Sourced Meats Variety Pack, For 6+ Months, 3.5 Ounce Pouch \(8 Pack\): Amazon.com: Grocery & Gourmet Food](#) Day 5 and 6 are bone broth, Serenity Kids Baby Food, and The Power Meal listed. The perfect day above works well, I just like the basics...

There are plenty of supplements that could also help with gut issues. I have friends that put baking soda in their coffee to make it less acidic and irritating. I have friends swear by glutamine for the gut. I have friends that perform coffee enemas. I know people that even take poop pills. Yes, fecal matter from an otherwise healthy individual to help repopulate their gut. I have pretty much heard of it all. This is just the basic blueprint that I keep going back to when I get off track. Resetting your gut will literally reset your life, so try to commit to a version of this and get back to living your best life.

