



## 4R Gut Restoration Protocol

### **Description:**

The gut connects the neurological, endocrine and immune systems, restoring proper hunger and fullness signals, aiding fat loss, and decreasing immune impairments to the fat loss process.

### **Relevant science:**

The gut is the second most concentrated area of nervous system tissue in the body, as well as the most concentrated area of immune function. It also houses more bacterial cells than there are cells in the body, and is a hub of hormonal communication related to hunger. Leaky gut and/or molecular mimicry can be generated through irritants and allergens (food, drugs, infections), incomplete digestion, improper bacterial balance and damaged intestinal cells (enterocytes)

### **Protocol: (Remove, Replace, Repopulate, Repair)**

#### ***Remove- 4 weeks***

The first step is to remove the cause of inflammation in the gut. Remove all nightshades (tomato, white potatoes, eggplants, all peppers). Remove all grains (wheat, corn, oats, spelt, etc) except rice. Remove all milk-based/dairy foods including whey protein. Remove all synthetic sweeteners and sugar alcohols. Remove all soy, beans, and legumes including peanuts.

#### ***Replace- 4 weeks to 3 months***

Following the removal of injurious substances from the digestive system, it is necessary to replace the body's natural defense against allergens, chemicals, and stress:

Take a full spectrum digestive enzyme: 1-2 or more with each meal (if severe gas and bloating consider HCL as well). Ex.= Digestzymes by Designs For Health.

#### ***Repopulate- 4 weeks to 3 months***

In order to restore balance and health to the gut and body, healthy bacteria are needed to repopulate the gut:

Take 1-3 high-potency probiotics with at least 10-20 billion colony forming units (CFU) and a good mix of lactobacillus and bifidus cultures. Ex.= Recolonize TH1/TH2 Balancer

#### ***Repair- 4 weeks***

Once the gut has all it needs in the form of enzymes and bacteria, nutrients and diet are used to repair and regenerate any remaining damage. This will ensure the digestive system's return to optimal function:

Glutamine Powder: 15 to 20g daily in divided doses.

***Challenge:***

After 4 weeks, challenge the foods you have eliminated in the following way:

- 1) Eat one serving of food one time only (i.e. bowl of pasta)
- 2) Don't combine with nightshades or other eliminated foods
- 3) Return to elimination diet and wait four days
- 4) If reactions, continue to eliminate food. If not, add back and challenge the next food always leaving 4 days between challenges