



# LISTEN TO YOUR GUT HEALING FROM THE INSIDE OUT

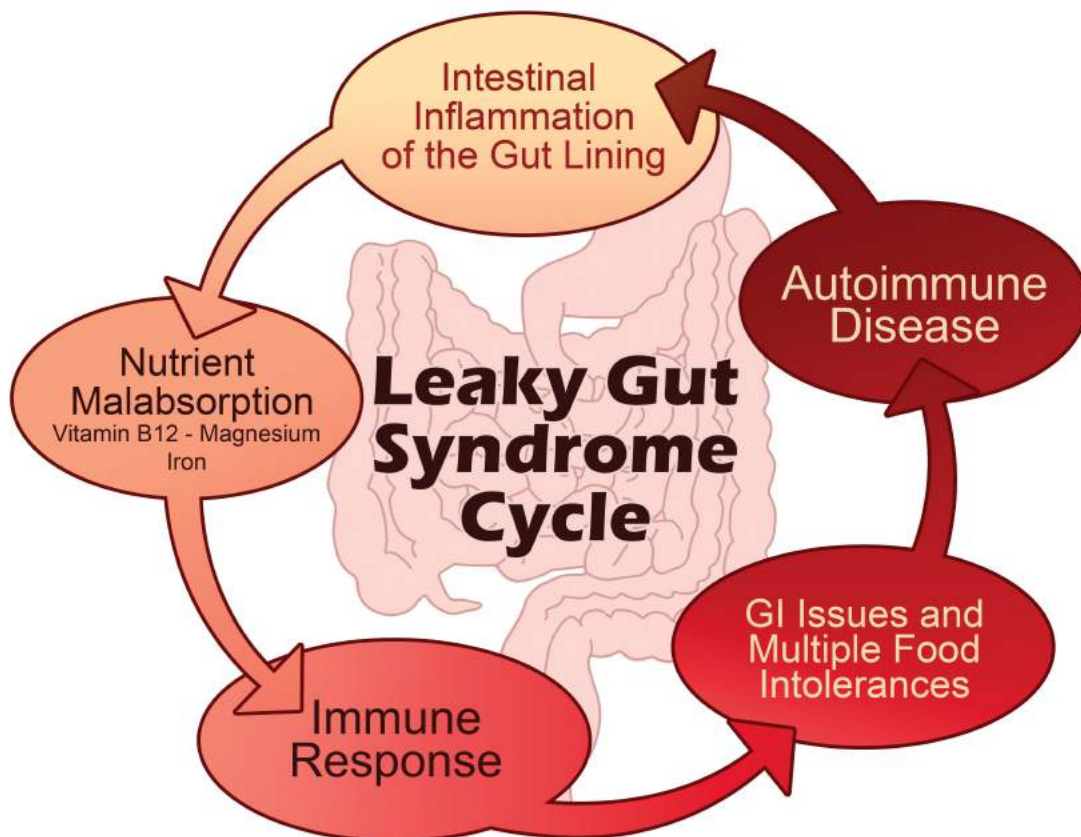
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## IS YOUR GUT LEAKY?

Ignoring the effect of the diet of the patient with an inflammatory condition is scientifically shortsighted. It is now clear that in most people with inflammatory conditions, fragments of protein from foods and from organisms living in the gut certainly DO leak into the bloodstream after most every meal. In reaction to these foreign substances, antibodies in the blood are commonly produced against components of egg protein, chicken protein, milk protein, and wheat protein within hours after eating these foods.

This phenomenon of the “leaky gut” is present in everyone to some degree, but is far more pronounced in those whose intestinal walls are inflamed for any reason, such as in people with chronic parasite infestation, diarrhea of bacterial or viral origin, inflammation of the large intestine (colitis) or small intestine (enteritis or Crohn’s disease,) as well as in many allergic/atopic conditions, like asthma and eczema.



Leaky gut not only causes digestive discomfort but can trigger food allergies, sinus infections, swollen joints, and skin rashes. Healing leaky gut hinges on restoring health to the inner ecosystem with beneficial gut bacteria.

**Common symptoms of Leaky Gut include:**

- Multiple food allergies or food sensitivities
- Abdominal gas, bloating, distention and pain
- Chronic sinus infections
- Swollen, painful joints
- Fatigue
- Brain fog
- Skin eruptions and rashes

Our food choices can injure our gut lining directly by their physical or chemical properties (fatty, acidic, nutrient poor, etc.) but also indirectly by unbalancing the micro-biome – the trillions of microbes that live in the mucus layer lining our intestine and form part of the functional barrier of our gut.

Fatty foods, especially saturated fats (animal fats) reduce our good bacterial populations.

Foods that are sprayed with pesticides that alter the bacterial balance and commercial flesh foods contain residues of antibiotics fed to the animals, which then concentrate in their tissues. Once consumed, these toxins are unleashed into your system.

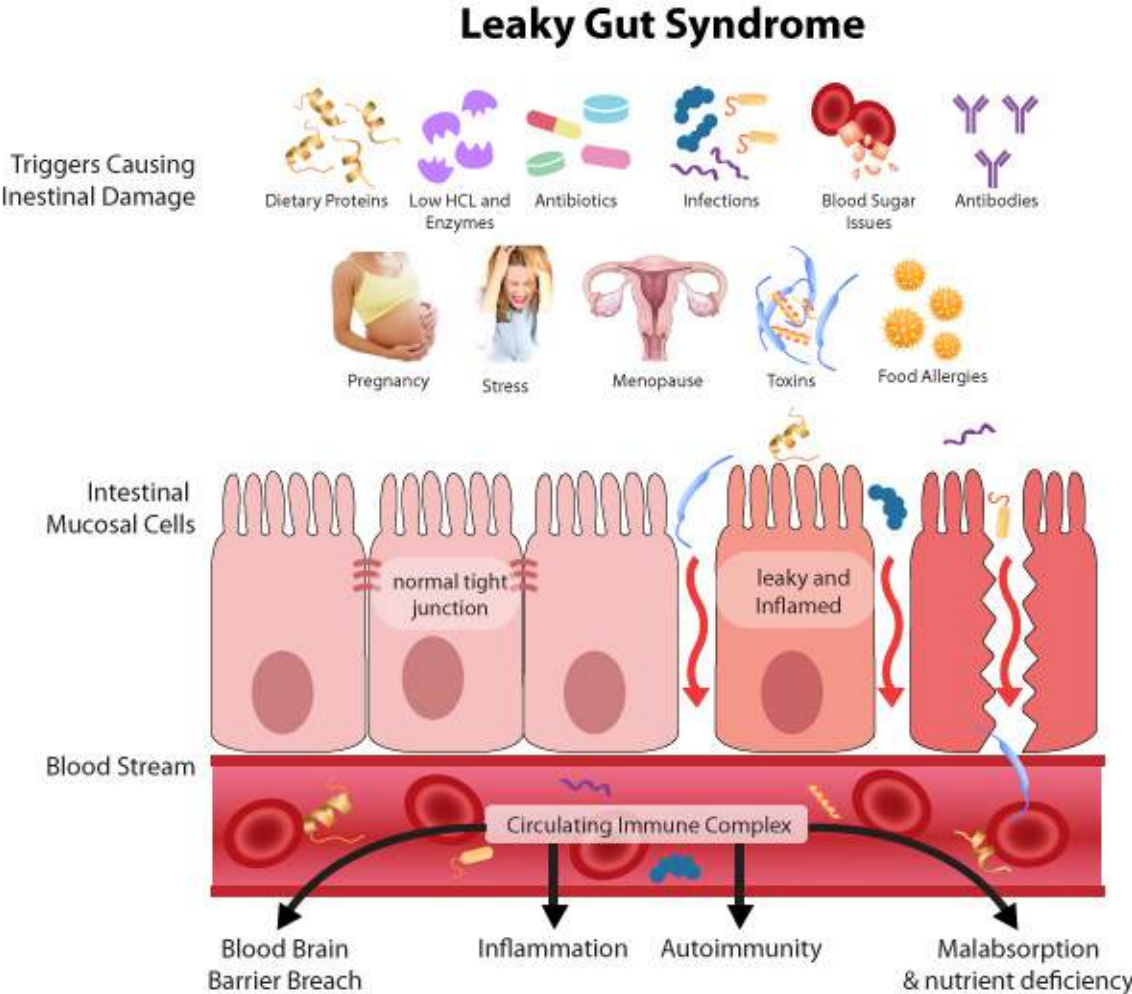
Antibiotic rounds; People often go to their doctor with a viral cold and ask for a prescription for antibiotics, “just in case” which inevitably unbalances the micro-biome – by killing off the good bacteria. NOT a good idea!

All these agents and actions can reduce the numbers of beneficial organisms in the gut lining. This allows more unfriendly, harmful microbes to “set up housekeeping” in the mucus layer – which then proceed to injure the integrity of the intestinal wall. This makes the gut more permeable (“leaky”) to molecules that should never enter the bloodstream. So you get toxins infused into your blood stream with every meal.

When your health is failing, do not assume that your body is failing you. Its effort to heal never stops, not even for a second. However, over the years most patients have endured tens of thousands of repeated injuries to their arteries, joints and tissues, simply because of what they eat for breakfast, lunch and dinner. For disease to progress, injury must outpace healing.

For healing to occur, the opposite must happen: HEALING must outpace injury. It's a simple matter of allowing your body to heal by stopping the regression by very clean living.

Chronic inflammation is hard on the body and ultimately harmful for the body to fight – yet, our Standard American Diet (“SAD”) is flooded with meats, dairy products, processed foods, concentrated sugars, preservatives, colorings, flavorings and other chemicals that cause this daily inflammation at breakfast, lunch and dinner.



## HOW TO FIX IT?

When addressing a permeable gut lining, it is essential to first remove the triggers that may contribute to an inflamed gut wall, such as:

- Refined sugars
- Milk proteins (especially casein and lactalbumin) in dairy products including whey, buttermilk solids, skim milk solids, “calcium caseinate,” “sodium caseinate,” all milk-derived cheeses, yogurt, ice cream, chocolate, etc.
- Chicken protein including the “light meat” and “dark meat,” including eggs; the yolk and egg whites.
- Beef and other red meats.
- Soy protein – including tofu, tempeh, etc. including fake meat analogues, which often contain soy and wheat proteins.
- Corn protein
- Alcohol
- NSAIDs
- Resolve Poor blood sugar regulation
- Resolve current or chronic Infection
- Reduce Stress (mental, emotional, or physical)

Simply removing these triggers can take an enormous amount of effort. However once these trigger foods and chemicals are removed, the signs of leaky gut may alleviate.

It is important to understand that leaky gut damages the tissue lining of the wall of the intestine. Removing trigger foods and trigger chemicals only helps to partially control leaky gut. It does not fully repair the damage to the intestinal wall.

### **BENEFICIAL FATS PLAY AN IMPORTANT ROLE:**

- “Omega-3” fatty acids can exert an anti-inflammatory effect. **2 cup servings of dark leafy greens** should be consumed daily as should **a small handful of walnuts, either as whole nuts** or blended into dressings and sauces.
- **One to two tablespoons of fresh ground flax, chia, and hemp seeds** should be eaten daily sprinkled on cereals, salads or soups.

- **DHA/EPA supplements derived from algae (NOT fish oil)** can be purchased online and in natural food stores; 300 mg of algae-derived DHA with approximately 180 mg – 300 mg EPA is appropriate.
- GLA (gamma-linolenic acid) is an “omega 6” fatty acid from which the body makes a potent, natural anti-inflammatory substance, prostaglandin E-1, which complements the omega-3 lipids and can be very useful in inflammatory diseases. **300 mg of black current seed oil daily** will supply a sufficient amount of GLA to help reduce inflammation.

## GUT LINING REPAIR

The “leaky gut” can be made less permeable by:

**a)** stopping any ongoing injury to the intestinal wall or flora (see list above) (alcohol, soft drinks, coffee, most teas, chlorinated drinking water, antibiotics, etc.)

**b)** addition of the following supplements for 90 days – all help restore normal tissue integrity and balance of intestinal micro-flora. The supplements below can be drop shipped to you, ordered online or found at natural food stores:

- **L-glutamine:** 1000 mg. twice daily, ½ hour before meals
- **Quercetin:** 650 mg. twice daily, ½ hour before meals
- **Probiotic** (non-dairy): ½ - 1 teaspoon of powder or 2 capsules 1 hour before meals or 1 hour before bed.

➔ Probiotic formulas should be a full spectrum formula.

## DIETARY ELIMINATIONS DURING HEALING PHASE

- Any (and all) meats, dairy products, and other animal-based foods, as well as any individual grain, legume, fruit or vegetable can be eliminated without fear of deficiency of protein, calcium, or other nutrients.
- If wheat or other plant protein is found to cause adverse reactions, there are breads, pastas and cereals made of rice, oats, barley, buckwheat, spelt, kamut, and other non-wheat grains, that are widely available at natural food stores.

As a final note, leaky gut can be repaired and gut health restored. Like all chronic conditions, it does take time and it is not easy for everyone. However, sticking to the protocols and being diligent will pay off.

## LIFESTYLE CHANGES

- Get plenty of rest, especially during a “flare”.
- Exercise to increase joint flexibility and muscle strength.
- Wear hats and other protective clothing when in direct sunlight as it seemed to be a trigger for you.
- Make de-stressing a priority – support groups, professional counseling, and talking with friends, family and physicians can help a lot. Exercise when you can. Learn relaxation techniques like deep breathing. Find what works for you.
- If your fever is over 101 degrees F, please call your doctor.
- Tell your doctor right away about side effects or new symptoms.
- Stay hydrated. Drink plenty of filtered fresh water.
- Do not drink or eat anything out of plastic containers. Use glass or non BPA containers only.
- Cook using only stainless steel pots and pans. Avoid cooking with non stick pans if possible.
- Change your beauty routine and cleaning supplies for natural, non chemical options.
- To search how safe are the products you are using please go to this link: <http://www.ewg.org/skindeep/>
- Choose not to apply toxic manicure products to your hands and feet. You may keep them manicured without the usage of nail polish. Or try cleaner options for nail polish and polish removal such as: <http://acquarella.com/>



- Avoid all beauty products that contain any of these:
  - BHA and BHT
  - Coal tar dyes: p-phenylenediamine and colours listed as "CI" followed by a five digit number
  - DEA-related ingredients
  - Dibutyl phthalate
  - Formaldehyde-releasing preservatives
  - Parabens
  - Parfum (a.k.a. fragrance)
  - PEG compounds
  - Petrolatum
  - Siloxanes
  - Sodium laureth sulfate
  - Triclosan
  
- Choose odor free products and avoid all cleaning products that contain any of these:
  - Phthalates. Found in fragranced household products, such as air fresheners, dish soap, even toilet paper.
  - Perchloroethylene or "PERC".
  - Triclosan.
  - Quarternary Ammonium Compounds, or "QUATS".
  - 2-Butoxyethanol.
  - Ammonia.
  - Chlorine.
  - Sodium Hydroxide.
  
- Avoid wearing body lotions and perfumes and try to choose non odor products for your hair and skin.
  
- A few cleaner beauty and house hold brands are: Tom's, The Honest company, Burt's bees.

## **Dietary Protocols: Here is your path to success.**

### **Avoid all animal products (Vegan).**

By avoiding the intake of beef, chicken, eggs, fish, fish oil, dairy and dairy products your body will have a chance to heal immediately and progressively day by day.

### **Choose foods from whole food plant sources.**

#### **Focus on Whole grains, legumes, vegetables and fruits:**

Use fresh and organic fruits and vegetables when possible, if not refer to organic frozen fruits and vegetables.

If time is short, use BPA free, low sodium, non fat or added oil or sugar, canned beans.

#### **Whole grains**

Whole grain gluten free pasta, brown rice, oats, oatmeal, quinoa, millet, amaranth, buckwheat, sorghum, teff, wild rice and other rice types.

Suggested servings per day: 8

One serving is 1/2 cup cooked grain (oatmeal or pasta), one ounce of dry cereal or one slice of gluten free bread (vegan - no eggs, no dairy, no butter).

#### **Legumes**

\*Beans (black, pinto, kidney, fava, lima), chickpeas, baked beans, peas, split peas, lentils.

Suggested servings per day: 3

One serving is 1/2 cup cooked beans.

\*Note: If you are new to beans, increase the amounts you consume gradually, as they are likely to cause gassiness until your digestive tracts adapts. However, this is normal.

#### **Vegetables**

Green vegetables, asparagus, broccoli, spinach, kale, swiss chard, cauliflower, sweet potatoes, carrots, yams, collards, squash, green beans, bok choy, artichokes, etc.

Suggested servings per day: 4 or more

One serving is 1 cup of raw or cooked vegetables.

Have two or three different vegetables with your meals.

#### **Fruits**

Apples, bananas, blueberries, cherries, clementines, grapes, pears, peaches, oranges, kiwi, berries, etc.

Suggested servings per day: 3 or more

One serving = one piece of raw fruit = 1/2 cup chopped fruit = 1/2 cup cooked fruit or juice.

### **Other permitted foods**

Fat free salad dressings and other fat free condiments - See recipes

Avocados, olives, peanut butter, almond butter. Limited 1-2 servings per week

### **4. Low fat. Keep vegetable oils, FATS and nut butters to a minimum.**

Avoid any added fat in your food, including butter, margarine, and all vegetable oils, even olive oil.

Top salads with fat free dressings, lemon juice or balsamic vinegar. (see recipes)

Steam vegetables, do not use oil. Steam fry onions, garlic or vegetables in water or vegetable stock instead of sautéing in oil.

Read package labels and look for products with no more than 2-3 grams of fat per serving, or a percentage of calories from fat below 10 percent.

## **Foods to Avoid ( This is a must!)**

- Meats, poultry, fish, eggs (whites and yolks), all dairy products (regular and fat free), milk, yogurt, cheese, ice cream, mayonnaise, sour cream and BUTTER.
- Added oils, margarine, salad dressings with olive oil, coconut oil or any added oils, cooking oils. Packaged foods and sauces with oil as an ingredient. Pre-made foods contain a lot of added oil.
- Fried foods, potato chips, french fries, onion rings, doughnuts, pastry items.
- Refined foods and sugars. Avoid Splenda and other fake sweeteners.
- Soy and soy based foods, such as edamame, soy milk, tofu and tempeh.
- Wheat and wheat based foods, such as bread, pasta, seitan, faux meats.
- Alcohol

## **Take vitamin B12**

Your body uses vitamin B12 to keep nerves and blood cells healthy. The amount you need is very small and the most convenient source is a multivitamin or supplement. B12 is not made by animals or plants but rather by bacteria. We presume before the modern hygiene practices, there were traces of bacteria in the soil and on vegetables and fruits that provided us with the vitamin B12 traces.

**Take the recommended leaky gut protocol dietary supplements.**

## **Create your menu ( Don't cheat ; )**

Mark a 4 week period on your calendar when you plan to embrace this program. Before you reach your start date, identify meals that fit our criteria and that are appealing to you. When the start date arrives, commit yourself completely for 30 days, to follow the instructions. We will retest your blood values after the initial 30 days.

If your commitment is 100%, your results will be fast and you will feel better and look better and most likely, avoid the medications.

See your recipe booklet for delicious healing meals!

**YOU CAN DO IT!!!!!!**

## HEALTHFUL SNACK IDEAS

### Fruits

Apples, oranges, pears, bananas, cantaloup and melon  
Dried fruits (avoid sulphur dioxide preserved fruits- Look for organic non-sulphur)

### Instant soups

Vegan, gluten free, low fat  
Minestrone, split pea, lentil.

### Sandwich

CLT cucumber, lettuce, tomato sandwich with mustard on gluten free bread.

### Three bean salad

**Air popped popcorn** topped with garlic powder, spike or nutritional yeast.

**Low fat hummus** on a gluten free, corn free tortilla such as Rudi's, Food for life.

**Gluten free cereal** such as *Nature's Path* brand with almond milk

**Gluten free** toast with homemade no sugar jam

### Carrot sticks

**Rice cakes** (unsweetened variety)

**10. Aim to keep your total daily sodium intake to less than 2,000 milligrams.**

**11. Reversing autoimmune disease is a path and a process. Knowledge is POWER! Keep the faith and stay on path!**

