



# Leaky Gut Protocol & A Modified Elimination Diet

Here are some tips that we recommend for patients going on the leaky gut protocol. Leaky gut occurs when you have increased permeability or inflammation of the mucosa or lining of the small intestine. There are a variety of factors that can contribute to leaky gut, including foods (especially gluten), pathogenic microorganisms in the intestinal tract (bacteria, yeast, parasites), and certain medications (i.e. ibuprofen). This increased mucosal permeability can lead to a wide range of inflammatory/autoimmune disorders and digestive symptoms. It is important to realize that you may have a problem caused from a leaky gut without having any significant digestive complaints.

## The Leaky Gut Protocol.

The leaky gut protocol is a combination of products which when blended together with water, unsweetened coconut or almond milk provides a shake that contains a variety of ingredients to help support normal intestinal barrier function. The shake provides nutrients to help decrease intestinal inflammation and probiotics to reestablish a more normal gut flora. The shake contains a bovine derived immunoglobulin complex, derived from the colostrum or breast milk of dairy cattle or egg derived immunoglobulin complex. These immunoglobulins or antibodies help to support immune function in the gut.

Although the immunoglobulin complex is derived from breast milk or egg (depending on the recommended protocol for you), it is not the same as drinking milk or eating eggs. Most of our patients with a dairy or egg intolerances do not have adverse reactions. Check with your provider if you have reactions to one of these and are concerned about a possible reaction. The protocol is most effective when used in combination with an elimination diet.

### Instructions for the Protocol:

GI Revive or Ultra Cleanse.....	2 scoops daily
Full Spectrum Immunoglobulins or IGY.....	1 scoop daily
GastroCare Plus .....	1 sachet daily

For convenience: Blend, shake or briskly stir all 3 together with 8-12 ounces of water.

## Symptoms and Conditions Associated with Leaky Gut

If you suffer from digestive symptoms, brain fog, headaches, depression, joint aches, skin conditions or fatigue, it may be worthwhile trying a modified elimination diet in conjunction with the leaky gut protocol. Consider trying this diet even if you don't go on the entire leaky gut protocol. As a minimum take a good probiotic supplement at the start.

You may feel deprived having to give up some of these foods, but the question you need to ask yourself is- Would I rather be deprived of some of these foods or deprived of my health?

## Purpose of an Elimination Diet

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, 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. Focus on what you can eat rather than what you can't eat and this will seem much easier.

## Gluten and Leaky Gut

As a minimum, you should go off all gluten. Gluten contributes to leaky gut 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 that is now found to affect one in 100 individuals. That is a rate that is increased from 1 in 3000 thirty years ago.



**“All Disease begins in the Gut”**

*Hippocrates app. 420 B.C.*

## **Non-Celiac Gluten Sensitivity**

More recently there has been a new group defined as "non-celiac gluten sensitive"(NCGS) individuals who experience a reaction to gluten and 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 go off gluten on a trial basis end up feeling better and really notice adverse symptoms if they reintroduce gluten into the diet later on. Unfortunately, the only way to know for certain if you are a NCGS individual is to try going gluten-free and see how you feel

## **Getting Started**

Try going on an elimination diet or as a minimum try going “gluten free” and you will likely feel better within 7 days. 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**

I recommend the book *Practical Paleo* by Diane Sanfilippo, to help you get started. The “Paleo Diet” which many of you have already heard about, suggests eliminating all grains, not just those containing gluten. 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. Page 88, gives a nice overview of leaky gut syndrome. This book contains many of the principles outlined below and many delicious, healthy recipes.

## **Dietary Guidelines.**

1. Have the leaky gut shake for breakfast. Feel free to eat something later on the allowed list if you are still hungry.
2. Drink plenty of water, preferably filtered. Consider adding some fresh squeezed lemon juice. Drink green tea.
3. Eat lots of vegetables and fruit-preferably organic.
4. Enjoy moderate amounts of high quality protein such as wild fish, chicken, turkey, beef, and lamb. Select from organic, free ranging, grass fed products whenever possible. Do not grill, fry or cook at a very high temperature. Avoid processed or cured meats.
5. Try to eat three meals a day with healthy snacks between meals.
6. To maintain a healthy and stable blood sugar level, eat a combination of protein/carbohydrate/fat at each meal or snack.
7. Nuts and seeds with the exception of peanuts (peanuts are actually a legume)
8. Healthy fats like avocado, coconut oil and extra virgin olive oil.
9. For milk, alternatives, use unsweetened, coconut milk, or unsweetened almond milk.
10. Eat a wide variety of foods
11. Incorporate fermented foods which are naturally rich in probiotics (e.g. sauerkraut, kombucha tea etc.)
12. Allow time for exercise, stress reduction, and adequate sleep.
13. Try this program with a friend or your significant other.
14. Get organized and plan ahead by shopping for and preparing foods that you CAN eat.
15. Buy the highest quality ingredients that your budget will allow.

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### **Foods to Eliminate**

1. Any food that you're allergic to
2. Gluten-containing grains (wheat, rye, barley) and any prepared foods containing gluten.
3. Dairy (milk, cheese, yogurt, ice cream).
4. Soy or any products made from soy, such as soy milk or tofu.
5. Corn and corn products -the vast majority of corn and corn products come from genetically modified organisms (GMO's) which can contribute to leaky gut.
6. Peanuts and peanut butter.
7. Sugar.
8. Eggs (Note that quality eggs are actually healthy for you, however, they are on the list of foods that people frequently react to).
9. Any processed or highly refined foods.
10. MSG and aspartame

### **After Elimination**

The goal of the elimination diet is to reconnect with how food makes you feel. There is no typical or normal response 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 would include: gluten, soy, any genetically modified organisms (GMO's), MSG and aspartame. If symptoms persist, further food allergy testing may be warranted.

Some patients find having the leaky gut protocol 2 or 3 times a week is a good maintenance plan. As a minimum, you should take a good probiotic supplement 2-3 times a week or ingest fermented foods like sauerkraut or kombucha tea.

**We also work with certified nutritionists who can help guide you. For more information about implementing the leaky gut protocol, an elimination diet or other nutritional changes, call the office (303-343-3121) or visit our website for more information [www.thecaregroup.com](http://www.thecaregroup.com)**

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