



UPROOTING LYME

Supplement Guidelines For Treatment of Leaky Gut

Digestive Enzymes

- For indigestion and weak digestion.
- Best food source is from consuming raw vegetables with meals.
- Dose: 1 / meal

Betaine HCl

- For low stomach acid.
- Dose: 1 / meal as needed.

Collagen (+ amino acids, minerals, etc.)

- Repairs damaged cell walls, strengthens immunity;
- Best to consume home made bone broth daily.
- Alternatively, good brands include Kettle & Fire, Ancient Nutrition Bone Broth Powder (from Dr. Axe), Broth of Life (Beef, organic);
- 8 oz. or 1 scoop or more daily

Colostrum

- Seals tight junctions, strengthens immune system, remedies dysbiosis;
- Goat colostrum, for example from Mt. Capra, greenfieldfitnesssystems.com or products from New Zealand;
- 2 / 2x / day or more

GLA (gamma linoleic acid)

- Anti-inflammatory;
- Black currant, borage, evening primrose oil can be added to smoothies
- 200-400 mg / day

Butyrate / butyric acid

- Energy source for cells lining intestine; anti-cancer, anti-inflammatory;
- Best food sources = butter, ghee; dandelion greens, jicama
- Use for Crohn's, ulcerative colitis;
- Enemas available by prescription; scientific research article explaining effectiveness here: (to share with docs)
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3070119/>
- Oral supplementation 1-6 capsules after meals

Phosphatidyl choline

- Major constituent of mucosal layer of gut lining;
- Anti-inflammatory, restores integrity of tight junctions
- 1 T / day in smoothie or 150 mg / day

Bile Salt

- Anti-microbial;
- Encourages secretion of phos choline.

Restore

- Strengthens tight junctions of intestinal and blood brain barrier;
- Supports return of biodiversity to gut ecosystem;
- 1 teaspoon after meals / 3x /day.

Glutamine

- Energy source for intestinal cells, strengthens tight junctions;
- Use for diarrhea, pain, multiple food allergies, IBS;
- Best food source is bone broth;
- Douglas Labs, Klaire Labs, Numedica, Jarrow are all good

brands; start with 2 grams / 2x / day and gradually increase up to 20 grams / 2x / day; consume after meal.

Marshmallow / comfrey root / slippery elm

- Anti-inflammatory and soothing, provides protective barrier;
- Pre-biotic, anti-oxidant;
- Make as tea, porridge, add to smoothie.