

## Gut Healing Protocol

Gastrointestinal or G.I. distress is common in individuals with chronic illness and autism and common symptoms can include chronic constipation and/or diarrhea, craving carbohydrates/sugar, gas, bloating, pain and food sensitivities. Poor G.I. health has a direct influence on autoimmune, neurological, mental health and cardiovascular disorders. Areas that must be addressed before the G.I. tract can be restored to optimal health include 1. Microbial Infections, 2. Digestion/Absorption, 3. Inflammation, 4. Healing Leaky Gut and Microbiome Restoration and 5. Maintenance.

1. **Microbial Infections:** Overgrowth of candida and pathogenic bacteria is almost always present with G.I. symptoms. Testing is required to determine what pathogens are present and the GPL Organic Acids Test (OAT) can identify candida and Clostridia overgrowth. Stool testing may also be helpful to identify specific bacterial and parasitic pathogens. All pathogens identified need to be eradicated prior to moving forward with this protocol. Some of the pathogens that can be found in OAT and stool testing are:
  - a. **Clostridia** – When Clostridia is present, dosing with the following probiotics can often be effective instead of antibiotics: [CoreBiotic](#), a soil-based probiotic, [Culturrelle](#) or [LactoPrime Plus](#), with Lactobacillus Rhamnosus, and/or [Saccharomyces Boulardii](#) given for 3-4 months. In more severe cases, pulsing of botanical agents such as [Biocidin](#), alongside the probiotics, has been shown to be extremely effective.
  - b. **Candida** – Dosing with strong herbal formulations such as [Candida Formula](#) for adults or [Candida Yeast Formula](#) for children, can be helpful. Rotating individual herbs such as [Undecylenic Acid](#), [Oregano Oil](#), [Berberine/Goldenseal](#), [Uva Ursi](#), [Allicin/Garlic Extract](#), [Black Walnut](#), or [Grapefruit Seed Extract](#), every week can be very effective in significant infections when resistance can occur. Dose twice daily (according to label directions, and adjust for age and weight) and continue treatment for a minimum of 1-4 months (although treatment may be necessary off and on for much longer). Individuals positive for Mycotoxins should treat in the same way since mold can colonize the G.I. tract similar to candida. Ensure probiotics such as the ones mentioned above, are used alongside the herbal formulations but spaced 2 hours apart. In more mild infections, with few symptoms, these probiotics ([Corebiotic](#) and/or [LactoPrime Plus](#)) can be used without the botanicals.
  - c. **Bacterial/Viral Infections:** Non-clostridia pathogenic bacteria can be treated with herbs such as [Uva Ursi](#), [Berberine/Goldenseal](#), [Oregano oil](#) and [Garlic/Allicin](#), dosing 2-3 time per day for 10 days straight. Natural options for treating viruses can include [Olive Leaf Extract](#), [AlliMax](#), [Biocidin](#) and [Transfer Factor Plasmyc](#). Continue probiotics (as tolerated) 2 hours away from administration of herbs.
2. **Digestion/Absorption:** Symptoms of gas, bloating, stomach discomfort, undigested food in stools, and IBS symptoms after eating certain foods indicates a need for digestive enzymes. Plant based enzymes such as [Digest-Mate Vegan](#), [TriEnza](#), [Peptizyde](#), [Zyme Prime](#), and [No-Fenol](#) should be offered based on individual symptoms after eating certain foods. Adults with digestive issues including acid reflux should consider an enzyme that includes HCL, ox bile, and

pancreatic enzymes such as [Digest-Mate](#). Peristalsis is also important because optimal bowel function prevents the likelihood of potential future infections, assists in consistent excretion, and allows the patient to be more comfortable. [Oxy-Powder](#) has been shown to successfully improve gut motility on an as needed or regular basis.

3. **Inflammation**: Eliminating pathogens and high IgG reactive foods indicated on the GPL Food Allergy Test can decrease inflammation along with the elimination of gluten and dairy whenever possible. Dose with herbal formulations containing Curcumin, Quercetin, Skullcap, zinc and vitamin D such as [Inflamma-Mate](#) for 2-4 weeks based on the degree of inflammation. (This product also contains 19g per dose of rice protein which can add additional nutritional benefit for some who may need it). [Turmeric-Quercetin Complex](#) or [TetraCumin](#) are also good options and all should be initially dosed 2x daily for optimal effectiveness. Research has shown that using very high dose probiotics (> 100 billion CFU's) during this period such as [Pro-Bio Premium](#) or [Pro-Bio 100](#), will activate 1700 genes involved in immune and inflammatory signaling, improve immune function, and maintain normal inflammatory balance. Another option is [Visbiome](#), but be aware that this product does contain tiny amounts of casein.
  
4. **Healing Leaky Gut and Microbiome Restoration**: Optimal health cannot be restored until this last step is completed. This treatment must continue for at least 3- 4 months for optimal and long-lasting results. The avoidance of antibiotics and NSAIDs is also important to achieve and maintain gut health and healing.
  - a. [IgG Powder](#) or [IgG Colostrum](#): These will bind the antigens and pathogens that are attacking the immune system. IgG Powder is serum derived and contains no dairy proteins for those that are sensitive. This should be dosed 2x daily. This should be mixed in water or the beverage of choice.
  
  - b. [Intesti-Mate](#): A pleasant tasting high glutamine formulation containing other healing herbs which is designed to heal the GI Tract. This should be dosed along with either Pro-Bio Premium or Pro-Bio 100. This is best mixed with water or a milk substitute.
  
5. **Maintenance**: Continue indefinitely with digestive enzymes with meals. Patient may be able to switch to a lower dose probiotic such as [Probiotic Support Formula](#) (which contains Saccharomyces Boulardii) or [LactoPrime](#), [Ther-Biotic Complete](#) or [Theralac](#). Alongside the probiotics, a variety of prebiotics (especially if high fiber foods are not tolerated) are essential in assisting in gut bacteria proliferation. [Inulin](#) is an excellent prebiotic and [No-Fenol](#) can be added for fiber digestion support if needed.

\*Avoiding the use of NSAIDs and antibiotics is also important to keep achieve and maintain gut healing and health. For patients dealing with chronic pain, consider daily use of [Ultra-Cell CBD oil](#) and/or [TetraCumin](#).

***These products can be purchased through New Beginnings Nutritionals***

***[www.nbnus.com](http://www.nbnus.com) – 913-754-0458.***

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