

# SOLVING LEAKY GUT

rebuild digestion · increase energy · boost brain power

Welcome to the Solving Leaky Gut Tough Case Protocol

# A 3-Pronged Approach Is Needed for Solving Leaky Gut

Before reading this you should have watched the training videos as they explain the rationale behind the pleiotropic (multiple ways) approach that we use in this program to solve leaky gut.

In order to really reverse your leaky gut and begin to heal your symptoms we use a 3 pronged approach of diet, supplement and lifestyle changes.

- Step 1.** is to download the Leaky Gut Rebuild diet handout and the 30 day tough case meal plans.
- Step 2.** is to order your tough case supplement package here: <http://solvingleakygut.com/LGtough>
- Step 3.** is to review the lifestyle training video and choose the 1st habit you are going to work on.

## IMPORTANT: Before You Begin, Read This

This protocol and Solving Leaky Gut material is intended for informational purposes only. It is not intended to treat a disease, nor does it constitute a physician-patient relationship with you or anyone reading this, it is not intended to replace the supervision of a licensed medical professional. Lastly, it is not considered medical advice.

Remember to always check with your physician or healthcare provider before beginning a supplementation protocol. Not for use by pregnant or nursing women.

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## How to use the Tough Case Supplements

As Dr. Tom O'Bryan mentions we need to use a pleiotropic approach (multiple ways) to turn around your current health issues and begin restoring the health of your gut. The Tough case supplement package was carefully chosen to help turn off inflammation, stop oxidative damage, support hormones, improve detoxification, heal the gut cells, reboot the gut flora, increase energy and include extra nutrients you might be lacking because of being sick.

The tough Case supplements consist of:

- Numedica Pan Rx Digestive Enzymes
- Numedica Gluten Sensitivity Kits Which Include:
  - Gluten Sensitivity Packs
  - GI Restore Powder
  - Micellized Vitamin D3
  - PRP Balance Spray
  - GS Tri-Flora Probiotics
- Numedica L-Glutamine Powder
- Numedica B-Replete
- Numedica NAC

You can order your Tough Case Package here: <http://solvingleakygut.com/LGtough>

Once you get your supplement package arrives in the mail you need to know how to start incorporating these into your Leaky Gut Program. They all work together and this Tough Case package can be coupled with the Adrenal Package and/or GI Infection protocol.

So let's talk about each product and how to start using each.

### THE RIGHT DIGESTIVE ENZYMES

The number one supplement that can help your digestion right now is high-quality digestive enzymes. This supplement along with diet changes can be enough to stop ongoing diarrhea. We've personally tried all the major brands and have gotten the feedback of 1000's of other people on what works best for digesting food and firming up stools. The best digestive enzymes on the market right now are the Pan-Rx enzymes.



The dosage we've seen to be most effective is 1-4 capsules per meal. You will need to test the number you take to find the proper dosage for your body.

It's rare, but some people with severe inflammation of the lining of the stomach can experience irritation upon starting digestive enzymes. If that happens to you, increase very slowly over a 2-3 week period by starting with ¼ capsule per meal for several days. Then, bump it up to ½ capsule for a while, then ¾ capsule, and finally a full capsule. If you still experience irritation, stay at a lower amount.

## THE GLUTEN SENSITIVITY PACKS

Each Gluten Sensitivity Support Pack contains five powerful nutritional formulas that work synergistically to inhibit the synthesis of lipids that signal inflammation in joints, muscle and connective tissues. A daily dose pack promotes optimal joint health and improved immune system response, as well as helping to inhibit the shift from acute inflammation to chronic inflammation.

It contains Vitamin D as well as other vitamins and minerals that are often deficient due to malabsorption. Vitamin D may also help to maintain the intestinal mucosal barrier. These packets also contain L-Glutamine, an amino acid that is very prevalent in the human body and it may help speed the healing of the digestive tract since it is a primary energy source for the small intestine. Fish oils are included because of the anti-inflammatory properties of Omega-3 fatty acids.

Why the name Gluten Sensitivity Packs?

As Dr. Tom O'Bryan mentioned in the video, we chose these packs because they're filled with 22 powerful nutrients designed to turn off the chronic inflammation (oxidative stress) that occurs with leaky gut.

Begin by taking 1 pack in the AM with food.

## GI RESTORE POWDER

The GI Restore Powder is all natural, whole colostrum with immunoglobulins, proline-rich polypeptides, and natural growth factors. Colostrum has been shown to reduce gut permeability by reducing inflammation, protecting against irritation from toxins and promoting epithelial growth and repair.

If you've listened to Dr Andrew Keech's Colostrum Master Class or the Dr Tom O'Bryan Leaky Gut Master Class you'll understand that the scientific research on colostrum and the clinical application is extremely well



documented. This product gets results. And while it is based on dairy, it's been our experience even with very sensitive people that they typically don't react to it.

Mix 1 scoop (10 grams) in unchilled water at least 1 time per day. Can be taken before or during meals.

## MICELLIZED VITAMIN D3

As Dr. Tom O'Bryan mentioned in the training videos our bodies have vitamin D receptors on every cell. And while it's called a vitamin, it's really much more powerful than that. The GS Micellized D<sub>3</sub> Liquid is all natural vitamin D<sub>3</sub>, provided in a water-soluble, micellized form. Micellization greatly increases vitamin D<sub>3</sub> absorption, over typical emulsified forms.

Take drops directly on to the tongue to enhance for systemic absorption. Dose in the AM before or with food. Dosing if taking the Gluten Sensitivity Packs:

2 drops daily under 125 lbs

3 drops daily 125-175 lbs

4 drops daily 176+ lbs

5 drops daily 225+ lbs

Optimal serum OH(25)D (vitamin D) levels are 30-60 ng/ml. Vitamin D testing should be completed to determine how much vitamin D should be supplemented.



## PRP BALANCE SPRAY

GS PRP Balance Spray is supplemental proline-rich polypeptides (PRPs) extracted from fresh colostrum. PRPs have been shown to have immune modulating effects ramping up the immune system in periods of immune stress and down regulating pro-inflammatory cytokines when gluten and other allergens are present.

As Dr. Tom O'Bryan mentioned in the training videos regular colostrum contains PRP's but not at a very concentrated level. And he revealed that recent research is showing the effectiveness of concentrated PRPs on brain health.

Spray up to 4 times directly in the mouth and swallow. Take twice daily, early in the morning and before bedtime. This product is for sublingual absorption and should be taken away from food.



Dose using the following ramp up schedule:

Day 1: 1 sprays in the AM and 1 sprays in the PM

Day 2: 2 sprays in the AM and 2 sprays in the PM

Day 3: 3 sprays in the AM and 3 sprays in the PM

Day 4 and forward: 4 sprays in the AM and 4 sprays in the PM

## GS TRI-FLORA PROBIOTICS

GS-Flora Balance contains *Saccharomyces boulardii*, *Lactobacillus* and *Bifidobacteria*. These organisms work in two ways to boost intestinal health. *Saccharomyces* adheres to pathogens while *Lactobacillus* and *Bifidobacteria* adhere to epithelial cells and reinforce the intestinal barrier. The three bacteria strains in this formula are proven to be resistant to gastric acidity and bile salts.

Take 1 pill in the AM with food on Day 1. On Day 2 and going forward take 1 pill in the AM with food and 1 pill in the PM with food.



## PURE L-GLUTAMINE POWDER

L-Glutamine is the most abundant amino acid (building block of protein) in the bloodstream and is transported and metabolized in the majority of tissues. L-Glutamine may be regarded as one of the most important of the amino acids when the body is subjected to trauma and/or metabolic stress. It aids the body's rapidly growing cells such as the immune system's lymphocytes and intestinal cell enterocytes. It also plays a role in nitrogen balance in the body.

It's been our experience that L-Glutamine in higher dosage levels of 5-20 grams a day is very helpful for those people suffering from chronic health conditions and leaky gut.

Begin by taking ½ teaspoon in AM after food and ½ teaspoon in the PM after food on Day 1. On Day 2 take 1 teaspoon in the AM with food and ½ teaspoon in the PM with food. On Day 3 take 1 teaspoon in the AM with food and 1 teaspoon in the PM with food.



## POTENT B-REPLETE

B- Replete supports Optimal Energy Levels and Adrenal Function and was included in the tough case package because of the typically low energy levels and need for hormone support.

B-Replete is an advanced B-complex providing the entire spectrum of B-vitamins and other complementary nutrients to support healthy homocysteine metabolism, adrenal, energy, neurological function and



healthy stress response. B-Replete provides activated forms of Vitamins B-2, B-6 and B-12, with the addition of Benfotiamine, a fat soluble and physiologically active form of thiamin. The 5-MTHF in this formula, Quatrefolic® is the most biologically active form of folate, allowing rapid uptake into the bloodstream. The 5-MTHF in this formula is also known as the "L" form of 5-MTHF since it is the reduced form of folate. The addition of PABA, Vitamin C and therapeutic doses of B-12 and B-6 make this a powerful and comprehensive activated B-complex that stands out above the rest.

Take 1 per day with food in the morning.

## HIGH QUALITY NAC

N-Acetyl Cysteine (NAC) is a form of the amino acid l-cysteine and acts as a powerful free radical scavenger. It is a precursor to and supports tissue levels of glutathione (GSH), the principal defense within the body against reactive oxygen species (ROS) and the detoxification of drugs, metabolites and other compounds. NAC also helps aid in the chelation of heavy metals and has been shown to support healthy lung function through its mucolytic capability.

We've found NAC to be very helpful to enhance to gradually enhance the detox pathways of the body. For those who are tough cases, it's very common to be having some compromised ability to detoxify the body.

On Day 1 take 1 pill with morning meal, 1 pill with lunch meal and 1 pill with dinner meal. On Day 2 take 2 pills in the morning with meals, 1 pill with lunch meal and 1 pill with dinner meal.



## IMPORTANT NOTE FROM JORDAN AND STEVE:

There is no such thing as a perfect protocol or perfect supplement. All have advantages and drawbacks. Every effort has been made to find products that work in clinical practice, are high quality and have the least amount of fillers possible.

Through testing of the products and protocols has taken place. Sometimes we couldn't find the most ideal filler ingredients in supplements. It has been our experience that the fillers included in this program don't cause issues with the majority of people and even in those that they might, the benefits of the protocol outway the risks.