

<http://www.healthsalon.org/140/leaky-gut-syndrome/>

## **Leaky Gut Treatment** protocol by Alta Smit MD, MBBCH, MSHom

Originally from International Journal of Integrated Medicine

Edited by Angela Taylor, author of The BrainFood Cookbook

Most treatments take 3 to 4 months

**Treatment: remove, replace, reinoculate, repair.**

### **REMOVE** irritants and parasites/fungi:

- Avoid all foods that cause intolerance – i.e. Gluten Free / GAPS Diet (muscle test to determine food intolerances)
- Kill parasites/fungi with Silver /Aloe Protocol (see second handout)

### **REPLACE:**

- Apple Cider Vinegar capsules with all meals (I make these myself with empty capsules and an eyedropper) (or use Hydrochloric Acid in pill form when ACV inconvenient)

### **REINOCULATE:**

- Cultured Foods and/or Probiotics

### **REPAIR: (muscle test all supplements for dosage)**

- L-glutamine 3,600mg per day during the initial phase
- Zinc (Zinc Assay from Premier Research Labs)
- Gamma Linoleic acid (GLA) (to decrease permeability)
- Glutathione and N-acetyl cysteine
- (optional only if needed: Cystine and Lysine. Because Glutathione is poorly absorbed in the gut it may be given with these two of its building blocks)
- Inulin (for example derived from Jerusalem artichoke)
- Fish Oil

### **Homeopathy**

*Liver overload:* Nux vomica 6C (between 1-7 doses per week – must muscle test)

*Gut/Bowel repair:* Bowel Nosodes 30C (between 1-4 doses per month – also there are several strains to choose from - must muscle test – consult a licensed homeopath)

(Read more at <http://askahomeopath.net/bowelinosodes.htm>)

**Detoxification:** Spiru-Blue, Chlorella, FIR Sauna + Ionic Detox Footbath

Acupuncture and Ozone Therapy can also provide powerful adjuncts.