



LEAKY GUT

Nutritional Support Protocol

Lifestyle Recommendations:

1. Eliminate alcohol consumption during the GI healing phase.
2. Completely avoid use of aspirin and NSAIDS.
3. Avoid constipation (use PaleoFiber if needed) and drink 8 glasses of purified water daily.
4. Completely avoid all known food allergens. Test with DFH Comprehensive Metabolic Profile.
5. Control stress (may need biofeedback, deep breathing, recreation, meditation, yoga, prayer, proper sleep, etc.).
6. Practice good sleep habits and get between 8-9 hours of sleep a night. Take the "Are You Getting Enough Sleep?" questionnaire and follow Insomnia Nutritional Support Protocol if needed.

Dietary Recommendations:

1. Avoid excessive consumption of coffee, tea, and soda.
2. Consume organic fruits and vegetables and free range meat and poultry.
3. Avoid sugar and artificially sweetened products. Replace sugar with the polyol sugar xylitol.
4. Concentrate on fish and foods high in omega 3 fatty acids such as salmon, mackerel, and sardines.
5. Avoid hydrogenated oils, fried foods, and plant oils such as corn oil, soybean oil, safflower oil and sunflower oil high in linoleic acid.
6. Avoid foods you know you are allergic to and exposure to environmental allergens.
7. Eat 5-9 servings of fresh fruits and vegetables daily OR add one heaping tablespoon of PaleoGreens and PaleoReds to your favorite drink.
8. It may be necessary to avoid all gluten containing foods in order to heal the gut lining.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/ or from the results of your most recent Designs for Health Metabolic Profile:

| | |
|----------------------------|------------------------------------|
| Digestzymes: | 2 at start of each meal |
| Tegricel Colostrum: | 1 capsule twice daily before meals |
| GI-Revive Powder: | 1-2 teaspoons |

These supplements may be mixed together, blended with PaleoMeal or taken with juice:

| | |
|----------------------------------|---------------------|
| Probiotic Synergy Powder: | 1 tablespoon |
| PaleoFiber: | 1-2 tablespoons |
| OmegAvail Liquid: | 1 teaspoons per day |

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.