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**Irritable Bowel Syndrome or Leaky Gut**

**Remove foods/medications/infections that injure the gut:**

- Limit anti-inflammatory drugs to 1-2x/week: Ibuprofen, Aleve, Voltaren, Mobic, Aspirin.

- Limit corn, wheat, rice, spelt, soy, dairy that contain lectins to injure the gut to 1-2x/week each.

- Sugar feeds yeast, candida and bad bacteria with toxins that create holes in the gut.

- Some bacteria in the gut can damage the lining, so sometimes antibiotics can actually help

- Treat for Candida if you have yeast symptoms; Supplements/Medications that can treat are:  
 Oregano, Candida Clear, Pau D'Arco, Capryllic Acid, Diflucan, Ketoconazole, Nystatin, etc.

**Replace:**  Digestive enzymes needed to break down food, so it won't feed bad microorganisms.  
 - Super Enzymes 1-2 caps/meal provide full digestive support

**Reinoculate:**   
60% of the immune system is clustered around the gut & hears messages from bad microorganisms.

- Eating Yogurt, Kefir, or Coconut yogurt provide good bacteria and short-chain fatty acids to heal the gut.

- Probiotic 50 Billion at bedtime (Absonutrix #100/$15) <https://smile.amazon.com/Absonutrix-Probiotic-Maximum-Strength-Multi-Strain/dp/B00FIEGQH4/ref=sr_1_3_a_it?ie=UTF8&qid=1550510700&sr=8-3&keywords=Absonutrix+50+billion>)

**Repair nutrients & foods**:

-Colostrum 1-3 tsp 1-2x/d (1 dose at bedtime) provides antibodies that protect & restore the GI

lining & kill off bowel pathogens. <https://smile.amazon.com/Colostrum-50percentage-Collected-Biological-Probiotics/dp/B00INM5FW0/ref=sr_1_10?keywords=Colostrum+powder&qid=1552571765&s=hpc&sr=1-10>

- Flaxseed meal 1 heaping spoonful 1-2x/d

- Life Extension Two-Per-Day Multivitamin contains 25 mg Zinc

- Glutamine 2000 mg 2x/d Fuel and protective coat for intestines

- Vitamin C 1000-2000 mg 1-2x/d to make collagen to heal GI lining

- Coromega -- Omega 3 oils 1 packet/d - anti-inflammatory

- DGL Licorice root heals intestinal lining & balances cortisol that can thin GI lining

- Quercitin 500 mg with meals seals tight junctions in the gut and reduces histamine

- Bone broth for amino acids to build collagen

- Fermented vegetables Sauerkraut, Kimchi provides organic acids to balance gut pH

- Coconut products medium-chain fatty acids digest more easily

- Sprouted seeds -- great fiber and support growth of beneficial bacteria

- Eggs, avocados, coconut oil - easy to digest and promotes healing

- Fruit promotes healing - best in the morning and only 1-2 servings/d

- Reduce stress (which can be a major trigger of leaky gut) by meditation, relaxation techniques,

guided imagery. HealthJourneys.com has many excellent, well researched choices.

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