

Everything You Need To Know
To Heal Leaky Gut In Just 30 Days

HOW TO HEAL LEAKY GUT



THE DEFINITIVE GUIDE

GOODBYE LEAKY GUT

DISCLAIMER

LET'S NOT PLAY DOCTOR HOUSE IN REAL LIFE

Content in this guide is for informational purposes only and is not considered medical advice. Please see a physician before making any medical or lifestyle changes.

The statements made in this guide have not been evaluated by the FDA (U.S. Food & Drug Administration). The products recommended in this guide are not intended to diagnose, treat, cure, or prevent any disease.

THANK YOU

I am but one person. And like all helpful books, I stood on the shoulders of giants to write this for you.

First, my sincerest thanks to my world class research team of doctors (MDs), registered dietitians (RDNs) and scientists at Essential Stacks, a health company. You live and breathe digestive health every single day and deliver the most fascinating findings and insights to me. You are my rock stars! No one understands gut health better.

Second, thank you to all you wonderful readers. With 500,000+ of you, I've received so much supplemental data and stories over the years. And it has helped me to see patterns few others can. Knowing what works and what doesn't, at such a large scale, is a true privilege.

Thanks for sharing!



Richard - Founder, Goodbye Leaky Gut

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A BEAUTIFUL FUTURE AWAITS

Today is a very special day!

Because you are about to discover exactly what to do to heal your leaky gut (a.k.a. intestinal hyperpermeability).

You will not only learn the major causes of leaky gut to avoid, but also specifically what to eat and drink.

Plus, you'll uncover the smartest habits and supplements to help make the journey even easier. And as you'll see, all the ideas are fully referenced, with over 90 studies cited – so you can have total confidence in the protocol.

However, after you've learned these steps, it's all up to you to put them into practice. It will seem hard at times. And it will take some serious discipline. But just keep working at it with your health practitioner for the next 30 days and before you know it you'll feel like your old self again – happy, energetic, light and ready to take on life with full force.

You got this!

Richard

Your New Gut Buddy BFF

WHAT TO EXPECT

IF YOU DO THE PROTOCOL RIGHT, HERE'S A SNEAK PEEK AT MY **4 FAVORITE BENEFITS** YOU SHOULD SEE.

01. PEACEFUL GUT

By avoiding the key causes of leaky gut, plus eating & drinking clean, and adding some healthy habits and helpful supplements in, you can usually enjoy a peaceful gut fairly soon. Most people find beautiful bowel movements (as I like to call them) start about 1 week into the protocol.

This may be THE greatest bonus benefit of this protocol! And it happens fast if you're vigilant in following the protocol's anti-inflammatory and low carb/sugar diet, plus avoiding alcohol. Weight loss can start to occur within just 10 days of commencing the protocol. Importantly, the types of foods you can eat (e.g. healthy fats & proteins) are amazing at satiating you² and eliminating food cravings³.

02. EFFORTLESS WEIGHT LOSS

03. BETTER ENERGY SKIN & MOOD

A personal favorite of mine is how well the ideas in this guide work for how you feel and look⁴. As you go through the 30 days it can almost feel like you are reverse aging! You're less tired when you wake up, your skin looks healthy & fresh, and you are just so much happier. Amazing!

By addressing leaky gut, many people find other health issues improve, especially those related to the autoimmune system^{4,5}. These benefits can be truly life changing. But it is worth noting, they can also take longer to be felt than the above benefits. Working with your doctor and having patience is thus a true virtue.

04. OTHER BENEFITS

MY LEAKY GUT STORY

HOW I OVERCAME LEAKY GUT AND REDISCOVERED MY FREEDOM FROM DIGESTIVE DISTRESS.

If you have Googled around for advice on how to heal your leaky gut, you've probably stumbled across 100s of ideas.

From the very sound ideas like supplementing with L-Glutamine to the 'out there' ones like bacteriotherapy (hello fecal transplants!), it can seem confusing.

BUT HERE'S THE THING...

...many of the ideas out there don't really work. Well, at least not in any statistically significant way.

Worse, many of them involve expensive 'superfoods', bizarre health products and supplements with lists of unpronounceable and unresearched ingredients.

Who has the time & money to try them all out?

To help you work out what to do and what to ignore, I've compiled the best ideas on how to heal your leaky gut in this guide. And all backed by research, as you'll see from the extensive references throughout.

Meaning no more confusion. Just real ideas that work.

And in case you're wondering who I am...

MY NAME IS RICHARD AND I USED TO SUFFER FROM LEAKY GUT, JUST LIKE YOU

It was horrible. And some of the knock on effects were even worse.

I suffered bloating, uncontrollable bowel movements, reflux, psoriasis and even acne.

Plus I woke up every morning with brain fog and sometimes even felt more tired than when I went to bed!

Worse yet, I spent years and years consuming the standard solution to leaky gut...

... hello Zantac antacid sandwiches, Pepto-Bismol by the gallon and packing dozens of blister packs of Imodium into my bag like some sorta digestive-crazed Bear Grylls heading off into a Grizzly-packed Yellowstone.

No Bueno!

ONE NICKNAME TOO FAR

After being called 'Imodium boy' by one too many friends, I decided to investigate my health like a Columbo-Dr House lovechild. I went deep!

PubMed became my BFF.

Doctors (especially holistically-minded GI experts) became my amigos.

And naturopaths well versed in leaky gut ended up on my speed dial (which should give you an idea of how long I've been researching leaky gut for!).

I spent months studying all the latest research on leaky gut to see what was working for 1000s of other people out there, just like you and me.

And even longer trying all the ideas myself.

It was exhausting!

BUT LITTLE BY LITTLE, MY HEALTH IMPROVED AND MY GUT STARTED SHOWING ME THE LOVE!

I started to find what worked. And just as importantly, what didn't.

My experiments in leaky gut protocols were intense. And I somehow spent a crazy \$50,000 in the first 6 months alone. From expert consultations to advanced tests to personal nutritionists, I left no stone unturned.

At times I felt like Frodo in Lord of The Rings - weighed down by my curse, but hellbent on finding the promised land...of good gut health.

And that's because I knew trapped in a world of poor digestive health was more or less prison...

...from cancelling dinners with close friends because my gut was hosting its own version of digestive Olympics, to constantly worrying about being able to make meetings (thanks to totally unpredictable bowel movements), I was sick of it all.

FREEDOM WAS WHAT I WANTED AND WHAT I CRAVED

As I finally started experimenting with different ideas for healing leaky gut – e.g. eating a low inflammatory & low FODMAP diet, drinking L-Glutamine water and cutting most carbs – I quickly saw my symptoms disappear.

Some almost overnight, like bloating, and others more slowly, but surely, like acne.

It was one revelation after another.

And let me tell you – that day you wake up and you can breathe easily, look great, and generally feel full of energy, is an amazing feeling!

And I hope you can enjoy that feeling too.

THESE DAYS, I DO JUST 4 THINGS - AND I LOVE IT!

I am a co-founder of [Essential Stacks](#) – a world class digestive health company. And it has given me many great privileges, most of all...



1) THE TIME TO FOCUS ON MY MISSION

After years of searching, I finally found my purpose in life. And so now I'm on a 25-year mission to end all digestive health conditions, because I truly believe good gut health is freedom!

Although my primary focus has been leaky gut, I am very aware of the overlap with other issues such as IBS, SIBO and reflux. So helping to fix all of them simultaneously is crucial.



2) DELIVER RESEARCH TO HELP MILLIONS

Thanks to Essential Stacks I now have a research team of doctors (MDs), registered dietitians (RDNs) and scientists (including amazing PhDs) focused full time on digestive health. [They are my rock stars!](#) No one understands gut health better.

Best of all, with 500,000+ readers, I've received so much supplemental data and stories, that I can start to see patterns. What works and what doesn't, at a large scale.



3) CHANCE TO SHARE WORLD CLASS GUT HEALTH EDUCATION...FOR FREE

I am blessed to be able to take the best ideas our expert team discovers and turn them into plain English gut health resources. And best of all, [I can share them with you lovely readers all for free.](#) The way health information should be!



4) SUPPLEMENTS THAT ACTUALLY HELP

Our diverse & holistic team of industry-leading health professionals also have the funding to do in-depth research to formulate amazing supplements for digestive health.

For example, we were able to expend a crazy 500+ hours of professional time in creating our brand new [organic prebiotic fiber](#) product. Something that is almost unheard of in the supplement world.

As you can imagine, I feel like the luckiest person in the world! But I think that's enough chitter chatter about me.

Let's dive into this guide and work out exactly how you can find huge relief from leaky gut over the next 30 days and get back to feeling like your old self again – happy, energetic and ready to take on life with full force!

PART ONE

THE 30-DAY LEAKY GUT PROTOCOL

Say hello to my simple step-by-step
plan for **getting you back to feeling
great!**

01

ELIMINATE THE CAUSES

A QUICK LOOK AT THE 5 LEADING CAUSES OF LEAKY GUT, SO YOU KNOW EXACTLY WHAT TO AVOID.

1) INFLAMMATORY FOODS

This is THE big one! In fact, you can eliminate all the other causes below, but if you ignore this, you'll likely never say goodbye to leaky gut. The main foods to avoid are: most grains (especially those with gluten⁶, like wheat⁷, barley and rye), sugar⁸ (refined & natural), heavily processed foods, unhealthy 'vegetable' oils (e.g. canola oil), artificial sweeteners, plus most soy products and normal dairy⁹. In particular, you want to avoid gluten, as this increases zonulin levels¹⁰ - a protein, that may exacerbate intestinal permeability, i.e. leaky gut^{10,11}. To make sure you know exactly what foods to avoid I've created a detailed list on pages 13-14 below.



2) GUT-IRRITATING DRINKS

The big ones to avoid are those filled with alcohol¹², caffeine^{13,14}, sugar, artificial sweeteners and high FODMAP ingredients¹⁵ (e.g. fructose in fruit juice). This is almost as important as avoiding inflammatory foods, so I will run through a full list of 'no' drinks on page 14. And before you despair, keep in mind, many of these drinks can come back into rotation as your gut health improves (e.g. red wine).



3) MEDICATIONS & OTC DRUGS

Many medications and OTC drugs can exacerbate leaky gut. While NSAIDs for example can directly weaken the gut lining^{16,17}, others, like steroids¹⁸, antibiotics¹⁹ and antacids²⁰, can impact gut bacteria balance and stomach acid production, further hampering the system. Speak with your doctor to determine what you can remove/limit, as immediate cessation without supervision can be dangerous.



4) STRESS & POOR SLEEP

Chronic stress²¹ and low quality sleep²² can be as bad as gluten for your gut, since they can weaken your intestinal lining, slow your digestive capacity and throw your gut flora out of balance. I also know that the causes of them (work, family, social etc.) can be just about as hard to avoid as gluten itself! But I've got some smart management techniques, which I'll discuss later in this guide.



5) RELATED GUT HEALTH ISSUES

Unsurprisingly, the overlap of people with leaky gut and IBS/SIBO^{23,24}, candida²⁵ and/or reflux³², is becoming increasingly prevalent. It is still unclear which causes which, but this protocol takes them ALL into account, including the revolutionary low FODMAP diet for IBS²⁶. More on this later in the guide.



02

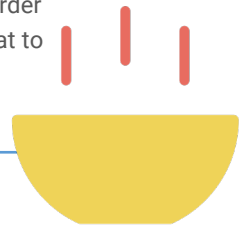
DO A BONE BROTH FAST

A 48-72 HOUR BONE BROTH FAST IS QUITE POSSIBLY THE FASTEST WAY TO FEEL BETTER.

While your new leaky gut diet (packed with healthy fats, clean proteins & nutrient-dense vegetables) is fantastic at slowly healing the gut, it doesn't compare to a bone broth fast when it comes to rapidly making us feel better.

The fast itself (i.e. no solid foods for 2-3 days) has two benefits. First, it will give your digestive system a much needed break. Second, it will ensure no more large food particles are making their way through your leaky gut and into the bloodstream. That in turn means inflammation can cool down and the immune system will also get a chance to regroup. Think of the fast like a spa weekend for your digestive system!

Meanwhile, the bone broth itself has a huge benefit for your gut, because the collagen in it (a protein) delivers a huge serving of the types of amino acids your GI tract feeds on in order to repair itself - e.g. glycine, proline, hydroxyproline^{27,28,29}. These 3 amino acids work great to help mend the damaged cells lining the wall of your gut. Amazing!



HOW TO MAKE MY BONE BROTH

INGREDIENTS	DIRECTIONS
2 pounds grass-fed beef bones, including some with nice marrow / fat / meat attached	1) Brown the beef bones/meat in a big pot.
2 carrots, 1 celery stalk and 1 cup leek leaves or scallions (green parts only)	2) Add rinsed vegetables in.
4 tbsp apple cider vinegar	3) Add a good pinch of salt and pepper; cover with water and add the apple cider vinegar.
Plus any herbs you like from page 11 below	4) Bring to the boil. Then turn down the heat and simmer on low heat for 10-12 hours.
	5) Once done, strain the broth and discard the bones & vegetables.
	6) If fasting, consume a cup of broth every couple of hours. If not, freeze into portions and thaw as needed.

Don't like the taste? You can also enjoy collagen in powder form. The most absorbable & tasteless form is hydrolyzed collagen like [this one](#) (widely known as 'collagen peptides'). I talk more about this on page 19 below.

03

SHOP THE DIET



HERE ARE **THE BEST FOODS** YOU SHOULD BE EATING OVER THE NEXT 30 DAYS.

WHAT YOU'LL BE EATING

Over the next month, the diet you're going to eat will include:

- Lots of nice fish, seafood, meat, healthy oils/fats and clean vegetables.
- Plus some quality nuts, eggs and a moderate amount of other carbs, like low-sugar, low-FODMAP fruit.
- As well as super tasty herbs, spices and other flavorings to make it all taste amazing!

On this diet, the vast majority of your calories will come from healthy fats and clean proteins. Meaning this leaky gut diet borrows ideas from the paleo/AIP (autoimmune protocol)³⁰, keto³¹ and low FODMAP diets²⁶, and smartly blends them together.

Finally, one diet to rule them all!

Where possible try to buy foods that are local, in-season, organic, grass-fed, wild caught and/or pastured. That's because this will reduce the toxin load on your leaky gut and deliver more nutrient-dense foods. But with that said, I know they can be expensive. So don't worry if you can't always get these foods.

WHAT YOU WON'T BE EATING

As we talked about under **01) Eliminate The Causes** (above), any food or drink that has a high chance of causing your gut inflammation and/or autoimmune reactions is out!

Avoiding these foods is the center of the leaky gut diet and is actually more important than what you do eat! Which is why you'll find a detailed list of all the 'no' foods on pages 13-14 below.

Moreover, research continues to come out showing how people with leaky gut often also have IBS²³, SIBO²⁴, candida²⁵ and/or reflux³².

As such, I have decided to modify the leaky gut diet further, so that it can help us take on **all 5 digestive issues** at once, as well as related issues like bloating, diarrhea and gas³³.

Not only is this super convenient, but it means the diet can work where others have failed.

So for the next 30 days you're also going to reduce / remove 2 groups of otherwise healthy foods, which I'll walk you through on the next page.

GROUP #1 TO REDUCE OR REMOVE

HEALTHY FOODS & DRINKS THAT CAN BE REACTIONARY



The Problem

'Healthy' foods like the **nightshades** family, which includes tomatoes, peppers, eggplants and potatoes, can cause a reaction³⁴ primarily due to a group of substances found in them known as alkaloids.

While **dairy** - even lactose-free dairy - can cause a response due to the casein protein³⁵.

So too can other healthy foods like, **normal eggs**, which can create issues³⁶ due to the imbalance of omega 3 v 6, as well as presence of lysozyme and particular proteins (in the whites), which can trigger an inflammatory response³⁷.

The Solution

You'll completely remove some of these for 90 days (e.g. peppers), others for just 30 days (e.g. lactose-free dairy) and you'll keep others in from the start, but in reduced amounts (e.g. tomatoes).

Plus you'll prepare them better for digestion, e.g. anything with skin will be peeled and anything with seeds will be deseeded.

And where possible, try to buy the best quality foods you can afford, as they are often easier to tolerate, e.g. pastured eggs have a better balance of omega 3 v 6 profiles³⁸, making them more gut friendly.

GROUP #2 TO REDUCE OR REMOVE

HEALTHY FOODS & DRINKS THAT ARE HIGH IN FODMAPS



The Problem

When your gut is in bad shape, FODMAPs (which are fermentable sugars) can be poorly absorbed in the gut. And this can lead to excess fermentation and water in your intestine, and then result in gas, bloating, diarrhea and all-round intestinal inflammation^{39,40}.

The Solution

For the next 30 days you should reduce or completely remove any healthy foods high in FODMAPs (fructans, galactans, lactose, fructose and polyols / sugar alcohols)^{41,42}.

Unfortunately, this includes some of the old favorites like asparagus, avocado, cauliflower, garlic and even normal sauerkraut (white cabbage)⁴³.

I will once again be sure to list them all out below, so it is very clear.

THE BRAND NEW & UPDATED

LEAKY GUT FOOD LIST



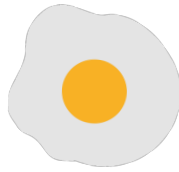
01. BLUE FOODS

EAT FREELY, NOW & ALWAYS

PROTEINS & FATS	CARBS & FLAVORS
Fish ⁴⁴ - anchovies, bass, cod, flounder, haddock, halibut, mackerel, salmon, smoked salmon, sardines, sole, trout, tuna	Lettuce ⁴⁹ - arugula, butter, cos/romaine, iceberg, mesclun, mustard greens, spring, radicchio, watercress etc.
Seafood ⁴⁵ - calamari/squid, clams, crab, mussels, oysters, shrimp, scallops	Leafy ⁴⁹ - endive, chicory leaves, fennel leaves, kale, leek leaves, spinach, witlof
Poultry ⁴⁶ - chicken, duck, goose, quail, turkey	Greens ⁴⁹ - broccoli, Chinese broccoli, choy sum, collard greens, cucumbers, green beans, swiss chard
Meat - bacon, beef, goat, ham, lamb, pork, organs, bones (for broth); plus game - bison, boar, elk, rabbit, venison	Other - bamboo shoots, bean sprouts, carrots, radish, rhubarb, seaweed/nori
Protein powder - collagen (collagen peptides) ⁴⁷	Salt - capers, olives, salt (sea / iodized / Himalayan), coconut aminos (like soy sauce)
Plant oils ⁴⁴ - avocado, olive (incl. extra virgin), perilla, rice bran, plus infused versions	Herbs ⁵⁰ - basil, cilantro, dill, mint, parsley, oregano, rosemary, sage, scallions/spring onions (green part), tarragon, thyme
Nut oils ⁴⁸ - coconut, macadamia (unheated), MCT, walnut (unheated)	
Fish oils ⁴⁴ - cod liver, fish, krill	

THE BRAND NEW & UPDATED

LEAKY GUT FOOD LIST



02. GREEN FOODS

LIMIT SERVING SIZE & TEST FOR 30 DAYS

PROTEINS & FATS	CARBS & FLAVORS
Eggs (1-2*) - pastured egg yolks are best / most easily tolerated	Cabbage (0.5-1c*) - bok choy, Chinese / napa, common / green, kohlrabi, red, savoy
Protein powders unflavored (1 scoop*) - colostrum, hemp, whey (normal or goat's)	Heavy carbs (0.5c*) - potato, sweet potato, white rice (Jasmine); plus cassava, jicama, parsnip, pumpkin, turnips, yams, yucca
Animal fats (1-2 tbsp*) - grass-fed butter, clarified butter/ghee, dark chocolate (85%), lard, suet/tallow	Fermented/pickled veg (0.5c*) - red/purple sauerkraut, cucumbers/gherkins
Nuts ⁵¹ (10*) - almonds, brazil nuts, hazelnuts, macadamias, pecans, pine nuts, walnuts, plus coconut	Other (0.5c*) - oyster mushrooms, zucchini
Seeds ⁵² (1 tbsp*) - hemp, flaxseed	Fruit (0.25-0.5c*) - blueberries, kiwifruit, lemon, lime, raspberries, strawberries, tomatoes
Nut/seed milks (1c*) - any of above, eg almond milk. Incl. coconut milk & yogurt	Sweet (limit) - 100% stevia, vanilla bean essence, erythritol
Nut/seed butters (1 tbsp*) - any of above, eg almond butter	Vinegars (1 tbsp*) - apple cider, balsamic (low sugar), malt, red wine, rice wine
	Spices (1 tsp*) - bay leaf, cinnamon, ginger, saffron, sumac, turmeric

* = max serving size per meal (ensures each meal is easy for you to digest)

c = cup | tsp = teaspoon | tbsp = tablespoon

THE BRAND NEW & UPDATED

LEAKY GUT FOOD LIST



03. ORANGE FOODS

AVOID FOR 30 DAYS, THEN TEST

PROTEINS & FATS

Nuts - cashews, coconut (flesh/meat), pistachios, any roasted nuts

Seeds - chia, pumpkin, sesame

Special dairy

- If you can't tolerate lactose (milk sugar), try full-fat lactose-free dairy from cow, buffalo, sheep or goat, e.g. cheese, kefir, milk, yogurt
- If you can't tolerate A1 casein (protein), try A2-dairy, e.g. A2 Milk
- If you can't tolerate either, avoid all dairy

CARBS & FLAVORS

Low-Medium FODMAP fruits - banana, cantaloupe, grapes, honeydew, mandarin, orange, papayas, passionfruit, pineapple, plantain, pomegranate

High FODMAP fruits⁵³ - apple, apricots, avocado, blackberries, cherries, nectarines, peaches, pears, plums, watermelon; plus any dried fruit, cranberries, currants, dates, figs, guava, prunes, raisins, sultanas

High FODMAP vegetables⁵³ - artichoke, asparagus, avocado, beets, brussel sprouts, cauliflower, celery, garlic, kimchi, mushrooms, okra, onion, peas, sauerkraut (white cabbage)

Pressure-cooked legumes - beans, chickpeas, lentils

Sweeteners⁵³ - coconut sugar, honey, maple syrup

THE BRAND NEW & UPDATED

LEAKY GUT FOOD LIST



04. RED FOODS

AVOID FOR 90 DAYS, THEN TEST

PROTEINS & FATS	CARBS & FLAVORS
<p>'Vegetable' oils - canola, corn, cottonseed, flaxseed, grapeseed, peanut, safflower, soybean, sunflower, 'vegetable oil'</p>	<p>Grains with gluten - wheat & varieties (e.g. spelt, kamut, durum) and products (e.g. bulgur, semolina), plus barley, rye, triticale; incl. end products like bread, cereals, cookies, couscous, noodles, pasta etc..</p>
<p>Vegetarian fats - margarine (where uses 'vegetable' oils above)</p>	<p>Gluten-free grains - corn, millet, rice (brown, red, wild); plus pseudo-cereals like amaranth, buckwheat, quinoa</p>
<p>Protein powders - casein, soy & most flavored protein powders</p>	<p>Legumes⁵⁷ - non-pressure cooked beans, chickpeas & lentils; plus peanuts, soy</p>
<p>Conventional dairy⁵⁶ - i.e. cow's milk, buttermilk, cream, custard, ice cream, milk chocolate etc., especially where flavored</p>	<p>Soy - beans, edamame, milk, protein TVP, tempeh, tofu plain/firm/silken</p>
<p>Heavily processed foods⁵⁵ - basically any packaged foods that contain a long list of ingredients, especially numbered ingredients</p>	<p>Problematic nightshades - eggplant, peppers (all), red spices</p>
	<p>Sugar - brown, cane, icing, palm, raw, white, sucrose / table sugar; incl. end products like sauces, dressings, 'low fat' foods etc..</p>
	<p>Sweeteners - agave syrup, aspartame, high fructose corn syrup, saccharine, sucralose; plus sugar alcohols isomalt 953, maltitol 965, mannitol 421, sorbitol 420, xylitol 967</p>
	<p>Alcohol⁵⁸ - beer, cider, wine, spirits</p>
	<p>Coffee⁵⁹ - including decaf</p>
	<p>Sweet drinks - soda, diet soda, tonic water, fruit juice/smoothies, energy & sports drinks</p>

FOOD LIST EXPLAINED

HOW TO EAT THIS DIET...THE SIMPLE WAY.



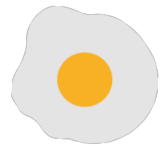
01. BLUE FOODS

My absolute favorites! These are the nutrient-rich foods that can nourish your digestive tract without causing further inflammation to your gut lining or excess fermentation in your intestines. Most of the calories here come from healthy fats and proteins, which means these foods are also great at leaving you feeling satisfied.

These are generally healthy foods and suit most people, especially in **smaller serving sizes**. But some of them can cause issues/reactions for certain individuals initially, even at small sizes (e.g. tomatoes).

So pay attention to your body when eating them, buy high quality (e.g. pastured eggs) and prepare them properly (e.g. peel & deseed tomatoes).

02. GREEN FOODS



03. ORANGE FOODS

These are healthy foods that can be **hard to tolerate initially** when your gut health is bad. That's because most of them have fermentable sugars (FODMAPs) that can be poorly absorbed, which can lead to excess fermentation and water in your intestine. And in turn gas, bloating, diarrhea and all-round intestinal inflammation¹⁵. So you should ideally avoid them for the next 30 days while your gut health improves. Then test them one-by-one with a Registered Dietitian (RDN) using the Reintroduction Diet method.

These foods are packed with a range of anti-nutrients like lectins, sugar, gliadin etc, which can disrupt gut function and irritate your intestinal lining. Avoid them for 90 days, then once your gut is significantly stronger, test them one-by-one under the supervision of an RDN. **Consider permanently avoiding** vegetable oils, gluten, refined sugar & artificial sweeteners^{6,55}.

Note: packaged foods, like sauces, dressings, marinades etc, usually contain one or more red foods, so inspect labels carefully.

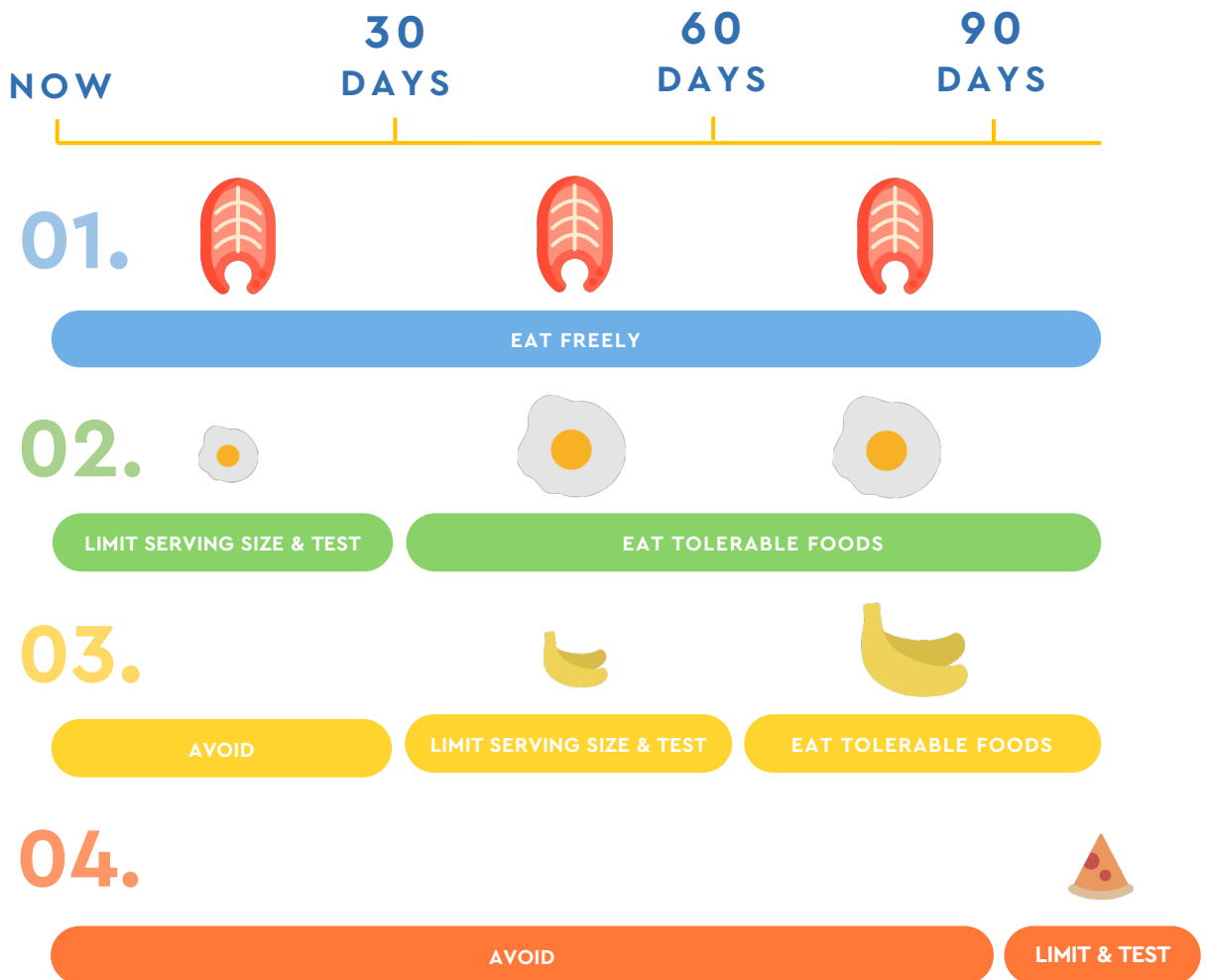
04. RED FOODS



FOOD LIST TIMING

KNOWING WHEN TO EAT WHICH FOODS IS CRUCIAL.
HERE'S THE 90+ DAY GUIDE.

As you can see the key focus is on eating blue foods over the next 90 days, as well as green foods (first in limited serving sizes and then in larger sizes providing you don't react badly to any of them). Meanwhile, orange foods should be left alone for the first 30 days – after which time they can be tested one-by-one. Although, red foods & drinks can eventually be brought back into the fold, you should be very careful and monitor closely how your body responds to each one.



04

COOK THE DIET

THESE ARE MY 7 FAVORITE MEALS TO EAT DURING THE NEXT 30 DAYS. DESIGNED TO INSPIRE YOUR OWN IDEAS.

RECIPE 1

THE CLEAN PROTEIN SHAKE

1 SERVE

- 1) 1 handful of ice - to make the other ingredients taste nice and chilled.
- 2) 10 oz / 300 ml of liquid - filtered water or a combo of water and a nut-based milk if you want it to be a bit richer in flavor. My favorites are almond and macadamia milk.
- 3) 1 handful of green vegetables - fresh baby spinach is best, as it doesn't taste too bad when raw. Note: I used to pre-cook my spinach to reduce presence of oxalates, but it is so inconvenient and only offers a minor benefit, so raw is fine.
- 4) ¼ cup low-sugar, low-FODMAP fruit - my favorite options are either strawberries or blueberries. Frozen berries are most convenient and offer the best value.
- 5) 1 scoop protein powder - unless I've just been training, this is pretty much always [collagen protein](#), since this type of protein helps more with the gut, than the muscles. A 10g scoop is the perfect amount.
- 6) 1 tablespoon healthy fats - either MCT or coconut oil or better yet pure caprylic acid (C8) oil. These fats can be great at helping balance bad vs good bacteria in your gut⁶⁰. You can also use extra virgin olive oil⁶¹.

How to make: no rocket science here. Just grab all the ingredients above and blend away in an ice-grade blender. And of course, feel free to add a few drops of stevia to taste.



RECIPE 2

LAZY SOUP

2 SERVES

- 1) 20 oz / 600 ml of water and/or bone broth. Sometimes I add ¼ cup of coconut milk (low FODMAP size)⁶². Delicious!
- 2) 2 handfuls of vegetables - I either go with broccoli or choy sum.
- 3) 2 handfuls of seafood or meat (about 8-10 oz / 300 g) - from chicken thigh to brisket to shrimp, I just pick whatever I have in the fridge. It all tastes amazing in this soup.
- 4) 2 pinches of 'flavor' - e.g. sea salt, herbs and/or compliant spices (see pages 11-12).

How to make: toss it all in a pot, bring to boil and simmer till the seafood/meat is cooked.



RECIPE 3

BROTH OF THE GUT GODS

8 SERVES

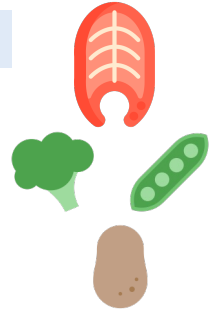
See page 8 for my simple bone broth recipe. And keep in mind that this freezes great. Making it super convenient to take out and enjoy any day you feel like it.



RECIPE 4**ROAST SALMON FEASTIVUS****2 SERVES**

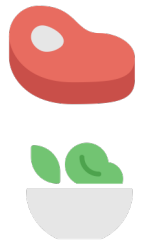
- 1) 2 fillets of salmon (about 8-10 oz / 300 g) - wild sockeye if possible.
- 2) 2 handfuls of vegetables - my favorite combo is broccoli and green beans.
- 3) 1 cup (cooked) starchy veg - at this serving size we'll stay low FODMAP & low carb. Normal potato or sweet potato are my go-tos.
- 4) Some flavors - a bunch of dill, juice of 1 lemon, 2 tablespoons of grass-fed butter, 1-2 tablespoons of extra virgin olive oil, pinch of sea salt and 2 teaspoon of capers.

How to make: oven roast the salmon for 25 minutes at 350 f (180 c), steam or boil the veg and boil the potatoes. Take it all off the heat and plate up. Now simply cover with your flavors - I like to put dill & capers over the salmon, butter mashed into the potatoes and lemon, olive oil & salt over everything.

**RECIPE 5****MY 20-MINUTE STEAK****1 SERVE**

- 1) 1 steak - type and size depends on you! I usually go for nice fatty rib eye, as it keeps me satiated for ages. Who misses pizza when you've got this!
- 2) 1 garden salad - whatever lettuce leaves are lying around, plus half a cucumber (peeled & deseeded) and 5 cherry tomatoes (deseeded). All tossed in a simple olive oil and lemon juice dressing, with a pinch of salt.

How to make: bring steak to room temperature, season with sea salt, get skillet/BBQ hot, sear on each side, then finish in 450 f (230 c) oven for 10 minutes – exact cooking time depends on the cut you use and how you like your steak. Take out and rest. Then enjoy!

**RECIPE 6****THE BIG CHICKEN SALAD****2 SERVES**

- 1) 2 fillets of chicken breast - pastured/free range if possible.
- 2) Nice salad mix - my preference is usually 2 big handfuls of arugula, ½-1 cup of sliced raw carrot, 1-2 sliced radishes, and usually some cucumber & cherry tomatoes.
- 3) Some flavors - for the dressing it's usually going to be a 70:30 olive oil to balsamic vinegar mix with 1 teaspoon of Dijon and pinch of sea salt. While the X-factor here is 2 tablespoons of pan-roasted pine nuts. No wonder I can eat this weekly!

How to make: poach the chicken for about 15 minutes, then rest and slice. Meanwhile, wash, chop and mix all the salad together, along with ½ the dressing. Plate the salad. Top with chicken. Pour over remaining dressing. And finally, sprinkle over the pine nuts.

**RECIPE 7****MY GUILT-FREE DESSERT****1 SERVE**

- 1) 1 handful of nuts (10-15) - I like macadamias or hazelnuts, or a bit of both.
- 2) 1 small tub unflavored coconut yogurt (4 oz / 120 g), with a few drops of stevia.
- 3) 1 small handful of sliced strawberries.

How to make: mix the yogurt & stevia together in bowl, pour nuts on top, then berries. Welcome to gut-friendly heaven!



05

TRY SUPPLEMENTS

WITH SO MANY SUPPLEMENTS PROMISING GUT HEALTH SUPPORT, WHICH ONES TRULY MATTER? **JUST SIX.**

1 BETAINE HCL, PEP SIN & BILE

HELPS WITH INITIAL BREAK DOWN OF FOOD

These 3 ingredients help break down food so that your body can more easily absorb the nutrients⁶² and so that less undigested food particles bombard your gut lining. I recommend you try this convenient blend of [HCL/pepsin/bile](#)^{63,64}, as I created it with my research team at [Essential Stacks](#) to meet the highest purity standards, including using pure lactose-free pepsin⁹.

2 DIGESTIVE ENZYMES

HELP WITH FINAL DIGESTION OF FOOD

Digestive enzymes help complete the digestion process^{62,63} after HCL, pepsin & bile have done the initial break down work. This second step of digestion can make all the difference. Consider trying these [plant-based digestive enzymes](#), as we created them to meet the strictest criteria, including being gluten, dairy & soy free^{5,6}.

3 L-GLUTAMINE

HELPS REGULATE OPENINGS

L-Glutamine is a remarkable amino acid, because it can directly feed the cells controlling the openings along your intestinal wall^{65,66} and in turn make your gut less permeable, or 'leaky'^{67,68}. As such, it's widely seen as the #1 supplement for leaky gut. Just be sure to get a pure free-form L-Glutamine powder like [this one](#) for maximum absorption.

4 COLLAGEN

HELPS STRENGTHEN GUT WALL

Collagen is a type of protein⁶⁹, which has a wide variety of amino acids that can further support a healthy intestinal wall^{28,29}. In fact, it is the secret ingredient in bone broth! So if you don't like the taste of bone broth or find it inconvenient to make, then an unflavored collagen supplement is the way to go. Just be sure to go with a high quality [grass-fed collagen protein powder](#).

5 PROBIOTICS

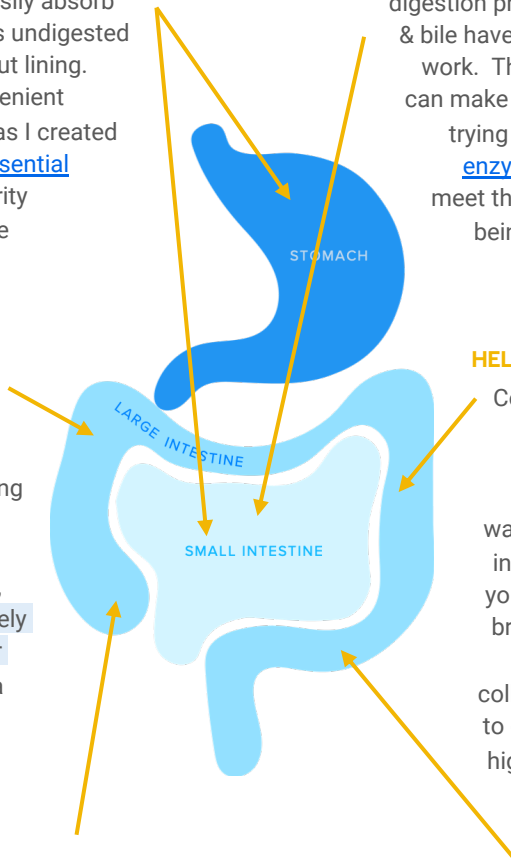
HELPS OUR OVERALL GUT HEALTH

Probiotics are good bacteria, which can help us digest food better^{72,73}, support bowel movements, strengthen our immune system^{73,74} and most of all, our intestinal wall²⁴. Unfortunately, most probiotic supplements do very little as they are weakly dosed and use low quality strains. The key is to look for one with a sizeable 30-50 billion CFUs per serve⁷³ and 10-12 different powerful strains⁷⁴ like [this probiotic](#) my team and I developed after months of research & testing.

6 PREBIOTICS

HELPS FUEL THE PROBIOTICS

Prebiotics are like fertilizer for the the good bacteria (probiotics) in your gut^{75,76}. So by taking them you maximize all the amazing benefits of the good bacteria. The problem is that most prebiotic supplements contain high FODMAP ingredients, which can cause bloating and 'bathroom issues'⁷⁷. That's why we created this gentle, low FODMAP [organic prebiotic fiber](#).



06

HEALTHY HABITS

HERE ARE MY 4 FAVORITE WAYS TO FIGHT LEAKY GUT THROUGH LIFESTYLE. **HABITS THAT MAKE A DIFFERENCE!**

I've seen people eat the strictest diets and take all the supplements under the sun, but still not feel better. Why? They still live a poor lifestyle⁷⁸. One filled with low quality sleep, chronic stress & inactivity. If you get your daily habits in order, you'll likely finally solve the missing piece of the puzzle. Tip: use a habit tracking app to stay accountable.

01. SLEEP 8 HOURS

This might sound like a pipe dream! But here's how to do it. Simply cut all electronics⁷⁹ at 9pm, pop some magnesium citrate (200-400mg)⁸⁰, eat 5-10 walnuts or macadamias^{81,82}, and then just relax with a book or some music or whatever chills you out. And if you really want to sleep like a lion, go to bed by 10pm. You'll be amazed at how peaceful and long you can sleep.

02. RELAX

Have a sauna or hot shower/bath. Listen to soothing music⁸³ like Bon Iver. Go for a walk⁸⁴. Drop the caffeine⁸⁵. Drink herbal tea⁸⁶. Block email outside work hours. Put your phone in airplane mode. Don't take things too seriously. Enter the present moment (a.k.a. the power of now). Sound a bit 'woo woo'? Certainly. But, this approach to life can have a profound impact on your gut health.

03. BREATHE OR MEDITATE

Both of these can greatly reduce chronic stress and help with sleep⁸⁷. For breathing, try Dr Weil's [3 breathing exercises](#). Meanwhile, for meditation, try [Headspace](#) or the Transcendental Meditation technique ([TM.org](#)), which I try to do most days. Best of all, the the benefits of meditation go way beyond reduced stress. I can truly say it is a genuine life changer!

04. EXERCISE LIGHTLY

Just 7 minutes of daily HiiT (high intensity interval training) can get the job done. Here's [what I use](#). But 30 minutes of yoga⁸⁸ can be even better for digestive health, especially since it incorporates many of the benefits of meditation. Whatever you do, just avoid hardcore steady-state cardio (over 60 minutes) or heavy weights, as they can add unnecessary stress to your system at this early stage of healing, and possibly further aggravate leaky gut.

30

DAY CHECKLIST

TO FIX YOUR GUT HEALTH, YOU NEED DO THE 6 STEPS CONSISTENTLY OVER **30 DAYS**. SO 1 MONTH FROM NOW ASK:

HAVE YOU ELIMINATED THE CAUSES?

Yes, I have cut the 5 main causes of leaky gut out of my lifestyle, including inflammatory foods, gut-irritating drinks, unnecessary medications/OTC drugs (under doctor supervision), stress & poor sleep, plus related gut health issues.

HAVE YOU FASTED?

Yes, I have fasted for 48-72 hours, consuming only bone broth (or collagen) and I have done 3 subsequent 24-hour fasts.

HAVE YOU BEEN SHOPPING?

Yes, I have bought all my favorites foods from the Leaky Gut Food List (pages 11-12), and ditched all the other foods (pages 13-14).

HAVE YOU EATEN CLEAN?

Yes, I have cooked up meals using blue and green foods (pages 11-12), while also adhering to serving size recommendations for green foods.

HAVE YOU SUPPLEMENTED SMARTLY?

Yes, I have tried daily servings of L-Glutamine, probiotics and prebiotics, plus taken Betaine HCL and digestive enzymes with meals.

HAVE YOU PRACTICED HEALTHY HABITS?

Yes, I have managed to stick to my 4 new habits (sleep, daily relaxation, breathing/meditation and light exercise) during at least 20 of the last 30 days.

WHAT IF YOU'RE **STILL STRUGGLING** WITH LEAKY GUT AFTER TICKING THE ABOVE BOXES FOR 30 DAYS?

Although most readers will find amazing relief over the next month, some may need more time to heal (approx. 3-6 months) and possibly an even stricter diet (i.e. eat blue foods ONLY) to get back to their best. This is especially the case if you're tackling multiple issues at once, e.g. SIBO (small intestinal bacterial overgrowth). So the best idea is to continue ticking the boxes above – with the supervision of your health practitioner – and maintaining patience. A true virtue in this journey.

PART TWO

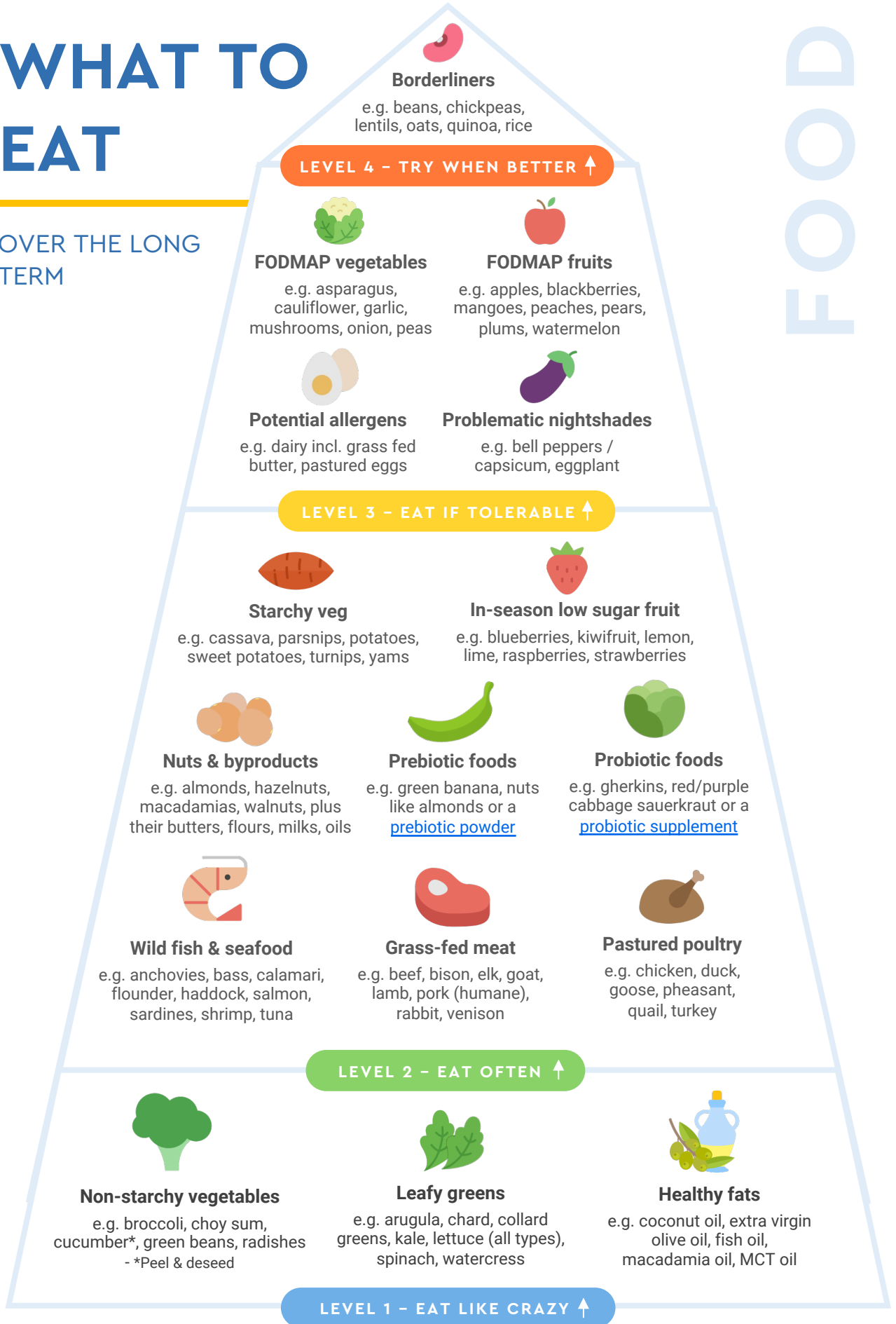
SUMMARY PYRAMIDS & ACTION GUIDE

The easiest way to see what to eat, drink and supplement with **over the long term**. Plus exactly what you should focus on over the next 3 days.

WHAT TO EAT

FOOD

OVER THE LONG TERM



WHAT TO DRINK

OVER THE LONG TERM

DRINKS



Borderliners

e.g. diet soda, GF beer, spirits with sugar-free mixers

LEVEL 4 - TRY WHEN BETTER ↑



Coffee

Organic coffee or decaffeinated coffee (small cup)



Dry wines

e.g. brut champagne, cab sav, chardonnay, merlot, pinot noir, sauvignon blanc, shiraz



Caffeinated teas

Black, green, oolong, white, e.g. jasmine, matcha, pu-erh



Fizzy water

Mineral/soda water - can cause bloating, so be careful

LEVEL 3 - DRINK IF TOLERABLE ↑



Kombucha

Low sugar or stevia-flavored (max 1 cup due to FODMAPs)



Nut milks

Almond, coconut, hazelnut or macadamia milk



Green juice

Cold pressed with low FODMAP green vegetables and no fruit



Prebiotic water

With green banana flour, acacia fiber, guar gum (PHGG) or a [prebiotic powder](#)



Herbal teas

e.g. ginger, licorice, marshmallow root, peppermint, slippery elm



Flavored water

With ACV, berries, cucumber, ginger, lime, lemon, mint and/or stevia



Green shake

A blend of gut-friendly vegetables, healthy fats & protein



Kefir

Almond, coconut, goat's milk, or grass-fed cow's milk kefir (if tolerable)

LEVEL 2 - DRINK OFTEN ↑



Filtered tap water

Use a BRITA jug or install a filter on your tap to minimize gut-irritating toxins like chlorine



L-Glutamine water

Mix 5g of pure L-Glutamine powder ([like this one](#)), with 8 oz / 240ml of water



Bone broth

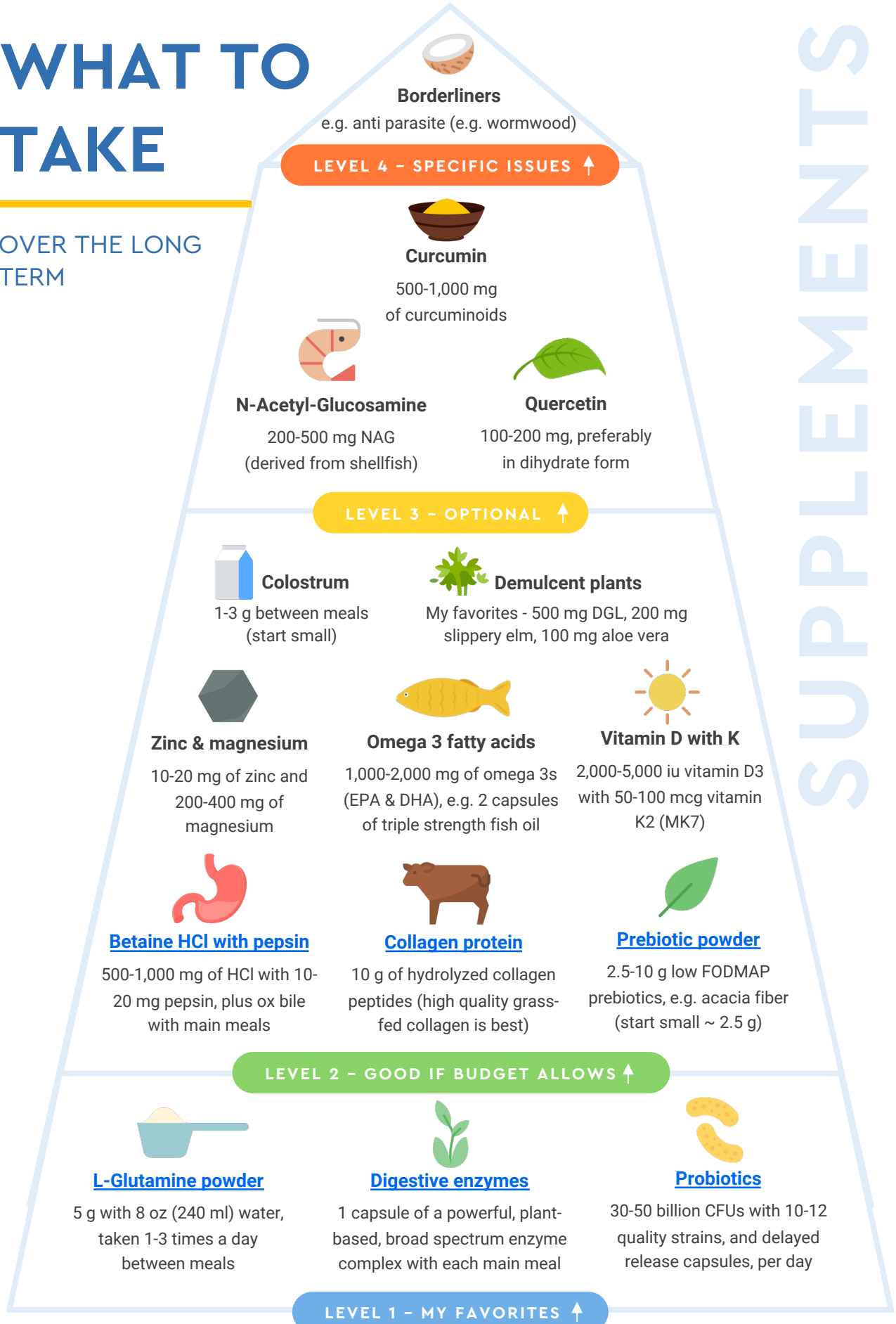
Homemade beef bone broth - or try flavorless [collagen protein powder](#)

LEVEL 1 - DRINK LIKE CRAZY ↑

WHAT TO TAKE

OVER THE LONG TERM

SUPPLEMENTS



THE NEXT 3 DAYS

IF YOU GET OFF TO A GOOD START AND BUILD MOMENTUM, YOU'LL BE UNSTOPPABLE. HERE'S HOW TO DO THAT...

1

TODAY

First things first. Write down 3-5 specific reasons why you want to fix your gut health. For example, for me it was all about getting rid of the endless bloating, crazy bowel movements, various food intolerances and reflux. So get honest here, as this will motivate you to stick to the protocol for 30 days.

Now, go through your cupboard and fridge, and ditch (don't just hide) all the 'red' food & drinks that appear on page 14. Goodbye bread, cookies, pasta, vegetable oils, sugary sauces, beer, soda etc..

For food today, try to just eat fish or meat, with a nice big salad dressed in lemon juice, salt and olive oil. i.e. keep things nice and light.

And finally, try to get in a 20 minute walk at some point, and then prepare for an early night, by shutting screens off around 8pm (phone, TV, computer) and hitting the sheets around 9pm. Hello 8-9 hour sleep!

2

TOMORROW

Go shopping! Pickup your favorite foods from the 'Leaky Gut Food List' (pages 11-12), as well as a few of the supplements that sound best to you (page 19).

When you get home, cook up a gut-friendly meal that sounds hearty & delicious - maybe even try one of my sample recipes (pages 17-18). Or, if you like, cook up the bone broth (page 8) and consider trying a 48-72 hour bone broth fast.

Plus, get some light exercise in and go to bed early again.

3

NEXT DAY

Write out a daily habit checklist for good gut health. Even just 3 habits you'll promise to do each day for the next 30 days, will be awesome.

For example, you could promise to yourself to simply 1) eat no gluten or sugar, 2) limit alcohol to max 1 glass per day and 3) take L-Glutamine when you first wake up each morning. But if you're feeling ambitious and really want to see a change, try picking 5-7 small daily habits to track over the next 30 days.

If you can get all of the above done over the next 3 days, you'll be well on your way to feeling insanely amazing again!

YOU'VE GOT THIS

You know exactly what to do. Now you just need to start doing it! And before you know it, you'll be feeling like your old self.

In fact, when you're feeling amazing in 30, 60 or maybe 90 days from now, let me know!

I've received 1000s of success stories over the years and they are why I get up every single day. So don't be shy, I'd love to hear from you. You can write to me at richard@goodbyeleakygut.com.

Good luck my friend! I can't wait to hear all about your success.

Richard

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