



Presents

THE SIMPLE WAY  
**TO HEAL YOUR  
LEAKY GUT**

Everything you need to know to take action and get results.



This guide is for information purposes only. Please consult your doctor before undertaking any health protocol.

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# Only The Best Ideas

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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 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 non-researched 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. No more confusion. Just real ideas.

In case you are wondering who I am, my name is Richard and I used to suffer from leaky gut just like you. It was horrible. I suffered bad asthma, 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!

Then when I finally started experimenting with different ideas for healing leaky gut I quickly saw my symptoms disappear. Some almost overnight, like acne, and others more slowly, but surely, like asthma.

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.

## Avoid The 5 Leading Causes Of Leaky Gut

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1

**Gut-inflaming foods.** This is the big one! You can avoid all the other causes below, but if you miss this one, you'll never say goodbye to leaky gut. The killer foods in order are: grains (especially wheat/gluten), legumes, refined sugars, most dairy, starches, processed foods, unhealthy vegetable oils (eg corn, canola etc).

2

**Alcohol & coffee.** This one might hurt. But if you keep consuming either during the early stages of your leaky gut recovery, you'll simply be treading water and going nowhere.

3

**Drugs.** Wherever possible you should try avoiding unnecessary medications, NSAID, antibiotic or antacid use. Obviously consult your doctor, as immediate cessation without supervision can be dangerous.

4

**Stress.** Chronic stress can be as bad as gluten for your gut. I also know that the causes of stress (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

**What about...toxins, candida, SIBO, celiac disease, etc?** Well, that's the great thing about this leaky gut guide. The recommendations on the following pages will naturally help tackle these problems as well. Some things, eg candida overgrowth, will take extra measures, which I'll note below.

## Do a 48-72 Hour Bone Broth Fast

**This is the very first thing you need to do!** And yes, I know it doesn't sound as appetizing as a *Jamie Oliver Christmas special*, but it works wonders. You see, although things like colorful vegetables, wild caught salmon and sauerkraut for example, are fantastic at slowly healing your gut - and maintaining its good health long term - none of them compare to bone broth when it comes to rapidly fixing leaky gut during the early stages.

The reason bone broth works so well is it comes packed with collagen, proline and glycine, which work great together to mend the damaged cell walls of your gut. Plus the fast itself gives your digestive system a much needed holiday and the timeout it needs to repair.

INGREDIENTS	INSTRUCTIONS
<ul style="list-style-type: none"><li>• 2 pounds grass-fed beef bones (or chicken, lamb, fish), inc some with nice marrow/fat/meat attached</li><li>• Stock vegetables pack (approx. 2 carrots, 1 onion, 2 celery sticks, 5 cloves garlic)</li><li>• Apple cider vinegar</li></ul>	<ol style="list-style-type: none"><li>1. Brown the beef bones/meat in a big pot</li><li>2. Add rinsed vegetables in</li><li>3. Add a good pinch of salt and pepper</li><li>4. Cover with water</li><li>5. Add 4 tablespoons of apple cider vinegar</li><li>6. Bring to the boil</li><li>7. Simmer on a low heat for 4-8 hours</li><li>8. All done! So simple, cheap and good for you.</li></ol>

I know that whenever I do a bone broth fast I come out the other end feeling completely renewed. I hope it does the same for you!

## Go Shopping And Stock Up On These

People tell me it's difficult to eat a leaky gut diet, because of how many foods are banned. I get it. After all, when friends say "Let's go to Cecconis" (an Italian pizzeria in my neighborhood), I usually secretly cry into my rocket salad.

But, guess what? There are heaps of amazing foods you can still eat and as you'll see they have one thing in common: they are all real, clean whole foods.

#### EAT LIKE CRAZY

- Freshly pressed vegetable juices
- Whole food protein shakes
- Soups - vegetable, meat, fish
- Green vegetables - broccoli, spinach, kale, asparagus, rocket etc
- Colorful vegetables - cauliflower, carrots, sweet potatoes, squash etc
- Salads - arugula, cos, fennel etc
- Wild caught fish, especially salmon
- Grass-fed beef & lamb - plus organs
- Free range chicken, duck or turkey, and organic eggs
- Homemade bone broth - beef, lamb, pork, chicken, duck, fish

#### EAT IN MODERATION

- Unsalted, natural nuts - macadamias, almonds, walnuts, nut butter, nut flours and nut milk
- Fermented foods - organic live sauerkraut and kimchi; yogurt
- Sprouted seeds - chia, flax seeds
- Coconut products - milk, water, flakes, oil and yogurt
- Unflavored protein powder - goats whey & collagen protein powder
- Low sugar fruits - berries, tomatoes (no seeds), avocados
- Good oils - coconut oil, extra virgin olive oil, ghee

**But...**if you still have symptoms or food intolerances after 30 days, you should move to an even stricter diet. I go through this in the 'Checklist' section (p 7).

## 7 Meals That Your Gut Loves And So Will You

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The #1 key to sticking to a diet is convenience. That's why I stick to just a few different meals each week. Breakfast is easy (#1 or nothing). Whenever I'm rushed a soup will do (#2). 1 day a week is simply broth (#3). And for the rest...

1

**Protein shake.** Liquid (water or coconut / nut milk) + solid (berries, green veg, avocado etc) + protein powder + coconut oil. *If you have the stomach, alternate with a juiced or blended green veg drink.*

2

**Daily soup.** Liquid (water or coconut milk or broth) + vegetables + optional meat/fish. Flavor w herbs, spices, garlic, onion etc.

3

**Chicken or beef bone broth.** So boring, but so good! Cooking is easy and eating is even easier. I try to fast 1 day a week with this.

4

**Pan roasted salmon, spinach & sweet potato.** A really light dish to offset the big boys below. I typically eat this 2-3 times a week.

5

**One minute steak, garlic broccoli & cauliflower mash.** Who needs pasta or pizza, when you can eat such nice rich flavors?

6

**Chicken, arugula, avocado, asparagus & pine nut salad.** I once ate this meal every night for 2 weeks straight. It's that good.

7

**Pork fillet, brussel sprouts, w sauerkraut or kimchi.** Switching between the 2 fermented vegetables ensures nice variety.

## 4 Little Superheroes For Your Gut

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There are dozens of supplements you can take. But right now you should only focus on those that 1) support good gut health and 2) can have a big impact. Unfortunately, most people spend \$100s on multivitamins that their body can't absorb due to leaky gut or they buy all kinds of digestive health supplements that whilst useful, are not essential. Thankfully there are just 4 supplements that really matter:

1

**L-Glutamine.** Just like your muscles use protein powder as their fuel to repair & regrow, your gut lining uses L-Glutamine. It is arguably the #1 supplement for leaky gut as I [explain here](#). Effective especially when mega dosed. Just be sure to get a pure free-form L-Glutamine powder like [this one](#).

2

**Digestive enzymes.** These help break down the food you eat so that your body can absorb the nutrition, vitamins and minerals, and most of all, help reduce big food particles or toxins bombarding your gut lining. I recommend you try [this one](#), as I created it with my research team at Essential Stacks to meet the [strictest criteria](#).

3

**Probiotics.** The good bacteria works hard to keep the bad bacteria & yeast under control and when this balance is achieved your gut can enjoy optimal health. Look for a 40-50 billion CFUs probiotic with at least 10 different strains and a prebiotic component, like [this one](#) my team and I developed after many months of research and testing.

4

**Candida support.** Candida (yeast) overgrowth may not only cause, but also maintain leaky gut. So consider either a prescription anti-fungal like Nystatin, or if you prefer a more natural approach, try [this supplement](#), which we designed to help gently detox your body.

## 5 Powerful Ways To Fight Leaky Gut Each Day

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I've seen people eat the strictest diets and take all the supplements under the sun, but still not heal their leaky gut. Why? They still live a poor lifestyle. One filled with chronic stress, poor sleep and inactivity. If you get your daily habits in order, you'll finally find the missing piece of the puzzle. Use [coach.me](https://coach.me) to track them.

1

**Breathe.** How hippy of me, I know. But I can honestly say deep breathing 3 times a day around meal time has worked wonders. Use the [BreatheMate](#) app daily and study Dr Weil's [3 breathing exercises](#).

2

**Meditate.** 10 minutes during the day and 10 minutes at night can greatly reduce chronic stress and help with sleep. I previously used [Headspace](#), but now use the Transcendental Meditation technique ([TM.org](#)), which I absolutely love! Just 20 minutes twice a day is all it takes and the benefits go way beyond reduced stress.

3

**Sleep 8-9 hours.** How is that possible?! Cut all electronics at 9pm, pop some magnesium citrate (200-400mg), eat some walnuts or macadamias (and 1 tsp of honey if you can tolerate) and meditate for 10 minutes.

4

**Relax, seriously.** Have a sauna. Listen to soothing music like Bon Iver. Go for a walk. Drink herbal tea. Drop the caffeine. Block email. Put your phone in airplane mode. Don't take things too seriously. Etc! This approach to life can have a profound impact on your digestive health.

5

**Exercise lightly.** 7 minutes of daily HiiT can get the job done. Here's [what I use](#). But 30 minutes of yoga can be even better. Whatever you do, just avoid hardcore cardio or heavy weights as they can aggravate leaky gut.



# Leaky Gut Protocol - 5 Step Checklist

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Until you've checked all the boxes below, you can't really expect to heal your leaky gut. I know it takes hard work, but it is so worth it!

**So over the last 30 days have you...**

- Eliminated causes.** Yes, I have cut the 6 main causes of leaky gut out of my lifestyle.
- Fasted.** Yes, I have fasted for 48-72 hours eating only bone broth and I have done 3 x subsequent 24 hour fasts.
- Eaten well.** Yes, I have eaten only approved foods like fish & vegetables, and avoided the gut-killing foods like gluten & refined sugar.
- Supplemented.** Yes, I have mega dosed L-Glutamine and taken daily servings of L-Glutamine, digestive enzymes and probiotics.
- Practiced habits.** Yes, I have managed to stick to my 5 new habits during at least 20 of the last 30 days.

If you are still struggling with leaky gut after ticking all of the above boxes your gut may simply need more time to heal and perhaps a stricter diet. So I would recommend you keep ticking the 5 boxes above for 90 days AND during this time consider eliminating all nightshades, eggs, nuts, seeds, yogurt, fruits & starches.