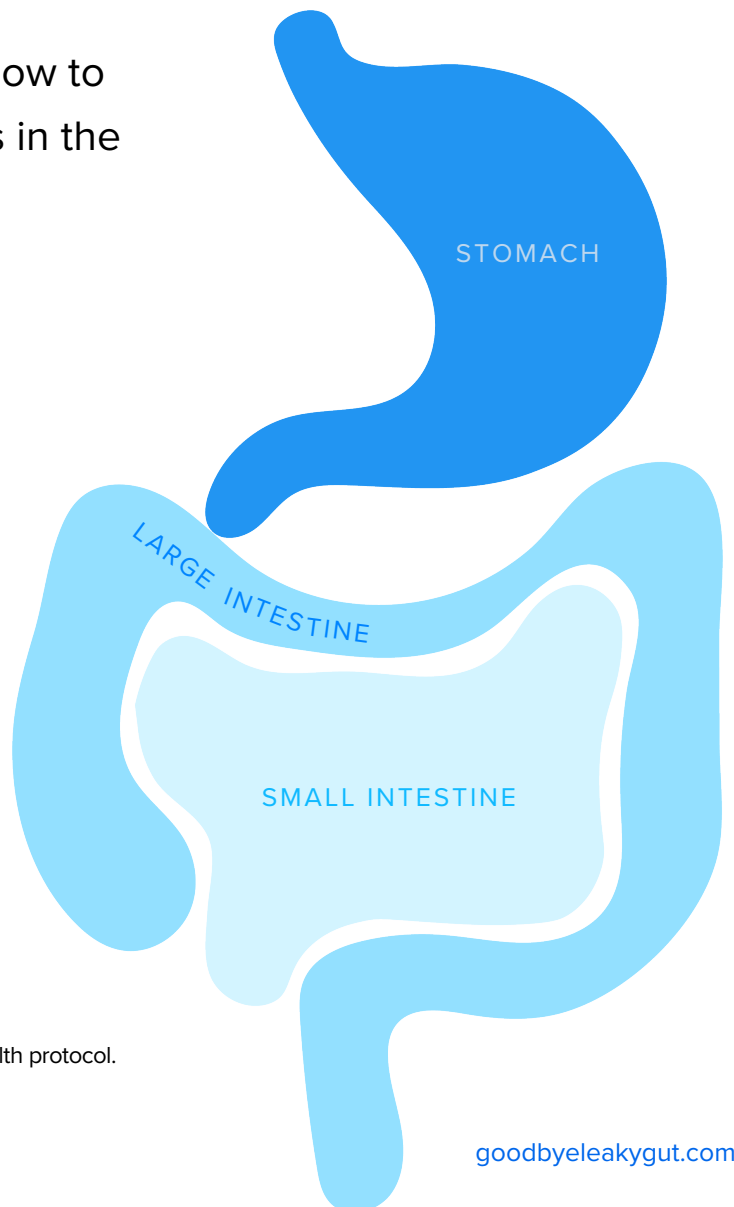


# The Simple Way To Heal Your Leaky Gut

Everything you need to know to  
take action and get results in the  
next 30 days.

UPDATED FOR 2020



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

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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 recover from leaky gut (aka 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.

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. Happy, energetic, light and ready to take on life again.

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.

## 1) Peaceful Gut

By avoiding the key causes of leaky gut, plus eating & drinking clean, and adding some healthy habits and helpful supplements in, we 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.

## 2) Effortless weight loss

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. Importantly, the types of foods we can eat (eg healthy fats & proteins) are amazing at satiating us and eliminating food cravings.



## 3) Better energy, skin and mood

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

## 4) Other benefits

By addressing our leaky gut, many people find other health issues improve, especially those related to the autoimmune system. 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.

# 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.

No more confusion. Just real ideas.

## In case you're wondering who I am, my name is Richard

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!

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

PubMed became my BFF. Doctors (especially holistic focused GI experts) became my amigos. And naturopaths well versed in leaky gut ended up on my speed dial (that should give you an idea of how long I've been researching leaky gut!).

I spent months studying all the latest research on leaky gut, and even longer trying all the ideas. It was exhausting.

## **But little by little, I 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. I spent \$50,000 in the first 6 months. 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 for work (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 – eg eating a low inflammatory & low FODMAP diet, mega dosing L-Glutamine and cutting most carbs – I quickly saw my symptoms disappear.

Some almost overnight, like acne, and others more slowly, but surely, like asthma. 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 focused 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 (inc 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 & plain English 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 whopping 500+ hours of professional time in creating our brand new [low FODMAP 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 that's enough 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.

**PART ONE**

# **The 30-Day Leaky Gut Recovery Protocol**

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



# 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 never say goodbye to leaky gut. The main foods to avoid are: most grains (especially those with gluten, like wheat, barley, rye), sugar (refined & natural), processed foods, unhealthy 'vegetable' oils (eg canola oil), artificial sweeteners, plus most legumes, soy products and normal dairy. In particular, we want to avoid gluten, as this increases zonulin levels - a protein, that may exacerbate intestinal permeability, i.e. leaky gut. To make sure you know exactly what foods to avoid I've created a detailed list on page 12.



## 2) Gut-irritating drinks

The big ones to avoid are those filled with alcohol, caffeine, sugar, artificial sweeteners and high FODMAP ingredients (eg 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 12. And before you despair, keep in mind, many of these drinks can come back into rotation as our gut health improves (eg red wine).



## 3) Medications & OTC drugs

Many medications and OTC drugs can exacerbate leaky gut. Whilst NSAIDs for example can directly weaken the gut lining, others, like steroids, antibiotics and antacids, 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 stress and low quality sleep 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, candida and/or reflux, 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 IBS. More on this later in the guide.



# Do A Bone Broth Fast

A 48-72 hour broth fast is one of, if not the fastest, way to feel better. Get ready to fall in love!

## Why I love bone broth fasts for leaky gut

Whilst our leaky gut diet (packed with healthy fats, clean proteins & nutrient-dense vegetables) is fantastic at slowly healing the gut - and maintaining its good health long term - 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 our digestive system a much needed break. Second, it will ensure no more large food particles are making their way through our 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 the digestive system!

Meanwhile, the bone broth itself has a huge benefit for our gut, because the collagen in it (a protein) delivers a huge serving of the types of amino acids our GI tract feeds on in order to repair itself - eg glutamine, glycine, proline. These 3 amino acids for example, work great to mend the damaged cells lining the wall of our gut. Amazing!

## How to make my bone broth, the easy way



### INGREDIENTS

2 pounds grass-fed beef bones, including some with nice marrow/fat/meat attached

2 carrots, 1 celery stalk and 1 cup leek leaves or scallions (green parts only)

4 tbsp apple cider vinegar

Plus any herbs you like from page 11 below

### HOW TO MAKE

- 1) Brown the beef bones/meat in a big pot.
- 2) Add rinsed vegetables in.
- 3) Add a good pinch of salt and pepper; cover with water and add 4 tablespoons of apple cider vinegar.
- 4) Bring to the boil. Then turn down the heat and simmer on low heat for 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 22 below.

# Shop The Diet

So what foods are we eating over the next 30 days?

## We'll be eating a Paleo/AIP meets low FODMAP diet

That means we're going to enjoy lots of nice fish, seafood, meat, healthy oils & clean vegetables. Plus some quality nuts, eggs and a moderate amount of other carbs, like low-sugar, low-FODMAP fruit.

With that said, the vast majority of the calories will come from healthy fats and clean proteins.

Meaning this leaky gut diet borrows ideas from the paleo/AIP (autoimmune protocol), keto and low FODMAP diets, and smartly blends them together. Finally, one diet to rule them all.

## But what we DON'T eat is even more important!

As we talked about under 'Eliminate The Causes', any food or drink that has a high chance of causing our gut inflammation and/or autoimmune reactions is out!

Avoiding these foods is the center of the leaky gut diet and actually more important than what we say yes to! Which is why you'll find a detailed list of the 'no' foods on page 12 below.

Moreover, research continues to come out showing how people with leaky gut often also have IBS, SIBO, candida and/or reflux.

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

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

So for the next 30 days we're going to also reduce / remove two groups of otherwise healthy foods.

### 1) Group #1 - 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 reaction due primarily to a group of substances found in them known as alkaloids. Whilst dairy - even lactose-free dairy - can cause a response due to the casein protein. So too can other healthy foods like, normal eggs, which can create issues due to the imbalance of omega 3 v 6, as well as presence of lysozyme (in the whites).
- Solution - we'll completely remove some of these for 90 days (eg peppers), others for just 30 days (eg lactose-free dairy) and we'll keep some others in, but in reduced amounts (eg tomatoes). Plus we'll prepare them better for digestion, eg anything with skin & seeds will be peeled & deseeded. We'll also focus on buying quality, eg pastured eggs have balanced omega 3 v 6 profiles and can be easier to tolerate.

## **2) Group #2 - Healthy foods & drinks that are high in FODMAPs (poorly absorbed carbohydrates)**

- The Problem - when our gut is in bad shape these carbs are poorly absorbed, which can lead to excess fermentation and water in our intestine. This can then result in gas, bloating, diarrhea and all-round intestinal inflammation.
- Solution - for the next 30 days we will reduce or completely remove any healthy foods high in FODMAPs (fructans, galactans, lactose, fructose and polyols / sugar alcohols). Unfortunately, this includes some of our old favorites like asparagus, avocado, cauliflower, garlic and even normal sauerkraut (white cabbage). I will once again be sure to list them all out on page 12, so it is very clear.

# Leaky Gut Food List



## 1) BLUE FOODS - EAT FREELY

### PROTEINS & FATS

- 1) Fish - anchovies, bass, cod, flounder, haddock, halibut, mackerel, salmon, smoked salmon, sardines, sole, trout, tuna
- 2) Seafood - calamari/squid, clams, crab, mussels, oysters, shrimp, scallops
- 3) Poultry - chicken, duck, goose, quail, turkey
- 4) Meat - bacon, beef, goat, ham, lamb, pork, organs, bones (for broth); plus game - bison, boar, elk, rabbit, venison
- 5) Protein powder - collagen (collagen peptides)
- 6) Plant oils - avocado, olive (inc extra virgin), perilla, rice bran, plus infused versions
- 7) Nut oils - coconut, macadamia (unheated), MCT, walnut (unheated)
- 8) Fish oils - cod liver, fish, krill

### CARBS & FLAVORS

- 1) Lettuce - arugula, butter, cos/romaine, iceberg, mesclun, mustard greens, spring, radicchio, watercress etc
- 2) Leafy - endive, kale, chicory leaves, fennel leaves, leek leaves, spinach, witlof
- 3) Greens - choy sum, collard greens, cucumbers, swiss chard, broccoli, Chinese broccoli, green beans
- 4) Other - bamboo shoots, bean sprouts, carrots, radish, rhubarb, seaweed/nori
- 5) Salt - capers, olives, salt (sea / iodized / Himalayan), coconut aminos (like soy sauce)
- 6) Herbs - basil, cilantro, dill, mint, parsley, oregano, rosemary, sage, scallions/spring onions (green part), tarragon, thyme

## 2) GREEN FOODS - LIMIT SERVING SIZE INITIALLY



### PROTEINS & FATS

- 1) Eggs (1-2\*) - pastured egg yolks are best
- 2) Protein powders unflavored (1 scoop\*) - colostrum, hemp, whey (normal or goat's)
- 3) Animal fats (1-2 tbsp\*) - grass-fed butter, clarified butter/ghee, dark chocolate (85%), lard, suet/tallow
- 4) Nuts (10\*) - almonds, brazil nuts, hazelnuts, macadamias, pecans, pine nuts, walnuts, their butters & milks (1c\*); coconut yogurt & milk (0.5-1c\*)
- 5) Seeds (1 tbsp\*) - hemp and flaxseed only, plus their butter (1 tbsp\*) & milks (1c\*)

### CARBS & FLAVORS

- 1) Cabbage (0.5-1c\*) - bok choy, Chinese / napa, common / green, kohlrabi, red, savoy
- 2) Heavy carbs (0.5c\*) - potato, sweet potato, white rice (Jasmine); plus cassava, jicama, parsnip, pumpkin, turnips, yams, yucca
- 3) Fermented/pickled veg (0.5c\*) - red/purple sauerkraut, cucumbers/gherkins
- 4) Other (0.5c\*) - zucchini, oyster mushrooms
- 5) Fruit (0.25-0.5c\*) - strawberries; blueberries, kiwifruit, lemon, lime, raspberries, tomatoes
- 6) Sweet (limit) - 100% stevia, vanilla bean essence, erythritol
- 7) Vinegars (1 tbsp\*) - apple cider, balsamic (low sugar), malt, red wine, rice wine
- 8) Spices (1 tsp\*) - bay leaf, cinnamon, ginger, saffron, sumac, turmeric

# Leaky Gut Food List



## 3) ORANGE FOODS - AVOID FOR 30 DAYS

### PROTEINS & FATS

- 1) Nuts - cashews, coconut (flesh/meat), pistachios, any roasted nuts
- 2) Seeds - chia, pumpkin, sesame
- 3) Special dairy - if you can't tolerate lactose (milk sugar), try full-fat lactose-free dairy from cow, buffalo, sheep or goat, eg cheese, cream, kefir, milk, yogurt. If you can't tolerate A1 casein (protein), try A2-dairy. If you can't tolerate either, then avoid all dairy.

### CARBS & FLAVORS

- 1) Low-Medium FODMAP fruits - banana, cantaloupe, grapes, honeydew, mandarin, orange, papayas, passionfruit, pineapple, plantain, pomegranate
- 2) High FODMAP fruits - apple, apricots, avocado, blackberries, cherries, nectarines, peaches, pears, plums, watermelon; plus any dried fruit, cranberries, currants, dates, figs, guava, prunes, raisins, sultanas
- 3) High FODMAP vegetables - artichoke, asparagus, avocado, beets, brussel sprouts, cauliflower, celery, garlic, kimchi, mushrooms, okra, onion, peas, sauerkraut (white cabbage)
- 4) Sweetener - coconut sugar, honey, maple syrup

## 3) RED FOODS & DRINKS - AVOID FOR 90 DAYS



### PROTEINS & FATS

- 1) Conventionally farmed & grain-fed fish, seafood, meat, poultry, eggs etc due to unfavorable omega 3 v 6 profiles, plus potential for toxins like antibiotics, added hormones etc
- 2) 'Vegetable' oils - canola, corn, cottonseed, flaxseed, grapeseed, peanut, safflower, soybean, sunflower, 'vegetable oil'
- 3) Vegetarian fats - margarine (where uses 'vegetable' oils above)
- 4) Protein powders - casein, soy & most flavored protein powders
- 5) Conventional dairy - ie cow's milk, buttermilk, cream, custard, ice cream, milk chocolate etc, especially where flavored
- 6) Any processed foods

### CARBS & FLAVORS

- 1) Grains w gluten - wheat & varieties (eg spelt, kamut, durum) and products (eg bulgur, semolina), plus barley, rye, triticale; incl. end products like bread, cereals, cookies, couscous, noodles, pasta etc.
- 2) Gluten-free grains - corn, millet, rice (brown, red, wild); plus pseudo-cereals like amaranth, buckwheat, quinoa
- 3) Legumes - beans (all), chickpeas, lentils (unless pressure cooked), peanuts, soy (see next)
- 4) Soy - beans, edamame, milk, protein TVP, tempeh, tofu plain/firm/silken
- 5) Nightshades - eggplant, peppers (all), red spices
- 6) Sugar - brown, cane, icing, palm, raw, white, sucrose / table sugar; incl. end products like sauces, dressings, prepared foods, 'low fat' foods etc.
- 7) Natural & artificial sweeteners - agave syrup, aspartame, high fructose corn syrup, saccharine, sucralose; plus sugar alcohols isomalt 953, maltitol 965, mannitol 421, sorbitol 420, xylitol 967
- 8) Alcohol - beer, cider, wine, spirits
- 9) Coffee - including decaf
- 10) Sweet drinks - soda, diet soda, tonic water, fruit juice/smoothies, energy drinks, sports drinks

# Leaky Gut Food List Explained



## All foods

Where possible opt for foods that are local, in-season, organic, grass-fed, wild caught and/or pastured, as this reduces the toxin load on your leaky gut and delivers more nutrient-dense foods. Also, peel and deseed any foods with skins or seeds (eg cucumbers).

### 1) BLUE FOODS

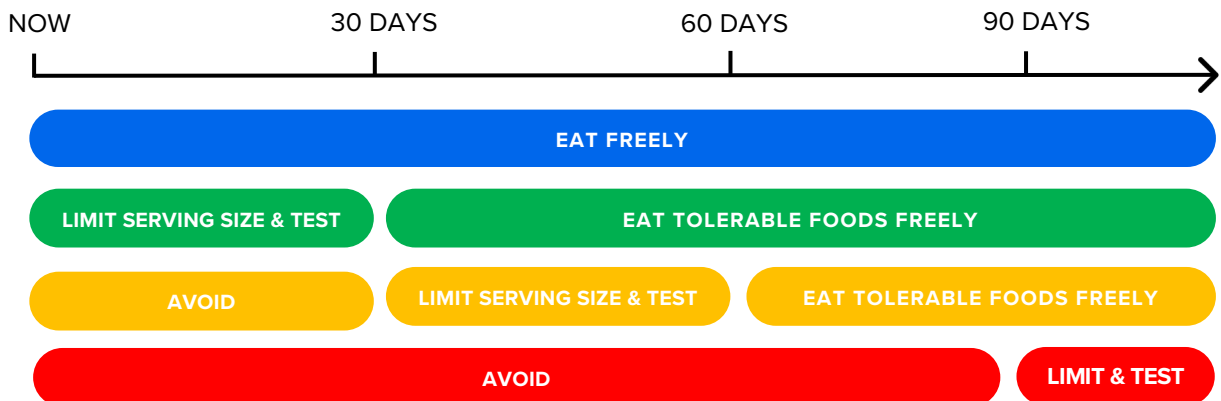


My absolute favorites! These are the nutrient-rich foods that can nourish our digestive tract without causing further inflammation to our gut lining or excess fermentation in our intestines. Most of the calories here come from healthy fats and proteins, which means these foods are also great at leaving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

### 2) GREEN FOODS



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



### 3) ORANGE FOODS



These are healthy foods that can be hard to tolerate initially when our gut health is bad. That's because they have short-chain carbs (FODMAPs) that can be poorly absorbed, which can lead to excess fermentation and water in our intestine. And in turn gas, bloating, diarrhea and all-round intestinal inflammation. So avoid for the next 30 days whilst bacterial balance is restored. Then test them one-by-one with a Registered Dietitian (RDN) using the Reintroduction Diet method.

### 4) RED FOODS & DRINKS



These foods are packed with a range of anti-nutrients like lectins, sugar, gliadin etc, which disrupt gut function and irritate our intestinal lining. Avoid them for 90 days, then once gut health gets better test them one-by-one, under the supervision of an RDN. Consider permanently avoiding vegetable oils, grains with gluten, refined sugar & sweeteners. **Note:** the majority of packaged foods, eg sauces, dressings, marinades etc, contain one or more red foods, so inspect labels carefully.

# Cook The Diet

These are my 7 favorite meals to eat during a 30-day healing protocol. Designed to inspire your own ideas.

## Recipe #1 - The Clean Protein Shake

SERVES 1



- 1 handful of ice - to make the other ingredients taste nice and chilled.
- 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.
- 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.
- ¼ cup low-sugar, low-FODMAP fruit - my favorite options are either in-season strawberries or blueberries. Frozen can work too.
- 1 scoop protein powder - unless I've just been training, this is pretty much always [collagen protein](#), aka collagen peptides, since this type of protein helps more with the gut, than muscles. 10g scoop is perfect amount.
- 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 v good bacteria. Otherwise, you can also consider extra virgin olive oil.

**How to make:** no rocket science here. Just grab all the ingredients below and blend away in an ice-grade blender.

SERVES 2



## Recipe #2 - My Lazy Simple Soup

- 20 oz / 600 ml of water and/or bone broth. Sometimes I add ¼ cup (low FODMAP size) of coconut milk as well. Delicious!
- 2 handfuls of vegetables - I either go with broccoli or choy sum.
- 2 handfuls of protein (about 8-10 oz / 300 g) - literally whatever I have in the fridge. From chicken thigh to brisket to shrimp, it all tastes amazing in this soup.
- 2 pinches of 'flavor' - eg sea salt, herbs and/or compliant spices (see page 10).

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

## Recipe #3 - Homemade Beef Bone Broth



See page 8 for my simple 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 Feast

SERVES 2



- 2 fillets of salmon (about 8-10 oz / 300 g) - wild sockeye if possible.
- 2 handfuls of vegetables - my favorite combo is green beans & Chinese broccoli.
- 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.
- Some flavors - a bunch of dill, juice of 1 lemon, 2-3 tablespoons of grass-fed butter, 1-2 tablespoons of extra virgin olive oil, 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 Feast

SERVES 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!
- 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 generously with sea salt, get skillet/BBQ hot, sear on each side, then finish in 450 f (230 c) oven for 10 minutes (flip halfway) - depends on cut and how you like your steak. Take out & rest. Enjoy!

## Recipe #6 - The Big Chicken Salad

SERVES 2



- 2 fillets of chicken breast - pastured/free range if possible.
- 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.
- 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. Whilst 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 Bowl

SERVES 1



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

**How to make:** mix the yogurt & stevia together in bowl, pour nuts on top, then berries.

# Try Supplements

With dozens of different supplements to consider for gut health, what are the few that matter? Just six.

## 1) Betaine HCL, Pepsin & Bile

### HELPS WITH INITIAL BREAK DOWN OF FOOD

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

## 2) Digestive Enzymes

### HELP WITH FINAL DIGESTION OF FOOD

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

## 3) L-Glutamine

### HELPS REGULATE OPENINGS

L-Glutamine is a remarkable amino acid, because it can directly feed the cells controlling the openings along our intestinal wall and in turn make our gut less permeable, or 'leaky'. 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 protein, which has a wide variety of amino acids that can further support a healthy intestinal wall. 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 a flavorless collagen supplement is the way to go. Just be sure to try a high quality [grass-fed collagen protein powder](#).

## 5) Probiotics

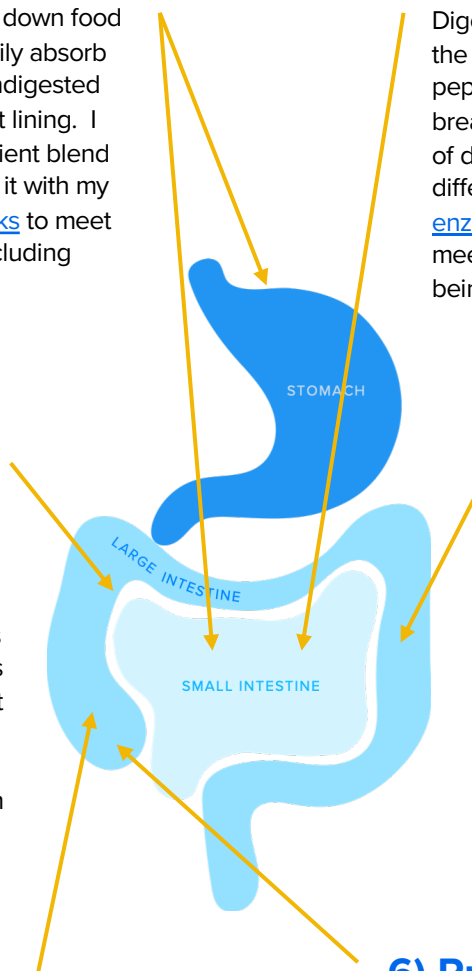
### HELP OUR OVERALL GUT HEALTH

Probiotics are good bacteria, which help us digest food better, improve weight management, support bowel movements, strengthen our immune system & most of all, our intestinal wall. 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 serve and 10-12 different strains like [this probiotic](#) my team and I developed after months of research & testing.

## 6) Prebiotics

### HELP FUEL THE PROBIOTICS

Prebiotics are like fertilizer for the the good bacteria (probiotics) in our gut. So by taking them we maximize all the amazing benefits of the probiotics. The problem is most prebiotic supplements contain fibers that cause bloating and 'bathroom issues'. That's why we created this gentle [organic prebiotic fiber](#).



# Live Clean

Here are my 4 favorite ways to fight leaky gut each day 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 lifestyle. One filled with poor sleep, chronic stress & inactivity. If you get your daily habits in order, you'll finally find the missing piece of the puzzle. Use a habit tracking app to stay accountable.



## 1) Sleep 8 hours

How is that possible?! Cut all electronics at 9pm, pop some magnesium citrate (200-400mg), eat 5-10 walnuts or macadamias, and just relax. Without screens. You'll be amazed at how peaceful & long you can sleep.



## 3) Breathe or meditate

Both of these can greatly reduce chronic stress and help with sleep. For breathing, try Dr Weil's [3 breathing exercises](#). Meanwhile, for meditation try [Headspace](#) or the Transcendental Meditation technique ([TM.org](#)), which I absolutely love! Best of all, the the benefits of meditation go way beyond reduced stress. A true life changer!



## 2) Relax, seriously

Have a sauna. Listen to soothing music like Bon Iver. Go for a walk. Drop the caffeine. Drink herbal tea. Block email. Put your phone in airplane mode. Don't take things too seriously. Enter the present moment. This approach to life can have a profound impact on your digestive health. Although it is a bit woo woo of me, I strongly recommend you read Eckhart Tolle's [Practicing the Power of Now](#).



## 4) Exercise lightly

Just 7 minutes of daily HiiT can get the job done. Here's [what I use](#). But 30 minutes of yoga can be even better, especially since it incorporates many of the benefits of meditation. Whatever you do, just avoid hardcore steady-state cardio or heavy weights as they can stress the system at this early stage and further aggravate leaky gut.

# The 30-Day Checklist

To get better it is crucial to do the steps consistently over 30 days. So one month from now check:

## 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 and I have done 3 subsequent 24-hour fasts.

## Have you eaten/drunken clean?

Yes, I have stuck to the Leaky Gut Food List (page 11), eating only blue and green foods, whilst also adhering to serving size recommendations for green foods.

## Have you supplemented smartly?

Yes, I have tried daily servings of L-Glutamine, collagen, probiotics and prebiotics, plus 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.

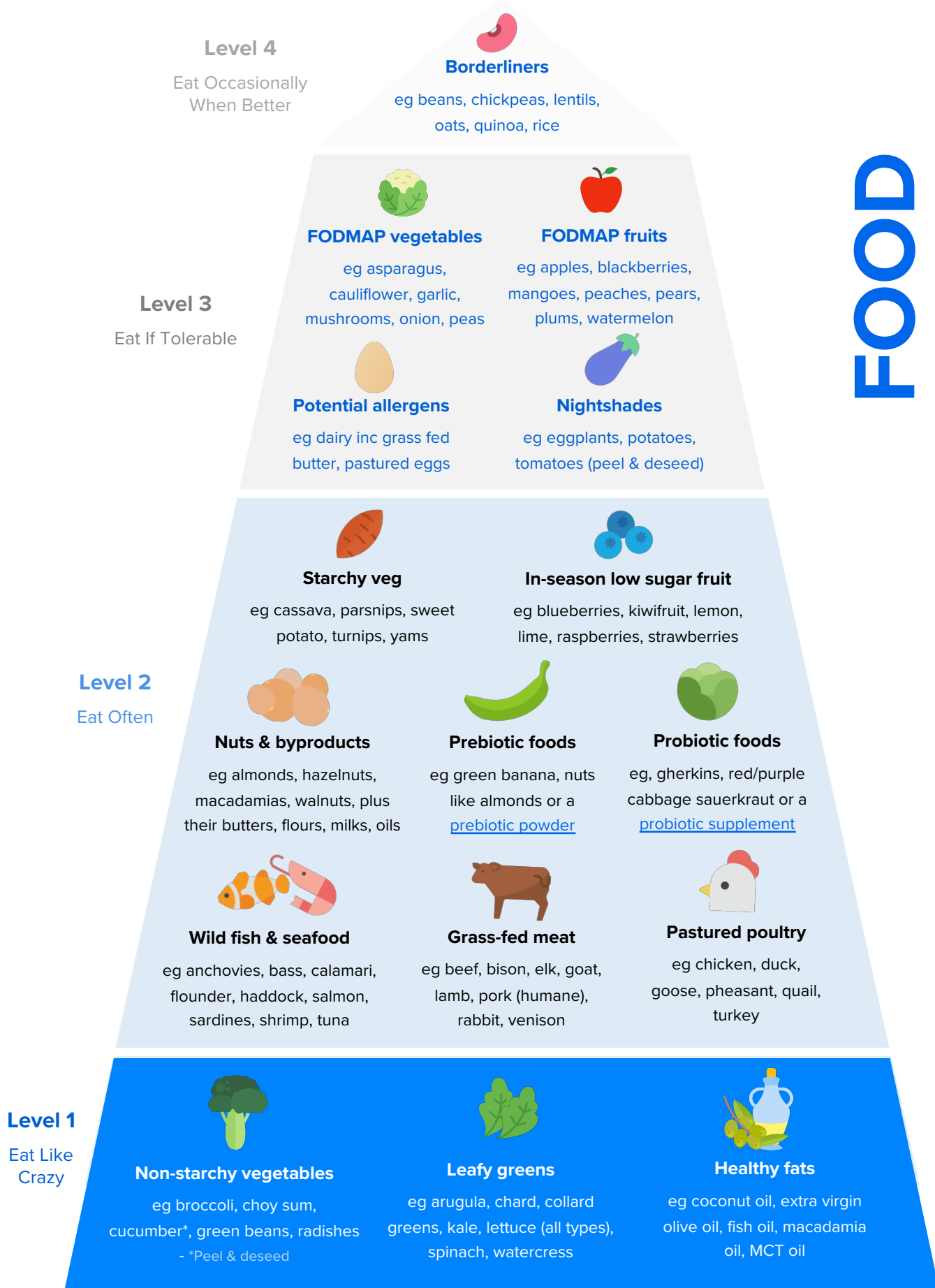
### What if you're still struggling with leaky gut after ticking the above boxes for 30 days?

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 (ie eat blue foods ONLY) to get back to their best. Especially if they are tackling multiple issues at once, eg SIBO (small intestinal bacterial overgrowth). So the best idea is to continue ticking the boxes above and all with the supervision of your health practitioner.

## PART TWO

# Special Bonuses

Say hello to my food, drinks & supplements pyramids for good gut health - the single easiest way to see what to focus on and what to ignore. Plus my 72-hour action plan.



# DRINKS

## Level 4

Drink Occasionally  
When Better



### Borderliners

eg diet soda, gluten-free beer,  
spirits with sugar-free mixers



### Coffee

Organic coffee or  
decaffeinated coffee  
(small cup)



### Dry wines

eg brut champagne, cab sav,  
chardonnay, merlot, pinot  
noir, sauvignon blanc, shiraz

## Level 3

Drink If  
Tolerable



### Caffeinated teas

Black, green, oolong, white,  
eg jasmine, matcha, pu-erh



### Fizzy water

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



### Kombucha

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



### Nut milks

Almond, coconut, hazelnut or  
macadamia milk

## Level 2

Drink As  
Desired



### 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

eg 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, goats milk, or grass  
fed cow's milk based kefir  
(if tolerable)

## Level 1

Drink Up



### 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

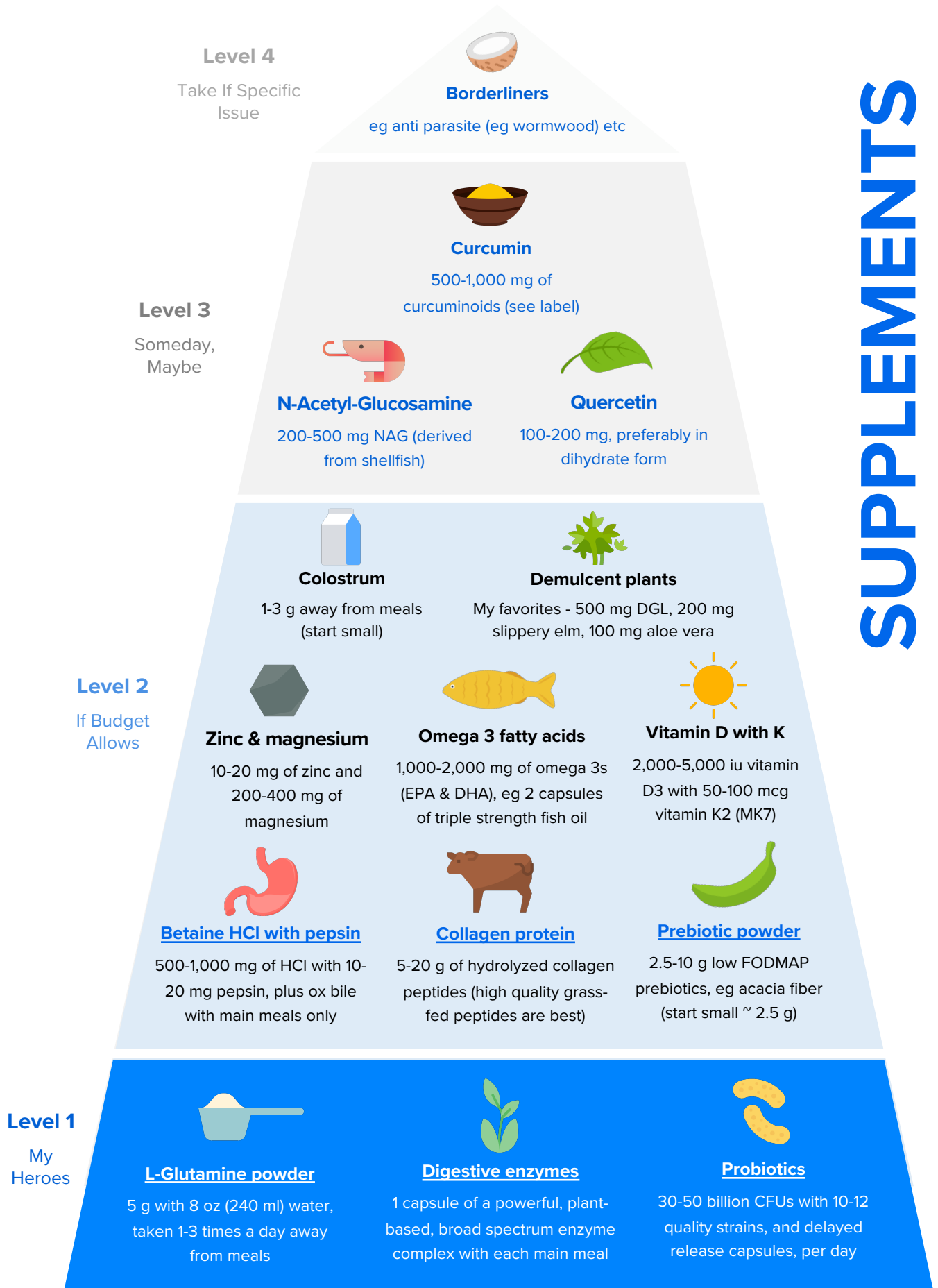


### Bone broth

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



# SUPPLEMENTS





# The Next 72 Hours

If you get off to a good start and build some momentum, you'll be almost unstoppable. Here's how to do just 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 12. Goodbye bread, cookies, pasta, vegetable oils, sugary sauces, beer, soda etc.

And for food today, try to just eat fish or meat, with a nice big salad dressed in lemon juice, salt and olive oil. And if time, take a 20 minute walk, turn off screens early (eg 8pm) and go to bed for a big sleep.

2

## Tomorrow

Go shopping! Pickup your favorite foods from the 'Leaky Gut Food List' (page 11), as well as a few of the supplements that sound best to you (page 16). When you get home, cook up a gut-friendly meal that sounds hearty & delicious - maybe even one of my sample recipes. Or, if you feel up to it, cook up the bone broth (page 8) and consider trying a 24-72 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. 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 becoming free of leaky gut and 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](mailto:richard@goodbyeleakygut.com).

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

Richard