

# THE GUT HEALTH SUPPLEMENTS GUIDE



———— KELSEY ALE, NTP & EMILY BYK ————

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## Here is the gold.

Supplements can work wonders. In addition to following the nutrition recommendations in our program, I strongly suggest you add the following supplements to your gut healing routine, to get the maximum benefits and effect from our protocol. Applying supplements will double your results, and help take your gut healing to the next level, helping you to start thriving from the inside and out.

The supplement regimen I've described in the following pages, is a powerful toolkit which promotes effective healing of your damaged gut lining and supports healthy, proper digestion to help your body start working toward being your best self.

I've divided this supplement guide into 3 main categories. I've included multiple options for the different supplements recommended in each category, offering a "full power" option and a "sensitive system" option for almost every supplement.

### The 3 supplement categories are:

1. **Gut Healing Nutrients.** This section gives recommendations for specific nutrients which will start healing your gut lining and reduce inflammation, making nutrient absorption more effective while also relieving discomfort. This is the foundation of jump-starting your healing and ensuring other steps you take are effective.
2. **Digestive Support.** The supplements listed in this section give a boost to the natural processes struggling in your body right now. I recommend a support option for each level of digestion - as we discussed in the main guide. There's a recommendation for protein digestion and stomach acid, for pancreas support with enzymes, and even fat digestion support, if needed. Supporting digestion starts to reset your system and not only makes things easier for healing, but also primes your body to operate the way it's supposed to.
3. **Temporary Relief for Constipation.** Because it's such a common problem, I've decided to give you my top recommendations for one of the most uncomfortable issues associated with gut health imbalances: constipation.



It's important to get things cleared out of your system on a regular basis but bear in mind: these recommendations are meant to be used as short-term relief *only*, while implementing The Gut Health Blueprint. When your gut health is finally balanced, you will no longer experience constipation.

If you complete this program and still experience constipation or diarrhea, it's an indication of other underlying issues which haven't been resolved - like a gut infection and/or food sensitivity.

# GUT HEALING NUTRIENTS

This section gives recommendations for specific nutrients which will start healing your gut lining and reducing inflammation, maximizing nutrient absorption and relieving discomfort.

Gut healing nutrients are designed to heal the gut lining and seal up the tight junctions to resolve leaky gut and inflammation.

SUPPLEMENT NAME	WHAT IT DOES	RECOMMENDED DOSE
<b>MegaMucosa</b>	An amino-acid based gut healing supplement, ideal for those who cannot tolerate L-glutamine	Take 1 scoop of product in water daily 1-1.5 hours away from food, for eight-twelve weeks.

## CONTRAINDICATIONS

If you are pregnant or nursing, taking any medication, have a medical condition, consult with your doctor before using this product.

SUPPLEMENT NAME	WHAT IT DOES	RECOMMENDED DOSE
<b>L-Glutamine</b>	Single ingredient supplement for sensitive systems.	Take 4,000-5,000mg (1 tsp of powder, in water) 2 x daily, 1-1.5 hours away from food, for eight to twelve weeks.

## CONTRAINDICATIONS

Cirrhosis: Glutamine could make this condition worse. Do not use it.

Severe liver disease, with difficulty thinking or confusion (hepatic encephalopathy): Glutamine could make this condition worse. Do not use it.

If Mania, a mental disorder: Glutamine might cause some mental changes in people with mania. Avoid use.

Monosodium glutamate (MSG) sensitivity. If you are sensitive to MSG, you might also be sensitive to glutamine.

Seizures: There is some concern that glutamine might increase the likelihood of seizures in some people. Avoid use.

## PROBIOTICS

Probiotics are a great way to boost your microbiome diversity and support proper digestion, a healthy mood, and improved immune function.

It's a good idea to rotate your probiotics for maximum diversity. When you finish one bottle, switch brands and use a different bottle next time. Pick 2-3 different brands to rotate between.

Those with SIBO may not tolerate probiotic supplements.

See page 15 in the main guide to learn more about SIBO and how to test for it.

SUPPLEMENT NAME	WHAT IT DOES	RECOMMENDED DOSE
<b>MegaSpore Biotics</b>	Powerful spore-based blend which works well for those who are sensitive to most probiotics.	Take 2 capsules daily for maintenance, with or without food.
<b>TherBiotic Complete</b>	Contains 12 probiotic species for your microbiome.	Take 2 capsules daily for maintenance, with or without food.
<b>Proflora4R</b>	Spore-based blend which also contains quercetin and marshmallow root.	Take 1 capsule daily for maintenance, with or without food.

## DIGESTIVE SUPPORT

This section gives recommendations for specific nutrients, which will start healing your gut lining and reduce inflammation, while making nutrient absorption more effective and relieving discomfort.

**Digestive enzymes** support the digestive process and helps break down carbs, fat, and protein in the small intestine.

In addition, an estimated 90% of us need **stomach acid support**. Stomach acid breaks down protein, starts the digestive process in the small intestine, and prevents food-borne pathogens from getting into our system.

SUPPLEMENT NAME	WHAT IT DOES	RECOMMENDED DOSE
<b>Critical Digestion</b>	This is a potent blend of digestive enzymes that is a good choice for sensitive systems and for those with food sensitivities.	Take 1-2 capsules with meals ongoing.
<b>HydroZyme</b>	Low-dose hydrochloric acid supplement in tablet form. This form is ideal as it allows you to customize your dose to find the perfect fit for you.	Use the HCl Dose Guidelines to help you find your ideal dose. Take with every meal, ongoing, until no longer needed.

### CONTRAINDICATIONS

Those with active ulcers or gastritis should not take hydrochloric acid without first completing a gut soothing protocol.

## **HYDROCHLORIC ACID GUIDELINES FOR FINDING YOUR RECOMMENDED DOSAGE**

WARNING: You should NOT take HydroZyme if...

- You have active stomach ulcers
- Discontinue use if you experience pain or sensitivity immediately upon taking the lowest dose of HCl (see below for details)

### **IMPORTANT: Always Take Your HydroZyme Supplement MID-MEAL!**

#### **HOW TO DO IT:**

1. Begin by taking ½ or 1 whole HydroZyme tablet in the middle of each meal (choose your starting dose depending on your sensitivity to supplements).
2. Increase your dose by ½ or 1 whole tablet per meal, every three days, until a feeling of warmth in the stomach or burning sensation (like heartburn) occurs\* within 10 minutes of ingesting the supplement.
3. The last dosage that was comfortable to you will be your per-meal dose of HydroZyme.

#### **EXAMPLE:**

- Days 1-3: dose = 1 tablet per meal.
- Days 3-6: dose = 2 tablets per meal
- Days 7-10: dose = 3 tablets per meal.
- Days 11-13: dose = 4 tablets per meal, etc.

If a warming or reaction sensation occurs on Day 11, at 4 tablets per meal, then your recommended dose is 1 tablet *less* than the amount you took that day, or 3 tablets per meal.

Please note that as your digestion improves, a burning sensation will occur with your current dosage, an indicator to drop down one supplement per meal.

#### **TROUBLESHOOTING**

To stop the warming or burning sensation that occurs when you take a higher dose of HydroZyme than necessary, mix a solution of 1 tsp. baking soda in 4 oz. room temperature water and sip on it until the sensation goes away. You can also get relief by chewing 2-3 tablets of a calcium supplement or over the counter antacid remedy (like Tums) and swallowing with a small amount of water.

**NOTE:**

If burning sensation occurs  $\frac{1}{2}$  an hour or more after your meal, you HAVEN'T TAKEN ENOUGH HYDROCHLORIC ACID. Increase your dose by  $\frac{1}{2}$  or 1 tablet per meal to enhance digestion.

If a burning sensation or digestive reaction occurs within 5 minutes of ingesting the supplement, you have TAKEN TOO MUCH HYDROCHLORIC ACID. Reduce your dose by  $\frac{1}{2}$  or 1 tablet per meal. Eat a few bites of food to utilize the HCL and to reduce discomfort.

\*The typical reaction beyond tolerance is a feeling of warmth or feeling like heartburn. HOWEVER, other possible indicators are gastric distress, a gurgling feeling, nausea, or other type of discomfort. Please be aware of these other possibilities. Also, if a meal contains less animal protein, you will likely require less HCl. The more animal protein, the greater the need for hydrochloric acid.

\*\*If a burning sensation occurs within 5 minutes after taking just  $\frac{1}{2}$  a tablet, discontinue use and switch to the recommendations for stomach healing outlined on the Supplements Handout.

\*\*\*If you take 5 of the Hydrozyme and still feel no warming or burning sensation, we will switch you to a stronger formula called Betaine Plus HP. Determining your need/tolerance for HCl is crucial for proper digestive capacity.

## RELIEF FROM CONSTIPATION

If you suffer from chronic constipation, you definitely have a gut health imbalance which needs to be resolved to achieve regular bowel movements. In the meantime, you can benefit from these supplements and experience temporary relief.

In addition to **drinking 2-3 liters of water every day** (I know it sounds like a lot, but it's necessary for proper bowel movements), and **getting some form of movement for 30 minutes a day, 3-4 times a week** (e.g. walking, exercising, gardening, or gentle yoga), consider using the following supplements as needed, while you resolve your underlying gut health imbalances.

You may rotate through these options, while working on resolving your underlying gut health imbalance and restoring natural bowel function.

### **DO NOT RELY ON SUPPLEMENTS FOR LONG TERM BOWEL MOVEMENT SUPPORT!**

These supplements do not address the underlying issue causing your constipation, they only relieve the symptoms. When your gut health is finally balanced, you will not experience constipation anymore. If you do, it's an indication of an underlying issue which hasn't been resolved – e.g. a gut infection and/or a food sensitivity.

SUPPLEMENT NAME	WHAT IT DOES	RECOMMENDED DOSE
<b>Aloe Juice</b>	Soothes digestion and promotes bowel regularity.	Use ¼ cup juice 15 minutes before meals to soothe digestive symptoms and promote regularity.
<b>Ground Flaxseed or Ground Chia Seed</b>	Both of these seeds add fiber and mucilage to promote bowel movement.	Mix 1Tbsp of ground seed with ¼ cup water and drink quickly.
<b>Senna Tea</b>	Promotes intestinal motility and healthy bowel movement.	Drink one cup of tea in the evening to promote a morning bowel movement the next day.

<b>SUPPLEMENT NAME</b>	<b>WHAT IT DOES</b>	<b>RECOMMENDED DOSE</b>
<b>Magnesium Citrate</b>	Magnesium relaxes the muscles in your intestines, making it easier to pass a bowel movement.	1-3 tsp of powder mixed in water, as needed.
<b>Probiotics</b>	Probiotics reduce inflammation and may make stools softer, making them easier to pass.	Take 1-2 capsules daily for maintenance. (See brand recommendations from Probiotics section above)

# HOW TO BUILD YOUR GUT HEALING SUPPLEMENT PLAN

The supplements I've recommended at the start of this guide, are ideal for building a strong and healthy gut. I've included recommendations for both healing your gut and gut lining, to help you with conditions like leaky gut, as well as giving you guidance on how to support your digestion so you can maintain your health, after all of your hard work.

The first step you'll take towards building your gut healing supplement plan, is to go to <http://bit.ly/guthealingsupplements> and set up an account.

1. Once in your account, click the "Catalogue" menu on the left-hand sidebar.
2. Click "Kelsey Ale's Dispensary Favorites".
3. Click "Gut Healing Protocol" on the list which appears underneath.

(You will also find "Constipation Relief" in this same list, if you would like to select some of those products as well).

When you click the category link, all available and recommended supplements will appear on your screen. You can select the items you'd like to add to your cart and proceed to checkout. Your 20% discount will automatically be applied at checkout.



Email \*

Submit

## **The Gut Healing Supplement Plan**

**1. Gut Healing nutrients.** Whether you choose to take L-glutamine or MegaMucosa, a gut healing nutrient is an essential part of any gut healing program. *Take this for a total of 12 weeks.*

**2. Digestive Enzymes.** The one digestive support which pretty much everyone with imbalances can benefit from, is digestive enzymes. *Take this on an ongoing basis.*

**3. HydroZyme.** Hydrochloric acid supplementation will jumpstart your digestion and get everything working smoother faster. **Especially include this if you take digestive enzymes and still notice bloating after meals.**

After a while you may not need to take HydroZyme anymore, especially if you are supplementing with zinc. Listen to your body and reassess your HydroZyme dose from time to time. *Take this ongoing, until no longer needed.*

**4. Probiotics.** Everyone can benefit from gut bugs! *Take this ongoing.*