



# Gut supporting protocol





# The 5-steps to gut healing

## Your Gut in on defense

1. **Remove** aggravating foods
2. **Repair** the gut lining
3. **Restore** digestion and nutrient absorption

## Your Gut needs support

4. **Reintroduce** prebiotic foods
5. **Repopulate** the gut with good gut bacteria

# Your gut

## How the gut works:

The gut is your digestive system and contains more bacteria than there are cells in the human body, and is commonly referred to as the 'microbiome'. These valuable bacteria must be looked after, just like you would look after your garden. Like gardening your gut.

The gut is also often called the 'second brain' because it actually has its own nervous system. Our second brain has messengers such as hormones and neurotransmitters that travel back and forth between the gut and the brain, sending vital information about our health.

Up to 95% of our happy hormone serotonin is produced in the gut. The gut also produces ghrelin, which affects appetite, and influences insulin secretion, which affects blood sugar.

When your gut is healthy it will regulate your HPA (Hypothalamus pituitary adrenal axis), reduce inflammation, metabolise estrogen and activate thyroid hormone.

It will also keep your vaginal microbiome happy to prevent any yeast infections and bacterial vaginosis. To further assist in keeping your vaginal microbiome in balance, do not use feminine wash or douche, consider using organic cotton underwear and consider if your copper IUD may be contributing to the problem.

When there is an imbalance in your good vs bad gut bacteria it is referred to as dysbiosis. Your symptoms might be telling you if your gut garden requires watering or weeding.



# Garden your gut

A happy gut is like a lush garden which contains a diverse variety of organisms that live in harmony with each other. When your gut is out of balance, you might have to consider if your gut garden requires weeding or water and nourishment (or both).



## Weed your garden



Your gut might be on the defense due to the exposure to food that you are **sensitive** or allergic to. Or your gut lining might be compromised due to the use of the **hormonal birth control pill**, **pharmaceutical drugs** or **pesticides**.

**Focus on your:**

**Defense Harmony System**



## Water your garden



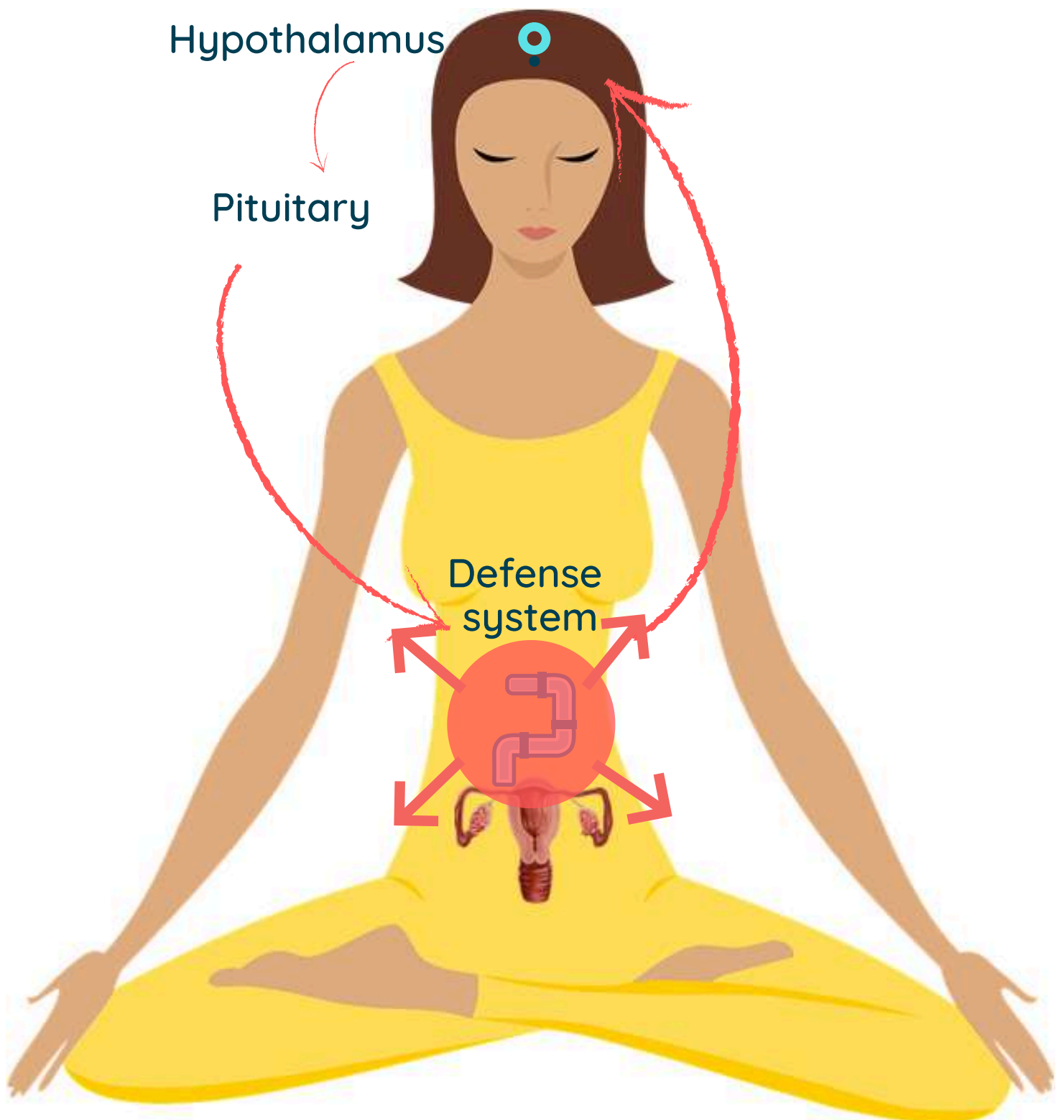
Your gut garden might be lacking bacterial diversity due to a **low fiber diet** or the use of **antibiotics**, **hormonal birth control pill** or **pharmaceutical drugs**.

**Focus on your:**

**Elimination Harmony System**

# This is your Hormone Harmony system linked to Gut Defense

Refer back to Module 1.2 in your online modules for more.



# Does your gut garden need weeding?

THESE SYMPTOMS MAY INDICATE IF YOUR GUT NEEDS SOME ATTENTION:

- Skin rashes
- Eczema (*See Candida protocol*)
- Sensitive to sun
- Sinus infection
- Fungal infection
- Bladder and urinary tract infection
- Dental problems
- Need antibiotics for infections
- Inflammation
- Period pain
- Acne
- Oily skin
- Anxiety and depression



## HORMONE HINT

Did you know when your gut is healthy, you should not use antibiotics more than three or four times in your lifetime? (Briden, 2018).

# Weed your garden



Use this protocol throughout your cycle. This protocol will improve the **Gut Defence System**. Many of our imbalances are rooted in low-grade chronic inflammation. When we have a wound or infection we do need inflammation to heal, however we don't want to have inflammation all the time. Chronic inflammation can disrupt our hormones, damage the egg, cause intestinal damaging and even cause anxiety and depression.

Inflammation is triggered by food allergies, sensitivities, or gut issues. By removing foods such as dairy, you allow your body to focus on restoring a natural hormonal balance rather than fighting against inflammation.

Many symptoms that are associated with hormonal imbalances are rooted in chronic inflammation. These can include acne, insulin resistance (that may be driving Polycystic Ovary Syndrome), weight gain, period pain, anxiety and depression (to name a few). Being chronically inflamed causes havoc with your hormones.

When you consume anything that you might be allergic or sensitive to, your body's inflammation police (situated in your gut) alerts your body that you are under attack. It sends out emergency signals and messengers called cytokines to your adrenal glands which releases cortisol to help you through this time. These inflammatory cytokines unfortunately disrupt the communication channel between the hormones and the hormone receptors, resulting in fewer hormones such as progesterone to be produced, but can also over stimulate estrogen and testosterone. They also interfere with the healthy ovulation process. So as you can see now, **inflammation may be very disruptive to your hormonal health.**

You might not have any known food allergies, which is great news! But have you evaluated how you feel while eating food such as dairy? These symptoms can be more subtle and include **headaches, joint pain, digestive bloating, or food cravings.**

Use these **3-steps** below to 'weed' your garden by **removing** aggravating foods. **repairing** your gut lining and **restoring** digestion.



# 1.

## Remove aggravating foods

This is your first step to healing your gut. Start by **identifying food** that you might be sensitive to. The most common food sensitivities include: **dairy**, eggs, peanuts, wheat, soy, fish and shellfish. If you suspect that you might be sensitive to one of these options, try avoiding it for a few weeks, and then reintroduce it and see how your body reacts. This might take time and dedication, but it is worth it in the end and can be more effective. There are also a few blood tests that you can do (ask your doctor about these if you like).



Avoid sugar and 'white' processed foods. **Sugar** is not only **super inflammatory** but may also cause insulin resistance (a big driver for PCOS). It is also linked to migraines, fatigue, weight gain, lowered immune system, arthritis, PMS and depression.



Avoid **dairy**. It is not necessarily only about the lactose, that you might not be able to process; there is more to it than that. Cows dairy contains a protein called A1 casein, which can trigger inflammation in some people and it also reduces the anti-inflammatory molecule glutathione. Clues that you might be sensitive to A1 casein are childhood symptoms of tonsillitis or ear infections. It also manifests in adult symptoms such as hay fever, sinus infection, chest infection, eczema, asthma, acne, period pain, PMS or heavy periods (Briden, 2018). Cow's milk also contains synthetic hormones and antibiotics that will interfere with your own natural hormones, especially through long-term usage



Showing signs of sensitivity such as bloating, gas or indigestion after consuming **FODMAP's** may indicate an imbalance in you gut. Temporarily remove FODMAPS, while you are repairing your gut and reintroduce later. See below:





# Are you sensitive to FODMAPs?



FODMAPs are Fermentable, Oligo-, Di-, Mono-saccharides, and Polyols and are a group of carbohydrates that may be difficult to process if you have a digestion issue such as SIBO (Small intestinal bacterial overgrowth) or IBS (Irritable bowel syndrome). There might be an imbalance in your good gut microbiome if you feel **gassy** or **bloated** after any of the following: wheat, rye, barley, onions, garlic, artichokes, asparagus, beets, chicory, dandelion, cruciferous veggies, beans, legumes, stone fruit, water melon, xylitol, high-fructose corn syrup, agave nectar, honey, pears, apples, raisins or dairy.

The FODMAPs are great sources of carbohydrates and should be included in a balanced diet when they can be digested. When your gut is healthy your good gut bacteria lives in the large intestine (where they belong) instead of the small intestine (where they don't belong). Removing these foods permanently is not a solution. Rather focus on fixing the root cause of your gut imbalance, such as IBS or SIBO.

## Irritable Bowel Syndrome (IBS) & Small intestinal bacterial overgrowth (SIBO)

Irritable bowel syndrome (IBS) is a digestive problem resulting in pain, bloating, diarrhea and constipation after eating certain foods. IBS can be caused by the overgrowth of bacteria in the small intestine called SIBO. Good bacteria is supposed to live in the large intestine, but antibiotics, stomach acid drugs, thyroid disease, infections or the use of the hormonal birth control pill may cause them to move to the small intestine.

Once these bacteria have moved to your small intestine, they cause IBS, intestinal permeability and therefore period problems.

## Treating IBS & SIBO

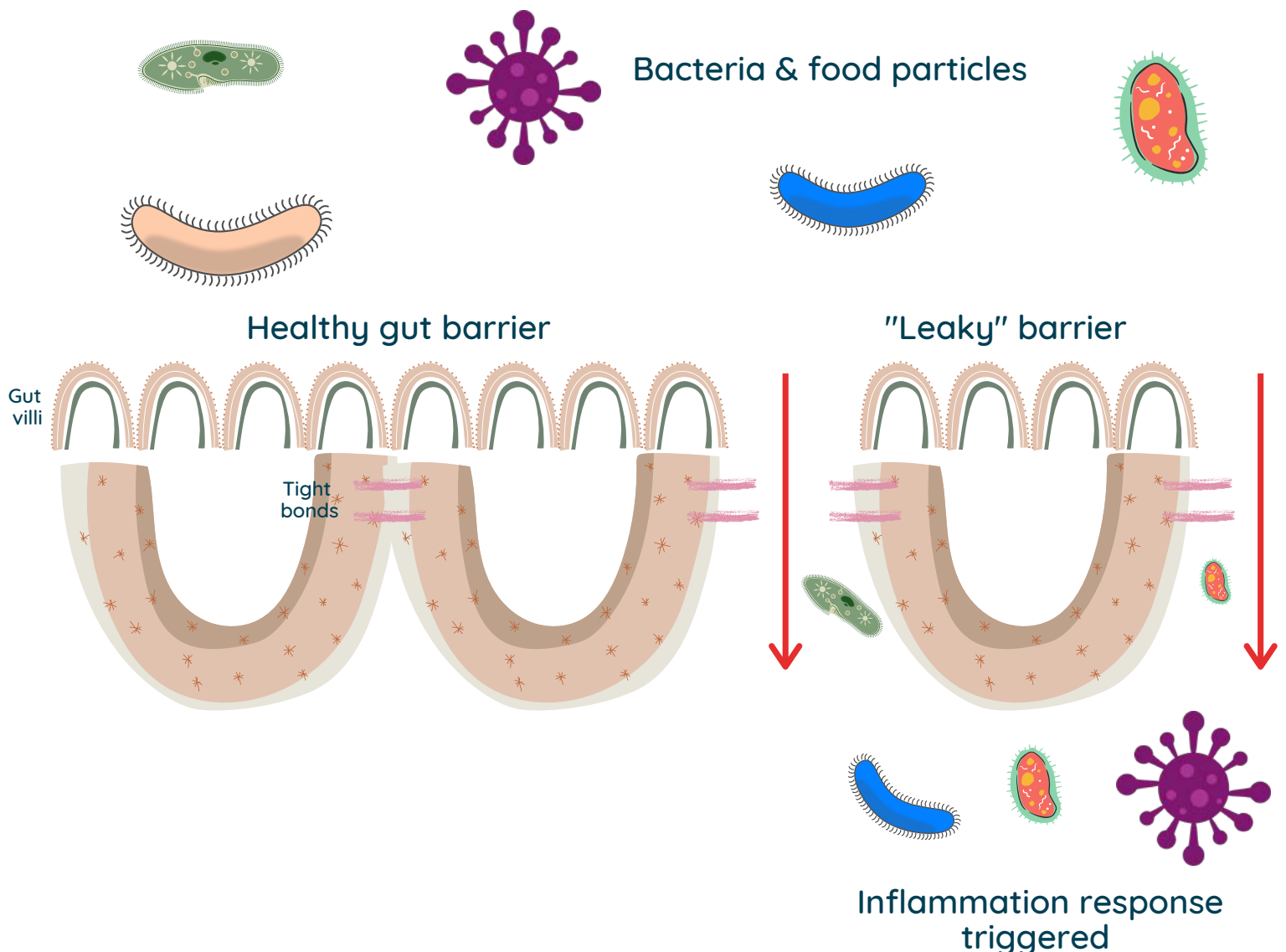
While there are various diet and lifestyle related solutions to SIBO and IBS there are times when a focused specialist is required to identify, guide and treat underlying causes. If you feel that you want to have more in depth gut repair assistance please refer to my colleague **Dr. Melody Fourie** for the guidance needed.

## 2. Repair the gut lining

Inflammation can be caused when your integrity of your intestinal tract is compromised. This damage to your gut lining can be caused by the use of the hormonal birth control pill, infections, antibiotics, SIBO, inflammatory foods or goods that you are sensitive to.

Intestinal permeability is a where small microscopic leaks are formed between the cells of the intestinal wall. When you intestinal wall is healthy and intact, it prevents bacteria or food proteins to enter the body, but when this wall is **leaky** the body will alert the immune system that an invader has entered the bloodstream. This causes an **inflammatory reaction** to take place in the body.

Intestinal permeability is also referred to as 'Leaky gut'.



# Treating Leaky Gut

Use these guidelines to assist you on improving your gut lining. Please see professional advice for more severe chases:



## BONE BROTH

The body uses type 1 collagen, in particular, for maintaining, repairing, and healing the intestinal lining.



## COLLAGEN

Collagen supplements are meant to help seal and heal the gut lining, so no waste gets leaked into your system and trigger an immune response.



## AVOID GLUTEN

If you are sensitive to gluten, it is highly recommended to avoid it. Gluten can worsen intestinal permeability. Refer back to your manual, to see how to do a gluten sensitivity test at home.



## SUPPLEMENT ZINC

Zinc repairs the integrity of the intestinal barrier. Supplement with zinc picolate 30mg per day.

### 3. **Restore** digestion and nutrient absorption

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## Should you water your garden?

YOUR GUT IS HEALTHY IF YOU:

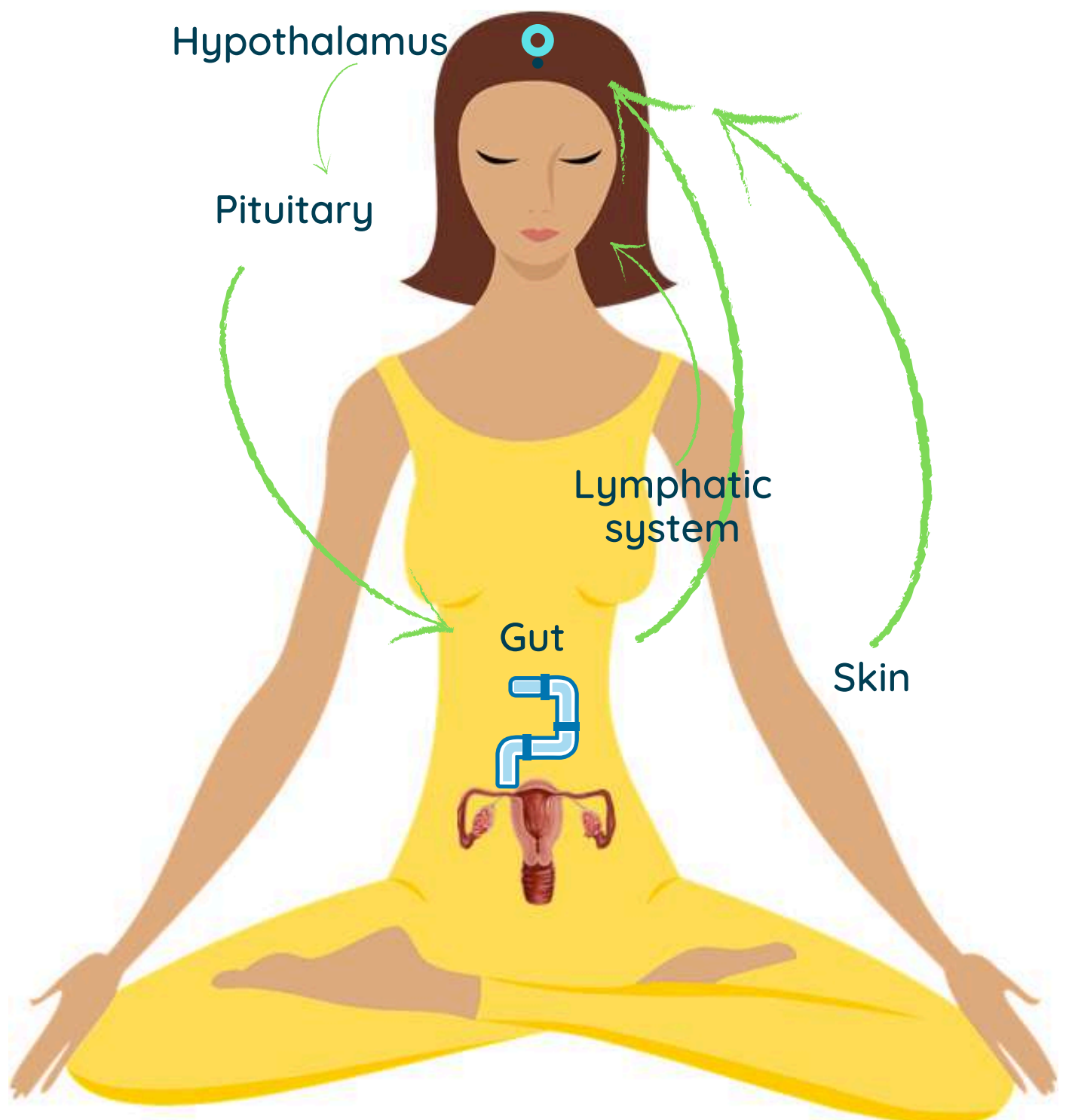
- Have easy bowl movements once or up to 3 times a day
- Don't have bloating
- Don't have excessive smelly gas
- Have a good appetite
- Don't have heart burn or reflux
- Don't have excess estrogen
- Don't have abdominal pain after eating.

## Are you constipated?

The liver is very active between 11 p.m. to 3 a.m and needs to excrete yesterday's waste, first thing in the morning (**every morning**) to stay on track. This means that skipping a day or even worse, a few days, of no bowl movement can indicate that you are constipated.

# This is your Hormone Harmony system linked to Elimination

Refer back to Module 1.2 in your online modules for more.



# Water your garden



Use this protocol throughout your cycle and especially focus on including fermented foods during your follicular phase to support your digestion. This protocol will improve the Gut Elimination System.

## 4. **Reintroduce** prebiotic foods



The good bacteria loves fibre (Refer back to your manual). If your diet is insufficient in fibre your good bacteria will starve, die and be replaced by parasitic bacteria. The fibre required is called prebiotics because they feed the good guys. Prebiotics include chicory root, Jerusalem artichokes, leeks, onions, bananas, whole grains and high fibre vegetables.

## 5. **Repopulate** the gut with good gut bacteria



Probiotics on the other hand contains good bacteria that support the gut. This includes sauerkraut, kefir, kimchi and kombutcha.



Look for liquid probiotic supplements to support your good gut bacteria. Here are two of my favourites: Gut Fix & Vegan Probiotic. Both available on my online shop: [www.happyhormoneclub.co.za](http://www.happyhormoneclub.co.za)





# Daily checklist

Did you include foods that contains these nutrients into your meals today? And how are you feeling?

## Weed your garden

## Water your garden

### Defense Harmony System

### Elimination Harmony System

**Remove food sensitivities & allergens**

**Fiber**

**Eat anti-inflammatory foods**

**Water**

**Avoid sugar**

**Prebiotic foods**

**Avoid processed 'white foods'**

**Probiotic foods**

**Did you decrease your stress today?  
Did you meditate?**

**Did you listen to your gut feelings today?**

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How are you feeling today? Check in with your energy levels and bowel movements.

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