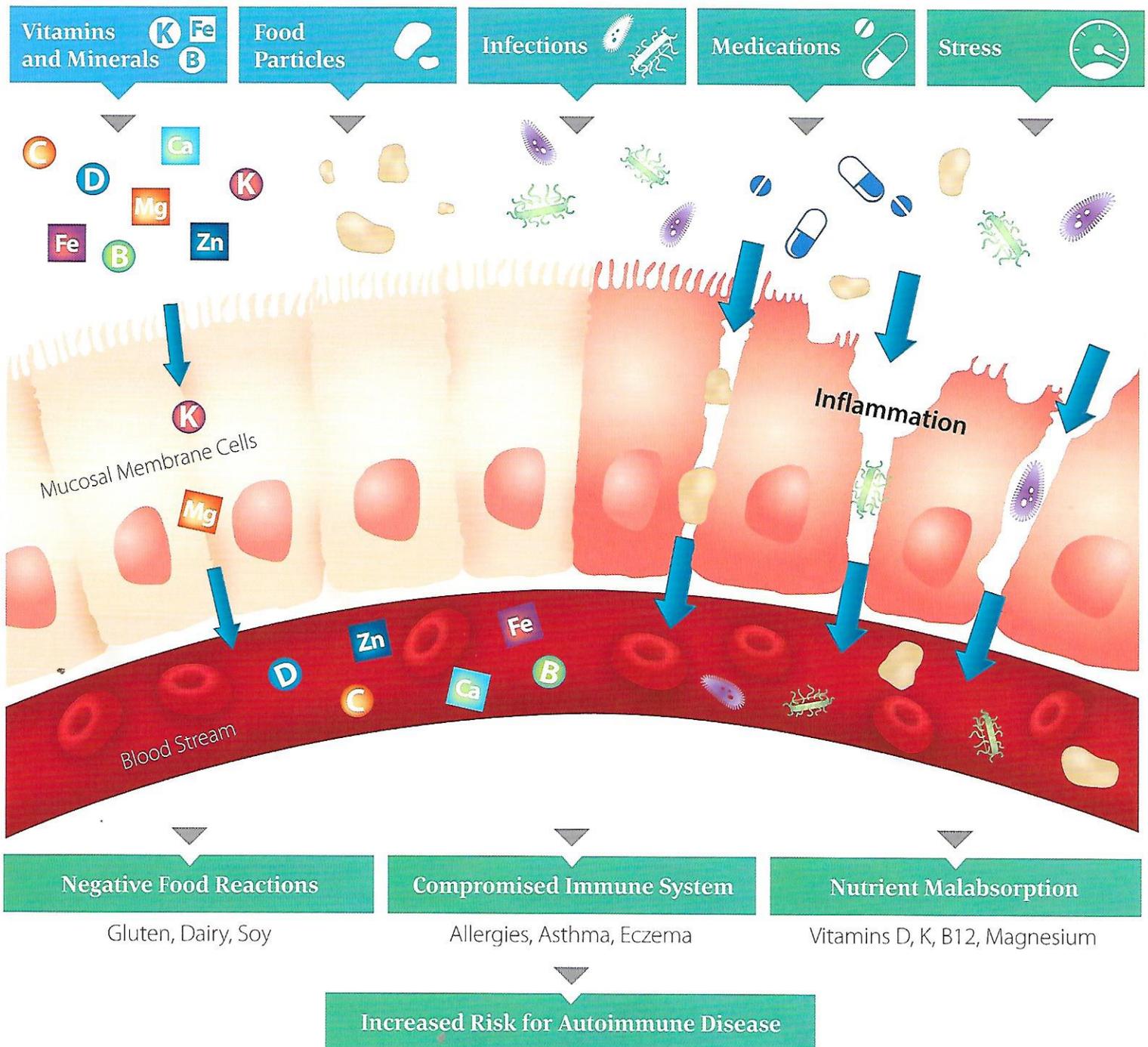


Patient Name:

Date:

Intestinal Permeability

The gastrointestinal (GI) barrier is an intricate and selective barrier that controls and permits the absorption of helpful substances into the bloodstream while keeping out those that are harmful. In healthy people, the barrier is tightly regulated, allowing only important nutrients to pass through the gut, and protecting the body from harmful substances such as toxins, undigested food and pathogens. Since the gut is constantly exposed to food, microbes and chemicals, the GI tract must work continuously to defend itself from these unwanted substances that, if allowed entry into the body, can cause a vicious cycle of inflammation. The constant exposure to foreign substances can cause the walls of the intestines to become vulnerable to deterioration and permeability, a condition commonly referred to as leaky gut syndrome.



Hashimoto's Thyroiditis, Multiple Sclerosis, Rheumatoid Arthritis, Inflammatory Bowel Disease, Lupus

Lifestyle Modifications

- Identify and eliminate negative food reactions**
 - Gluten
 - Dairy
 - Soy
- Increase whole, unprocessed foods**
 - Limit sugar intake
 - Increase fruit and vegetable consumption
 - Increase fiber intake
- Limit exposure to antibiotics (water, food, antibiotic medications)**
 - Increase probiotics use
 - Increase fermented food intake
- Reduce stress levels**
 - Balance mental and emotional stressors
 - Maintain healthy blood sugar levels
 - Improve sleep quality
 - Decrease inflammation

Additional Recommendations:

Nutrient Solutions

L-Glutamine Deglycyrrhized Licorice Aloe Vera Leaf Gel Extract	Probiotics + <i>Saccharomyces boulardii</i>	Immunoglobulin Concentrate with Lactoferrin	Anti-Inflammatory Phytonutrients <i>(Curcumin, CAPE, Quercetin)</i>	Betaine Hydrochloride Digestive Enzymes
Enhances the repair and regeneration of the mucosal lining Provides a protective barrier over mucus membranes, which soothes irritated tissues and relieves inflammation	Help maintain a healthy and balanced digestive tract Prevent "bad" bacteria from overgrowing Decrease inflammation Protect and preserve gut barrier function	Assists in binding and eliminating pathogens Prevents pathogens and toxins from gaining access to the intestinal epithelium Contains growth factors that help rebuild and repair the intestinal lining	Reduces gut inflammation Heals and strengthens the intestinal barrier Repairs damage to gut lining	Help improve digestion Helps establish an optimal pH in the stomach Helps initiate the breakdown of nutrients for improved absorption
L-Glutamine – 4 g/day Deglycyrrhized Licorice 400 mg/day Aloe Vera Leaf Gel Extract 75 mg/day	Probiotics 20-450 billion CFU* <i>S. boulardii</i> 2-10 billion CFU* *Colony Forming Units	2.5 g/day	Individualized Dosing	Titrate Dosing Up as Needed

Special Considerations for You:
