

THE HEALTHY GUT PROTOCOL FOR LEAKY GUT

Experience faster, simpler, and more
effective results in just 60 days!

EXCLUSIVE 10% OFF DISCOUNT

+

**FREE 1:1 COACHING SESSION
INSIDE**

Your protocol download unlocks 10% off the most unique and
powerful gut healing supplements in the world!

PLUS every supplement purchase includes access to a FREE 1:1
coaching session with one of our gut health experts!



HOW TO USE YOUR PROTOCOL

WELCOME!

I'm Steven, founder of [The Healthy Gut Company](#), and I'm glad you're here.

This protocol is designed for you if you're trying to fix a leaky gut, a stubborn gut, or tough health case. If you are experiencing symptoms of a regular or mild leaky gut, great news, this will probably change your health faster than you ever expected.



Unfortunately, for me and many others we've been stuck with outdated gut healing protocols full of Glutamine, Zinc, Probiotics, Gut Powders, etc. These things typically help us for 4-10 weeks and then you end up just as stuck as ever. Luckily, the science and technology of gut healing has made a major leap forward in the last 3 years.

We now know that your courage and tests of prior supplements and diets are not in vain. They likely helped shore up any mild nutrient issues or other minor causes of leaky gut. I'm not saying that if you are having some success with things like a gluten-free, dairy-free, low-FODMAP diet or some powder that you should stop. Some of these things may be very foundational on your healing journey. They just may not be enough. And if you're like me, they may leave you feeling trapped in a lifestyle that is a little rigid.

The reason the traditional solutions aren't enough or stop working is because they don't deal with all 5 layers of the gut. They touch maybe 1 or 2.

True gut healing will allow us more freedom in our diets and lifestyle—that is my hope for you!

The great news is this free Protocol Guide is going to explain all this and more to you... just please read it all the way to the end.

LEAKY GUT IS OFTEN THOUGHT OF AS NOT THAT “BIG OF A DEAL”.

Back in 2008, I was having terrible reactions to all dairy, wheat, corn, and probably other foods. My sinuses would swell shut, I had skin rashes and acne that would flare after days of eating them. I was experiencing IBS, anxiety, depression, exercise-induced asthma, weight gain, and fatigue.

It would take until 2011 before I learned these food sensitivities were linked to leaky gut. And that leaky gut would end up being part of the trigger event for almost every disease of aging known to mankind.

As of the writing of this PDF in 2023, there's research linking leaky gut to:

- Every single Autoimmune condition known
- Heart disease
- Diabetes Type 1 and Type 2
- Neurodegenerative diseases
- Obesity and weight gain
- Depression and anxiety

What we now know is that leaky gut is a condition of the gut in which several layers of your gut have failed. And when this happens, stuff inside your gut that should stay there improperly ends up inside of you.

That means undigested foods, toxins, bacteria, and more get into your blood and trigger your immune system into attack mode. This is also known as inflammation and inflammatory states of the body. Which I assume you've heard is part of almost every aging and disease state.

The great thing is, if you heal the 5 layers of leaky gut, typically, your food sensitivities will heal up, your inflammation will turn off, and your other pains will lessen or resolve.

So, let's do something about it right now.

Root Causes of Leaky Gut Include:

- Inflammatory diet foods (grains, industrial seed oils, etc.)
- Poor enzyme production
- Low Stomach Acid production
- Emotional stress
- Hormone issues (thyroid, adrenal, sex hormones)
- GI infections
 - Parasites like Giardia lamblia, Cryptosporidium, and Entamoeba histolytica.
 - Bacterial infections like Salmonella, Campylobacter, Escherichia coli (E. coli), Shigella, and C. Diff
 - SIBO - Small Intestinal Bacterial Overgrowth
 - SIFO - small intestinal fungal overgrowth
- Toxic body (heavy metals, mycotoxins, and other environmental toxins)
- Neurotransmitter overexpression or underexpression in the gut
- Lack of exercise or too much chronic exercise
- Low butyrate and Short Chain Fatty Acid production
- Low bile production
- Antibiotic use
- Some medications like blood pressure and antacid medications
- Traumatic Brain Injuries (concussions) and other physical traumas
- Motility issues
- Microbiome dysbiosis
- Low parasympathetic tone or low vagal tone
- Nervous system hypervigilance of food and digestion
- Gut-Immune over-activation

Please note: Always know that it is possible to have physical deformity from trauma, birth defects, prior surgery, prior infection, and degenerative diseases like diabetes. That's why it is always important to work with a skilled practitioner.

It's important to note that it's common for people to have at least 2-4 of the issues on this list. This is why there's no single solution or "magic pill".

But if we embrace this fact, we can use it to our advantage while healing...

Why Leaky Gut Doesn't Often Heal

Leaky gut is when nutrients, bugs, and toxins improperly cross into your body through your gut.

It's a case of the wrong place at the wrong time.

And it causes all kinds of problems for your body.

It's a common cause of inflammation.

It's a common source of unexplained symptoms around the body.

And it's a hallmark of almost any disease process because of this.

Unfortunately, there are several myths out there about healing a leaky gut:

- Diet will heal a leaky gut
- It will fix itself if you remove toxins
- It will fix itself if you remove pathogens
- You can fix it with L-glutamine, probiotics, gut powders, etc.

These unfortunate myths are not stand-alone truths. At the very least, they are true but partial statements.

Sure, the best diet for avoiding leaky gut or fixing one is one with real food. Try not to eat processed foods, and if you have an intense reaction (like diarrhea or bloat), stop eating that specific food or use digestive enzymes to make it go away.

Sure, removing toxins from your body will help your gut, but just removing them never fixes a gut by itself, as there's something needed to correct the damage they've done to you.

Sure, killing any pathogens like parasites or SIBO will help, but what fixes the damage they did to you? And often, they return because your gut isn't ready to defend itself.

This is why L-glutamine, probiotics, gut powders, and other typical leaky gut methods also don't work. Because they don't work on the five layers of gut defense, you need. Instead, they might target 1-3 if you are lucky.

There's a better way. One that's faster, simpler, and more effective.

Introducing the 5-Layer Leaky Gut

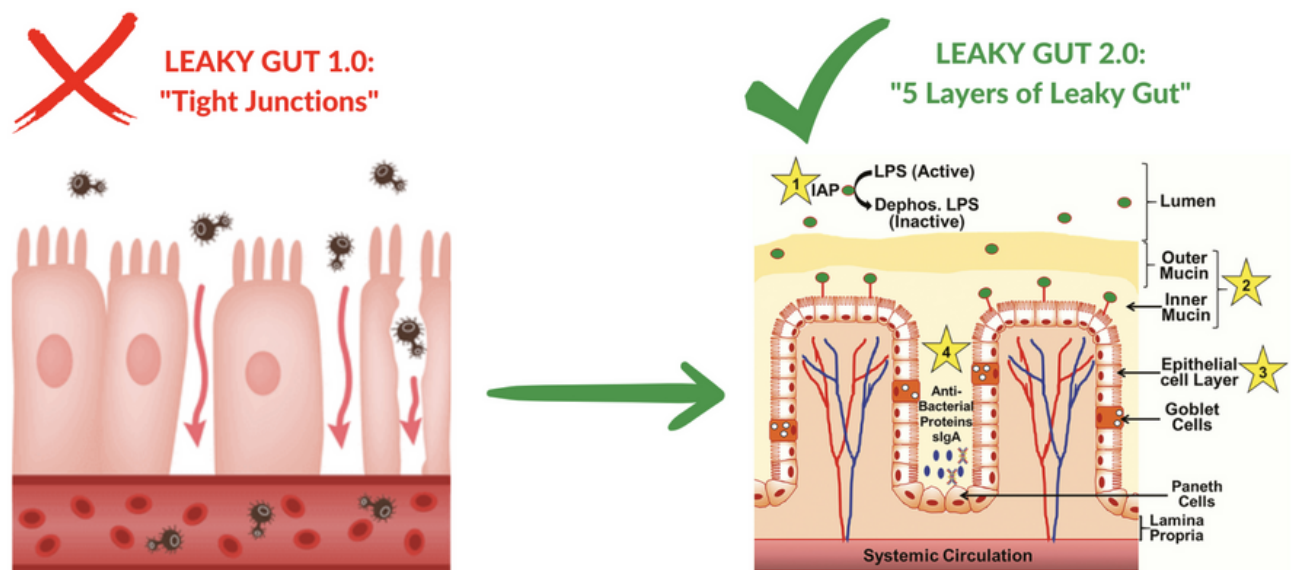
Your gut is like a castle.

Just like a castle has a moat, a drawbridge, guards, high walls, and maybe even a scary animal to protect it, your gut has many layers of protection that each serve an essential function.

When a leaky gut is actually healed, you will be able to be exposed to toxins, cross-contamination, and deal with life's stress. It means you will (mostly) be able to eat what you want.

You need to repair the layers of defense that are natural to a healthy gut.

These layers are: (1) Oxygen Concentration, (2) Defense chemicals, (3) Microbiome, (4) Physical Barrier, (5) Immune barrier.



To rebuild a leaky gut, we need to do a few things.

1. Change the shape of food with enzymes
2. Calm the immune and histamine reactions
3. Regenerate new physical barrier (tight junctions and mucus)
4. Rebuild a thicker and more diverse microbiome by reducing oxygen and boosting SCFA
5. Rewire the gut-immune interactions to tolerate our current lives

And that's where this protocol comes in. I'm excited to introduce you to our products.

I believe they will drastically improve your health for the better.

The Big Picture of Leaky Gut Healing

Three phases of correction should be considered.

- 1. Habits for Life (Lifestyle Improvements)**
- 2. The Intervention Phase (Get back to eating what you want)**
- 3. The Functional Medicine Phase (fix the underlying issues)**

Each has its own purpose and should be done in the order above.

If you can achieve perfect poops by handling the things you have daily control over by using “The Habits for Life” Phase, such as diet, exercise, sleep, and stress... do so.

If not, then move on to “The Intervention” Phase to avoid any further damage and begin the healing process.

And finally, make sure you don’t forget “The Functional Medicine” Phase to figure out the root of the issues to create healthy bowel movements for the rest of your life.

Each has its own purpose and should be done in the order above.



PHASE 1: The Habits For Life

The material in this handout is for informational purposes only. As each individual situation is unique, you should use proper discretion, in consultation with a healthcare practitioner, before undertaking the protocols described herein.

DIET HABITS

Eat the custom diet that works for you!

- A nutrient-dense anti-inflammatory diet made up of meats, fruits, vegetables, starches, and healthy fats.
- Eat plenty of fiber from REAL FOOD - like fruits, vegetables, starches, and legumes (if you tolerate them).
- If fiber is not well tolerated at the beginning, that's okay, but the long-term goal is to eat a wide selection of fruits, veggies, starches, and legumes (if you can tolerate them).
- If you must eliminate foods that cause reactions, try and keep them out of your diet for only 6-8 weeks
- Carbohydrate intake - 70g to 300g (you will find best range individually through trial and error)
- Get good bacteria daily from fermented foods like sauerkraut, kimchi, etc.
- Drink 6-10 glasses of water a day

LIFESTYLE HABITS

SLEEP

- Try and get 8 plus hours of sleep each night
- Nap as needed, use 20-min naps instead of stimulants in the afternoon

EXERCISE

- Movement is the key, walking or yoga are fine, but make sure you're moving your body
- Play as a form of exercise
- Get outside

STRESS

- Lower it with any means necessary, including: meditation, yoga, and journaling

WELL BEING

- Cultivate an attitude of gratitude - write 3 things you're grateful for at the end of each day
- Do things that make you happy

TOILET HABITS

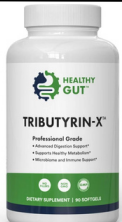
- Don't suppress the urge to poop, go when it arises
- Don't push on the toilet if it's not time, just stand up and leave the bathroom
- If you are sitting there and the urge to go is gone, don't wait, just leave the bathroom

PHASE 2: The Intervention

Leaky gut is a condition in the gut in which many or all 5 layers of the gut have failed. It doesn't typically heal on its own.

Even if you remove foods or root causes of leaky gut there's typically been enough damage that you'll need to rebuild the layers of the gut.

The goal of this intervention program is to begin that healing in a powerful way. And in some cases, this will be all people need to get back to the regular life they desire.

LEAKY GUT PROTOCOL:	WITH BREAKFAST	WITH LUNCH	WITH DINNER	BRANDS
<u>ADVANCED BUTYRATE</u> <u>(TRIBUTYRIN-X)</u>	<u>1-3</u>	<u>1-3</u>	<u>1-3</u>	
<u>GUT-IMMUNE RESET</u> <u>(HOLOIMMUNE)</u>	<u>1</u>			
<u>DIGESTIVE ENZYMES</u> <u>(HOLOZYME)</u>	<u>2-6</u>	<u>2-6</u>	<u>2-6</u>	

Trusted by 100+ Practitioners

"I do not think these products treat symptoms, instead, it is my observation that they are really altering the gut terrain"



Mary F. Shackelton
MPH, NDT

"The science and research behind these products give me the confidence in prescribing them to my patients"



Jessica Muniz
MSN, FNP-C

"I've been working in the gut microbiome field for a long time and their products have been a complete game changer"



Haroldo Magarinos
ND, DDS

Save 10% On The Leaky Gut Bundle

Introducing the most powerful and unique supplement protocol for gut health in the world. **It's yours for 10% off today!**



[**Click Here to Order Now**](#)

Use code BUNDLE10 to claim your 10% off at check out!

Please note that these products are so effective that they regularly sell out, so be sure to order now while they're in stock.

In addition to 10% off, every supplement purchase qualifies you for a free coaching session with one of our Leaky Gut experts and you can try them risk free for 60 Days with our money-back guarantee.

✓ **Step 1: Start Your Protocol**

Once you receive your products, begin your protocol immediately. Be sure to pull out this Protocol Guide, follow the directions closely, refer back to it often, and stick with it for the 60 days.

✓ **Step 2: Ask for Help ←Seriously! I mean it.**

Since your body and life are unique from everyone else on this planet, we can only build a template that we know works for most people.

While this exact protocol may not fit your unique situation perfectly (for example, if you're really sensitive to supplements, you may need to start slower), you need not worry. The protocol is designed for you to be able to modify it based on your specific issues.

You might be one of the lucky ones who find that the ramp-up period and the dosages work perfectly, but don't expect that. Instead, expect to try things, adjust, ask us questions, adjust.

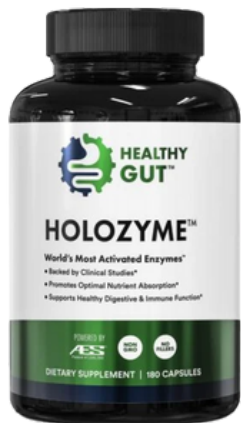
Here's the thing—if you don't modify it for your unique situation or ask for help, it could mean you don't get the results you're hoping for—and that's just a shame and frustrating for both of us!

I want this Protocol to change your life for the better, like it has for so many other people. And that's why my team and I are here to support you. Every supplement purchase comes with a free coaching session with one of our gut healing experts, should you need it. So, please reach out.

Here's how to get in touch:

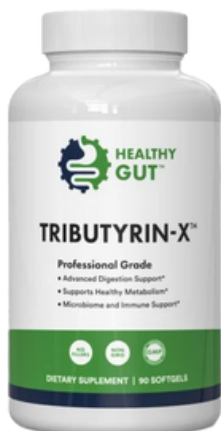
Email Us: Support@healthygut.com

Call Us: 1-888-612-5997



HOLOZYME

Holozyme helps calm all reactions by pre-digesting carbohydrates, fats, and proteins that your body might be reacting to. Part of the issue in leaky gut and food reactions is no matter how many foods you eliminate, your body will still react to the same food structures it is exposed to on a daily basis. Holozyme changes this while it also helps minimize symptoms and improve nutrient absorption to speed healing.



TRIBUTYRIN-X

Tributylin-X - is designed to coat your gut from top to bottom with the most crucial compound in the gut - butyrate. It immediately helps lower mast cell reactivity and histamine issues, helps build mucus layers, strengthens tight junctions, lowers oxygen levels, and increases microbiome diversity. It's the wonder kid of the supplement stack for leaky gut-related rebuilding. No matter where you look in the research, you find that butyrate and increasing butyrate are needed for the defense layers in the gut. If you lose your butyrate, your gut will go downhill fast.



HOLOIMMUNE

Holoimmune - is a revolutionary new way to retrain your gut-immune system to be more tolerant of foods, pollen, and the outside world. It also helps retrain overactive immune systems and underactive immune systems to be more towards health. This retraining period is needed to stop the spread of inflammation out of your gut toward other areas you might notice it in. It immediately helps lower IgE formation and excess cytokine expression. It helps regulate out of balance immune systems by increasing the production of T reg cells, T suppressor cells, SIgA, IL-12, and down regulating some inflammatory cytokines.

For a limited time, you can get a 30-Day Supply of these products for 10% off!

[Click Here to Purchase Your Leaky Gut Bundle Now](#)

USE CODE **BUNDLE10** AT CHECKOUT

Ask for Help If You Get Stuck

HOW TO GET BETTER RESULTS OR WHAT TO DO IF NO RESULTS

- If you experience a histamine reaction - it can happen to up to 5% of people who try this protocol. It's okay. It just means your body requires even more support than others. It can be worked with and will need to be dealt with for you to reach your health goals. Your next step is to reach out to support@healthygut.com, and one of our health coaches will help you find the cause and tailor the protocol to your specific body.
- If you need more bloating support - Double the Holzyme dosage, and then do an HCL challenge (HCL Guard+). You may also want to cut out the foods you are reacting to most until about day 30 of this protocol and then add them back in. Some people will need up to 6 Holzyme per meal to finally end their bloating issues.
- If you have a constipation increase - Increase Holzyme dosage faster, double the dosage for each section. Add in Magnesium Glycinate (Magnesium-HP) - 500 -1,000mg per day. Add in Vitamin C 1,000 mg 3x per day. Then do an HCL challenge.
- If you have diarrhea / loose stool increase - Increase the Tributyrin-X faster, double each dosage (You may need 4-6 per day). Increase Holzyme dosage faster, double each dosage. Then do an HCL challenge.
- If you are not noticing results - it could be hormones, the nervous system, nutrient deficiencies, or the wrong dosages above. Please email us so we can create a custom plan for you.
- If you think you are getting worse - please stop the protocol immediately and email us at support@healthygut.com or call toll-free during business hours 1-888-612-5997 and our health coaching team will help you.

Your purchase qualifies you for 1:1 coaching with our gut health experts. Reach out anytime to schedule a call.

**REMEMBER:
YOU CAN SAVE 10% FOR A
LIMITED TIME
ON THIS PROTOCOL**

**[Click Here to Order Your
Supplements Now](#)**

USE CODE **BUNDLE10** AT CHECKOUT

PHASE 3: Functional Medicine Help

The root causes of leaky gut can be many and often varied person-to-person. In one person, it could be Small Intestinal Bacterial Overgrowth (SIBO) and low estrogen. While in another, it could be an H Pylori infection, mold toxins, and Adrenal Fatigue.

The body is an interconnected system, and if one part has been “broken” for some time, the other areas of the system will have been negatively impacted and now might need to be “re-built”.

In this phase, it's very important that you work with a skilled practitioner, specifically those who know Functional or Integrative Medicine.

How do you find someone like that?

Well, you can reach out to us at support@healthygut.com, and based on your issues and location, we can recommend some that might be able to help you.

However, you should always remember that you need to be the CEO and interview them on their ability to help you.

Here's a list of 5 questions you should always ask any potential practitioner:

1. How many people like me, with my possible issues, have you seen in the last year?
2. What kind of stool tests do you normally run and why?
3. What kind of hormone tests do you run and why?
4. Do you treat mostly “tough cases” or “mild cases” in your practice?
5. Who do you ask for help when you get issues you don't know what to do with?

You want a person who sees leaky gut and your type of problems all the time. You want them to run tests and know why they do it. And you want to make sure if they get in trouble they have mentors and masterminds to take your case to to get help.

Leaky Gut Didn't Happen Overnight and It Won't Be Solved Overnight

In general, healing leaky gut takes phases. You may start with some lifestyle interventions for a few months to see if you can tackle it on your own. You'll probably notice you'll want more support and decide to try the leaky gut protocol. That is likely to cause a big bump in your health. But even still you could plateau, at which point, you should probably consult a functional or integrative health practitioner to get you through any root causes.

My team and I will be here to help out so please reach out with any questions.

Blessings,

Steven and the Healthy Gut Team

MEET OUR FOUNDER

Hi, I'm Steven.



Welcome to The Healthy Gut Company.

Here my pain and curiosity drives innovation forward for all of us.

For the last 14 years, I've trained in functional medicine, and supported many tough cases to find breakthroughs in their healing.

As a Health Engineer, I hope our company gives you products, ideas, and support you've never experienced or imagined.

Because we want you healthy, doing your best work, to make this world a better place.

To learn more about why I started Healthy Gut, [click here](#).

Let's Stay Connected



facebook.com/HealthyGutCompany



[@healthygutco](https://www.instagram.com/@healthygutco)



[tiktok.com/@healthygutsteven](https://www.tiktok.com/@healthygutsteven)