

Your “5R” Gut Repair Protocol

Problems with the gastrointestinal (GI) tract can cause more than just stomachaches or diarrhea. A properly functioning digestive system is critical to good health – not just in your gut, but in pretty much every body system, from immunity and inflammation to hormones, thyroid, adrenals, and more. GI issues may underlie numerous chronic health problems that seem unrelated to digestive health, including anxiety, depression, skin problems such as eczema, acne, and rosacea, metabolic syndrome, and autoimmune disease, just to name a few.

So, how can we restore balance to the digestive system to restore health to the whole body? We do this with a program that goes by the simple nickname of the ‘5R Program’: Remove, Replace, Re-inoculate, Repair, and Rebalance. When applied to various chronic problems, the 5R program can lead to dramatic improvement in symptoms, and sometimes even complete resolution of the problem. The elements of the 5R program are described here as well as action steps you can use to begin healing!

1. REMOVE

Remove gut stressors - get rid of things that negatively affect the environment of the GI tract including problematic foods and "bad bugs" such as bacteria or yeast. This might involve using an “elimination diet” to find out what foods are causing GI symptoms or it may involve taking drugs or herbs to eradicate a particular bug.

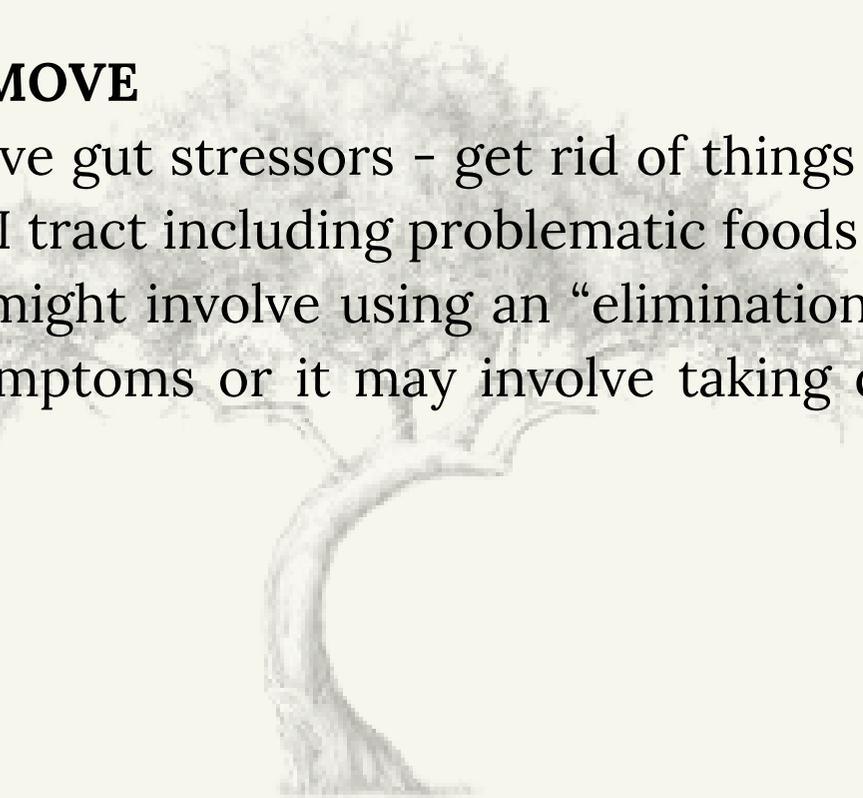
- *Dr. Dagmara Beine*

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My **REMOVE** Protocol:

Elimination Diet (remove sugar, gluten, dairy, alcohol, processed foods, other: _____)

Stop taking the following medications: _____

Candibactin AR: one softgel three times per day

Candibactin BR: two tablets three times per day

Nystatin: dose _____

Difucan: dose _____

Xifaxan: dose _____

Yeast Balance

2. **REPLACE**

Replace digestive secretions: add back things like digestive enzymes, hydrochloric acid, and bile acids that are required for proper digestion and that may be compromised by diet other factors.

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My REPLACE Protocol: Digestive

- Enzymes _____
- Betaine HCL _____
- Apple Cider Vinegar _____
- Bitters _____

3. RE-INOCULATE

Help beneficial bacteria flourish by ingesting probiotic foods or supplements that contain the so-called "good" GI bacteria such as bifidobacterial and lactobacillus species, and by consuming the high soluble fiber foods that good bugs like to eat, called "prebiotics."

My RE-INOCULATE Protocol:

- Probiotic _____
- Pro-biotic foods (fermented vegetables like raw fermented sauerkraut, kimchi, kefr, plain yogurt, miso, tempeh)
- Pre-biotic foods (garlic, onion, leeks, artichokes, chicory, tofu, grains, cooked-then-cooled sweet potatoes and white potatoes, cooked-then cooled beans and legumes)

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4. REPAIR

Help the lining of the GI tract repair itself by supplying key nutrients that can often be in short supply in a disease state, such as zinc, antioxidants (e.g. vitamins A, C, and E), fish oil, and the amino acid glutamine.

My **REPAIR** Protocol:

- Zinc carnosine 75mg once daily
- Omega 3 fatty acids (fish oil): dose _____
- L-glutamine: dose _____
- Curcumin 1000mg twice daily
- Vitamin A: dose _____
- Vitamin C dose: _____
- Vitamin E: dose _____
- Ginger: dose _____
- Boswellia 900mg daily in divided doses
- Licorice: dose _____

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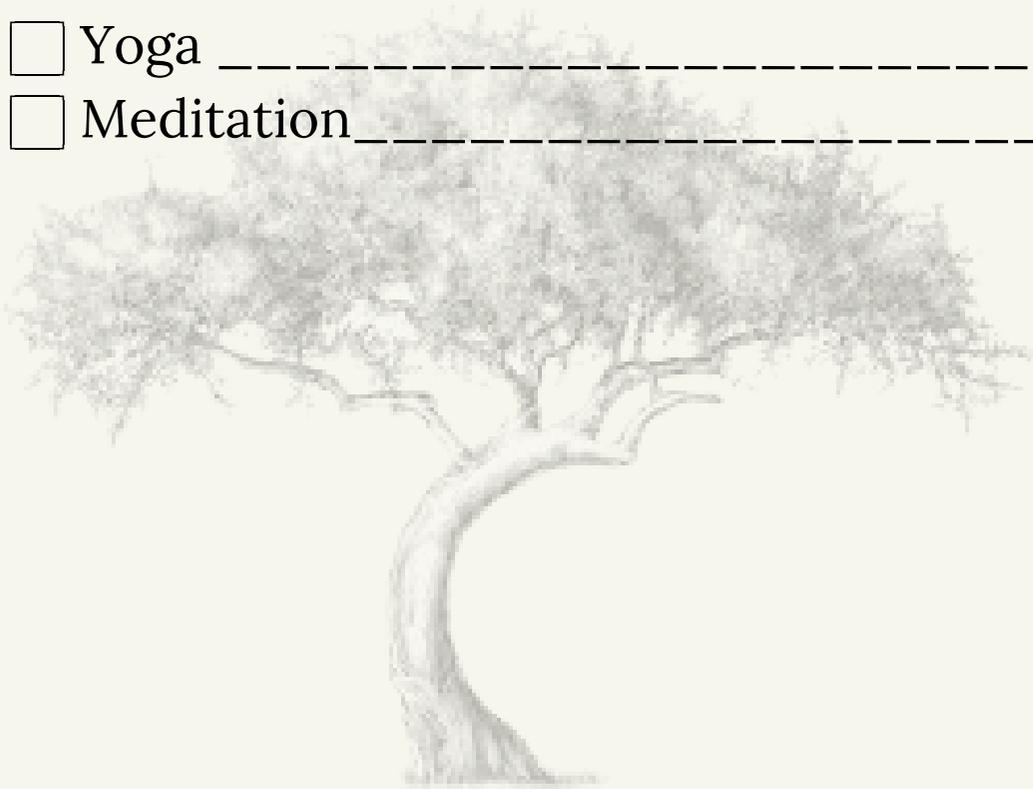
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5. REBALANCE

Pay attention to lifestyle choices – sleep, exercise and stress can all affect the GI tract.

My **REBALANCE** Protocol:

- Sleep hygiene
- Exercise _____
- Yoga _____
- Meditation _____



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