



The
5RS

Of Healing Leaky Gut

Detox Done Differently Summit
by Lindsey Elmore, PharmD

How to heal leaky gut in 5 steps.

Use a simple approach known as the 5R protocol to heal. Leaky gut is a condition characterized by increased intestinal permeability, and often associated with changes to gut bacteria. Here are the 5 steps.

1. REMOVE

Shift away from the standard American diet by removing gut triggers like gluten, dairy, alcohol, GMOs, chocolate, sugar, stress, and basically anything that makes your gut not feel good. You may also need treatment for parasites or gut infection to remove them. We also aim to, with the help of our care providers remove any medicines that we can.

2. REPLACE

Replace digestive enzymes, acid, vitamins and minerals that have been depleted. Supplements like betaine HCl may be needed if there is too little stomach acid. Digestive enzymes, especially pancreatic enzymes may be needed. Chronic digestive disease may be a root cause of nutrient deficiencies, and B12, vitamin D, zinc, magnesium, iron, or calcium and supplementation is a must.

3. REPOPULATE

You cannot heal the gut without carefully selecting probiotics and prebiotics. Supplements are basically a must, and they need to be strain specific and super high quality. Add in foods like leeks, artichokes, garlic, onions and bananas for prebiotic fibers and fermented foods like kimchi, kefir or kombucha to get more probiotic food.

4. REPAIR

Repair the lining of the gut. Feed the cells of the lining of your gut glutamine, and repair with supplements like arginine, selenium, molybdenum, aloe, slippery elm, or high quality collagen.

5. REBALANCE

There is not a problem in the world not caused by stress or worsened by stress. Your gut will absolutely never heal under chronic stress. Supplements like glycine can help build serotonin, theanine can help increase GABA, and corn grass can help you fall asleep without sleep pattern disrupting melatonin.

Your gut can heal. And when it does....everything else begins to heal. You deserve to be healthy. Here's to you taking the steps to make it happen.

5 Rs of Healing Leaky Gut

Remove common gut triggers:

- Stress
- Gluten
- Dairy (milk, eggs, & cheese)
- Sugar
- Alcohol
- Beef, pork, & processed meats
- Chocolate
- Corn
- Peanuts
- Shellfish
- Soy
- Coffee

Food sensitivities can damage the gut lining and cause leaky gut. Removing common allergens is the first step to healing the gut.

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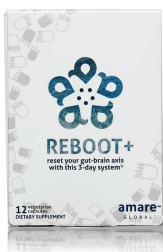
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Replace depleted:

- Enzymes
- Vitamins
- Minerals
- Phytonutrients
- Fiber

Next, replace nutrients that optimize digestion and enzymatic activity. Fiber increases the elimination of toxins.

TRY THESE PRODUCTS:



Amare Reboot+



Amare Digestive



Amare GBX Seed Fiber



GBX SuperFood

5 Rs of Healing Leaky Gut

Repopulate with:

- Prebiotics and probiotics

Restoring the balance of good bacteria in your gut is crucial to healing the gut.



TRY THESE PRODUCTS:

- MentaBiotics - Contains probiotics, prebiotics, and phytochemicals
- Amare Probiotics - High potency; broad spectrum
- GlyphoDetox - Designed to provide advanced detoxification against pesticides, including glyphosates
- GBX SuperFood - Boosts the microbiome

Repair gut lining with:

- L-glutamine
- Arginine
- Vitamins A, D, C, B1, B6, & B9
- Manganese
- Selenium

Repairing the gut lining ensures proper absorption of nutrients.



TRY THESE PRODUCTS:

- GBX Seed Fiber - Loaded with necessary phytonutrients, vitamins, and minerals
- MentaBiotics - Provides glutamine to support the intestinal barrier
- VitaGBX - Multiple vitamin and multiple mineral

5 Rs of Healing Leaky Gut

Rebalance your lifestyle with:

Mindfulness practices such as:

- Yoga
- Meditation
- Deep breathing
- Quality sleep

Decreasing stress helps restore hormone balance to protect your gut.

Try:

- Sleep+ - Fall asleep faster, stay asleep longer, and experience more rejuvenating sleep
- MentaSync - Optimizes nervous system function and emotional wellbeing
- Happy Hormones Pack - Balance between metabolic hormones, stress hormones, and sex hormones

*Not recommended during pregnancy



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You deserve to be healthy.

Sadly, modern medicine has made achieving health and wellness complicated and confusing. I'm on a mission to change that.

It is my passion to help educate and empower people to take control of their health and learn simple everyday changes you can make to improve your health and longevity.

That's why I'm starting a brand new website to help you do just that.

At Wellness Made Simple, you'll find all the education, guidance, tools, and accountability you need to start implementing changes that will lead to better health and wellness.

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