



Turnpaugh Health and Wellness Center

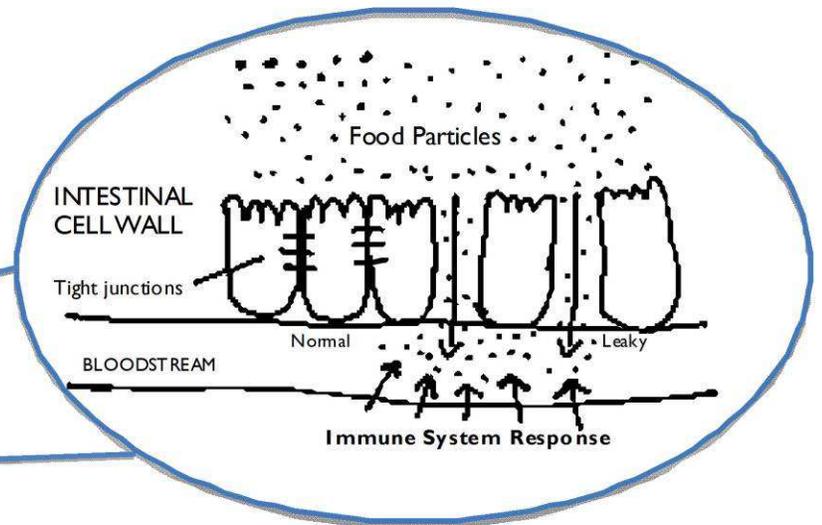
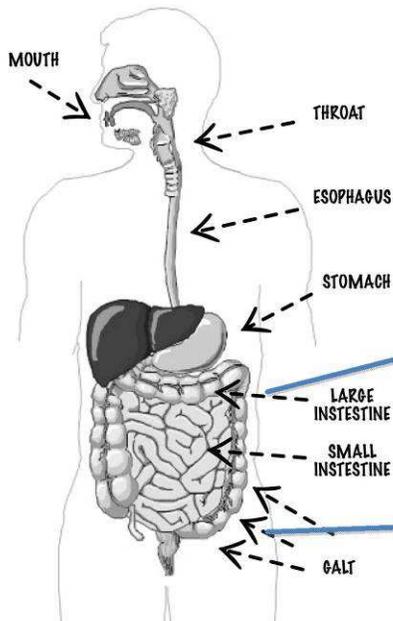
6103 Carlisle Pike
Mechanicsburg, PA 17050
Phone 717.795.9566

DR. TURNPAUGH'S LEAKY GUT REPAIR PROTOCOL

Who is this for? / What is Leaky Gut?

This diet and supplement protocol is for anyone with Leaky Gut Syndrome, which is basically anyone with a chronic health condition. Leaky gut occurs under situations of chronic inflammation, chronic stress, or chronic infection. It is a very common health condition where spaces become large enough between the cells of your gut wall so that unwanted bacteria, toxins and food pass through causing an immune system reaction. 60% - 80% of your immune system is just under your digestive system and can typically handle leakage. However, when this happens over and over again to your immune system can eventually cause tissue breakdown leading to autoimmune diseases, mood disorders and even cancer.

GASTROINTESTINAL SYSTEM





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Healing Leaky Gut Syndrome

Dr. Turnpaugh applies a modified 4 R's approach to digestive disorders by adding a 5th R for Restore. His 5 R approach follows:

1. **REMOVE** the irritant that is causing leaky gut

As long as the irritant remains, the problem will remain. Irritants are typically highly inflammatory foods, but can also be other pathogens such as bacteria, viruses, or even antibiotics. Dr. Turnpaugh will help you determine the culprit based on blood work, medical history, and changes in your environment.

2. **REPLACE** agents for digestive support

Here we are providing additional support with digestive acid and enzymes until your GI tract is up and running on its own again.

3. **RE-INOCULATE** with good bacteria in the digestive tract

This step involves "re-inoculation" of good bacteria into the intestines to insure there is a healthy balance between good and bad bacteria.

4. **REPAIR** the digestive lining

This repairs the tight junctions between the cells within the lining of your stomach that are allowing unwanted particles to pass through or "leak" into your bloodstream.

5. **RESTORE** your immune system

This step is important to help re-regulate your immune system after it has been in a state of repeatedly activation against the antigens that have been passing through your leaky gut.



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Leaky Gut Repair Protocol - Diet

The Leaky Gut Repair Diet is a simple eight-week diet where only the foods listed below are allowed.

Weeks 1 – 4 eat from only the following list of foods:

- ✓ **Meats**
 - Exceptions: no cured meats (meaning no nitrates so no hot dogs and bacon)
- ✓ **Fruits**
- ✓ **Vegetables**
 - Exceptions: no nightshade vegetables, which are inflammatory vegetables and include potatoes (sweet potatoes or yams are ok), tomatoes, goji berries, eggplant, all peppers (black pepper is ok)
- ✓ **Coconuts**

*No dairy, no eggs, no wheat, no grains, no nuts, and no alcohol.

Weeks 4 – 8 eat from only the following list of foods:

- ✓ **Meats**
 - Exceptions: no cured meats (meaning no nitrates so no hot dogs and bacon)
- ✓ **Fruits**
- ✓ **Vegetables** (nightshade vegetables are also allowed unless you have been diagnosed with Rheumatoid Arthritis)
- ✓ **Coconuts**
- ✓ **Beans**
- ✓ **Legumes**
- ✓ **Eggs** (unless tested positive for an egg allergy)
- ✓ **Nuts, Seeds**

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Leaky Gut Repair Protocol - Supplements

The Leaky Gut Diet is used to remove the irritant or irritants that are causing leaky gut. However, changing the diet alone is not typically sufficient to resolve leaky gut syndrome and start feeling and functioning better. The list of supplements below is used to help heal your digestive lining and restore your overactive immune system.

| Supplement | Reason | Recommended Brand |
|-----------------------|--|---------------------------------------|
| GlutenFlam | REPLACE Provides gluten digestive enzymes and supports intestinal health during gluten exposure. | Apex Energetics |
| SpectraZyme | REPLACE Provides digestive support with enzymes that split proteins, peptides, carbohydrates, fats, cellulose, maltose, lactose, and sucrose. | Metagenics |
| Metagest | REPLACE Complements the natural production of digestive agents with betaine HCl and pepsin, which support the breakdown of food in the stomach. | Metagenics |
| Glutagenics | REPAIR Includes glutamine, deglycyrrhizinized licorice (DGL), and aloe vera to support the integrity and healthy function of the gastrointestinal lining. | Metagenics |
| Probiotics | RE-INOCULATE Adds “good” bacteria in your intestines to restore the balance of “good” and “bad” bacteria. | Multiple brands – depends on your age |
| Nitric Balance | RESTORE Immune system support. Provides key nutrients that are used in the system for the expression of eNOS and nNOS, and dampening the expression of iNOS. | Apex Energetics |