

5R GUT PROTOCOL FOR DIGESTIVE HEALTH

Remove dietary stressors and replenish the gut to support a healthy intestinal lining, reduce the risks of leaky gut and nourish the friendly gut bacteria

Remove



Remove foods devoid in nutrients (Common triggers include; gluten, dairy and highly processed & sugary foods).

Repair



Replace with nutrient-rich, whole-foods and/or dietary supplements, to support HCL production, digestive enzymes and bile salts.

Reinoculate



Reinoculate the gut with healthy bacteria found in fermented foods and dairy cultures and/or using probiotic supplements.

Repair



Repair the gastro-intestinal tract and internal lining to support digestion and absorption with wholefoods and/or supplements.

Rebalance



Rebalance the body to support stress management, quality sleep, adequate exercise, and a positive outlook.

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