

TOP 25

*Herbs, Supplements &
Essential Oils to Support Gut Health*



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Introduction

If you suspect that you or a loved one suffers from leaky gut issues, you're likely desperate for any health information that can alleviate the nasty symptoms ... and maybe even improve your overall gut health.

But I'm not just handing you generic advice about improving your gut health. Instead, in this ebook, I'm giving you access to 25 natural ways that you can actually help reverse the symptoms that accompany leaky gut problems.

Most believe that leaky gut issues only affect the digestive system, but, in reality, it can lead to many other health conditions. According to research, the cause of your food allergies, low energy, joint pain, thyroid disease, autoimmune conditions and slow metabolism could be symptoms of leaky gut progression.^{1,2}

When someone has leaky gut (or "increased intestinal permeability") issues, the "net" in their digestive tract gets damaged, which causes even bigger holes to develop in their net, so things that normally can't pass through are now able to. I'm referring to proteins like gluten, bad bacteria and undigested foods particles — even toxic waste can leak from the inside of the intestinal wall into the bloodstream and cause an immune reaction.

Overall, there are four main causes of leaky gut problems: 1) poor diet, 2) chronic stress, 3) toxin overload and 4) bacterial imbalance. This ebook discusses the herbs, foods, supplements, essential oils, exercises and strategies that will help begin the gut healing process.

Get reading! (And then start acting on it.)

Blessings,

Josh Axe



1 L-Glutamine

L-glutamine is an amino acid that is present in the human body naturally, mostly within musculoskeletal tissue. While it first gained popularity among athletes as a way to help boost muscle strength and tissue, it's now known to support digestive health as well. Glutamine is the major fuel source for cells of the small intestine and helps decrease intestinal permeability.

L-glutamine is synthesized by the body from glutamic acid or glutamate, but it's possible you don't produce enough on your own. In fact, some people don't make enough or get the amount they need of this amino acid from food alone, which means they may be lacking in nutrients needed for proper intestinal functioning.

HOW IT'S USED

- You can purchase L-glutamine powder, which is a white, chalky powder that can be taken internally.
- There are two forms of L-glutamine: regular L-glutamine, which is free-form and ideally taken with food for proper absorption, and Trans-Alanyl (or Alanyl-L-Glutamine). I recommend the second type since it's a more digestible amino acid. Unlike free-form L-glutamine powder, you can take Trans-Alanyl on an empty stomach. Just make sure to use it immediate before or after workouts to best support your metabolism.
- The best dosage is between 2 to 5 grams twice daily, and up to 10 grams daily for serious power athletes.
- You also get glutamine from protein-rich foods you eat since it's a naturally occurring amino acid.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Helps repair the gut lining³
- Aids in preserving muscle tissue⁴
- Supports digestion and fat burning⁵
- Also shown to help with digestive disorders including irritable bowel syndrome (IBS), Crohn's disease, ulcerative colitis, diverticulosis and diverticulitis in both animal and human studies^{6,7}



2 Probiotics

Probiotics are “good bacteria” that help combat the effects of harmful pathogens, microbes, yeast and fungus. There are multiple different strains of probiotics that naturally live within the digestive tract, but probiotic supplements are made using high concentrations of the most beneficial kinds.

Each type of probiotic supplement can cause a different reaction depending on its dosage of various bacterial strains, so sometimes it requires experimenting with different probiotics to achieve the best results. Either way, they are often viewed as essential for combating leaky gut issues, since after you change your diet and remove irritants from your digestive tract, probiotics allow you to effectively replenish good bacteria that help to keep you healthy.

HOW IT'S USED

- Probiotic supplements are available to take by mouth, which make them a convenient way to repopulate your gut with the microbes you need. You want to purchase a brand that is high-quality, with CFUs (colony forming units) and multiple strains.
- You can also eat probiotic-rich foods to further boost your intake, including cultured veggies such as sauerkraut, miso, non-pasteurized/raw yogurt or kefir, kombucha or amasai.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Helps stop bad bacteria from taking over the digestive tract⁸
- Aids in balancing intestinal pH⁹
- Supports healthy digestive function¹⁰
- Helps boost immunity¹¹
- Supports hormone balance¹²
- Helps lower reactions to sensitivities and allergies¹³



3 Digestive Enzymes

Various digestive enzymes act as catalysts in speeding up chemical reactions in the body that help us break down foods and absorb their critical nutrients. These nutrients are then circulated throughout the body to help with various functions of the brain, cells, muscle tissues and so on. Digestive supplements can be derived from animal or plants such as pineapple, papaya or gooseberries. They can also be derived from probiotics, yeast and fungus.

When it comes to improving your gut health, digestive enzymes can help take the pressure off your digestive organs — including your stomach, gallbladder, pancreas and intestines — since they work to utilize difficult-to-digest proteins, starches and fats. We need these nutrients to help support immune function and cool inflammation, so indigestion can cause deficiencies and discomforts. After eating foods, enzymes can help ensure that nutrients are carried in the bloodstream, where they're intended to go, rather than lingering in the digestive tract and causing gut health problems.

HOW IT'S USED

- Look for supplements that combine several types of enzymes, usually called Full Spectrum supplements. These can feature enzymes from peppermint, ginger and pineapple.
- If you have gallbladder issues, try a blend with more lipase and bile salts.
- If you have trouble digesting dairy carbohydrates or sugars, look for one with lactase. It is designed to assist those with specific issues related to this kind of sugar absorption.
- Keep in mind that doses depend on your specific needs, so trying different brands and blends can be helpful.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Can help take stress off the GI tract¹⁴
- Assists the body in breaking down difficult-to-digest protein and sugars such as gluten, casein and lactose
- Helps improve symptoms of acid reflux and irritable bowel issues¹⁴
- Enhances nutrition absorption and prevents nutritional deficiency¹⁵
- Helps counteract enzyme inhibitors naturally in certain foods such as grains, peanuts, wheat germ, egg whites, nuts, seeds, beans and potatoes



4 Coconut Oil/Caprylic Acid

Coconut oil contains three unique fatty acids — lauric acid, capric acid and caprylic acid — that are responsible for its various health benefits. Caprylic acid is one type of fatty acid found in coconut that naturally supports gut health by killing harmful microbes. It's known to contain antibacterial and anti-fungal properties that are beneficial for balancing bacteria living in the digestive tract.

Although the vast majority (more than 85 percent) of the fatty acids found in coconut oil are medium-chain triglycerides (which are saturated fats), coconut oil doesn't contain cholesterol and isn't believed to be damaging to health. In fact, it's just the opposite: medium chain fatty acids (MCFAs) found in coconuts have been shown to support immune function, digestive abilities, nutrient absorption and the body's ability to burn fat as fuel for energy.

HOW IT'S USED

- Use pure/virgin coconut oil that has been cold-pressed or expeller-pressed when cooking, even at high temperatures.
- You can also add it raw to smoothies, bake with it or use coconut cream that also contains the beneficial fats from coconut meat.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Contains natural antibacterial properties¹⁶
- Is one of the easiest fat sources to digest because it contains medium-chain fatty acids (MCFAs)¹⁷
- Supports metabolic functions and fat burning¹⁸
- Supports healthy hormone balance, according to animal studies¹⁹
- Fights *Candida*²⁰
- Helps support healthy blood sugar levels already in the normal range and boosts energy levels, according to animal studies²¹



5 Quercetin

Quercetin is a type of antioxidant compound that improves gut barrier function by helping to fight inflammation, sealing the gut by creating tight junctions using proteins and reducing your reaction to allergies or irritants. Like other compounds found in high-antioxidant foods, it's capable of scavenging free radicals and helping to slow the aging process.

It also plays a role in helping to regulate the immune system's response to outside stressors through cell signaling pathways. Quercetin helps with reactions involving enzymes called kinases and phosphatase that are needed for proper cellular function.

HOW IT'S USED

- You can obtain quercetin by eating brightly colored fruits and veggies, including: spinach, broccoli, berries, kale, tomatoes and peas. It's also found in red wine and green tea.
- Quercetin is available in supplement form at higher doses than what you would naturally obtain from food alone. It's effective and generally considered very safe to take 500 mg three times daily with meals.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Fights the effects of free radicals and helps cool inflammation²²
- Helps lower the effects of infections in both animals and humans²³
- Aids in improving circulation²⁴
- Shown to lower histamine and allergy reactions in an *in vivo* study²⁵
- May help stabilize mast cells from forming tumors²⁶
- Shown to be beneficial for some other digestive disorders, such as leaky gut issues²⁷



6 Betaine Hydrochloric Acid (HCL)

Betaine hydrochloric acid (HCL) is a man-made stomach aid and acid supplement. It works by promoting optimal gastric acidity within the digestive tract. Acid is needed to help support protein digestion and for proper nutrient absorption, especially of certain vitamins and minerals such as vitamin B₁₂.

HOW IT'S USED

- The appropriate dosage of HCL varies depending on someone's current digestive condition. The appropriate dose of HCL also depends on factors such as the user's age (since stomach acid can decrease with age) and any existing medical conditions.
- HCL supplements are taken by mouth. To do a simple home test to see if you have low stomach acid, begin to eat a meal and take 650 mg of HCL half-way through. Once you finish your meal, check for signs of heartburn, which will confirm you have sufficient levels of HCL in your body.
- If you do not experience any heartburn symptoms, such as a burning sensation in your upper abdomen, then you may be low in acid and could possibly benefit from taking HCL with each meal to increase your levels.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Helps support digestive function²⁸
- Aids in nutrient absorption²⁸
- Helps improve abnormally low levels of certain electrolytes such as potassium (hypokalemia)²⁸
- Fights certain allergic reactions including food allergies, hay fever and asthma²⁹
- Fights gallstones³⁰
- Helps protect the liver in animal studies³¹



7 Oil of Oregano

Concentrated oregano oil is derived from the common herb oregano. It's a natural antibacterial agent and is often a preferred substitute for antibiotics, as it comes without the side effects and risk for resistance.

Studies have shown it can help kill over at least five different types of common bacteria that cause infections. Also called oregano essential oil, it contains two powerful compounds called carvacrol and thymol, which have strong anti-fungal properties.

HOW IT'S USED

- You can use oregano oil both internally (for a short period of time) and topically on your skin.
- When mixed with a carrier oil like coconut oil, it will be absorbed through the pores of your skin and make its way to your bloodstream.
- Or you can choose to ingest pure oregano oil in very small doses, which is generally considered safe. Only take it internally for short durations, such as two weeks at a time, diluted with water or mixed with coconut oil.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Helps fight bacterial infections³²
- Contains anti-fungal compounds and can help fight *Candida*³³
- Shown to lower incidence of viruses and parasites³⁴
- Shown to help cool inflammation and reduce free radical damage in animal studies³⁵
- Fights symptoms of allergies³⁶
- Contains tumor-fighting properties³⁷



8 Licorice Root

Licorice root supplements are made from the root of the *Glycyrrhiza glabra* herb. While licorice is a popular candy and flavoring agent, few people realize that it also has strong anti-fungal, antibacterial and digestive-supporting properties. Licorice is an adaptogen herb, meaning it helps the body deal with stress better and helps fight the effects of stress hormones, such as cortisol.³⁸

For centuries, it has been used in parts of Europe, the Mediterranean and Asia to support digestive health, boost metabolism, balance hormones and prevent reactions to food allergies and microbial infections. Regarding gut health, licorice acts as a strong demulcent (soothing) herb and is often used as a remedy for ulcers, acid reflux and heartburn.

HOW IT'S USED

- You can take licorice root extract by mouth and might find it added to digestive support supplements. Look for the type labeled deglycyrrhized (DGL) licorice (see page 13) if you have a history of heart disease or low pressure, since this type might cause fewer side effects than licorice root.
- The recommended dosage is a maximum of 6 grams a day (when used for a 130-pound person), which will limit the amount of side effects that are possible from one active ingredient called glycyrrhizin. Side effects to watch for include edema, high blood pressure, low potassium levels and chronic fatigue. Don't take licorice extract for longer than four weeks at a time, and give your body a rest before resuming.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Contains antibacterial properties³⁹
- Fights infections, viruses and fungi³⁹
- Helps cool inflammation⁴⁰
- Helps relieve indigestion, aids in curbing acid reflux and can help soothe heartburn⁴¹
- Fights fatigue and has been shown to combat other leaky gut side effects in animal studies⁴²



9 Slippery Elm

Slippery elm is a type of tree, and the inner bark has been shown to help fight infections, cool inflammation and aid in soothing various digestive problems such as diarrhea, constipation, gas, IBS and ulcers.⁴³ Used as an effective gut healer in traditional systems of medicine for centuries, slippery elm contains mucilage that stimulate nerve endings in the intestinal tract. This can help increase natural mucus secretion, which is needed to protect the lining of your stomach and prevent the formation of ulcers.

Slippery elm is beneficial for helping to balance excessive acidity in the digestive system and restoring proper pH level. Additionally, it contains inflammation-cooling compounds and antioxidants that aid overall digestive and bowel functions.

HOW IT'S USED

- The inner bark of the slippery elm tree is dried and turned into powder. It is added to digestive supplements, tablets/capsules, lozenges (used to heal a sore throat or cough) or made into an herbal tea.
- The most effective form for leaky gut issues is to use finely powdered bark or extract. Dosage recommendations for adults are: 5 mL of pure tincture taken three times per day, or about 400–500 mg in capsule form taken three to four times daily for 4 to 8 weeks.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- May help improve digestive system issues such as constipation, diarrhea, ulcers, hemorrhoids and acid reflux⁴⁴
- Helps cool inflammation and contains antioxidant properties⁴⁵
- Aids in protecting the stomach lining⁴³
- Helps balance acidity in the digestive tract⁴³



10 Deglycyrrhizinated Licorice (DGL)

Deglycyrrhizinated Licorice, or DGL, is a type of compound taken from the licorice plant. It's made from whole licorice, but the manufacturing process includes the removal of the compound called glycyrrhizin, which can cause side effects in some people since it can potentially increase cortisol levels and blood pressure. DGL has been shown to support the body's natural processes for maintaining the mucosal lining of the stomach and duodenum.⁴⁶

DGL tastes similar to licorice, anise and fennel and has similar benefits in the digestive tract, along with helping to fight infections. It's been used medicinally for over 3,000 years in the treatment of digestive issues. DGL is beneficial for protecting the stomach lining from excessive acid and peptic ulcers, plus it has been shown to battle multiple symptoms of indigestion like heartburn and hemorrhoids.⁴⁷

HOW IT'S USED

- DGL is manufactured from the dried root of the licorice plant to be made into supplement form. It can be taken as herbal extracts, tinctures, tablets or used in topical ointments.
- DGL is also available in chewable capsules or as an herbal tea or powder.
- For DGL products, glycyrrhizin should not be listed in the ingredients.
- Dosage will depend on individual needs, but you can start by taking two tablets before or between meals, or 1/2 teaspoon of the powder in order to test your reaction.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Shown to support digestive organs by helping to balance acidity in animal studies⁴⁸
- Helps relieve indigestion issues such as heartburn, peptic ulcers or infections⁴⁷
- Aids in relieving side effects from allergies and infections, such as coughs or even eczema⁴⁹
- Helps balance hormonal levels and fight inflammatory issues in menopausal women⁵⁰



11 Lavender Essential Oil

Lavender oil, the most widely used essential oil in the world, is a natural antibacterial agent that also contains inflammation-cooling properties. It contains powerful antioxidant enzymes — especially glutathione, catalase and superoxide dismutase (SOD) — all of which have been shown to help prevent the effects from free radicals in animal studies.^{51,52}

It can help fight infections within the digestive tract, throat and respiratory tract as well as on the skin. Lavender oil also aids in balancing hormones and fighting the effects of stress hormones (such as cortisol) that can increase inflammation.⁵³

HOW IT'S USE

- Lavender oil can be used topically on the skin or taken internally. Look for 100-percent pure lavender oil when ingesting it, and only take 1–2 drops at once.
- Combine 2-3 drops of pure lavender oil with a carrier oil such as coconut or jojoba oil before massaging it into your skin, such as on your neck, feet or abdomen.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Helps reduce the effects of stress on the body⁵³
- Promotes healthy liver and kidney function; aids in detoxing the body⁵⁴
- Helps cool inflammation and lower oxidative stress⁵²
- Promotes hormone balance⁵⁵
- Supports binding of wounds, according to an animal study⁵⁶
- Reduces symptoms of allergic reactions and sensitivities, such as skin problems and acne⁵⁷
- Helps slow aging with powerful antioxidants⁵⁷
- Fights headaches and aids sleep⁵⁸



12 Marshmallow Root

Marshmallow root extract is taken from the marshmallow plant and is a multipurpose supplement that has been shown to fight infections and also support the digestive system.⁵⁹ It's long been used to combat symptoms of respiratory infections and digestive disorders, since it contains a high mucilage content. This allows marshmallow root to help cool inflammation in the stomach lining, aid in blocking the formation of ulcers and even improve both diarrhea and constipation, as shown in animal studies.⁶⁰ It's been shown to help to create a protective lining in the digestive tract that can promote balanced acidity.

The marshmallow plant's leaves and roots also contain polysaccharides that can help cool inflammation and fight bacteria growth. This gives marshmallow extract antibacterial properties and the ability to help soothe inflamed membranes in the body, especially near the throat, mouth and inside the digestive tract.

HOW IT'S USED

- The roots and leaves of the marshmallow are used to make extract. This can be taken in the form of a tincture, in capsules or as an herbal tea.
- The preferred form and dosage depends on the specific ailment being targeted. Approximately 1-2 teaspoons taken two to three times a day is common.
- For infections of the throat, tincture is usually preferred, while tea is commonly consumed for stomach ulcers and indigestion.
- For infections within the digestive tract or indigestion, you can use marshmallow root in capsule form three to six times daily.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Helps fight infections⁵⁹
- Helps protect the lining of the digestive tract⁶⁰
- Aids in balancing gut acidity and pH levels⁶⁰
- Helps relieve digestive disorder symptoms⁶⁰
- Contains inflammation-cooling properties, according to an *in vitro* study⁶¹
- Has been shown to reduce pain by increasing mucus secretions⁶²



13 Methylsulfonylmethane (MSM)

Methylsulfonylmethane (MSM) is naturally found in animals and humans and is also manmade in labs in supplement form. It's commonly used to help those with chronic pain, inflammation, allergies, infections and symptoms related to skin disorders and joint discomfort.

When it comes to digestion, MSM has been shown to help relieve constipation, balance acidity and improve a "sour stomach," protect against ulcers and support overall digestive health.

HOW IT'S USED

- MSM is either taken by mouth or applied to the skin, depending on the condition.
- It's found in certain digestive supplements and in capsule or tablet form. For adults, normally it's taken in doses around 500 mg three times daily or up to 3 g twice daily.
- Because it affects how your digestive system works, look out for side effects such as nausea, diarrhea, bloating, fatigue or worsening allergy symptoms that can occur in some sensitive people.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Shown to offer some relief for allergies and skin issues⁶³
- Helps balance acidity and fight ulcers⁶⁴
- Used as adjunct therapy for certain digestive disorders
- Shown to support healthy joints⁶⁵
- May increase circulation and improve blood pressure⁶⁵
- Supports liver function and helps detox the body⁶⁵
- Can help increase energy levels and fight chronic fatigue syndrome⁶⁵



14 Zinc

Zinc helps maintain the walls of the digestive tract, keeping particles from passing through the gut lining and entering the bloodstream where they can trigger autoimmune reactions and inflammation.

Because it supports the largest part of our immune system, the mucosal lining of the gut, zinc is important for helping to battle infections, allergic reactions and numerous symptoms caused by gut permeability — such as fatigue, skin disorders, aches, mood changes and much more.^{66,67} Zinc is also important for supporting metabolic functions and cellular processes that support growth, digestion, cognitive and immune functioning.

HOW IT'S USED

- Zinc can be obtained naturally through your diet in foods such as grass-fed beef, turkey, chicken, lamb, pumpkin seeds or yogurt.
- You can also find zinc in a high-quality, plant-derived multivitamin.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Supports the immune system and lowers the effects of stress, infections and allergies⁶⁶
- Helps keep the gut lining intact, preventing permeability⁶⁷
- Helps lower oxidative stress and cools inflammation⁶⁸
- Helps with numerous metabolic functions⁶⁹
- Supports normal growth and development⁶⁹



15 Copper

Copper is a trace “micro-mineral” that has been shown to play a key role in bone health, metabolic functions, cognitive functioning and cellular mechanisms.⁷⁰ It cannot be made by the body itself and must be obtained through the diet.

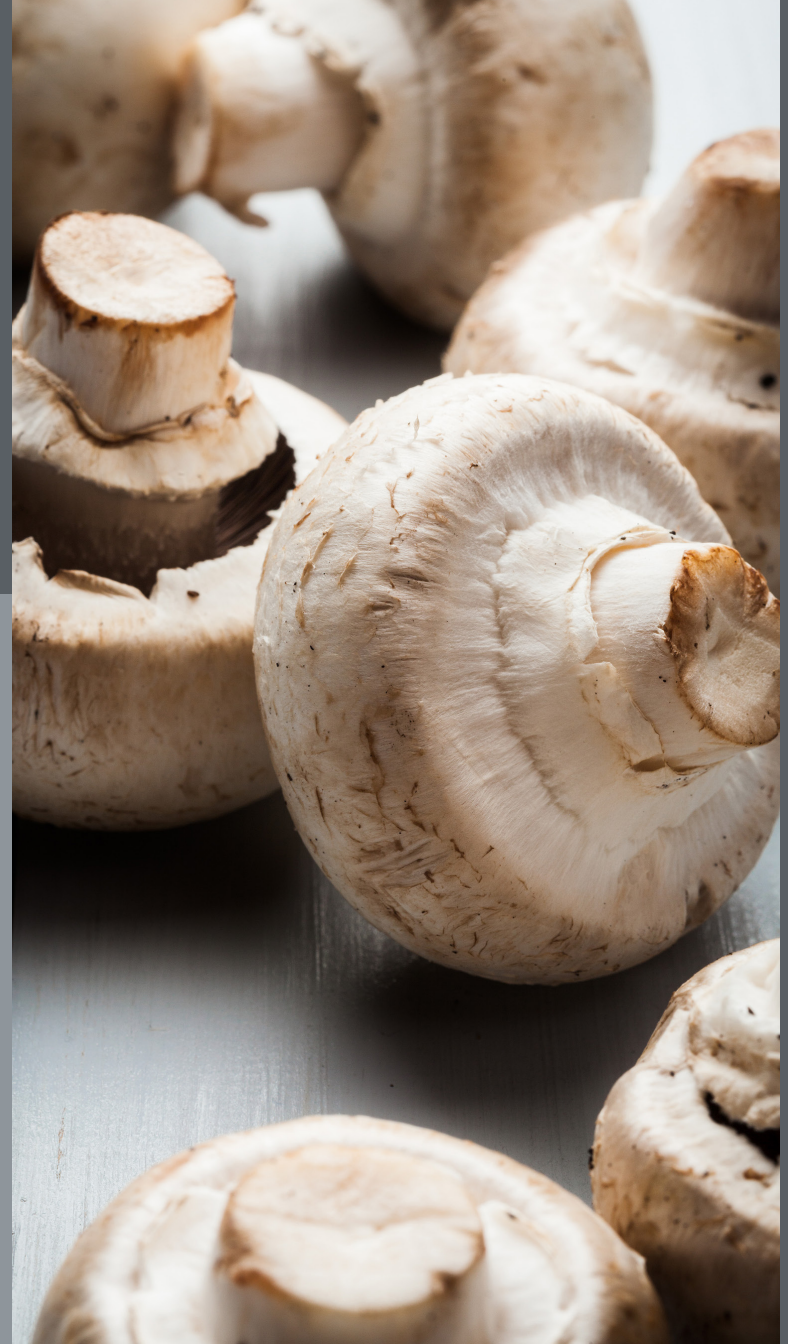
Copper plays an important role in maintaining a healthy metabolism and repairing damage done to tissues that line the digestive tract.^{xx} It's important to get enough copper to carry out many different enzyme reactions, digest food properly, absorb nutrients and maintain strong connective tissue.

HOW IT'S USED

- The Recommended Dietary Allowance (RDA) of copper for adult men and women is 9 mg/day. You can get plenty of copper by eating foods such as organ meats (liver), mushrooms, cashews, chickpeas, sesame seeds, quinoa and almonds.
- Copper can also be found in high-quality, plant-derived multivitamin supplements or obtained in small amounts from cooking with copper pans or drinking tap water that travels through copper pipes.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Shown to aid enzyme reactions and digestion in animals⁷¹
- Shown to support the tissue that lines the digestive tract in animals⁷¹
- Helps maintain a healthy nervous system⁷²
- Supports metabolic functions and higher energy levels⁷³
- Helps reduce muscle aches and joint discomfort⁷⁴
- Supports healthy thyroid function⁷⁵



16 Myrrh Essential Oil

Like lavender oil, myrrh oil is a concentrated extract that contains natural antibacterial, anti-fungal and inflammation-cooling properties.^{76,77} Myrrh is a resin, or sap-like substance, that comes from a tree called *Commiphora myrrha*, which contains powerful antioxidants known to help lower oxidative stress that can cause various health issues.

Myrrh can enhance immune function, prevent the effects from free radicals, fight infections within the digestive tract and help the body deal with the effects of stress, according to animal studies.⁷⁸ It's also contains anti-parasitic properties and fights compounds in the gut that cause permeability and indigestion, such as yeast, bacteria and fungus — which is why myrrh oil can help relieve digestive problems such as stomach upset, diarrhea and constipation.

HOW IT'S USED

- Myrrh oil can be inhaled/diffused, used topically on the skin or taken internally. You can use it with a warm or cold compress for swelling and lower pain by pressing it against the skin or adding it to your bath.
- If taking myrrh internally, look for 100-percent pure oil, and only take 1–2 drops at once.
- Combine 2–3 drops of pure myrrh oil with a carrier oil such as coconut or jojoba oil before massaging it into your skin, such as on your neck, feet or abdomen.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Helps fight fungus, parasites, yeast and bacterial infections⁷⁶
- Helps fight ulcers or wounds in the digestive tract⁷⁹
- Helps cool inflammation and lower oxidative stress⁷⁷
- Helps reduce symptoms of allergic reactions and sensitivities, such as skin problems and acne⁸⁰
- Contains powerful antioxidants that have been shown to help slow the aging process⁷⁶



17 Aloe Vera Juice/Gel

The aloe vera plant produces two substances used for health purposes: the gel, which is obtained from the cells in the center of the leaf, and the latex, which is obtained from the cells just beneath the leaf's skin. Although aloe is popular to use on the skin to heal burns and irritations, there's a lot more it can do, including helping to cool inflammation, supporting healthy bowel function, preventing ulcers and supporting healthy blood sugar levels already in the normal range.^{81,82}

Aloe also contains several enzymes — aliase, alkaline phosphatase, amylase, bradykinase, carboxypeptidase, catalase, cellulase, lipase and peroxidase — that help with overall digestion. This is in addition to numerous nutrients such as calcium, copper, selenium, chromium, manganese, magnesium and potassium. The reason aloe works like a natural laxative is because it provides 12 anthraquinone compounds. Additionally, it has been shown to contain antibacterial and antiviral properties.⁸³

HOW IT'S USED

- For constipation, take 100–200 mg of aloe vera daily.
- For inflammatory bowel issues, take 100 mL twice daily for four weeks.
- For treating irritations on the skin, use 0.5 percent aloe extract cream three times daily.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Has been show to help cool inflammation⁸³
- Contains antibacterial and anti-viral properties⁸³
- Helps relieve digestive discomfort and supports healthy bowel and digestive function⁸¹
- Helps with wound healing⁸³



18 Apple Cider Vinegar (ACV)

Used for over 2,000 years for various ailments, apple cider vinegar (ACV) supports gut health and helps improve symptoms of acid reflux. ACV contains an active compound called acetic acid that has antibacterial and inflammation-cooling effects. According to animal studies, it also features benefits for digestive functions, including helping to balance the body's pH level and improving levels of important digestive enzymes and probiotics.⁸⁴

Acetic acid has an alkaline effect on your body that fights the acidity caused by processed foods and a poor diet. People also use ACV to boost metabolism and support healthy weight management.⁸⁵

HOW IT'S USED

- You can mix raw/unfermented ACV into water, salad dressings, sauces or marinades. Some people use it along with other gut health-supporting ingredients such as cinnamon, lemon juice and raw honey.
- For best results, take 2-3 tablespoons daily, spaced throughout the day.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Contains beneficial enzymes and probiotics (due to fermentation)⁸⁴
- Shown to help balance acidity in the digestive tract⁸⁴
- Can help with metabolic functions and breaking down nutrients⁸⁶
- Helps boost energy and support healthy weight management⁸⁵



19 Vitamin C

Known best for enhancing the immune system and fighting illnesses, vitamin C also contains inflammation-cooling and antioxidant properties. This water-soluble vitamin plays a role in maintaining the health of the body's connective tissue, including the lining of the digestive tract.

It's considered essential because your body does not make vitamin C on its own, nor does it store it, which means you constantly need to replenish your supply. When it comes to digestive health, vitamin C helps to battle infections, discomfort, swelling, wound formation and a slow metabolism.⁸⁷ It's beneficial for nutrient absorption and can help a struggling immune system.⁸⁸

HOW IT'S USED

- You can get plenty of vitamin C from eating fruits and veggies such as berries, citrus fruits, leafy greens, broccoli, peas, guava and Brussels sprouts.
- The recommended dosage for adults is between 75–90 mg/day. You can find vitamin C in most multivitamins, but look for a plant-derived brand that will help with proper absorption.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Fights infections and helps bind wounds⁸⁷
- Has antioxidant abilities⁸⁹
- Contains inflammation-cooling properties⁹⁰
- Boosts immune function⁹¹
- Aids mineral and nutrient absorption⁹²
- Supports a healthy metabolism as well as cognitive health⁹³



20 Bentonite Clay

Bentonite clay is a natural detoxifier that helps guard the body against illnesses and the effects of toxins, such as heavy metals.⁹⁴ The clay itself comes from ash taken from volcanoes, and it contains special chemical compounds that bind to minerals such as mercury or lead when it comes into contact with them.

Heavy metal toxins are found in numerous processed food products, as well as some drinking water, but bentonite clay can help draw these out of the body, thereby boosting immunity and helping to cool inflammation.⁹⁵ Bentonite clay also contains natural anti-viral and antibacterial properties, plus it's a rich source of beneficial trace minerals, including calcium, magnesium, silica, sodium, copper, iron and potassium, which is why some people choose to eat it.

HOW IT'S USED

- Bentonite clay can be taken internally by eating or drinking it, just like a supplement. When ingested, its vitamins and minerals are well-absorbed.
- It can also be used topically on the skin to bind to bacteria and other pathogens.
- When using it internally, drink 1/2 to 1 teaspoon once daily for as long as you'd like. Mix the clay with water, preferably in a jar with a lid so you can shake the clay and make it dissolve before swallowing.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Helps carry heavy metals out of the body⁹⁵
- Fights bacteria and viruses⁹⁴
- Helps keep the gut lining intact and prevent permeability, according to animal studies^{96,97}
- Boosts immunity⁹⁵
- Aids in detoxifying the blood⁹⁵
- Can help purify water⁹⁸
- Can be used as a natural alternative to chemical products



21 Clove Essential Oil

Clove oil contains a concentrated amount of the active compound eugenol, making it versatile as an effective alternative to many modern health treatments. It's a natural anti-parasitic and helps fight fungus, yeast and mold, according to an *in vitro* study.⁹⁹

It also contains a very high amount of antioxidants, which means it helps cool inflammation and support healthy blood flow.¹⁰⁰ This makes it beneficial for supporting healthy digestion, wound binding, increased energy levels, slowing the aging process and fighting off bacterial or viral infections.

HOW IT'S USED

- Clove oil can be inhaled/diffused, used topically on the skin or taken internally. Add some to a diffuser to disperse the oils throughout your home or soak in a bath with added clove oil. You can also use it directly in the mouth or on your gums, teeth or skin.
- If taking clove internally, look for 100-percent pure oil, and do not use it for more than two weeks consecutively. It's also recommended to take a probiotic supplement twice daily to restore beneficial flora.
- Combine 2–3 drops of pure clove oil with a carrier oil such as coconut or jojoba oil before massaging it into your skin, such as on your neck, feet or abdomen.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Fights parasites, molds and fungi⁹⁹
- Effective for fighting *Candida*⁹⁹
- Helps cool inflammation and contains antioxidants¹⁰⁰
- Supports healthy blood circulation¹⁰⁰
- Fights infections⁹⁹
- Boosts energy and supports healthy metabolic functions^{101,102}



22 Activated Charcoal

Similar to bentonite clay, activated charcoal latches on to heavy metals in the body and helps flush them out, thereby boosting immunity and aiding detoxification.¹⁰³ Activated charcoal works by trapping various chemicals in its millions of tiny pores through a process of absorption. The absorption that takes place is the reaction of elements such as nutrients, chemicals and toxins, which are bound to the surface of the charcoal through electrical charges.

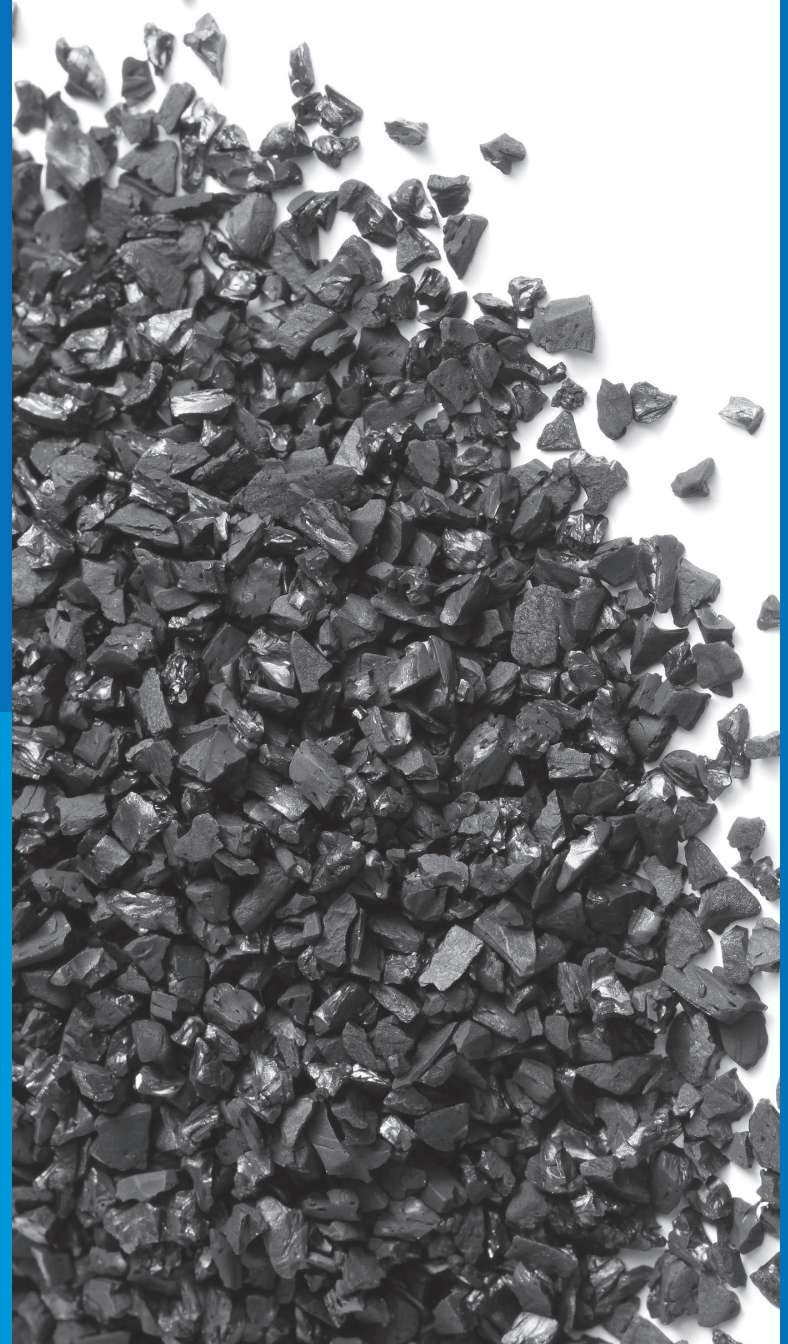
Since it eliminates irritating byproducts found in certain foods, activated charcoal has been shown to help fight digestive problems such as gas and bloating.¹⁰⁴ It can also support healthy digestion by helping to remove particles that cause allergic reactions, oxidative damage and poor immune system functioning, thereby lowering discomfort, increasing energy and supporting mental performance.¹⁰⁵

HOW IT'S USED

- Activated charcoal is taken by mouth. Look for activated charcoal made from coconut shells or identified wood species that have ultra-fine grains, but avoid types made with artificial sweeteners or other chemicals.
- Follow dosing directions and take activated charcoal 90 minutes to two hours prior to meals, supplements and prescription medications.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Supports immunity¹⁰³
- Helps remove toxins from the body¹⁰³
- Supports digestive health¹⁰⁴
- Fights allergic reactions and food sensitivities¹⁰⁵



23 Milk Thistle

Milk thistle is a natural herb that has been used to help detox the body and support liver function for thousands of years. It has antioxidant and inflammation-fighting properties, plus it's considered a "hepatic, galactogogue, demulcent and cholagogue," which means it can support healthy digestion by improving the production of enzymes needed to break out and absorb nutrients.¹⁰⁵

It's also helpful for increasing bile production, cooling inflammation and soothing the mucous membranes throughout the body, especially those involved in digestion and protecting the body from infections and other reactions, according to animal studies.¹⁰⁶ Milk thistle is effective at naturally counteracting the harmful effects of toxins from processed foods, alcohol consumption, pesticides sprayed on crops, air pollution and heavy metals in our water supply.^{105,107}

HOW IT'S USED

- Dosing is usually recommended between 20–300 mg daily in pure supplement form.
- The recommended daily intake for detoxification is 150 mg, taken one to three times daily.
- For ongoing use and liver support, take 50–150 mg daily.
- Look for a high-quality product that's between 50–150 mg of pure milk thistle extract per capsule.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Supports the liver to detox the body¹⁰⁵
- Helps fight inflammation, according to animal studies¹⁰⁶
- Contains antioxidant properties¹⁰⁵
- Aids enzyme production and increases bile, according to animal studies¹⁰⁶
- Fights the effects of various toxins¹⁰⁷



24 Bone Broth

Bone broth is a time-honored tradition of simmering the bones and ligaments of animals (such as chicken or beef) in order to release their health-promoting compounds into a drinkable tonic. Bone broths contain minerals — including calcium, magnesium, phosphorus, silicon and sulphur — that are capable of fighting inflammation, supporting digestive health and fighting common discomforts. Also a natural way to enhance your immune system and support tissue health, bone broth contains amino acids (such as arginine, glycine, glutamine and proline) plus collagen, both naturally derived from animal bones, marrow, cartilage, tendons and ligaments.

Collagen produces gelatin, helps break down proteins and soothes the gut lining. It's not only useful for easing symptoms leaky gut issues but also allergy and autoimmune symptoms. Collagen or gelatin are important because they boost your gastric juices and aid in restoring the integrity and health of your mucosal lining, preventing gut permeability.

HOW IT'S USED

- Bone broth can be purchased from certain health food stores and family markets, or you can easily make your own homemade version.
- To make your own bone broth, take a large stock pot and add 2 tablespoons of apple cider vinegar plus some water, then simmer the bones on low heat slowly 24–48 hours. You can also add in vegetables such as onions, garlic, carrots and celery for added nutrient value.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Supplies amino acids and collagen, which support gut health¹⁰⁸
- Boosts immunity and aids digestion¹⁰⁹
- Provides numerous essential minerals
- Fights symptoms and general discomfort associated with leaky gut issues¹¹⁰



25 N-Acetyl-D-Glucosamine (NAG)

N-Acetyl-D-Glucosamine (NAG) is a natural chemical compound that comes from the shells of shellfish. It's used to support tissue and bone health, cool inflammation and fight inflammatory bowel issues.^{111,112}

NAG has been shown to support the health of the stomach and intestines and also fight ulcers, indigestion, acid reflux and other painful digestive problems. It can also help prevent gut permeability by keeping the tight junctures of the digestive tract from opening and allowing particles to leach out into the bloodstream.¹¹²

HOW IT'S USED

- NAG is taken by mouth in supplement form.
- Currently, there isn't a recommended daily dosage, but most people do best when taking 500 mg capsules one to three times daily.

HOW IT HELPS WITH LEAKY GUT PROBLEMS

- Supports tissue and bone health¹¹¹
- Helps protect the gut lining¹¹²
- Aids in cooling inflammation¹¹²
- Fights irritation to the stomach and intestines¹¹²



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