

WHAT IS A LEAKY GUT? Leaky gut is a condition in which miniscule holes appear in the intestinal wall. The mucous membrane that lies over the intestinal wall is also usually inflamed, so that the good intestinal bacteria can no longer attach properly. When you have a leaky gut, waste products that are produced in the intestines can penetrate the intestinal wall and enter the bloodstream. Partially digested food can also enter the body. This causes various problems, such as inflammatory and allergic reactions, mood swings, emotional complaints and hormonal problems. This condition also means that important nutrients are not absorbed properly by the body, which further affects one's overall health and immune system.



The following symptoms may indicate a leaking gut

- Autoimmune conditions
- Allergies (food, pollen)
- Depression
- Diarrhea
- Teeth problems
- Weight gain
- Joint pain
- Headaches/ migraines
- Skin problems
- IBS (Irritable Bowel Syndrome)
- Bloating or constipation
- Inflammation (persistent, gum, eye)
- Panic attacks
- Thyroid problems
- Spastic colon
- Fatigue

THE GOOD NEWS IS is that if you tackle the complaints at the core, in the intestines, there is a lot to be gained: reduction and sometimes even solution of all the above complaints!

Food: Eat as raw and as pure as possible, preferably organic. Drink purified water, alternating with herbal and green tea.

Avoid:

- Sugar
- Alcohol
- Coffee
- Red meat
- Bread made from wheat
- Dairy

Eat as much as possible:

- Vegetables
- Fruit
- Nuts and seeds
- Avocados
- Cold pressed oils, ie: coconut oil, linseed oil, walnut oil
- Organic eggs, chicken and fish.

Food additives (E numbers) and pesticides can irritate the intestines and trigger allergic reactions. Sugars and alcohol feed fungi in the intestines and contribute to imbalance. You can be tested for intolerance, such as gluten, wheat or lactose (from dairy).

Of course there are other beneficial foods or superfoods for the intestines, for example 'bone broth'. Search the internet for further information.

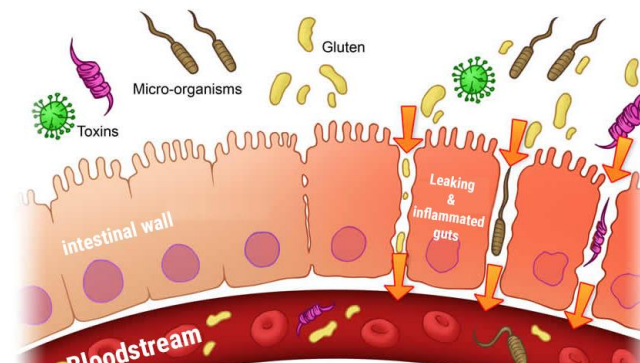
Additional tips:

For a relaxing and supportive effect and a good night's sleep, **nano magnesium** is a wonderful (if not essential) supplement.

To support the liver and its detoxifying function, milk thistle and marine phytoplankton are a good choice.

To support the kidneys, drink herbal tea especially formulated for the kidneys. Ask your health store or therapist for suggestions.

Note: A vitamin C deficiency weakens the intestinal wall; recommended dosage 2000 mg per day.



6 week treatment to treat a 'leaky gut'

LEAKY GUT syndrome is a fast-growing condition that millions of people struggle with, often without knowing it. It is estimated that at least half of the Western population has a leaky gut.



6 WEEK TREATMENT TO TREAT

A LEAKY GUT

Step 1: Cleanse (2 weeks)

Nano silver: kills pathogenic bacteria, viruses, fungi and single-cell parasites in the gut.

Psyllium husk: binds the waste in the intestine and transports it. **Bitter salt** (Epsom Salt): Loosens dirt and heightens intestinal cleansing (only the first 2 weeks).

Okinawa minerals: improves digestion and absorption of nutrients.

Recommended in severely weakened digestion: digestive enzymes.

- Take a pinch of **bitter salt** before bedtime. Slowly build up to half a teaspoon, reduce dose if you experience cramps.
- Take 30 ml of **nano silver** on an empty stomach, build up from 10 ml to 30 ml over 3 days.
- Take 2 tablespoons of **psyllium husk** in a large glass of water at breakfast and dinner, if necessary mixed with a little juice.
- Take 1 scoop of **Okinawa minerals** in a glass of water between meals twice a day.
- **Recommended:** take digestive enzymes 3 times a day with meals.

Step 2: Repair and Rebuild (2 weeks after starting cleansing)

Nano silver: kills pathogenic bacteria, viruses, fungi and single-cell parasites in the gut.

Nano zinc: heals the damaged mucous membrane and inhibits the inflammation of mucous membrane and intestinal wall.

L-glutamine: heals the holes in the intestinal wall and gives the energy needed for healing the intestine.

Probiotics: good intestinal bacteria to repair the imbalance in the intestine and prevent the pathogens from getting the upper hand again.

Okinawa minerals: improves digestion and absorption of nutrients.

Recommended for many inflammations: fatty acids GLA / EPA / DHA (anti-inflammatory, heals the mucous membranes).

Highly recommended: vitamin D, important for the immune system, absorption of calcium and for the hormonal system.

- Take 30 ml of **nano silver** on an empty stomach
- Take 3 grams of **L-glutamine** with some water at least 10 minutes before breakfast (after the nano silver).
- Take **30 ml of zinc** before bedtime.
- Take the **probiotics** before bedtime.
- Take **Okinawa minerals** twice a day between meals.
- **Recommended:** take fatty acids and vitamin D twice a day with meals.

Step 3: Rebuild and Strengthen (2 weeks after starting repairing and rebuilding)

Nano zinc: heals the damaged mucous membrane and inhibits the inflammation of mucous membrane and intestinal wall.

L-glutamine: heals the holes in the intestinal wall and gives the energy needed for healing the intestine.

Probiotics: good intestinal bacteria to repair the imbalance in the intestine and prevent the pathogens from getting the upper hand again.

Okinawa minerals: improves digestion and absorption of nutrients.

Recommended for many inflammations: fatty acids GLA / EPA / DHA; work anti-inflammatory, heal the mucous membranes.

Recommended, but really needed: vitamin D, important for the immune system, absorption of calcium and for the hormonal system.

- Take 3 grams of **L-glutamine** with some water at least 10 minutes before breakfast.
- Take **30 ml of zinc** before bedtime.
- Take the **probiotics** before bedtime.
- Take **Okinawa minerals** once per day between meals.
- **Recommended:** take fatty acids and vitamin D twice a day with meals.

Week 1 and 2

Product	Breakfast	Dinner	Comments
Epsom salt			A pinch before bed. Build up to ½ teaspoon.
Nano silver	30 ml, 10 minutes before breakfast		Build up from 10 ml to 30 ml over 3 days
Psyllium husk	2 tbsp in a large glass of water or juice	2 tbsp in a large glass of water or juice	Drink extra water during the day
Okinawa minerals			1 scoop, twice a day between meals
Digestive enzymes (recommended)	With breakfast	With dinner	Also with lunch

Week 3 and 4

Product	Breakfast	Dinner	Comments
Nano silver	30 ml, 10 minutes before breakfast		Keep a minute in mouth before swallowing
Psyllium husk	2 tbsp in a large glass of water or juice	2 tbsp in a large glass of water or juice	Drink extra water during the day
Okinawa minerals			1 scoop, twice a day between meals
Nano zinc			30 ml before bed. Keep in mouth for 1 minute before swallowing
L-glutamine	3gr in water, after the silver		10 minutes before breakfast
Probiotics			1 capsule before bed time
Omega3 + GLA (recommended)			
Vitamin D (recommended)	1 dose	1 dose	
	1 dose	1 dose	Maintain approximately 25mcg in total

Week 5 and 6

Product	Breakfast	Dinner	Comments
L-glutamine	3gr in water, after the silver		10 minutes before breakfast
Nano zinc			30 ml before bed. Keep in mouth for 1 minute before swallowing
Probiotics			2 capsule before bed time
Okinawa minerals			1 scoop between meals
Omega3 + GLA (recommended)	1 dose	1 dose	
Vitamin D (recommended)	1 dose	1 dose	Maintain approximately 25mcg in total