

Just drinking plenty of water and taking some dietary fiber will usually improve colon transit time. Bitter herbs can also help because they stimulate digestive secretions and increase the flow of bile. **Digestive Bitters**, **Enviro-Detox** or **All Cell Detox** are good choices for speeding up a sluggish colon transit time.

Digestive enzymes can also help here. **Proactazyme Plus** or **Small Intestine Detox** can help break down food more efficiently and move it through the system more rapidly. In fact, if you find yourself a little constipated, just taking two Proactazyme Plus every two hours with plenty of water will usually fix the problem in short order.

In some cases, a stimulant laxative like **LBS II** or **Cascara Sagrada** will be needed to get a sluggish bowel started. These products should not be used on a long term basis, but only for a limited period of time to improve transit time while other remedies, such as fiber, bitters and enzymes, have a chance to do their work. If a person finds it difficult to have a bowel movement without stimulant laxatives, high doses of **Vitamin C** (3-4,000 milligrams) and **Magnesium Complex** (800-1000 milligrams) will usually get the bowel working on its own again.

Step 4. Eliminate Harmful Organisms

Yeast, bacteria and parasites can all contribute to intestinal inflammation. Yeast, in particular, secretes a toxin that damages the intestinal lining and increases membrane permeability. Normally, our colon is populated by friendly bacteria (the friendly flora or probiotics) that inhibit the growth of yeast and other harmful microbes. Unfortunately, antibiotics, chlorinated water, non-steroidal anti-inflammatory drugs (NSAIDs), birth control pills and other medications can damage the friendly flora, resulting in overgrowth of yeast and other microbes.

Yeast/Fungal Detox is a great formula for helping to knock down yeast overgrowth so the friendly flora can be restored. It is also helpful to consume coconut oil, since the medium chain essential fatty acids in coconut oil help the immune system fight yeast infections. **Caprylic Acid Combo** provides these fatty acids from coconut oil in supplement form.

Another good combination for removing harmful microbes from the digestive tract is **Uña de Gato Combination**. Uña de gato, or cat's claw, is both antimicrobial and anti-inflammatory. It also helps reduce intestinal permeability, so it helps with Steps 5 and 6, too.

H. pylori is a bacteria associated with ulcers and intestinal inflammation. **Gastro Health** is an herbal formula that helps knock down *H. pylori* and other bacterial infections in the gastrointestinal tract.

Allicin, a compound formed when raw garlic is crushed, is anti-fungal, anti-bacterial and anti-parasitic, making it one of the best single remedies for eliminating harmful organisms in the intestines. **High Potency Garlic** contains stabilized allicin, the same amount you would find in four cloves of crushed, raw garlic.

Parasites are a more common problem than most people think. People can easily pick up parasites from pets, contaminated food and water, or foreign travel, which in turn, contribute to intestinal inflammation and leaky gut. A periodic parasite cleanse using the **ParaCleanse Packets** can help eliminate these unfriendly organisms. **Black Walnut** and the previously mentioned garlic are also helpful.

Step 5. Reduce Intestinal Inflammation

Up to this point, we've focused on helping to "clean out" the intestines. It's also important to reduce the intestinal inflammation to promote tissue regeneration and repair. For problems like colitis, irritable bowel or Crohn's disease, **Intestinal Soothe and Build** has proven to be a very dependable formula for reducing inflammation and promoting healing.

Another great product that can help reduce inflammation in the intestinal lining (and everywhere else in the body) is **Thai-Go**. This beverage has a variety of antioxidant fruits and berries, including mangosteen, which contains xanthenes, powerful antioxidant and anti-inflammatory compounds. For serious inflammation, also consider **IF Relief**.

Step 6. Plug the "Leaks"

Of course, the primary goal in everything we're trying to do here is to plug the "leaks" in the intestinal "dyke." This means we have to restore tone and integrity to the intestinal membranes. There are a number of products which can be helpful here.

First of all, **Intestinal Soothe and Build**, mentioned earlier, is a good formula for promoting healing to the intestinal membranes and reducing gut leakage. **Uña de Gato Combination**, also mentioned earlier, is also helpful here.

Another formula we've had great success with is **Kudzu/St. John's Wort**. Kudzu is very helpful for repairing gut leakiness and St. John's wort aids the nerves that regulate the digestive process.

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Additional Help and Information

If you think you might have a problem with leaky gut, talk to the person who gave you this newsletter about getting on a health program that will reduce inflammation and decrease intestinal permeability. They have additional handouts on products and information and can help you select the supplements and program that will be best for your unique needs. You can also consult the following sources for more information:

It Takes Guts to Be Healthy DVD featuring Steven Horne and Kimberly Balas by Tree of Light Publishing

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

Leaky Gut Syndrome by Elizabeth Lipski