

Gut Treatment Leaky Gut Action Steps

1. Use the PDF generator to create the interventions to restore intestinal barrier integrity handout with your clinic's branding. Print this out so that you can use it as a reference.
2. Add the recommended supplements to help restore intestinal barrier integrity to your clinic's supplement list/ electronic health record, and include dose instructions from this week so that you can easily give these to your patients.
3. Prescribe the protocol to restore intestinal barrier integrity to a patient, a friend, or a family member (or yourself), and discuss the results in the ADAPT Discussion Forum.
4. Order a Cyrex Array 3, Array 4 and/or Array 10 on a patient who is still having symptoms and is already on a Paleo template diet after you have addressed underlying pathologies. Then have the patient remove the foods that have been identified as either equivocal or out of range on these arrays for 60 days. Discuss the results with a study partner or on the ADAPT Discussion Forum.
5. Success stories: This week Chris mentioned that he has seen antibody production to some food antigens disappear after successfully addressing underlying pathologies to restore healthy gut barrier integrity. Have you seen similar success stories with your patients, friends, or family members? Post a brief success story that you have seen to the ADAPT Discussion Forum, or discuss your thoughts about reintroducing foods after healing a patient's gut.