



# THE 5 R'S OF GUT RESTORATION



## REMOVE

To improve gut health, avoid triggers like sugar, gluten, dairy, processed foods, and additives. Address infections, harmful bacteria, and parasites for a healthier gut.

## REPLACE

Ensure proper digestion and nutrient absorption by replenishing essential digestive secretions. Consider supplements like digestive enzymes, hydrochloric acid, or bile acids to improve digestion and nutrient assimilation.

## REINOCULATE

To promote a diverse and healthy gut microbiome, consume probiotic supplements or fermented foods such as yogurt, kefir, sauerkraut, kimchi, and kombucha.

## REPAIR

Repair the gut lining with nutrients like L-glutamine, butyrate sodium, zinc, vitamins A, C, and D, and omega-3 fatty acids to address damage from inflammation or stress.

## REBALANCE

To maintain gut health, adopt a gut-friendly lifestyle with a balanced diet, stress management, regular exercise, and adequate sleep. Avoid harmful factors like excessive alcohol, smoking, and unnecessary antibiotics.

