



LEAKY GUT GUIDE

THE CAUSE IS THE CURE

Nearly 50 million Americans suffer with autoimmune conditions. Most are misdiagnosed, undiagnosed, or just medicated and left to suffer. With "sick care" as the only option for most this guide and resources were designed to help shed light on your issues and give you hope. Just finding and managing disease with drugs and surgery isn't good enough if you want to experience real health. The purpose of this guide is to dig deeper and with your doctors figure out the cause of your autoimmune issue to hopefully [un]diagnose you and break free from drugs.

Understand Your Gut "Trigger"

The first step to getting to and fixing the cause of your issues and to keep them away is to know if you have a problem. Understanding which type(s) of gut triggers you struggle with the most helps to address your underlying cause faster to achieve the best results

Build Health

Regardless if the diagnosis is bad or you have many layers to your condition the one thing we all have to do to get health is to build it. This guide is not meant to replace your doctor nor provide medical advice for your condition or diagnose. However, work with your doctor for the knowledge and results but a drug, surgery, or test does not BUILD health. Only you can do that!

I hope this empowers you to get the most out of your approach so you can find answers and better yet never end up with disease in the first place. Remember, you are the solution to real health!

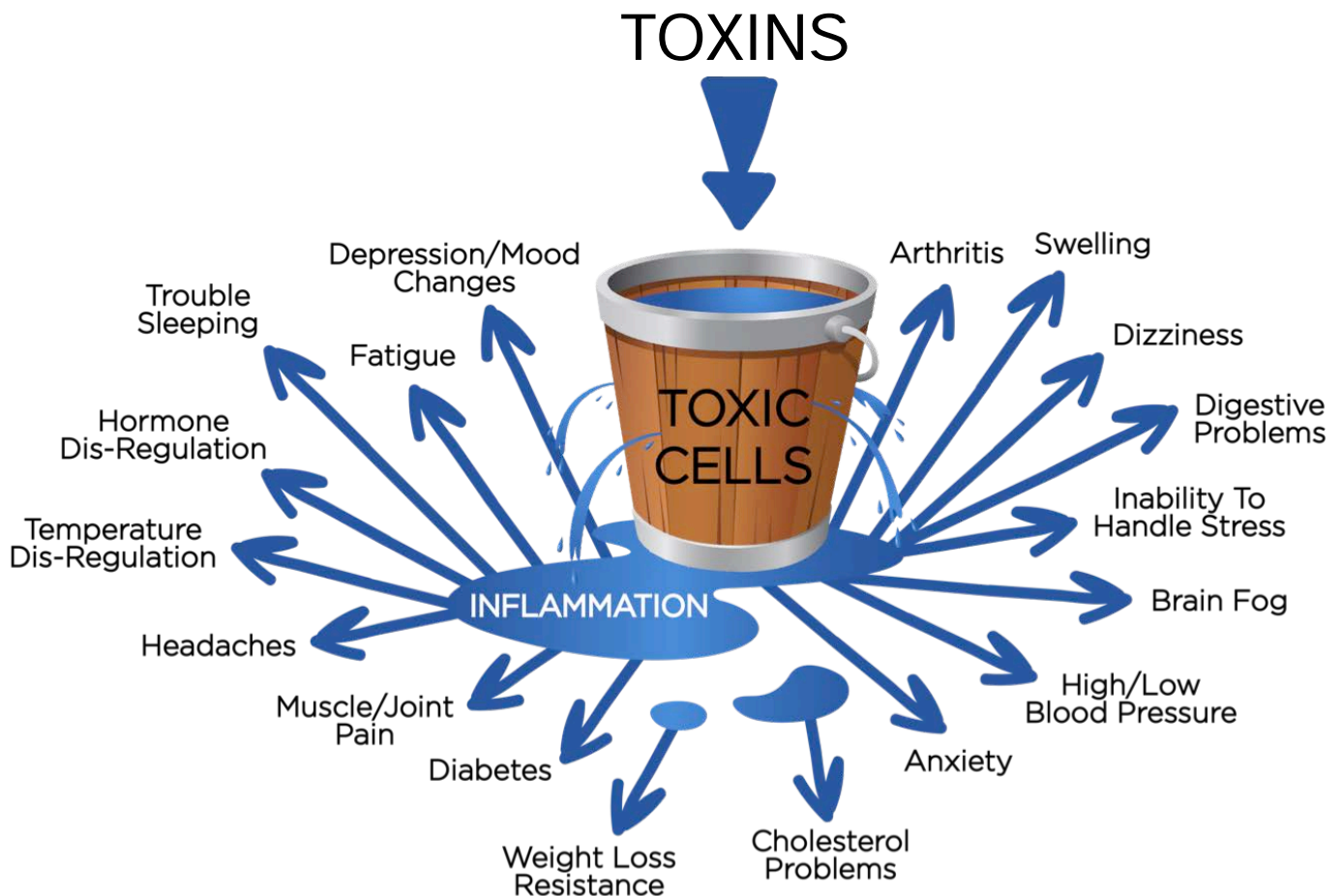
Dr. Livingood

Note: Please consult with overseeing physician before making any changes to medications, supplementations, or diet. This information is not meant to treat any medical condition.

Do I Have a "Gut" Problem?

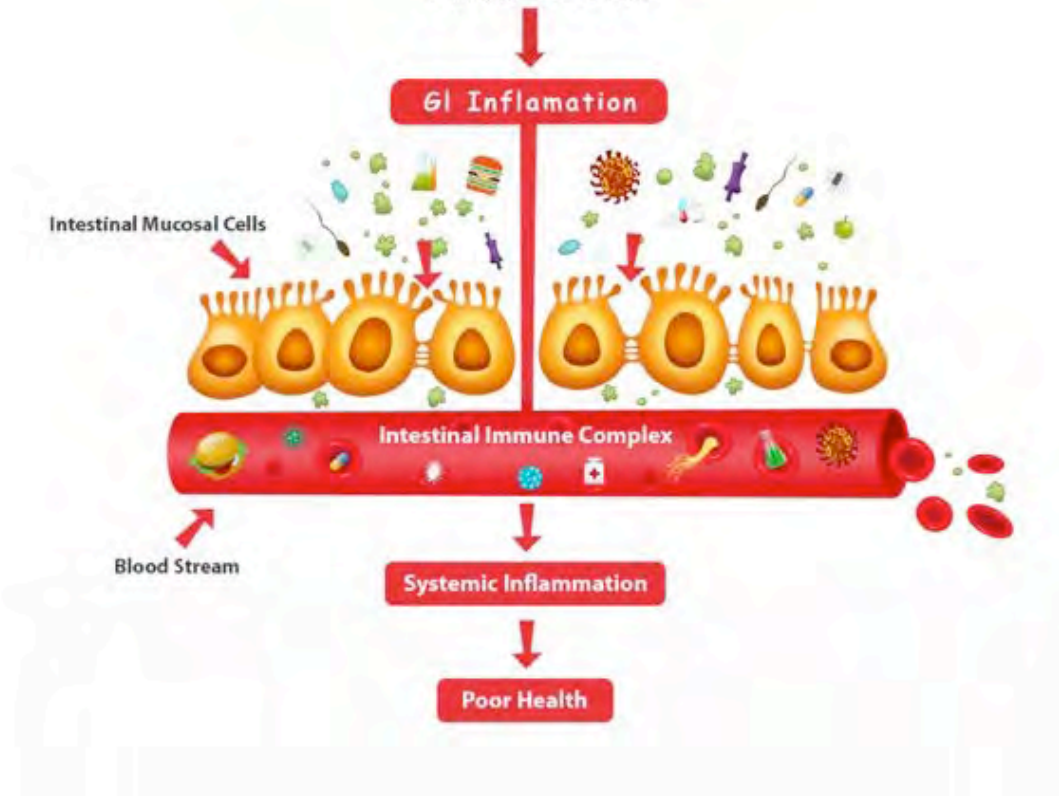
In today's world there are a variety of things reeking havoc on your gut. This isn't referring to the extra 20 pounds on your mid section, although you'll need to address that too, the "gut" I am referring to is your extremely complex and vital digestive system. Referred to as the "second brain", damage to the gut can lead to a host of problems and disease. Largely responsible for critical functions of the body and the immune system, your gut oversees your body's vitamin and mineral absorbency, hormone regulation, digestion, vitamin production, immune response, and ability to eliminate toxins, not to mention your overall mental health.

Your body is made of trillions of cells. Like little buckets that hold all your nutrients, function, and also waste. If too much additional waste "leaks" into the cells and can't be properly drained then the buckets get too full and eventually the toxins spill over in the body and cause all types of disease and conditions. Are your buckets toxic?



LEAKY GUT

TRIGGERS



Permeability Problems

The gut is the gateway for the required nutrients and needed raw materials to build health to get in. It is also responsible for repelling and getting rid of any waste and toxins that should not get in. Several lifestyle factors and chemicals we ingest cause cracks in this defense system. The digestive "mesh" meant to protect us comes loose and "leaky", allowing things to get in which are not meant to be there.

The good news is you can improve this permeability problem. Avoiding causing any further damage is step one and increasing foods that heal and support your gut is step two. Below are the top five gut destroyers to avoid and the top 5 gut healing foods.

WHAT TRIGGERS YOUR POOR GUT HEALTH?



Estrogen dominance, estrogen deficiency, thyroid, and/or low testosterone problems leading to a bloated gut, unbalanced reproductive system and skin issues.

Imbalance in the adrenal, gut, & brain relationship due to combos of anxiety, depression, sleep deprivation, and excess cortisol. (stress hormone)



Overloaded and backed up body filters (liver, kidneys, lymph, skin and digestive tract) leading to a toxic and damaged system. Potential heavy metals, chemicals, glyphosate, drug, etc toxicity.

Compromised immune function weakening the bodies defense through an overworked system, viral exposure, nutrient deficiency, or secondary response from another trigger.



Systemically inflamed and irritated system that can be silent or known. Potential arthritic, heart, digestive, or other organ irritations or disease.

Imbalance of healthy bacteria with foreign invaders. Candida, fungus, bacteria, viruses and parasites are the usual suspects.



Take the Gut Trigger Quiz to Understand Your Top Triggers

Toxic Gut Top 5 to Avoid

1. **Antibiotics** – All drugs have a negative impact on the digestive tract. Antibiotics specifically destroy your "good" gut flora while trying to destroy "bad" bacteria. They are nuclear bombs for your gut.
2. **Sugar** – You consume 152 pounds of sugar in a year according to the Department of Health and Human Services. Sugar destroys gut flora, feeds inflammation, and when consumed in the form of gluten, leaves residues that your gut can't digest.
3. **Dairy** – You are not what you eat, you are what you eat ate. All meat and dairy products are loaded with hormones, antibiotics, and chemical laced foods. These chemicals destroy the flora and irritate the gut.
4. **Food Allergies** – Sensitivities to nuts, nightshades, sweeteners, eggs, and more cause irritation issues and back up healthy digestive systems.
5. **Pesticides** – Monsanto, the maker of Round Up, was found guilty in a court of law because a man contracted cancer when exposed to high amounts of their pesticide which contains high amounts of the gut destroying chemical glyphosate. Glyphosate is sprayed on nearly every non-organic produce.

Top 5 Gut Healing Foods

1. **Collagen** – The framework and building block of all the tissue in the body, collagen is responsible for sealing up the permeability issues as you age. Bone broth or a hormone and antibiotic free clean powder form are ideal daily.
2. **L – Glutamine** – This amino acid repairs the mucous lining that defends toxins from entering the system and nurtures healthy gut flora. Green food, green juice, and beets are great sources.
3. **Digestive Enzymes** – You are not what you eat you are what you absorb. Breaking down and digesting food is crucial for building health and detoxing. Digestive enzymes power this breakdown and are found in high amounts in papaya, pineapples, or in an easy to use greens powder.
4. **Fermented Foods** – Restoring proper gut flora is crucial to rebuild the immune system and power of the gut. Fermented foods contain high amounts of these friendly microbes. Try flavored sauerkraut, kombucha, kefir, or kimchi.
5. **MSM** – MSM found in garlic and Brussels sprouts help detox the gut and supports gut repair.

5 Gut Healing Steps

1. Remove Gut Destroyers
2. Increase Gut Nurturing Foods
3. Increase L – glutamine, enzymes, gut soothing herbs, probiotics and anti – inflammatories.
4. Understand your gut trigger by [taking the gut trigger quiz here](#).

After overseeing 25,000 individual patients and leading hundreds of thousands of people to real health the number one thing that makes ANY health process successful is accountability.

Procrastination Is The Thief Of Health

To truly get real gut health you need to change YOU. Your habits. Your whole health. That takes time, simplicity, encouragement, support, and accountability. The road to drug-free, gut health freedom, like thousands have achieved through this guide, is not a straight path. Autoimmune and gut health can be frustrating. You will make mistakes, fall off track, stumble, and go through fear. Without proper support this stops many on their journey. That doesn't have to be you! Join the Livingood Daily Challenge now and we'll help guide you every step of the way!

[Learn More About the Livingood Daily Challenge Here](#)

We're Here to Help!

Finding the cause of your issues can be a frustrating and sometimes overwhelming process. The most important thing you can do is take action and just begin doing the activities that build health through diet, movement, supplementation, de-stressing, and detox.

This cheat sheet is a way to explore deeper with your doctor. If you need help on what to do next, making sense of your results, or a game plan to build health please reach out to our team. You are not in this alone and remember, you are the solution to experience real health.

#IAMTHESOLUTION