Remove Gut Irritants

if we came up with a very basic gut health protocol. So the first thing, as you just said, remove the triggers, okay? Eat less gluten. Don't drink as much.

Don't take NSAIDs. Believe it or not, another diet component which is fascinating is either a super high fat diet or a diet that's super high in sugar.

And the fat, that caught my eye because there's a lot of keto people out there. Well, it turns out that if you're only eating that and you're subjecting your microbiome to too much fat or too much sugar, it alters their chemistry.

Repair the Gut Barrier

So at the end of the day, you need a balanced all carbohydrate, fat, protein, and we'll leave that there. The other thing you're gonna do is you're gonna repair the barrier.

So glutamine is a very inexpensive, you can get it in powder form, five to 10 grams a day, it's tasteless. Interestingly that an enterocyte can use glutamine for fuel.

So most cells use carbohydrates, fatty acids. The enterocyte can actually use glutamine to make energy. So you wanna do that. So you get a powdered source and you just kinda add it to.

Oh yeah, I drink it all day. Okay. Vitamin D, omega-3s, they're gonna also factor in. There's an interesting form of zinc called zincarnosine. And for some reason, that has an affinity for gut health.

And then as you and I spoke during the break, there's a peptide out there, BPC157, that is supposedly phenomenal to heal the gut.

Probiotics and Fermented Foods

And no side effects. No side effects. It's a wonderful peptide. What else do we wanna do? Well, if we think that our microbiome is altered, you can get a good quality, and put a star next to that, because that's not easy to find, but a good quality probiotic that has a nice assortment of the lactobacillus and the bifidobacterium.

What's your opinion on, does it need to be refrigerated or not? My opinion, and this is totally opinion, the better quality over the years that I've used need to be refrigerated.

Now, I'm sure there's a company out there that's going to tell me, well, no, we have some patent on that. Good. I feel better when it's in the fridge.

Another way to get good quality bacteria back in the system, eat fermented foods. That's really big right now. And people are catching on.