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5 Steps to Heal Leaky Gut

Guest: Dr. Josh Axe

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Dr. Zielinski: All right! Hello, everyone. Dr. Eric Zielinski from DrEricZ.com here, and I'm absolutely excited to welcome you to this very special section of the Heal Your Gut Summit because today we're going to be talking with our co-host, Dr. Josh Axe. Together with Dr. Axe, Donna Gates and I, we put together this program because we were committed to helping you experience abundant life health. And according to years of our personal research and clinical practice, we have found that abundant life health starts in the gut.

So as Dr. Axe is going to talk about, we're going to address five steps to heal leaky gut. And for those of you who aren't familiar with Dr. Axe, visit his website at DrAxe.com. It is the one of the top ten natural health websites in the world. And he is the upcoming author of the book *Eat Dirt*. So Dr. Axe, welcome!

Dr. Axe: Awesome. Hey, thanks, Dr. Eric, for having me.

Dr. Zielinski: Love you. Appreciate you, man. You really have set your mark in the Internet world regarding gut health. You are becoming the foremost expert in healing leaky gut and irritable bowel and all that. It's interesting though knowing your background, what sparked your interest in gut health?

Dr. Axe: For myself as with so many people I interview, Dr. Eric, it really happened in my own family. My mom growing up was diagnosed with a number of health conditions. And we were always a fit and active and what we



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thought was a healthy family growing up. We got put on antibiotics all the time as kids. My mom, again, was always sick with something.

And at one point my mom was diagnosed with cancer at forty years old. And after going through chemotherapy, she developed some major digestive issues. In fact, there was a period there of almost ten years where my mom would average one to two total bowel movements a week for ten years.

And so my mom growing up struggled with chronic constipation. She struggled with leaky gut issues. She was diagnosed with autoimmune disease like Hashimoto's thyroiditis and depression. And so the first time when she was diagnosed with cancer, she took a conventional approach and was diagnosed with being cancer free. But really her gut issues continued to get worse after that.

And then ten years after that I was actually training in school and also I was working as a nutritionist in Orlando. And she called me and said, "Hi. I've been diagnosed with cancer again. And I have all these other issues. I have autoimmunity. I have chronic constipation."

And I said, "Mom, I really think we need to start at the root cause and start taking care of your gut health." And so she went from a diet of Chick-Fil-A all the time. And the thing is my mom, God bless her, she thought that because she was drinking Juicy Juice and chicken from Chick-Fil-A, that that was healthy.

Dr. Zielinski: I know.

Dr. Axe: But we made radical changes. She started doing vegetable juices and started drinking bone broth. We started do a lot of goat's milk kefir. We would drive an hour out to this farm in southwest Ohio and she would get her kefir and drink that every single day and doing flax meal and following the Budwig protocol and some other things and using frankincense essential oil actually.



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And so she started doing all of these different natural holistic approaches, and she went to her oncologist after four months. And the tumor she had on her lungs had shrunk in half, went back a year later, complete remission.

But the most amazing thing we saw before we even saw the improvements in her CT scan and her cancer diagnosis was after two weeks, her bowel regularity completely changed. She went from having a bowel movement one to two times a week to a bowel movement every single day, became completely regular. And I really believe that that was the key to helping her overcome her Hashimoto's disease. It was key to helping her overcome depression and the chronic fatigue she struggled with and all the other things.

And we've all heard this quote that Hippocrates has said that all disease begins in the gut. But I'll tell you, I'm a big believer in that and seeing my mom completely healed and overcoming everything from cancer to autoimmune disease to food sensitivities, all of those started to lessen. And we really got down to focusing on restoring her digestive health.

And so that was really one of the big things that inspired me is seeing her struggle with her health because, Dr. Eric, I mean you see this for yourself. I know that you've got several wonderful children. If you have a child or let's say a spouse or a parent or someone that you love dearly that's sick, it causes you to put even more hours in.

I remember I was calling every doctor known to man figuring out the best protocols to take care of her. I was spending all night from 5:00 P.M. to sometimes past midnight reading and trying to learn and research what are the best natural approaches to healing the health conditions she was struggling with. And so that was really what sparked and got me into helping people heal from conditions like leaky gut and other digestive issues.

Dr. Zielinski: Now, I know you mentioned leaky gut because that's an interesting term. There's still, unbelievably, people deny its existence, even in



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the medical world. So what exactly is it?

Dr. Axe: Leaky gut, if people want to find it in the medical literature, it's typically termed "intestinal permeability." And there are actually over, I believe, something like 11,000 different studies citing and sourcing leaky gut syndrome or should I say intestinal permeability.

And this really happens when you have a tube that essentially goes from your mouth through your anus. And it is really your body's, aside from your skin, or it works as skin, it lets certain things in and keeps certain things out. So your entire digestive tract basically is that barrier for your bloodstream. And it says, okay, certain nutrients we're going to let into the bloodstream, certain possibly types of microorganisms, things that your body needs it will let in.

Well, when you have chronic inflammation of the lining of your small intestine over time, that will damage something called the tight junctions. And those junctions are the gatekeepers that let certain things in and certain things out. And so with leaky gut, imagine this, imagine you have a fishing net and you get a big tear or hole in it. Well, then certain things that start passing through that shouldn't be able to get through. Well, that's how it works with leaky gut.

To some degree all of us have some form of intestinal permeability. But it's when it becomes hyperpermeable, more permeable than normal, where things that are passing through that are larger like gluten, that becomes a problem. And so one of the common scenarios that happens is you have somebody that they're consuming too many foods that cause gut inflammation. When that happens over time, those holes get bigger.

Proteins like gluten leak through the gut into the bloodstream and then because gluten or unbroken down gluten should never be in the bloodstream, that starts causing inflammation. And your body starts this inflammatory response which over time can turn into these immune or even autoimmune reactions.



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And your body starts to target not just gluten but other tissues and cells in your body that may be similar to gluten, so possibly tissues in your thyroid which can cause Hashimoto's disease, possibly tissues around your joints that can be causing arthritis, and a number of other conditions.

And so essentially leaky gut starts off with that inflammation of the small intestine, those junctions get larger and over time it can lead to immune issues like food sensitivities and further down the road autoimmune-like conditions, as well.

Dr. Zielinski: Wow. Wow. And so you've done all this research. You've spent years helping people through private practice, your virtual practice. You've developed a pretty ironclad protocol. So what are your five healing steps?

Dr. Axe: I say five healing steps. There's a lot of, I could throw in nine and ten, these others. But I think these things here are the five most important things people can do to heal their gut. And I would say number one is remove the triggers. There are so, and I'll go through all of these in more detail in a minute, but there are so many triggers out there that people are just completely unaware of. In fact, there are foods all the time labeled health foods, and these are the very same foods that are causing leaky gut. So step number one is remove the triggers, especially those foods.

Step number two is consume healing and therapeutic foods which we could talk about.

Step number three is use supplementation. Today, I believe, supplements are more important than ever because of the real lack of nutrients we have and soil depletion and a number of other factors.

Step number four is change your lifestyle. There are many lifestyle factors that are causing leaky gut today.



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And step number five is eat right for your gut type. One of the things I've created is a program that really looks at what the different gut types are. And this is based on what are called the five elements of Chinese medicine. What I found, Dr. Eric, is that for some people, there are really different types of leaky gut. And there are different things that cause leaky gut.

For instance, if somebody has a liver or gallbladder issue, and they're not digesting fats properly, that can cause leaky gut. So it's not always just treating the small intestine. Sometimes it's supporting the liver and gallbladder. For other people I have a condition that I call immune gut, and that's really where there's bowel inflammation. And that can be really related to dysbiosis in the gut and a number of other issues.

And so that's one of the things I'll share here at the end of our interview is what I all my five gut types and actually specific personalized protocols for each gut type. So again, those would be what I believe are the five healing steps is addressing those five things if anybody wants to overcome and heal leaky gut.

Dr. Zielinski: So the onslaught of toxicity that we have, it's getting so virtually impossible to find pure water, pure air, pure food anymore. There's so many things that can do it. In your opinion, what are the main triggers? What damages the gut lining?

Dr. Axe: I would say it really does start with food. And there are a number of other things we'll talk about here. But I would say the first thing we have to look at is sugar. And sugar is hidden in everything. A lot of times I will tell my patients or I will teach in seminars that the average person consumes about 80-100 extra added grams of sugar a day.

And I would ask most of my patients and say, "Hey, do you think you consume 100 extra grams of sugar a day?" And most of the time the answer, if it's not a soda drinker and they recognize that that's sugar, they would say,



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"Absolutely not!" What people don't realize, Dr. Eric, is that sugar is hidden in crackers, in pasta sauces, in packaged meats. Almost any product you can think of has added sugar.

And so I would say sugar is probably that number one food that I'm sure a lot of people have talked about. But probably the first thing I would say that really causes leaky gut. So again really looking at sugar, removing sugar from the diet is probably step number one.

Step number two, I would say, or food number two would be cow's milk dairy. There's a protein called beta casein A1, which has been shown to actually in certain cases have twenty-six times more receptor sites than gluten. And so in fact it could be twenty-six times more inflammatory than gluten. And this is why cow's milk, most conventional cow's milk, causes so many issues. A lot of people have food allergies today to casein. In certain cases, lactose.

And this is why I am a big believer in goat's milk kefir and fermented dairy. But doing traditional cow's milk, the truth is dairy can either be white poison or liquid gold. If you look at most cow's milk today because of the casein and the lactose, not to mention the large amount of synthetic chemicals and medications such as estradiol and antifungal drugs and birth control and different things that are found in our milk supply today, all of those things damage our gut lining.

And so drinking the wrong type or consuming the wrong type of dairy is definitely one of the most damaging things anybody can do to their gut health. So that's another big one. And think about that, Dr. Eric, how crazy that is. If the average person listening, if you go to your grocery store, pick up a gallon of milk, there are over twenty different medications and chemicals in our dairy supply. And so that's absolutely something people want to stay away from.

I would say the next thing would be gluten. I know I'm sure we've had, and I know that I've interviewed many people that have talked about the issues with



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gluten today. But it's not just gluten. I would say, in general, the bigger problem is foods that have not been properly prepared. Our ancestors used to practice fermentation and sprouting. And if we look at traditional sourdough bread like a sourdough rye or a sprouted grain bread such as Ezekiel bread, these are foods that most people should be able to digest and eat on a regular basis and have no issue with.

I believe that they really can be healthy foods despite some people will talk about following the paleo diet, which I believe there are some good things about it. But if you're healthy, we should be able to consume these foods. The problem is most of us have gotten to the point where our gut lining is so damaged and there's so much inflammation that your body just doesn't digest grains as well.

And so the way that I like to put it, Dr. Eric, is when we are working to heal our guts, we need to go back to the very beginning and literally eat like we're infants, in most cases. If you think about this, I have taken care of a lot of pregnant mothers over the years and women who once they've given birth really are being very careful after breastfeeding with what they feed their children.

And it's a very similar thing. If you look at popular diets revolved around gut health today. The elimination diet is one of them. But it's the backwards elimination diet. You're adding in. You start with breast milk and then after that you're adding in one food at a time. Maybe it's green beans first and then peas and then sweet potato. And it's a similar thing. It's the mono diet foods that are very easy to digest, which I'll talk about here even more some of the best foods in a minute.

But really jumping back to grains just like is not the first thing you don't want to feed them. But again gluten and grains in general can cause inflammation, but not just regular grains as much. If somebody is consuming a sourdough rye, just one serving a day of grains, that's going to be fine for people with



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mild leaky gut. For someone who has severe leaky gut, they're going to want to stay away from all gluten and all grains for a period of time.

And the last thing I would say is GMOs (genetically modified organisms) are very problematic. In fact, there was a study published in the *Journal of Environmental Sciences*, which was later retracted. But when they looked at the study, they found major issues with the gut lining. And actually there's another study though that wasn't retracted showing that pesticides and herbicides do damage the gut lining and create major inflammation within the gut.

And so especially looking at corn products, soy products, if the word "sugar" is there, a lot of sugar today comes from sugar beets, which is in fact a genetically modified plant. And so again all of these genetically modified foods today wreak havoc on gut health, damage the gut lining, causing leaky gut.

And then artificial sweeteners. If you look at sucralose, also known as Splenda, and aspartame known as NutraSweet, there's a study out showing that sucralose causes gut inflammation and actually kills off beneficial microbes in the gut. So staying away from all artificial sweeteners all together. I would say those are probably the most problematic foods when it comes to leaky gut.

And then jumping into a few other things. When you see medications, both you and I have a very close mutual friend in Suzy Cohen. And she is the author of a great book called *Drug Muggers*. And in her book she actually goes through and talks about the side effects of some of these medications today.

And what we found is...Now, I will say this, the number one medication that causes leaky gut hands down are prescription antibiotic drugs. Antibiotics, in my book that is coming out here, *Eat Dirt*, I talk about gut grenades and gut bombs. And in the book I talk about how antibiotics are like, I call them the A-bomb. It's like the atomic bomb for your gut. It's the worst thing you could



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ever do for permanently, in some cases, damaging your microbiome and damaging your gut lining.

So that's the absolute worse. But then other drugs, and I would say NSAIDS (nonsteroidal anti-inflammatory drugs) such as ibuprofen and Advil and Tylenol and aspirin, those types of drugs are like gut grenades. They are damaging your gut.

And one other thing, you start looking at common medications today. Birth control is one that causes yeast and fungal overgrowth in the system and also robs your body of certain vitamins and minerals. If you look at diabetes drugs today, they damage the intestinal lining. They cause a deficiency in vitamin B12.

If you look at a drug such a statin drugs like Lipitor, Mevacor, Zocor, they actually rob your body of coenzyme Q10, as well as B vitamins and other antioxidants within your system. And a lot of these nutrients are there also to protect your gut to help with cellular function.

And so again there isn't a single medication or drug out there, Dr. Eric, that in some way isn't directly or indirectly causing some form of leaky gut whether it's, you know, you look at a lot of these drugs too, they're causing liver toxicity. And your liver's responsible for helping break down fat. Well, if your liver isn't able to produce bile to break down fat, well then your small intestine has to make up for that.

So if you've had your gallbladder removed or anything like that, those people have a greater incidence of leaky gut because there's more strain on their small intestine because the liver and the gallbladder are overburdened. And so I would say medications along with the food today. These are some of the biggest causes today of leaky gut.

Dr. Zielinski: Wow. Wow, wow, wow. I want to say like fifteen different things.



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That was awesome, Dr. Josh. I mean, really. I've got to say two things off the top of my head just to encourage everybody. This antibiotic thing is criminal. I don't even know how it's legal, and it just boils my Sicilian blood because it's killing us. And the reality is antibiotics didn't hit the market until the 40's after World War II.

And before that, if you know anything about history, we know that soldiers in World War II used oregano oil as an antibiotic remedy, right? And so it changed. It changed so you don't need them. You don't need them at all. And one thing, Dr. Josh, I want to give you just a little pat on the back for what you said.

You glossed over it a little bit. But I think it's really important because what you're condoning—correct me if I'm wrong—is you're not condoning people to abstain from things for the rest of their life. For example, good, healthy sprouted grains. You are trying to help people heal themselves so they can eat good foods. And am I correct with that?

Dr. Axe: Absolutely.

Dr. Zielinski: And see that's key, folks, because most folks out there and a lot of people that we see on the Internet, they're just like, "You abstain this for the rest of your life." Well, that's not healing. That to me is fear-based. And I love what Dr. Axe is doing on his website and all that he teaches because Dr. Axe is teaching empowerment. And so with that, Dr. Axe, let's empower people here. What foods are the most healing?

Dr. Axe: There are what I believe to be about five to seven foods that are the most healing. And one of the things I forgot to mention, Dr. Eric, before I jump into that. I want to actually give people some warning signs that they have leaky gut because I think that often times people say to themselves, "Well, leaky gut sounds severe. I don't think I have that."



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Well, leaky gut isn't necessarily, you won't necessarily have digestive symptoms. If you have any one of these symptoms I'm going to list off, that's a warning sign that you do have leaky gut: bloating and gas on a regular basis, any type of bloating or that feeling of fullness after eating. That's a warning sign that you have leaky gut.

Food sensitivities is a huge one, any sort of food allergy, food intolerance or food sensitivity. That is probably the number one warning sign that you have leaky gut. If you've ever done an IgG test and you can tell that if your nose runs or you get stuffy after eating a food, that could be a warning sign.

Thyroid conditions, especially Hashimoto's disease. That's a warning sign you have a leaky gut. Fatigue of any type whether it's adrenal fatigue, lack of motivation, chronic fatigue is a sign. Joint pain, arthritis, headaches- both migraine and tension. Skin issues like rosacea, psoriasis, acne, and dermatitis are warning signs. I see that with so many kids today. Eczema, that's a warning sign they have leaky gut.

Digestive problems such as inflammatory bowel disease, IBS, weight gain, even type I diabetes are all autoimmune disease. Those are warning signs you have leaky gut. And that's the thing about leaky gut is it can affect every area of your body from your brain. In fact, there's studies linking it to ADHD, autism, anxiety, depression, and Alzheimer's. Your skin as we talked about, your thyroid, your adrenals glands, your colon, your joints, your sinus and mouth. So leaky gut is an issue that really is it's systemic inflammation throughout the body.

Now, in terms of foods that are therapeutic for leaky gut. I would say the number one food, many people have heard me talk about this, but it is bone broth. Bone broth is where you take the ligaments, tendons, and bones of often times poultry or beef. And actually you can do with venison and fish, as well.



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But the minerals and the amino acids are extracted out of the bones, and typically we do this in a slow cooker or a Crock Pot. You put the bones in there for twenty-four to forty-eight hours and what's released into that liquid is collagen and also what makes up collagen is proline and glycine.

And there are other amino acids in smaller amounts such as glutamine and arginine. But proline is an amino acid that really helps rebuild damaged tissues. And over time our skin starts to sag. We start to get wrinkles. This is also a cause of cellulite build up. If your body isn't producing enough collagen, it causes weak cell structure. Proline is that main amino acid that really helps support the repair and the strengthening of your collagen and your connective tissue. So it can help with wrinkles.

But also imagine your weakened gut lining. Well, proline helps strengthen and repair your gut lining and tissues. Glycine, another amino acid found in bone broth, is actually very good for detoxification. It's also essential for cellular and tissue repair as well as is glutamine. And those are all found in bone broth. So one of the things that I've had patients do over the years, Dr. Eric, is do a bone broth cleanse. And that's where they maybe for one to three days, they just drink bone broth.

And then sometimes along with that if they're not capable of doing that, I basically have them do a vegetable and chicken broth cleanse where they're just in a Crock Pot they're making chicken. They're making vegetables, and they're doing broth. And so it's a chicken vegetable soup and eating that for most of their meals during the day. And it's very hearty. It's very warming. But it's probably the most healing meal somebody can consume is doing that bone broth.

My second healing food would be raw, cultured dairy such as goat's milk kefir or true, homemade yogurt. And the great thing about kefir from goat's milk and yogurt is that it's going to be free of beta casein A1, but it is your most probiotic-rich food. It's loaded with lactobacillus. It's the most diverse in



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overall species. We know we want a lot of different types of probiotics in our diet. And so for that reason, kefir is a fantastic super food to consume.

I talked about my mom earlier. I really believe that this was the main food that healed her. What I do with a lot of my patients when they're just getting started is again they start with the bone broth, doing the chicken vegetable soup as their first meal when somebody has severe leaky gut. Then I have them start adding in the kefir one serving a day.

And then the next food I have them add in, food number three, are fermented vegetables. And fermented vegetables such as coconut kefir, kava, sauerkraut, kimchi, these are foods that are very high in probiotics such as lactobacillus planterum. But they're also high in something called organic acids.

And in order for microbes to grow within your body, you need several things. You need prebiotics. You need probiotics. But you also need a certain pH in your body. And so that's one of the great things about consuming fermented vegetables and fermented vegetable juices is that they really support your stomach and your small intestines in balancing out your pH and your body's secreting enough gastric acid. And so for that reason fermented vegetables like sauerkraut.

And when you're starting off with fermented foods, listen, you don't need a lot of fermented foods. You don't need to be eating like sixteen ounces of sauerkraut a day. Really it's just a couple forkfuls and spoonfuls. A lot of people actually overdo it at the very beginning, and their body has a reaction. And so they may have an issue like diarrhea.

So when you're starting off with fermented vegetables, if you've never consumed them before, I encourage you start off with about a teaspoon of sauerkraut juice or just one spoonful and then over the course of a month maybe at the end of the month and you have a serving which is about the size of a tennis ball.



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But most of us don't need to go over that. I think a lot of times, Dr. Eric, people think, well, the more the better. Maybe I should eat fermented vegetables every single meal. No, you don't actually need to do that. You need to eat about a tennis ball, one serving a day. And you can do more. You can do up to two or three servings over time, but that's actually a food most people need to work their way into if they're new to fermented foods.

I would say the next group would be steamed vegetables. A lot of people think, Dr. Eric, that raw vegetables or a raw food diet is the most healing diet. And that's absolutely false. Now, if somebody has issues more related to toxicity and their gut's pretty healthy but they have a toxic liver, well, in that case raw veggies and raw veggie juices are some of the most healing.

But for those with leaky gut or any type of bowel or gut inflammation, you actually want to stay away from raw vegetables. And I know that may surprise some people. And I'm not saying you should never eat raw vegetables. But at the start for the first ninety days in a gut-healing program, you want to reduce or eliminate raw vegetables.

And then afterwards once that ninety days is up and you've strengthened your gut enough, then you start adding in some raw vegetables like maybe some spinach, especially cruciferous vegetables like raw broccoli is very, very difficult to digest. So in truth, if you're trying to eat raw vegetables, they could be more damaging to your gut than actually healing at the start.

So that's why you want to start off with slow-cooked, like in the crock pot, veggies or steamed vegetables or boiled because they're still very high in nutrients. They're easy to digest. But you do want to get vegetables because they're going to be the highest in reparative nutrients, such as vitamins and minerals.

And a few other foods here, healthy fats. I recommend coconut oil. Coconut oil is antimicrobial in nature. And because of that, it's one of the best especially if



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somebody's struggling with something like candida if they have leaky gut.

And then fruit, you can have fruit in your diet. I really only suggest at the start maybe one serving a day. And that's really all most people need. And if you do have candida, you actually don't want to do any fruit to start. Once you get your candida under control, adding fruit back then.

And then last but not least, omega-3 rich super foods, especially fish, wild caught salmon, wild caught mackerel, fish that are high in omega three fatty acids. There are some good studies that those with ulcerative colitis and Crohn's disease greatly benefit from consuming omega three rich fish. So again, salmon and mackerel are two of the best loaded with omega-3 fats, very healing to those with gut issues. So I would say those are my top healing foods for leaky gut.

Dr. Zielinski: Dr. Axe, you don't propose just people just like steaming the fish and eating it just plain Jane. Your website is filled with recipes that are just absolutely tasty. So I want to encourage people. Take a look at DrAxe.com. Look at his recipes because like I tell folks that we coach all over the world, we don't propose eating rice cakes and cardboard all day. Our diet, and correct me if I'm wrong, Josh, but our diet, in my opinion, is even tastier than what it used to be. The flavors we get versus the fake, artificial flavors that we used to get before we ate this way, to me you can't even compare.

Dr. Axe: Oh, absolutely. Well, I'll tell you, Dr. Eric, for myself at one point I was living down in a home in Florida in Naples. And I myself actually developed leaky gut because there was mold throughout the home. And I didn't realize it. And I started having all of these issues. And so I had to nurse myself back to health.

And so I started with bone broth and all the foods that I'm recommending to everybody. And once I started and I found that, you know what? This tastes amazing. It was so hearty, so warming, so fulfilling. Over the next ninety days



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as my gut became completely repaired and healed, I started adding back in grains as you're saying. For instance, my wife and I, Dr. Chelsea, every Friday night we have healthy pizza night here at the Axe household or we do some sort of fun, festive—

Dr. Zielinski: What's your address? Hold on a second. What's your address? Because we're coming?

Dr. Axe: Yeah. Oh, yeah. Come on. We'll do a gluten free tortilla and then pile on, we do organic chicken and mushrooms and fresh basil and onions and yellow bell peppers. And then we'll sprinkle on a little bit of goat cheese or sheep cheese. And we'll pop it in the oven for eight minutes. And bam, you've got a healthy, homemade flatbread pizza.

So anyways, we have recipes like that on my website. If you go to DrAxe.com and search healthy recipes. Also we have a free e-book that's full of free recipes if you want recipes like that there on DrAxe.com. Just go to home page and e-books like *Superfood, Super You*. And I've an e-book on healing gut health and all of that there for people to download.

But, yeah, you know, as you were saying, Dr. Eric, I know you and I, we're foodies. We love food. Our families love food. You can follow a gut healing diet, and it can taste amazing.

Dr. Zielinski: Oh, exactly. And one thing, folks, don't gloss over the fact of what Dr. Axe just shared with you. I want to give a word of unsolicited advice and caution. Watch out who your Internet doctor is. You just heard it. Josh helped cure himself and his mother of chronic disease and illnesses that could have taken his mother's life. It could have ruined his own health.

You want to work with someone, you want to follow the advice, especially online, from someone who knows what it's like to be sick. There's some folks out there who have never been sick in their life, and they propose to be the



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expert. There's a major difference between book knowledge and experience. So I just want to give Dr. Axe a pat on the back here. I know he doesn't miss, he's a very humble man.

I know he doesn't ask for this. But what you're hearing today has been birthed from literal blood, sweat, and tears. And when someone like Dr. Axe and myself who we have suffered with chronic health conditions and we overcame them, we understand. We have empathy. And that's the reason why we do what we do.

The time and energy and money that it takes to produce DrAxe.com is literally an act of service. It's an act of God. It's a ministry. So with that, Josh, thanks so much, man. I really appreciate you sharing that and just encourage folks out there that you're really the real deal. And so let's transition into supplementation. This is important. There are a lot of supplements out there. So, in your opinion, when it comes to healing leaky gut, what are the key supplements?

Dr. Axe: Sure. Well, I would say number one, without a doubt, are probiotics. Probiotics are something most of us are deficient in. We're not getting enough of these good microbes in our diet. And so taking typically two capsules once to twice daily of a good quality probiotic supplement is key.

The problem is most probiotic supplements today are absolute junk. They're not living. They're dead by the time you're taking them. So you want to get a high quality probiotic supplement, a living or a live probiotic supplement to take, or even a microbiome supplement, a microbiome support on a regular basis.

And look for species such as lactobacillus planterum is a plant species that's found in sauerkraut but also in probiotic supplements. Lactobacillus I would say is great. Bifidobacterium is important. Also, I like some of the soil-based species such as bacillus subtilis bacillus clausii are two of my favorites, as



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well. So those are some that you might look for. But probiotics number one thing I think we should be taking.

Number two, L-glutamine. If you have intestinal permeability, five grams of glutamine a couple times a day or getting a leaky gut support supplement with L-glutamine is important. But glutamine it really acts to protect your gut from further damage, and it's actually fuel that is often times used by your intestines. And so again glutamine would be my number two supplement.

Number three would be digestive enzymes. In order for your gut to heal, it often times needs help with absorption and really the break down of food particles. And so digestive enzymes, two caps with meals, can really support your body and the breakdown of nutrients. And so again I think digestive enzymes are very important.

And then I would say just a few others. A fish oil is great. Vitamin D is great, as well with a fish oil because those really support immunity and reducing inflammation. And then one of my favorites and, Dr. Eric, I know you're going to be a fan of this one, frankincense essential oil.

Dr. Zielinski: Oh, yeah.

Dr. Axe: And there's some great research out there on the compound that's found in frankincense called boswellia or boswellic acid and its ability to reduce inflammation. I found out a recent study online that supplementing with boswellia helped reduce symptoms of inflammatory bowel disease and helped reduce gut inflammation.

And just a few others to consider, aloe vera juice can sometimes be beneficial. Ginger and peppermint are also fantastic. And then other herbs like marshmallow and licorice root. In fact, licorice root extract is definitely one of my favorites. It works as an adaptogenic herb, supports both the stomach and the small intestine and those work well.



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But I would say, if you're looking and you want the most important supplements to take for gut health, probiotics, number one, and then along with that after that it's going to be glutamine, enzymes, and frankincense.

Dr. Zielinski: Awesome. Awesome. Now how about lifestyle when it comes to mind-body connection? When it comes to exercise? What have you discovered with that?

Dr. Axe: Without a doubt, lifestyle is the number one overlooked therapy when it comes to healing leaky gut. In working with thousands of patients of inflammatory bowel disease over the years, Dr. Eric, I can tell you that when they would consume gluten, they would notice a big flare up.

But what would affect their body just as much is a stressful emotional experience. If they were studying for a test and they were getting stressed out about that or something at work or emotional stress, without a doubt, triggers and causes leaky gut syndrome. And so I believe not just following a dietary and supplement regime, but a healthy lifestyle regime is important.

I've had patients come into my office over the years and they've been to other doctors, and they would come in and say, "Well, my doctor told me I needed to reduce stress." And I said, "Well, what did he tell you to do?" They said, "Well, he didn't. He just told me I needed to reduce it." That's not very helpful. I actually think a lot of people, Dr. Eric, don't actually understand what stress is. And I also think a lot of people don't understand how you actually treat it so let me explain this.

Stress, if you're a type A personality, you are stressed most of the time. And that doesn't mean you're worrying. Okay, so worry is one form of stress. That's what most people correlate with being stressed. If you are a workaholic and working all the time, even though you may not worry about things, that actually is a severe, severe form of emotional stress that we may not realize.



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If you're under financial turmoil, obviously we think of that as being another form of stress but also things like frustration or anger. So when you're angry, you may think well, that's me just being angry. But no, that's a form of, all of these things are forms of stress.

And so one of the best ways of dealing with those is through personal growth as well as through scheduling in times of rejuvenation/relaxation during your week. And so a lot of us don't schedule in things we love to do. So the exercise I do with my patients, Dr. Eric, is I have them get out of a sheet of paper. On the left side of the sheet I have them write down all of the things that are stressing them out: different relationships, things at work.

When we look at that list, they'll maybe list off twenty things, and fifteen of those things are out of their control or at least half of them. And so those things I really say, "Hey, let's give those over to God. Let's not worry about those any more." And those are things we deal with. And then the other things, we really learn how to deal with those. And that exercise helps.

But on the right side, this is the most important part. I ask the person...And I'll give you an example. I had a patient Julia who was seeing me. And I had her write down all the things she loved to do. And so she wrote down walking around the mall. And she loves spin class. That was another one. And she loved doing lunch with this group of girlfriends she had and date night with her spouse was on the list. And so she had all of these different things listed out.

And I asked her, I said, "Okay. In the past month, how many times have you done any of those things?" And she's like, "Well, I do spin class. Well, actually I only went twice because I got busy with this and this and this." And I said, "Okay, well, what we need to do is we need to schedule these things." And so we really went through and in her schedule just like going to work, just like bringing one of her kids to soccer practice, we scheduled out free time for herself, time to read novels and books.



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We scheduled in a detox bath, which I think everybody should do. Basically she did a cup of Epson salts with chamomile and lavender essential oil, and she would just soak in the tub at night. So we really scheduled in these times because when you're feeling stressed, whether it be anger, frustration, being a type A personality, a workaholic or worry, those things raise cortisol. That causes intestinal permeability and leaky gut. And so I think all of those strategies are crucial for healing leaky gut.

Dr. Zielinski: That's awesome. So, wow, this is unbelievable. And again, folks, I've got to keep on drawing you back to DrAxe.com, several articles on this. Dr. Axe has got programs. And talk a little bit about that, Dr. Axe. You have this eating for your gut type program, right? What's that about?

Dr. Axe: Right well, I do have a program called The Healing Leaky Gut Program. If anybody wants to learn about it, they can go online. Just do a Google search for "Dr. Axe healing leaky gut," and type in the word "program" after it. And you'll see more there.

But really I've found through studying, Dr. Eric, over the past couple years I spent a lot of time reading and researching Chinese medicine. And what you find in Chinese medicine is you have really five different, what they call, elemental types. And within those, what the Chinese believe and understand is that the emotions you experience and the way God wired you will cause you to be more susceptible to certain organ or illness-based conditions.

And let me give you an example. If you're a person to where let's say you come up into a road block in life, there's a lot of different ways somebody can respond, Dr. Eric. One way is through fear. Okay. And so you come up with something. You start getting fearful. Let's say you run into a financial issue. You can respond with fear.

And think about this. With fear, what does that affect? Well, it actually affects the kidneys and the adrenal glands if you're struggling with fear. And think



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about it. If somebody gets really scared, they can actually pee themselves. This oftentimes happens if a little kid gets scared at night because that affects the kidneys. So if you're struggling with fear on a regular basis, you are damaging your body's adrenal glands, can cause adrenal fatigue. You're affecting your bladder and your reproductive organs. That can be causing hormonal issues, as well. And your kidneys, as I mentioned. So again fear affects those organs.

And then if your kidneys aren't working right and your hormones are imbalanced, well hormonal issues can actually affect the gut causing leaky gut. So if I have a patient who is struggling with that emotion or that I actually have labeled that a stressed gut type because they tend to have adrenal and thyroid issues well I not only work on repairing on their gut, I also have them consume foods that are healing and nourishing to the adrenals and kidneys. And those are foods that are nutrient-dense and that are dark color foods that are typically blue and black. Blueberries would fall into that category. Kale would fall in that category. But those are for stressed gut type.

Another gut type is the toxic gut type, and those are for people that deal with frustration and anger. Think we're talking liver and gallbladder. Think an angry drug. Well, being angry all the time or having if you drink alcohol, what does it do to some people if they over consume it? Well, it typically causes anger issues and frustration.

But if you're the sort of person that okay, you come into a financial crisis, you start getting angry at things, you start getting really frustrated about the situation you're in, frustration directly affects the liver and the gallbladder and your digestion of fats. And if you're not digesting fats properly and your liver and gallbladder over overburdened, that causes excess toxicity in the body and also causes your small intestine to have to break down fatty acids now.

And so if you're a toxic gut type or deal with frustration and anger, you not only want to eat the foods that I explained here in healing leaky gut. You also



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want to consume foods that nourish the liver and gallbladder, and you want to take herbs like milk thistle and consume foods like artichokes and beets and foods that really support those areas and those organs.

And just the last few gut types here, my number three gut type is the immune gut type. And if you're struggling with an issue such as inflammatory bowel disease or food sensitivities or IBS, those are big warning signs that you're an immune gut type. And that typically means that you tend to struggle possibly with grief or depression or you could be prone to that.

So, again, you come into a financial crisis, you get depressed about it. You start to lack motivation. That affects the colon and the lungs. And so the best foods for that are things like white foods—cauliflower, onions, garlic, coconut oil—foods that really nourish those specific organs. And that diet would be very similar to, let's say, like a GAPS Diet.

The number four gut type is what I call the gastric gut type. This is people that are struggling with acid reflux or even heart issues, which is very common. The best foods for that gut type, and that emotion tends to be if you're a person when you come into conflict, you have a sympathetic response, your heart starts beating faster, you start sweating or you get sort of red in the face, you have that sort of response, that's gastric gut type. And you want to consume a lot of bitter foods, bitter foods support. Bitter and sour foods such as chard is a great bitter food. Sour foods such as sauerkraut is also beneficial.

And my last gut type is the candida gut type. And candida is actually caused by excess dampness in the body and issues in Chinese medicine with your spleen and pancreas. And if you're a candida gut type, staying away from cold foods is important, really consuming a lot of warming and nourishing foods.

So think of fall foods like a shepherd's pie, warm like sweet potatoes, peas, these corn, things that are naturally sort of sweet, not overly sweet but mildly



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sweet are very good for that gut type of the candida gut type. Pau d'Arco tea, the number one tea for healing and eliminating candida by far, very effective in that way. And candida gut types are the people that tend to struggle with worry and anxiousness, and that actually is related to the stomach and the spleen and the pancreas.

And so if people want to learn more about and actually I have a quiz where you can take a quiz for your specific gut type. Simply go to DrAxe.com or look up Dr. Axe Healing Leaky Gut Program. And you can find more about the gut.

And all these gut types actually I have a whole gut type program you'll find in my book coming out, *Eat Dirt*. And so in that book if you check out *Eat Dirt*, actually it's a step-by-step program on how to heal leaky gut as well as the five gut types as well as the recipes you need to follow for healing leaky gut.

Dr. Zielinski: Wow! You're just going, man! I've done a lot of interviews. And more people kind of taper off around thirty minutes, and they kind of slow down. You're just like you're like on fire.

Folks, how can you take notes? You're either a professional transcriptionist. You got to listen to this five times. Or you know what? Forget it! Just buy it. Just click on the banner and listen to this over and over. Dr. Axe just gave us a ton of awesome information. Thanks so much, man. I love and appreciate you. I really, really do. Just thank you so much.

And, folks, thank you for joining the Heal Your Gut Summit. And as we known, we've heard it so many times, literally anywhere between 70-80% of the immune system exists in the gut. And as you heard from Dr. Axe, complete healing starts in the gut and by really addressing leaky gut and other related conditions.

So please, please, please take this life-saving information home with you, click on the banner beside or below, and make sure you give it to your loved ones.



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And don't forget to visit DrAxe.com. You will not be disappointed.

This is Dr. Eric Zielinski. And as always my hope and prayer is that you and your family experience abundant life in health. Remember, it all starts in the gut. Thanks, everyone.