

GUT HEALING CHECKLIST



There are many factors which cause an unhealthy gut: lack of healthy bacteria, infection, parasites, stress, toxins, and even certain foods you eat.

These circumstances cause the gut lining to become more permeable, meaning the contents of the intestines can leak through. This is what we call "leaky gut".

When undigested food proteins and other "foreign" particles begin leaking through, the immune system mounts a response. Mediators (released by immune cells) are released, causing inflammation, hormone changes, vascular dilation, smooth muscle contractions, and other physiological effects.

If left unresolved, these changes lead to tissue damage, abdominal pain, muscle and joint pains, headaches, mood swings, skin breakouts, rashes, brain fog, bloating, irregular bowel movements, autoimmune disease and other conditions.

HOW TO HEAL YOUR GUT & MAINTAIN FOR LIFE!



IDENTIFY THE EXACT FOODS AND CHEMICALS THAT ARE TRIGGERING AN IMMUNE REACTION

- Avoids restricting your diet unnecessarily and ensures that all trigger foods can be properly removed
- MRT food sensitivity testing is the most accurate means of doing this

01

02

REMOVE ALL BUT YOUR SAFEST, HEALTHIEST FOODS

- Exponentially speeds up healing, and allows the immune system to calm and restabilize
- Ensure proper removal of ALL reactive items. Watch for hidden sources.



03



SUPPORT ACCELERATED HEALING

- Improve digestion
- Manage stress
- Keep gut contents moving (but not too much!)
- Remove irritants
- Optimize nutrition

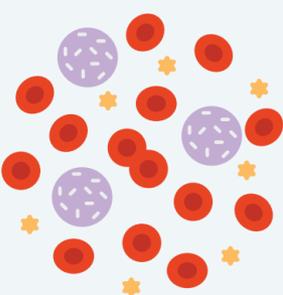
04

REINTRODUCE FOODS ONE AT A TIME

- Once healing has taken place and your system has stabilized, reintroducing foods slowly allows for identification of other types of reactions, or remaining sensitivities
- Keep track and note any symptoms



05



REPLENISH THE MICROBIOME

- Essential for ongoing gut health and immune system modulation
- Consume foods which replenish and feed healthy bacteria

06

RESTORE THE GUT LINING

- Prevents the passage of gut contents into the blood
- Prevents mediator release and food sensitivity reactions



07



MAINTAIN YOUR NEW HEALTH STATUS!

- When you're feeling amazing you want to keep it that way and prevent future issues
- Avoid stress, foods you remain reactive to, and continue healthy gut habits

NEED HELP?

Check out the Transformation Healing Method online program,

TESTING INCLUDED!



Transformational
Healing Method