

JJ VIRGIN



**GUT
HEALING
TIPS**
& PROTOCOL



MY TOP TEN GUT HEALING TIPS

Some people think gas, bloating, running to the bathroom, and other post-meal misery is normal. They've struggled with these symptoms for so long that they couldn't imagine feeling satisfied and comfortable after meals.

I'm here to tell you these and other symptoms aren't normal. Gut issues like intestinal permeability (more commonly called leaky gut) are the underlying cause. In *The Virgin Diet*, I wrote about seven food intolerances that frequently contribute to leaky gut and all its associated symptoms, including weight loss resistance.

Gut health has never been more vital. Stop and consider that 70-80 percent of your immune system resides in your gut. Almost 95 percent of your feel-good serotonin is manufactured in your gut. Your gut houses about 100 trillion microbial cells!

You can then understand why a compromised gut, characterized by intestinal permeability and other issues, makes you sick, tired, fat, age prematurely, and inflamed. That's why you want to do everything possible to maintain optimal gut health.

"Just give it to me in a nutshell," a friend asked me about how to fix her digestive problems. "If you could give me 10 easy-to-implement tips to improve gut health, what would they be?"

I brainstormed these strategies that will quickly heal your gut, create a new normal for you, and finally help you ditch that stubborn weight as you regain your health.



MY TOP TEN GUT HEALING TIPS

1

Add freshly ground flaxseed to your protein shakes. This gut-healing food is both anti-inflammatory and high in fiber. It has lignans, which are great for modulating hormone response. Freshly ground flaxseed is also rich in anti-inflammatory omega-3 fats and gut-healing fiber.

2

Supplement with glutamine powder. Glutamine is an amino acid that provides a powerful two-for-one punch: it's a fantastic gut healer that can also help with sugar and alcohol cravings. Glutamine is also among the nutrients in [Leaky Gut Support](#).

3

Go gluten-free. Gluten can trigger the release of the protein zonulin, which regulates the permeability of your intestines. When zonulin is out and about, it loosens the tight junctions in your gut. Suddenly, proteins and toxins not meant to penetrate your gut wall slip into your bloodstream and incite an immune response. When clients go gluten-free, they notice almost immediate relief as they reduce inflammation, improve gut health, and finally gain fast, lasting fat loss.

4

Control stress levels. Numerous culprits contribute to food intolerances, and chief among them is chronic stress, which causes your gut to become more permeable. Meditation, yoga, deep breathing, or just walking your terrier around the block: Figure out what works to help you de-stress and prioritize it. [Check out this blog to learn how to naturally reduce stress levels.](#)

5

Get 7-9 hours of sleep every night. Suboptimal sleep — either not enough or not under the right conditions — can totally sabotage your weight, not to mention the rest of your health. This isn't just a matter of "it would be nice if..." Sleep is essential. Insufficient sleep will make you fat and erode gut health.

6

Curb inflammation. A pro-inflammatory diet — aka the Standard American Diet (SAD) — becomes the foundation of poor gut health, obesity, and pretty much every disease on the planet. That's why you want a wide anti-inflammatory food and nutrient arsenal. Eat wild-caught fish 3-4 times a week, and if you don't, take a high-quality fish oil supplement. Sprinkle turmeric, rich in anti-inflammatory curcumin, onto your food. Walnuts, flaxseed, and grass-fed beef are among the other anti-inflammatory foods that can boost gut healing and aid fast, lasting fat loss.



MY TOP TEN GUT HEALING TIPS

7

Curb water during your meals. While I want you to drink up, cut water consumption to about 8 ounces during your meals. I find that people are often eating their protein without properly digesting it, either because they're drinking too much water with their meal or because they lack digestive enzymes. If you need extra digestive support, consider **Digestive Enzymes** before meals.

8

Eat fermented foods. Fermentation is a little bit like predigesting your food. Hard-to-digest elements, such as lactose, are consumed in the fermentation process, making everything easier to digest and lowering the overall sugar content. Fermented foods like kimchi and sauerkraut also contain beneficial bacteria that act as pre- and probiotics. That helps feed the healthy bacteria in your gut. That is your warrior defense system. Eat them liberally! If you struggle to eat fermented foods (let's face it: they aren't prevalent in every diet), consider **Microbiome Balance**.

9

Go low-sugar impact. Among its numerous problems, sweet and starchy foods raise blood sugar, which raises insulin, which leads to inflammation. Transitioning onto a low-sugar impact diet will help heal your gut, improve inflammation and... well, just about everything, and give you a nice little "bonus" of fast, lasting fat loss.

10

Spice it up. Add herbs, spices, and other seasonings liberally onto your foods. Garlic is an anti-inflammatory, antiviral, antifungal, and antimicrobial powerhouse. And ginger is an antioxidant that reduces inflammation and supports gut healing. If garlic and ginger taste too pungent, consider supplementing with these **rock stars**.



GUT HEALING PROTOCOL



Gut Healing Protocol

- Digestive Enzymes** 1-2 with meals
- Microbiome Balance** 1-2 capsules per day
- Gut Healing Shake** drink 1 per day

Optional: additional serving of **Leaky Gut Support**

GUT HEALING Apple Pie Shake

- 2 scoops JJ Virgin's Paleo-Inspired Vanilla All-In-One Shake
- 1 tablespoon JJ Virgin's Extra Fiber
- 2 tablespoons freshly ground flaxseed
- 1/4 cup unsweetened applesauce
- 1 tablespoon JJ Virgin's Leaky Gut Support
- 3 tablespoons So Delicious Dairy Free Cultured Coconut Milk
- 1 cup KeVita Coconut Sparkling Probiotic Drink
- 1/2 to 1 cup of ice (your preference)
- Dash or two of cinnamon

Blend all ingredients until smooth and enjoy right away.



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