

Appendix 16: Applying the Four Steps to Better Digestion and Health

<i>Steps</i>		<i>Goals</i>	<i>How?</i>
1	Control Digestive Symptoms	<ul style="list-style-type: none"> • Improve quality of life • Prevent further damage to the gut • Avoid further nutritional deficiencies • Support digestion • Soothe inflammation 	<ul style="list-style-type: none"> • Follow appropriate treatment per your doctor's recommendations • Follow the elimination diet protocol (eat REAL foods and avoid processed foods) • Manage your stress and sleep enough • Use digestive aids as needed (ox bile, betaine HCl, digestive enzymes)
2	Repair Your Gut	<ul style="list-style-type: none"> • Control systemic symptoms • Improve digestion/absorption • Promote better food tolerance • Prevent/manage autoimmune conditions • Soothe inflammation 	<ul style="list-style-type: none"> • Same as step 1 • Eat nutrient-dense REAL foods • Manage your stress and sleep enough • Take homemade bone broth • Avoid food triggers • Supplement as needed: <ul style="list-style-type: none"> ○ L-glutamine ○ Zinc ○ Vitamin A ○ Omega-3 fats ○ Probiotics
3	Nourish Your Body	<ul style="list-style-type: none"> • Support gut repair • Improve digestion/absorption • Optimize overall health and well-being 	<ul style="list-style-type: none"> • Eat nutrient-dense REAL food • Avoid processed foods • Manage your stress and sleep enough
4	Prevent Recurrence	<ul style="list-style-type: none"> • Correct gut dysbiosis • Maintain stomach acid barrier • Promote regular cleansing waves • Strengthen your immune system 	<ul style="list-style-type: none"> • Eat fermented foods or use probiotic supplements • Follow your BYO diet • Manage your stress and sleep enough • Use digestive aids as needed (betaine HCl, digestive bitters, ox bile) • Space your meals every 4-5 hours and fast 12 hours overnight if possible