



MENO CLINIC  
CENTER FOR FUNCTIONAL MEDICINE

# Gut Healing Protocol



For over 20 years in my clinic, this has been the core basic starting point towards a path of reduced inflammation and improved immune system by healing the gut.

## Super Probiotic

1/day. Take with food daily. We like to keep it refrigerated to maintain potency, if travelling just don't expose to extreme heat.

- This will re-establish the good bacteria in the gut. I recommend taking this with breakfast.

## Glutamine Powder

1 tsp in water per day ideally between meals or before a meal, not with meal as gut needs it as sole protein to heal.

- Glutamine is "Neosporin for the gut" which aids in the healing of 'leaky gut'.

## Digestion Support

1 cap daily with largest meal (dinner usually)-not need with smoothie in am.

- These are digestive enzymes which support nutrient absorption.

## Organic Super Protein (Chocolate or Vanilla)

Dairy/Gluten/Soy free protein-Certified Organic

## Basic Smoothie Guide

1. 3/4 – 1 scoop. use Nutribullet/Magic Bullet/Vitamix or just blender
2. Add almond milk or coconut milk (coconut is better due to fatty acids) organic/unsweetened in the dairy aisle, not canned coconut milk, 50% more calcium than dairy
3. Best for Vanilla: Add fresh or frozen fruit to taste
4. Best for Chocolate: consider adding 1 tsp nutbutter and/or banana
5. Couple ice cubes makes it cool smoothie