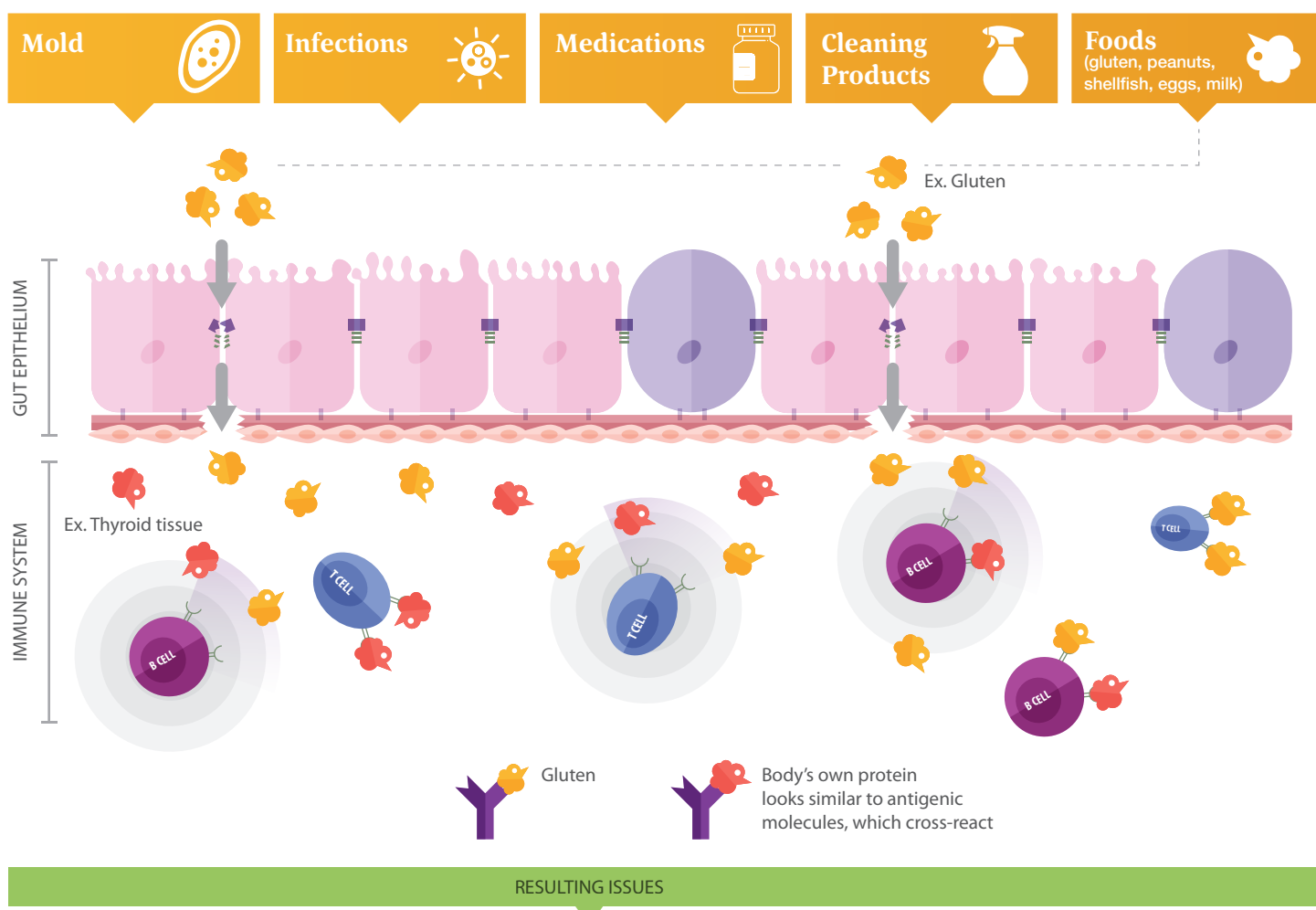


A Healthy Gut for Healthy Immunity

A leaky gut, or intestinal permeability, is the gateway to autoimmunity. Cells in the gut have a gating system with proteins called tight junctions that only allow nutrients to pass through while keeping pathogenic bacteria, viruses and parasitic agents out of circulation. When there is a constant influx of toxigenic agents, these tight junctions can degrade, creating entry points for pathogens to pass through the barrier. The cells of the immune system, which include B cells and T cells, recognize these as foreign or “non-self” entities and work to remove them from the body. However, many of these foreign molecules resemble the body’s own proteins and tissues. This causes a cross-reaction in which specific T cells are not able to distinguish between non-self and self molecules.



AUTOIMMUNITY

HASHIMOTO'S THYROIDITIS
RHEUMATOID ARTHRITIS
MULTIPLE SCLEROSIS

To restore gut-immune health, it is important to remove inflammatory triggers and then incorporate lifestyle interventions. Poor dietary choices, chronic stress, negative emotions, antibiotics, and use of NSAIDs are some of the most common instigators of poor gut-immune health. To reverse the autoimmune cascade and promote long-term wellbeing, lifestyle and nutrient interventions are a must.

Lifestyle Recommendations



Eat a plant-based diet

A fiber-rich, plant-based diet supports the diversity of the gut microbiome. The fiber found in plants also feeds the beneficial gut bacteria and helps maintain digestive regularity.



Manage stress

Overwhelming stress negatively impacts both the gut barrier and healthy bacteria. Getting adequate sleep, scheduling time off, and stress relief tactics support gut, immune, and mental/emotional health.



Exercise

The gut and immune system have high energy demands for optimal function. Exercise has been shown to promote energy production at the cellular level. Aim for at least 30 to 45 minutes of exercise per day.



Avoid dietary triggers

Constant exposure to inflammatory triggers such as sugars, refined carbohydrates, alcohol, coffee, and NSAID medications can ignite intestinal damage. These triggers damage GI barrier function and send the immune system into overdrive. Removing these triggers is the first step toward healthy gut-immune function.

Nutrient Recommendations

Probiotics	Immunoglobulins	L-Glutamine	Fish oil	Vitamin D3
Probiotics are microorganisms that support healthy gut flora, immune function and decrease inflammation.	Serum-derived bovine immunoglobulins help bind toxins in the gut and remove them from the system. This helps heal and maintain healthy gut barrier function.	L-glutamine is an amino acid that fuels the cells of the gut lining. It helps promote gut mucosal health and maintain a healthy gut barrier.	Essential fatty acids contained in fish oil are important regulators of inflammation and tissue integrity.	Vitamin D3 contributes to the maintenance of a healthy intestinal barrier and increases immune cell function.
20–225 billion CFU* per day *Colony Forming Units	2.5-5 g per day	1-4 g per day	950 mg per day	1,000-5,000 IU per day

Recommendations:
