



Food Allergy and Leaky Guts Syndrome Treatment Protocol

Food sensitivities and intolerances, including gluten intolerance, are due to structural damage to the small intestines, a condition frequently referred to as leaky guts syndrome. There are multiple causes of small intestinal damage. One of the most common causes is low stomach acidity from the use of acid blockers or reduced acid production due to poor stomach health, which allows bacteria to enter into the small intestine, causing inflammation and damage to the intestinal lining. Improperly acidified food, namely proteins, makes it harder for pancreatic enzymes to digest food. When large protein molecules enter into the blood stream through the damaged intestinal lining, it causes symptoms of food sensitivity and intolerance, especially the IgG mediated delayed immune response not involving histamines. Another common cause is the use of antibiotics, which kill the good germs in the intestinal flora causing increased intestinal permeability and structural damage due to the loss of the protective flora layer. Symptoms include bloating, gas, constipation or diarrhea, cramps, food allergies and intolerances, IBS, IBD, brain fog and depression. Leaky guts syndrome can cause large amount of toxins to load into the liver congesting the liver, and patients may have symptoms of chemical sensitivities, migraines, acne, eczema, urticaria (hives), and psoriasis. Chronic immune response can cause exhaustion of the adrenal system and chronic fatigue. Candida and yeast infections are also common complications. The following treatments are recommended to resolve these conditions.

1) Phase I – Upper GI Treatment – 4 weeks

The purpose of Phase I is to restore the stomach health and acid production using Spring Juice, Spring Capsule, Pearl Capsule and Formula B. The Spring Capsule helps increase the blood supply to the stomach and improve contractions by nurturing the stomach Yang. The Spring Juice helps to repair the damage dealt to the stomach and esophagus lining by nurturing the stomach Yin. The Pearl Capsule helps improve small intestinal function and food digestion. The Formula B improves the food emptying process after the food is fully acidified in the stomach, and increases intestinal contractions to resolve and prevent constipation by nurturing the spleen and descending the stomach Qi. The treatment also helps to eliminate the need of acid blockers and restore the intestinal flora. Patients can experience improvement in 2 weeks with less bloating, gas, cramp, food sensitivities, constipation, diarrhea, brain fog, depression and better energy. 3-4 weeks of treatment is required to achieve significant and sustained improvement.

2) Phase II - Liver and Kidney Treatment – 2 weeks

The purpose of Phase II is to resolve the liver congestion using Brown Juice and LC Balancer. The Brown Juice helps clean the liver and improve liver function. The LC Balancer improves the microcirculation and enhances the treatment results by nurturing kidney Yin. Patients can experience a significant improvement in 2 weeks with less chemical sensitivities, migraines, acne, eczema, hives and psoriasis. If patient has chronic fatigue, the Xcel Capsule is also recommended to improve adrenal function by enhancing the kidney Yang.

3) Phase III - Small Intestine Treatment – 2-4 weeks

The purpose of Phase III is to continue repairing the small intestine using Pearl Capsule and Formula C. The Pearl Capsule helps improve small intestinal function by nurturing its Qi and Formula C help rebuild the lining by nurturing Real Kidney Yin. With 2-4 weeks of treatment, patients can experience significant improvement with poor memory, easily distracted and difficulty completing projects.

Conditional: Candida and Yeast Infection — 2-4 weeks

Many of the Candida symptoms are the same as leaky guts syndrome and should improve with the above treatment. Other symptoms of Candida such as itching and irritation of the vagina and surrounding outer tissues require 2-4 weeks treatment with the BI Formula to remove the heat in the lower jiao during Phase I treatment. Candida can also cause fibromyalgia with body pains. If fibromyalgia is present, 3-4 weeks of treatment with LC Balancer is required to improve microcirculation and eliminate the pain before Phase I treatment. For patients with weakened immune systems, the yeast infection can enter the blood stream and cause fever and chills even with antibiotics treatment. The Brown Juice, Qi Booster, LC Balancer and Bitter Juice are recommended to help clear the infection. This should also be done before Phase I treatment. Brown Juice helps improve liver function, Qi Booster helps boost immunity, LC Balancer helps improve microcirculation, and Bitter juice helps remove heat from the blood. Patients should experience significant improvement within 2-4 weeks of treatment.

Usage Information

Spring Capsule: 2 capsules, 2-3x a day	Brown Juice: ¼ Cup (50mL), 2x a day, or 3 Caps, 3x a day
Spring Juice: ¼ Cup (50mL), 2x a day	Xcel Capsule: 2 capsules, 2-3x a day
Pearl Capsule: 1 capsule, 2-3x a day	Formula C: 1 capsule, 2-3 times a day
Formula B: 1-3 capsules, 2-3x a day	Qi Booster: ¼ Cup (50mL), 2x a day
BI Capsule: 1 capsule, 3x a day with wine	Bitter Juice: ¼ Cup (50mL), 2x a day
LC Balancer: 1 teaspoon, 3 times a day, or 2-3 Capsules, 3 times a day (Take 2-3 cups of water if use capsules)	