



The Gut Cleanse Masterclass

The 30-Day Five 'R' Protocol

Here are the links and resources to accompany the Gut Cleanse Masterclass.

Please note that you partaking of any aspect of the context this masterclass is entirely at your own risk.

Many of the supplements I recommend are 'practitioner only' supplements so I need to invite you to purchase them. Email us and I will invite you to purchase the supplements. There are some you can get via Amazon so those link are live here in the guide.

Pick Your Levels

You can choose to do a more hard core or gentle version of this. Level 1 is a gentler option with less supplements and level 2 is a more hard core version involving therapeutic practitioner only based supplements. Pick which suits you.

Pre-cleanse

- * Work on getting regular bowels movements, ideally x1 a day. If you are chronically constipated then any improvement in your bowel movement is good.
- * Make sure you are in the habit of staying hydrated.
- * Support your liver. Make sure you're eating lots of liver loving foods (*beetroot, onions, garlic, turmeric, green leafy veg*) and you can even start to introduce a tsp of Bentonite Clay first thing in the morning or last thing at night on a empty stomach. (*Don't take with food or any other supplements.*)

Remove

What this looks like...

- a. Remove food intolerances. Focus on removing sugar, gluten and dairy for the 30 days
- b. Cleanse out bad guys with specific herbal blends.

My preferred Gut Cleanse Supplement is GI Synergy - this is a practitioner only supplement so you need to ask me to invite you via email to purchase. Take one packet a day

30 day x1 pack a day of GI synergy (*ask Kezia for an email invite as its practitioner only*)

Replace

Make sure you're supporting your stomach acid

>> Run a bicarb test - on an empty stomach mix about 1tsp of bicarbonate of soda in water and swallow. See if you burp within 5-15 mins after. If you hardly burp then its a potential sign of lower stomach acid.

If you suspect low stomach acid then....

1. Add in 1-2 tsp of Raw Apple Cider Vinegar in 200ml water before you meals
2. Supplement with HCL and Pepsin ([buy it here](#)) - click here to get FULL instructions of how to do this.

This supplement is not recommended if you are taking an stomach acid inhibiting medication such as omeprazole (a PPI) or if you have any stomach ulcers or hernias.

Re-inoculate

You want to add in LOTS of good bacteria.

1. Fermented Foods - sauerkraut is the best for your stomach but any type of fermented food
2. Probiotics - I recommend this Primal Defence strain - it is pricier but a good strong multi strain I use for more therapeutic uses.

Repair

This is about repairing the gut lining

1. Drink plenty of bone broth and collagen
2. Add in l'glutamine supplements x1 tsp a day in water

(Slippery elm is also great for you stomach and gut lining. Add 1 tsp to a warm drink and drink before a meal.)

Rebalance

- * Keep focused on a low sugar diet with lots of fat, protein, veggies and fibre.
- * Consume lots of bone broth, collagen, veggies and healthy foods!
- * Also focus on some self care - hot epsom salt baths, a massage and lots of rest and sleep.

Top tips

- * Set a date to start the 30 day protocol and buy all your supplements ahead of time
- * Ditch alcohol, sugar and any foods you KNOW you don't tolerate well before you begin to ease yourself into it
- * Take time to rest and don't be surprised if you get some 'detox' effects (*bloating, tiredness, skin breakouts*) this are not uncommon.