



# Gut Reset Guide

A Practical Guide to  
Better Gut Health

[GavinGuard.com](http://GavinGuard.com)

# Are you frustrated with your health?

If you are frustrated with your health, you came to the right place. Are you confused as to why you experience:

- Countless trips to the restroom
- Count days between bowel movements
- Bloating and gas
- Multiple food sensitivities
- Heartburn and endless belching



Or perhaps you think that your gut health is good but have:

- Nagging joint pain
- Rely on coffee to get through the day
- Brain fog
- Poor skin health
- Hormone imbalances



These are all signs that your gut health may not be as good as you may think it is. Unfortunately, many people overlook their gut health and thus, miss a key part of feeling better.

In this guide, I will show you the 3 main tools that I've found make the biggest impact on foundational gut health for my patients. If you implement these pillars, then I am confident you will experience better gut health and be one step closer to living a healthier and happier life.

## Why is gut health so important?

What's the big deal with gut health and why is it such a hot topic these days? There are 3 main reasons why your gut health impacts all systems of your body.



1) Immune system: Your small intestine contains the largest density of immune cells in your body (X). This may be why an imbalance of your gut microflora (collection of bugs in your gut) is associated with autoimmune diseases (X).

Each (X) is linked to a study to back up my claims. Just to let you know that I didn't make this up



2) Inflammation: Your gut is a main source of inflammation. Inflammation is associated with many health conditions including rheumatoid arthritis (X), cardiovascular disease (X) (X), and brain fog (X).

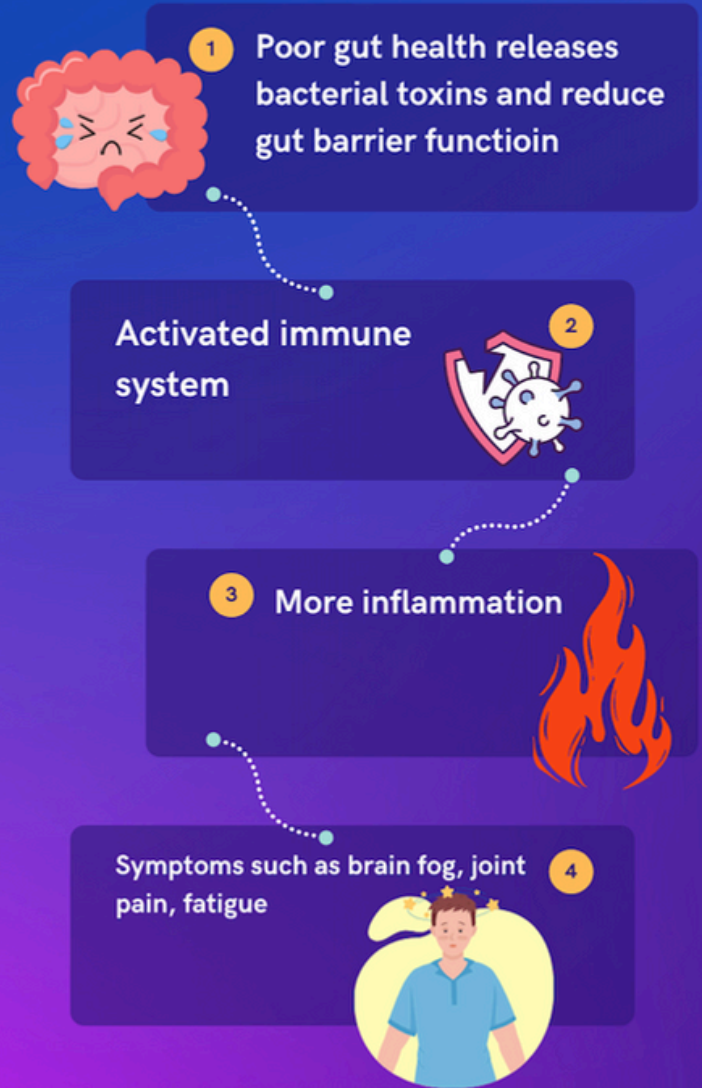
3) Nutrient absorption: A damaged gut lining can impair absorption of important nutrients that your body needs for hormone production, oxygen transport, and tissue repair processes. Anything that causes inflammation can damage the gut lining (X).

Let me give you an example of how your gut can affect another body system such as your brain health. An unhealthy gut can produce bacterial toxins which move across leaky intestines and into the bloodstream (X). These toxins can move across the blood brain barrier and into the brain where they activate inflammation. This inflammatory process can present as issues such as brain fog, mood imbalances, or insomnia.



brain fog is a common symptom of poor gut health

## How Your Gut Can Lead to Non-Gut Symptoms



# Tools for better gut health

Let's now review the 3 main pillars for better gut health. Later, I will review how to put this into practice.

## I) Diet and Lifestyle Foundation

I believe in a bottom-up approach when it comes to healing the gut. This means that we start with foundational low-risk therapies before moving into more advanced and exotic therapies that have more associated risks.

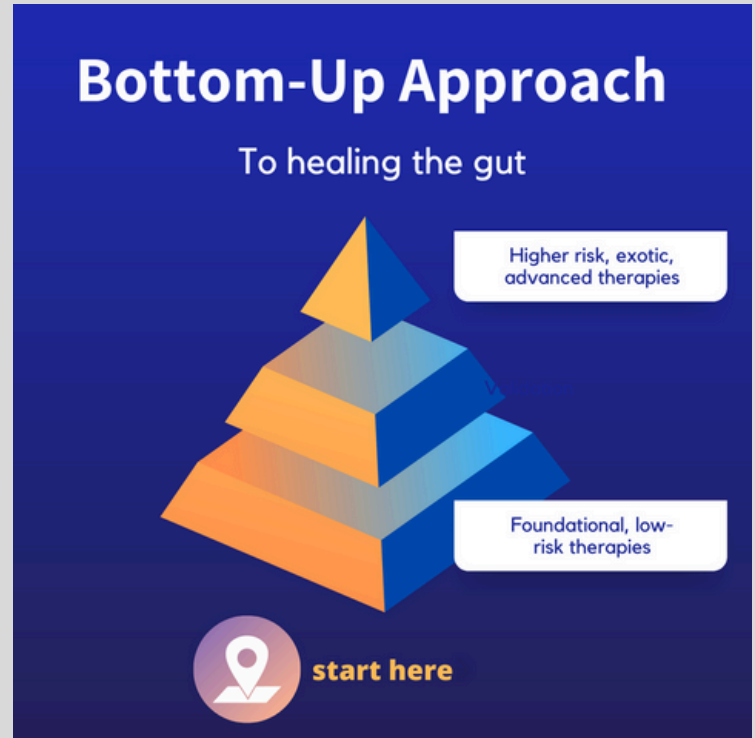
This is why starting with diet and lifestyle should be prioritized before anything else. Let's start with a few notes on diet for better gut health.

### A) Gluten

Gluten is a hotly debated topic. Gluten sensitivity is real and it does occur outside Celiac disease which is a serious autoimmune condition. This condition is rightly called non-celiac gluten sensitivity or "NCGS" for short. It is estimated that Celiac disease affects around 1 in 200 people in North America (X) whereas NCGS affects anywhere from 6-13% of the population (X) (X) (X).

**Digestive symptoms associated with gluten sensitivity include (X):**

- Bloating 87%
- Abdominal pain 83%
- Diarrhea 54%
- Nausea 44%
- Heartburn 32%



## **Other symptoms associated with gluten sensitivity:**

- Generally not feeling well 68%
- Fatigue 64%
- Headache 54%
- Anxiety 39%
- Brain fog 38%
- Joint pain/muscle ache 31%
- Rash 29%

If you think you may have NCGS, it may be worth trialing a short course of elimination of gluten-containing foods (which we will cover later).

If you have an autoimmune condition, you may want to be more cautious with gluten as 14% of those with NCGS have an autoimmune condition (X). It's been shown that a gluten-free diet reduced symptoms of autoimmune diseases (other than Celiac) in 65% of patients (X). Another study showed that a gluten-free diet reduced thyroid antibodies by an average of 200 points (X).

## **B) Paleo Diet**

A Paleolithic ("Paleo") diet is a set of loose nutrition principles that redirects your eating habits to be more aligned with what your body was designed to eat. This dietary template aims to achieve **4 main goals**:

- Control inflammation (X)
- Increase nutrient density
- Manage blood sugar (X) (X)
- Reduces common food sensitivities

In a Paleo dietary template, you focus on the following foods:

- Fresh vegetables
- Fresh fruits (in moderation)
- Grass-fed, lean meats
- Fresh fish and eggs
- Healthy fats, like olive oil, coconut oil, avocado oil and avocados
- Nuts and seeds

And avoid foods such as:

- Grains
- Beans, legumes, and lentils
- Processed foods
- Dairy products
- Most vegetable oils (corn oil, safflower oil, vegetable oil)
- Artificial sweeteners

This is a great template to start improving food quality without having to count your calories.

### **C) Low FODMAP Diet**

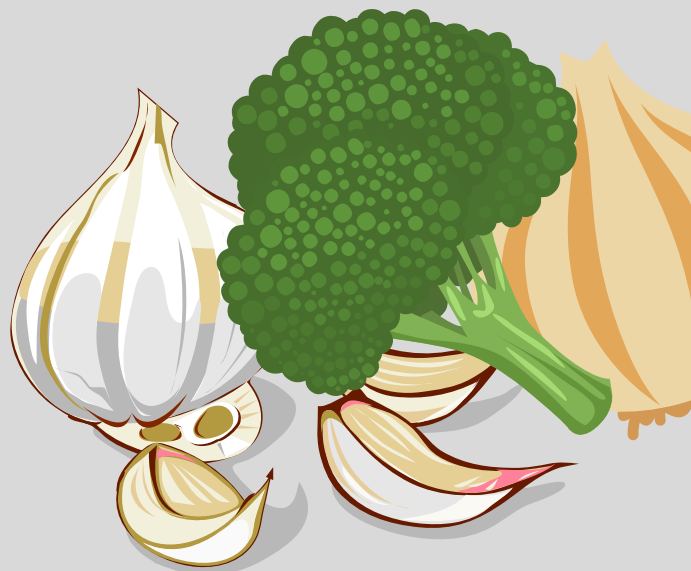
A low FODMAP diet reduces foods that can feed bacterial overgrowth. In other words, this diet starves overgrowths and gut imbalances that can cause IBS symptoms, gut inflammation, and leaky gut that can be causing non-digestive symptoms.

FODMAP is a fancy acronym for fermentable fiber found in foods such as broccoli, cauliflower, garlic, onions, apples, peaches just to name a few. It's been suggested that FODMAP intolerance affects up to 41% of individuals (X) and up to 50-80% of IBS patients (X).

This is one of the most well-researched diets for improving gut ailments. It's been shown to be effective for:

- IBS (diarrhea, constipation, abdominal discomfort) (X) (X) (X) (X) (X) (X) (X) (X) (X) (X) (X) (X) (X)
- Inflammatory bowel disease (X)
- Lead to improvements of fatigue (X) (X)
- Reduces pain in fibromyalgia (X)

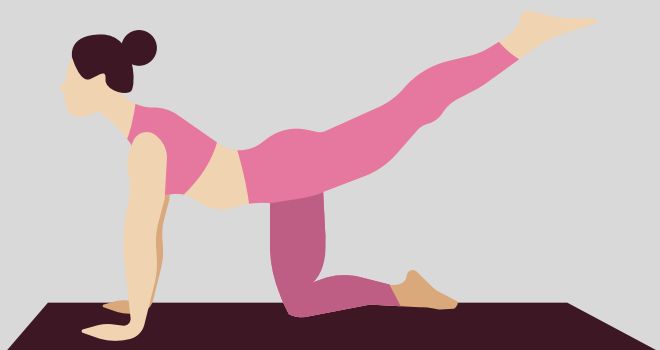
This is a great dietary template if you are not seeing improvements with a general Paleo diet.



## **D) Sleep, Stress, Exercise**

I hesitate to even share the topics of sleep, stress, and exercise since they are usually blanket recommendations given to people. However, they are absolutely necessary for optimal health. Now, I understand that you may be so physically debilitated by your health concerns, that exercise and sleep are suffering. In that case, our goal is to start with whatever you can do sustainably and go from there.

A deficit in any of these factors can lead to suboptimal gut health. For example, a sedentary lifestyle and poor sleep habits can negatively impact your beneficial bacteria (X) (X).



## 2) Probiotics

Google is often the first place you may go to when you have a question about our health - sometimes, even before your own doctor. But, when it comes to questions like “what probiotic to use?”, or “how to use probiotics?”, you are often left with more questions than answers.

This is why I have spent the last few years researching gut health and probiotic science. Here is a quick snapshot of what you should know about probiotics.

Probiotics help through 5 mechanisms:

- Fight off bad bugs (X) (X) (X)
- Increase diversity of health bacteria (X)
- Promote healthy immune system (X) (X)
- Reduce inflammation (X) (X)
- Reduce leaky gut (damage to gut lining) (X) (X) (X)

Part of the reason probiotics are a confusing topic is because there are 3 different categories of probiotics:

1) Lactobacillus / Bifidobacterium blend: This is the most broad-spectrum and most well-researched type of probiotic with over 500 clinical research trials.

2) Saccharomyces boulardii: A beneficial yeast with over 100 studies.

3) Soil-based probiotic: The “new kid” on the block. It now has over 20 studies showing that it can:

- *Reduce diarrhea by over 1 day in hospitalized kids*
- *Lead to less leaky gut & inflammation*
- *Reduce IBS symptoms*
- *Improve constipation and bowel habits*



Probiotics have a litany of research to support and justify their use in multiple situations:

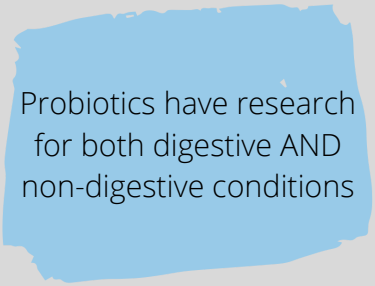
### **Digestive conditions:**

- Irritable bowel syndrome (IBS)
  - There are 36 meta-analyses and over 2,600 human clinical trials researching probiotics in IBS. They are effective for all types of IBS (diarrhea, constipation) (X) (X) (X) (X) (X) and can even improve quality of life (X).
- Inflammatory bowel disease (IBD) (X)
- Leaky gut (X)
- Infections (viral, parasite, fungus, bacteria) (X) (X)
  - Probiotics can be more effective than standard antiparasitic drug treatment in *Blastocystis hominis* and *Giardia* infections (X) (X)

### **Non-digestive conditions**

- Brain fog & cognition (X) (X)
- Allergies (X)
- Depression and anxiety (X)
- Hormone health (X) (X) (X)
- Metabolic health (cholesterol, blood sugar, weight) (X) (X) (X) (X)
- Autoimmunity (X) (X) (X)
- Sleep (X) (X)

Probiotics should be your first line defense for better gut health, and ultimately help you get back to better health.



Probiotics have research for both digestive AND non-digestive conditions

### 3) Elemental Diet

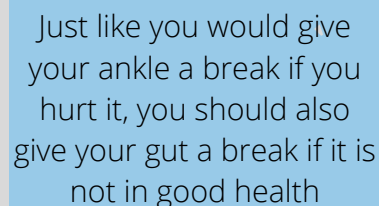
The elemental diet has been tested for both its efficacy and safety with good results. In short, the elemental diet is a mix of fully-digested protein and carbohydrates. This gives your gut a much-needed break from constantly digesting and absorbing solid food.

The best analogy I can give to why this diet can work for so many is to think about if you sprained your ankle running. It would be crazy if you kept on running on it, right? In the same way, we must give our gut a break if it's not in optimal health. This is where the elemental diet comes into play.

An elemental diet is NOT a set of rigid diet rules and restrictions (it is different from the elimination diet). Instead, it is a meal replacement tool that consists of PRE-digested protein and carbohydrates. As the name implies, the protein and carbs in the elemental formula are broken down into their most elemental form.

It gives the rest of your gut a break through 4 key ways:

- “Starves” overgrowth of bacteria and other “bad bugs” in the gut that can be causing problems
- Reduces inflammation by limiting foods that could be triggering your immune system
- Reduces the amount of fiber in your diet that some can be sensitive to
- And repair the gut lining that can be damaged in those with IBS and inflammatory bowel disease



Just like you would give your ankle a break if you hurt it, you should also give your gut a break if it is not in good health

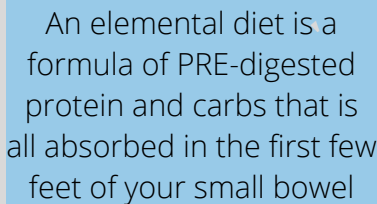
It has shown to be helpful for the following conditions:

- Inflammatory bowel disease (X) (X) (X) (X) (X) (X) (X) (X) (X) (X). It was shown to be **MORE** effective than steroid medication (X).
- Irritable bowel syndrome (IBS) and small intestinal bacterial overgrowth (SIBO)
- Rheumatoid arthritis (X)
- Reduce side effects of chemotherapy such as mouth ulcers (X)

Clinically, I've seen an elemental diet also lead to drastic improvements for:

- Skin conditions
- Brain fog and fatigue
- Menstrual irregularities
- Joint pain
- And much more...

To recap, I've seen the elemental diet be a game changer for many of my patients.



An elemental diet is a formula of PRE-digested protein and carbs that is all absorbed in the first few feet of your small bowel

## Gut Reset Action Plan

Now that I've shared some of the *what* and *why*, let's now go over *how* to put this all together in a plan. The following is a strategic and step-wise plan of 3 key steps to better gut health.

It goes without saying to **please speak with your doctor** before making any of these changes.

# Level 1 - Diet, Lifestyle Foundations (1-2 weeks)

## A) Exercise

If you are not already doing so, start exercising 3 times per week to the point of breaking a sweat. If you are already doing so, maintain whatever you are doing. Three days is the minimum we are looking to achieve.

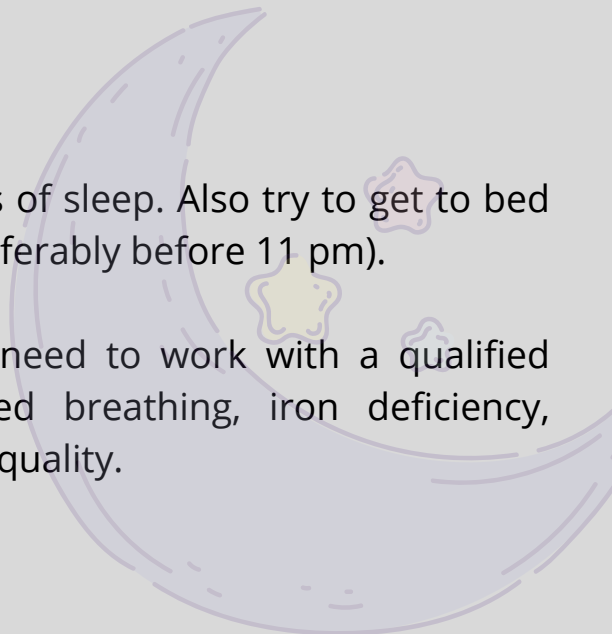
If you don't know where to start, I've found the easiest way to get started is to begin with what's called "Zone 2" training. Essentially, this is low-intensity 'old school' cardio. This type of training aims to improve your cardiorespiratory fitness. Having poor respiratory fitness is an equivalent risk to that of smoking.

- An option is to first get a baseline of where your endurance fitness is, please perform either a:
  - 1) [Cooper run test](#): see how far you can run or walk in a 12-minute period. You can calculate your score by going to this site.
  - 2) Or 2,000 meters on a rower. You can calculate your score by going to [this site](#).
  - You can then retest this in a few months to see how your fitness is improving.
- Details:
  - Pick between the following: rowing, running, stationary bike, regular bike, incline walk, stair climber
  - Start with just 10-minute sessions and work your way up over a few weeks. The 'sweet spot' is at least 40 minute sessions 2-3x per week.
  - Target heart rate 110-150 beats per minute (or 180 minus age)
  - Another way of gauging target intensity is to go at a pace where it would be difficult to breathe only through your nose.

## B) Sleep

No need to reinvent the wheel here. Aim for 8-9 hours of sleep. Also try to get to bed within the same 30 minute window on most nights (preferably before 11 pm).

If you have insomnia or trouble sleeping, you may need to work with a qualified practitioner to address things like sleep disordered breathing, iron deficiency, inflammatory states that may be interfering with sleep quality.



### 3) Stress Management

This is easier said than done but a few things resources to consider:

- [Nerva IBS app](#): An app designed to alleviate digestive conditions associated with IBS. It has been shown in a study to be as effective as a low FODMAP diet (X).
- [Waking Up App \(7 day free trial\)](#): one of my favorite meditation apps. While just 5 minutes per day can help, studies show 20 minutes per day provides the most benefit.

### 4) Diet

#### **Gluten**

A practical approach for most is to eliminate gluten for a few weeks, monitor your symptoms, and then reintroduce it gradually to your tolerance. The worse your reaction, the more you should avoid it. And if you don't notice any reaction, then you shouldn't need to worry about gluten. Remember, this is not a problem for 100% of people. Don't follow the crowd here; listen to your body.

Gluten avoidance can be done in tandem with a Paleo diet (below).

#### **Paleo (handout on [resources page](#))**

A Paleo framework is a great starting point for most who do not have good diet quality. I've found that [PaleoLeap.com](#) is a great resource for recipe ideas.

#### **Low FODMAP (handout on [resources page](#))**

A low FODMAP diet may be a good idea if the Paleo did not move the needle, or if you're already on a good diet and still having symptoms. Do your best to be compliant, but you do not need to be perfect. Being 100% strict is difficult, can be stressful and does not necessarily lead to benefits. **Roughly 80% compliance is usually fine**, allow yourself some flexibility, more doesn't necessarily mean better.

However, also remember to listen to your body and if a certain food(s) seem to strongly disagree with you, listen to your body and generally avoid these foods. Remember that is **NOT** a forever diet. In the future you should go through a reintroduction and work to find the broadest diet possible.

There are options for both standard and vegetarian versions of the low FODMAP diet.

## Special considerations

Too low carb is a problem for some. In my clinical experience, this is especially true for reproductive-aged females and highly-active individuals. If you experience poor sleep or dizziness when standing, you may also want to increase your carbohydrate consumption.

## After 1-2 weeks: Reassess

If you are happy, change nothing and see where you plateau. If you have little to no change, then continue level 1 action items and move onto level 2 for 4 weeks.

## Level 2 - Probiotics (4 weeks)

In level 2, you will add in a triple probiotic protocol of using ALL 3 probiotics at the same time.

### Why 3 different categories of probiotics?

Anecdotally, I've found that many patients experience much more benefit from using all 3 as compared to one category probiotic in isolation. There is also a good deal of research suggesting that multi-species of probiotics are better than just 1 (X) (X) (X) (X) (X) (X). Much like how a stool needs 3 legs for optimal balance, using only 1 category of probiotics (like having only 1 leg of a stool) will lead to imbalance.

Use Triple Probiotic Therapy for optimal results

## Triple probiotic therapy

3 probiotic balance



1 probiotic imbalance



### How to use them

Start at the lower end of the dose range and work up to the higher end of the dose range if no effect is seen after 2-3 weeks. If you are historically more sensitive, start with 1 at-a-time (in no particular order).

## Quality matters

Quality is paramount when it comes to using probiotics. Of 26 commercial probiotics assessed in this study, none fully supported their label claims, and some of them contained unacceptable bacteria (X). In addition, another report showed that 43% of the probiotics assessed contained less than half the amount of probiotic listed on their labels (X).

## Where to get them

You can get endorsed probiotics through [Fullscript.com](https://Fullscript.com) at a discount that I pass along to you. Go to that [Fullscript](https://Fullscript.com) link to first set up an account. From there you can view the whole protocol and get what you need by adding select products to your cart. Here are the recommended products:

- Biospora (soil-based probiotic) - take 2-4 twice daily
- Therbiotic (lacto/bifido probiotic) - take 1-2 twice daily
- Saccharomyces boulardii (beneficial yeast) - take 1-2 twice daily

Probiotics can be taken with or without food.

## After 1 month: Reassess

If you are happy, change nothing and see where you plateau. If minimal to no change, trial level 3.

## Level 3 - Elemental Dieting (4 weeks)

There are many different ways of utilizing an elemental diet. Here is a good starting point for most. Perform a 2-4 day reset to hybrid:

1. **First, Reset:** Perform a 2-4 day reset on the elemental diet where most to all of your food is from the elemental formula. Sip on this slowly throughout the day for your meals. You can eat a small meal/snack also if it helps you stick on the reset for a longer period of time. You can drink extra water or tea as needed for extra fluids.
2. **After the reset,** I encourage you to continue using the elemental diet formula as a meal-replacement for 1-2 meals of the day (ideally, my patients use it as their first morning meal).

## Where to get it

The elemental diet can be found through one of the following versions of Absorb Plus.

- [Absorb Plus \(whey version\)](#)
- [Absorb Plus Vegan \(dairy/whey free version\)](#)

## Regarding cost

It may seem slightly expensive but remember that these are acting as meal-replacements so you will be reducing other grocery costs.

## After 1 month: Reassess

If you are happy with your results, change nothing and see where you plateau. If minimal to no change, trial the optional add ons (below) or see me at the clinic.

## Optional Add Ons

The above are staples to a gut-healing protocol, however, you may be curious to see if you can get further benefit. I have seen the agents below act synergistically with the probiotics and elemental diet. You can integrate them with either level 2 (triple probiotics) or 3 (elemental diet). Or can add them as level 4 to see if further benefit can be achieved.

### 1) **Gut rebuild nutrients - blend of natural gut health promoting ingredients such as:**

- L-glutamine – A meta-analysis (the gold standard in scientific evidence) found that glutamine reduced markers of intestinal damage (X) and benefit gut barrier function (X) (X).
- Licorice Root (DGL), Slippery Elm – This blend of herbs coats and soothes the intestinal lining which has shown to repair and support gut health (X) (X).

### 2) **Curcumin - natural anti-inflammatory found in turmeric. It has research for:**

- Metabolic (blood sugar, cholesterol) benefits (X)
- Better than low FODMAP alone for IBS (X)
- Improved IBD remission rates (X) (X)



## **Where to get these:**

Both can be found in the [Fullscript](#) link. Remember, you will first have to make an account with them.

- Gut rebuild nutrients:
  - Glutashield- take 1-2 scoops mixed in water daily
- Curcumin:
  - Curcu-Evail- take 1-2 per day

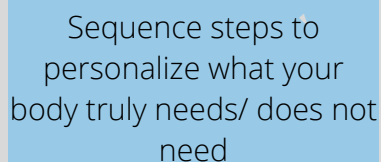
## **After 1 month: Reassess**

If you are happy, change nothing and see where you plateau. If minimal to no change, reach out to me at the clinic.

## **Why Sequence Steps?**

You may be asking yourself why I recommended staggering these steps. Surely, a shotgun approach where you do everything at once is likely to get better. But, the problem is that you would not know what is truly helping or not.

By following these steps in a strategic sequence, you gain a better insight to how your body is responding and can then further personalize your plan based on that information.



Sequence steps to  
personalize what your  
body truly needs/ does not  
need

# In Summary

To recap, the 3-level plan entails the following:

- Level 1 - Diet and lifestyle foundations for 1-2 weeks
- Level 2 - Triple probiotics for 4 weeks
- Level 3 - Elemental diet reset to hybrid for 4 weeks
- Plus or minus the optional add-ons at either level 2, level 3, or later as a level 4



Once you feel better, I recommend staying on that exact plan for another 1-3 months before weaning off any supplements or gut supports. Why? I've seen time and time again where my patients make changes too soon and then they crash. I usually have patients maintain their plan for a short period of time, then find the minimal effective dose of their supplements. You can experiment with taking the supplements at a lower dose or discontinuing them one at a time. You can go back on to your full supplement program if you have a regression in your symptoms.

If you are still not feeling better, contact me for more comprehensive and personalized support and guidance.

# Still Need More Help?

If you went through this plan but are still experiencing concerns, then you may need some more help. Please reach out to me at the clinic for guided professional help. I can help you with:

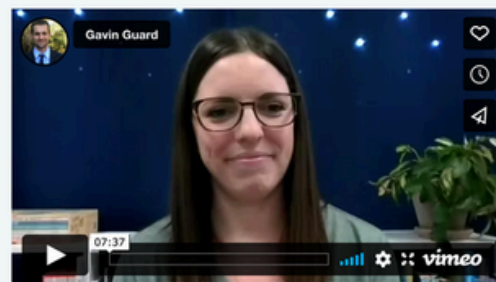
- Gut and overall health testing and lab assessments
- Comprehensive history taking to understand what the most likely cause of your health ailments is
- Create a tailored and personalized plan according to the nature of your symptoms, medical history, and treatment response

Helping patients like you is what I do everyday and I would love to serve you. I promise to avoid wasting your money on unnecessary labs and therapies that don't have any science behind them. I review the science to understand what therapies work the best and then apply those tools in a simple and practical model of healthcare so that you get actual results.

If you are interested in some success stories, check out some short videos by clicking on the button below.

[Listen to patient stories](#)

**Katie resolved years of ovarian pain by treating the gut.**



**Carrie improved her gut health and found a better approach to her hormone replacement therapy with a simple and practical approach.**



Reach out to me at the clinic to see how I can help you find lasting solutions to your health and get back to life again.

# Here's to a happy gut!

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