

GRITWELL GUIDES

The Top 5 Gut Healing Supplements



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The Importance of Gut Health



The phrase "you are what you eat" is commonly used when discussing gut health, but it doesn't tell the whole story. What you can digest, break down, and absorb nutrients from is also critical. These nutrients form the foundation supporting all other bodily systems, including energy, mood, and the nervous system. If you can't properly digest, break down, and absorb nutrients, your overall health will suffer.

The gut houses 70% of the immune system, so poor gut health can lead to symptoms in various body systems. Research has shown connections between gut health and conditions like mental health disorders, autoimmune diseases, endocrine disorders, and gastrointestinal issues. Overall, maintaining a balanced gut ensures proper functioning and builds resilience to prevent and overcome illness by optimizing the immune system.

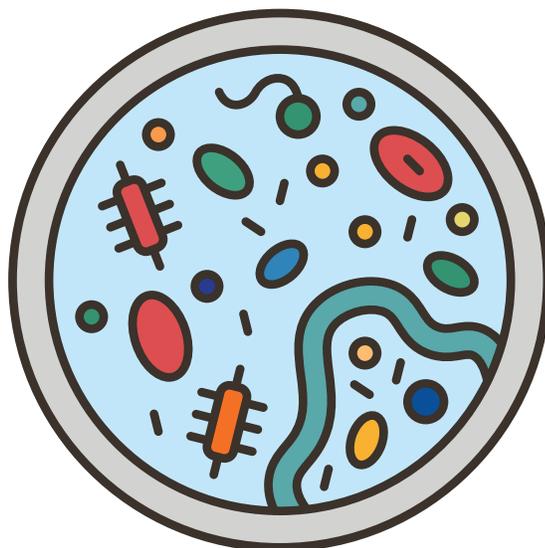


Gut Dysbiosis & Leaky Gut

The gut contains many strains of bacteria, both good and bad, that are essential for optimal health. These bacteria have diverse roles, like producing chemicals that regulate mood and sleep. In general, good bacteria should outnumber bad bacteria. However, sometimes the balance tips in favor of bad bacteria – this is called dysbiosis. Dysbiosis can result from something as simple like a poor diet, antibiotic use, or certain medications, or something more complex, such as a parasitic infection.

Signs of gut dysbiosis include:

- Constipation
- Diarrhea
- Bloating
- Gas
- Heartburn
- Cravings



Leaky Gut

Another common gut health issue is leaky gut. This refers to increased intestinal permeability, where the gut lining is damaged. A healthy gut allows some food components to pass into the bloodstream while blocking harmful substances. With leaky gut, the gaps in the lining grow larger, enabling bad substances to enter the bloodstream. This provokes chronic inflammation and other symptoms when the immune system continues to react.

Leaky gut symptoms vary widely but may include:

- Brain fog
- Joint pain
- Fatigue
- Trouble losing weight

If you have any of these symptoms, testing your gut could reveal imbalances to address.

Top 5 Gut Healing Supplements

Once you complete gut testing and determine that gut dysfunction or leaky gut is at play, you will likely want to start a gut healing protocol. Here are the top 5 gut healing supplements that our health coaches recommend:

L-Glutamine – L-Glutamine supports the gut lining and helps to rebuild the gut. It is an amino acid used in the metabolic process and can reduce inflammation.

Digestive Enzymes – Digestive enzymes break down our food (protein, fats, and carbohydrates) for better absorption of nutrients. You can also take a digestive enzyme with HCl. HCl supports low stomach and provides gastric juices that break down the food. The digestive enzyme then breaks the food down into proteins.

Top 5 Gut Healing Supplements (cont.)

Probiotics – Probiotics help repopulate the microbes in your gut and boost good bacteria levels. They help balance the gut and reduce inflammation.

Omegas – Omegas reduce inflammation in the gut. Omega-3 fatty acids are referred to as “essential fats” because the human body cannot produce them. This means you have to get them from your diet, or through supplements!

Zinc – Zinc supports the gut barrier and can reduce digestive symptoms such as loose stools.

Interested in learning more about how your gut may be contributing to your symptoms?

[Book a call with a Gritwell Care Manager here](#)