

GUT REPAIR PROTOCOL

A NATUROPATHIC GUIDE TO HEALING
YOUR GUT, RESTORING BALANCE & VITALITY



Ask A Naturopath

www.askanaturopath.com



NATURAL SOLUTIONS



REAL RESULTS



LASTING WELLNESS



A healthy gut is the foundation of your overall health, immunity, mood and energy. When you heal your gut, your body absorbs nutrients better, inflammation reduces and you feel lighter, clearer and more energised.



Your gut is home to trillions of microbes that support digestion, nutrient absorption, immunity, hormone balance and mental wellbeing.

Poor gut health can lead to bloating, indigestion, food sensitivities, fatigue, skin issues, low immunity, mood changes and inflammation.

This guide provides evidence-informed strategies to help you repair your gut lining, restore healthy bacteria and improve digestion naturally.



WHAT DAMAGES YOUR GUT?



Poor diet high in sugar, processed foods & additives



Antibiotics, NSAIDs & frequent medications



Chronic stress & high cortisol



Alcohol, smoking & recreational drugs



Lack of dietary fibre & diverse plant foods



Food intolerances & infections



Environmental toxins & pathogens



Poor sleep & irregular routines

THE GUT REPAIR CYCLE

Healing your gut happens in 4 key stages. Each stage builds on the last to restore balance and resilience.



REMOVE

Remove irritants, pathogens and hard-to-digest foods.



REPAIR

Repair the gut lining and reduce inflammation.



REPLENISH

Replenish good bacteria and digestive function.



REBALANCE

Rebalance your microbiome and maintain long-term gut health.

GUT HEALING FOODS TO INCLUDE

- Bone broth & collagen
- Fermented foods (sauerkraut, kefir, miso, kimchi)
- Prebiotic foods (garlic, onion, leek, asparagus, oats, bananas)
- Leafy greens & colourful vegetables
- Healthy fats (olive oil, avocado, coconut, nuts, seeds)
- Protein-rich foods (eggs, fish, chicken, legumes)
- Herbal teas (chamomile, ginger, peppermint, fennel)

GUT SOOTHING HABITS THAT SUPPORT HEALING

- Eat slowly & chew food thoroughly
- Stay hydrated with filtered water
- Manage stress with breathwork or mindfulness
- Get 7–9 hours of quality sleep
- Move your body daily
- Avoid eating late at night
- Keep a food & symptom journal
- Spend time in nature
- Practice gratitude & self-care

SIGNS OF A HEALTHY GUT

- Regular, well-formed bowel movements
- Minimal bloating and gas
- Good energy and mental clarity
- Healthy skin
- Strong immunity
- Stable mood
- Comfortable digestion
- Healthy weight

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THE GUT HEALTH CYCLE

Healing your gut happens in 4 key stages.

Each stage builds on the last to
restore balance and resilience.



1. REMOVE

Remove irritants,
pathogens and
hard-to-digest foods.



2. REPAIR

Repair the gut lining,
support digestion
and reduce
inflammation.



3. REPLENISH

Replenish good
bacteria and
support digestive
function.



4. REBALANCE

Restore microbiome
balance and maintain
long-term gut health.



A complete gut healing journey takes time
and consistency. Small daily steps lead
to lasting transformation.

WHAT DAMAGES YOUR GUT?



Poor diet high in
sugar, processed
foods & additives



Antibiotics, NSAIDs
& frequent
medications



Chronic stress
& high cortisol



Alcohol, smoking
& recreational
drugs



Lack of fibre &
diverse plant
foods



Food intolerances
& infections



Environmental
toxins &
pathogens



Poor sleep &
irregular
routines

SIGNS OF AN UNHEALTHY GUT



Bloating &
gas



Irregular bowel
habits



Indigestion
& reflux



Fatigue & low
energy



Brain fog &
poor focus



Skin issues
(acne, eczema)



Frequent colds
& infections



Weight changes
or difficulty

COMMON CAUSES OF POOR GUT HEALTH



Stress & anxiety – increases gut permeability & inflammation



Poor diet – low fibre, high sugar, processed foods



Antibiotics & medications – disrupt beneficial bacteria



Food sensitivities – can trigger inflammation & discomfort



Alcohol, caffeine & smoking – irritate the gut lining



Leaky gut – allows toxins & undigested food particles
to enter the bloodstream



Low stomach acid & digestive enzymes – impairs digestion
and nutrient absorption



Hormonal imbalances – affect motility & gut function



Imbalanced microbiome – too much harmful bacteria,
not enough beneficial bacteria

GUT REPAIR: KEYS TO BETTER GUT HEALTH

- ✓ Eat a wholefood diet rich in fibre, healthy fats & plant diversity
- ✓ Eliminate or reduce gut irritants (alcohol, sugar, processed foods)
- ✓ Support digestion with chew well, mindful eating & enzymes
- ✓ Manage stress with daily relaxation & nervous system support
- ✓ Stay hydrated and support elimination pathways
- ✓ Identify & address food sensitivities or intolerances
- ✓ Support beneficial bacteria with probiotics & prebiotics
- ✓ Get 7–9 hours of quality sleep each night
- ✓ Move your body daily to support digestion & motility
- ✓ Take time for rest, connection and self-care

A GUT SUPPORT DAILY ROUTINE



Start the day with
warm lemon water
or herbal tea



Eat wholefoods
at every meal



Include fermented
foods daily



Manage stress &
practice mindfulness



Stay hydrated
throughout the day



Unwind in the evening
& get quality sleep



Your gut is the foundation of your health.
When you heal your gut, you heal your body, mind and energy.

Our daily habits can create health or illness

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8 SMART STEPS TO REPAIR YOUR GUT

1



REMOVE IRRITANTS & TRIGGERS

Eliminate foods and substances that irritate your gut lining such as alcohol, caffeine, sugar, processed foods and food additives.

2



SOOTHE & SUPPORT THE GUT LINING

Use gut-healing foods, soothing herbs and nutrients like L-glutamine, zinc carnosine and slippery elm to repair and protect the intestinal lining.

3



RESTORE HEALTHY BACTERIA

Replenish beneficial bacteria with probiotics, prebiotics and fermented foods to balance your microbiome and support digestion and immunity.

4



IMPROVE DIGESTION & ABSORPTION

Support stomach acid, bile flow and digestive enzymes to break down food properly and absorb nutrients more effectively.

5



REDUCE INFLAMMATION & HEAL

Calm inflammation with anti-inflammatory foods, herbs and lifestyle practices to allow your gut to heal and function optimally.

6



MANAGE STRESS & NERVOUS SYSTEM

Chronic stress impacts gut function. Use relaxation techniques, breathwork and mindfulness to support your gut-brain connection and nervous system.

7



EAT FOR GUT HEALING

Choose whole, nutrient-dense foods, plenty of fibre, healthy fats and polyphenol-rich plants to nourish your gut and promote repair.

8



MOVE & HYDRATE DAILY

Stay active and hydrated to support digestion, regular elimination and a healthy gut microbiome.

THE GUT HEALING CYCLE: 4 PHASES OF RESTORATION



Healing your gut is a journey. Consistency and small daily steps create lasting change and vibrant health.

SIGNS YOUR GUT NEEDS REPAIR

- ✓ Bloating, gas or indigestion
- ✓ Irregular bowel movements (constipation or diarrhoea)
- ✓ Food intolerances or sensitivities
- ✓ Fatigue and low energy
- ✓ Skin issues (acne, eczema, rosacea)
- ✓ Brain fog, poor concentration
- ✓ Frequent colds or low immunity
- ✓ Cravings for sugar or carbohydrates
- ✓ Mood swings, anxiety or low mood

KEY HABITS TO SUPPORT A HEALTHY GUT

- ✓ Eat whole, unprocessed, nutrient-dense foods
- ✓ Include plenty of fibre-rich vegetables and fruits
- ✓ Drink plenty of filtered water
- ✓ Chew food well and eat mindfully
- ✓ Get 7–9 hours of quality sleep
- ✓ Manage stress daily
- ✓ Move your body and get outside
- ✓ Avoid overeating and late-night eating
- ✓ Support regular bowel movements

GUT HEALING FOODS TO INCLUDE



NOURISHING GUT HEALING DRINKS



Your gut is the foundation of your health, mood, immunity and energy.
When you heal your gut, you heal your whole life.

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DAILY GUT HEALING ROUTINE



Morning:

- Start your day with warm lemon water to stimulate digestion.
- Drink a glass of water with a teaspoon of apple cider vinegar (if tolerated).
- Eat a gut-healing breakfast – e.g. bone broth, steamed oats, chia pudding or eggs with sautéed greens.
- Take your probiotics and any prescribed supplements.



Midday:

- Eat a balanced lunch with protein, healthy fats, fibrous vegetables and fermented foods.
- Chew your food well and eat mindfully.
- Avoid overeating and take a short walk after meals to support digestion.
- Stay hydrated with filtered water or herbal tea.



Afternoon:

- If needed, enjoy a gut-soothing tea such as chamomile, peppermint or ginger.
- Have a small snack if hungry – think leafy greens smoothie, kefir or a handful of nuts.
- Take time to relax and manage stress – your gut and nervous system are connected.



Evening:

- Enjoy a light, easy-to-digest dinner – e.g. soup, cooked vegetables, fish, or quinoa.
- Avoid late-night snacking and alcohol.
- Wind down with a relaxing routine – dim lights, gentle stretching, reading or breathing exercises.
- Aim for 7–9 hours of quality sleep to support gut repair and hormone balance.

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Food intolerances & infections



Environmental toxins & pathogens



Poor sleep & irregular routines

GUT REPAIR SUPPORT PROGRAM

A complete approach to heal your gut lining, rebalance your microbiome and restore digestion.



Remove gut irritants & triggers (e.g. gluten, dairy, alcohol, sugar, additives)



Replenish with probiotics, prebiotics & fermented foods



Repair the gut lining with L-glutamine, zinc carnosine, slippery elm & collagen



Support digestion with enzymes, bitters and stomach acid support



Reduce inflammation and balance the immune system



Nourish your body and mind with sleep, stress management and self-care



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Nourish Your Gut. Heal Your Microbiome. Restore Your Health.



NUTRITION: BUILD BLOCKS FOR GUT REPAIR



L-Glutamine – heals and seals the gut lining and supports intestinal integrity.



Zinc Carnosine – supports gut lining repair and reduces inflammation.



Probiotics – replenish beneficial bacteria, improve microbiome diversity and support digestion.



Digestive Enzymes – aid breakdown of food and reduce bloating and indigestion.



Omega-3 Fatty Acids – reduce inflammation and support gut barrier function.



Vitamin D – supports immune regulation and gut barrier health.



Eat regular, balanced meals – stabilise blood sugar and support healthy digestion.



Stay hydrated – supports digestion, regular elimination and detoxification.



HERBS TO SUPPORT GUT HEALTH



Slippery Elm

Soothes and coats the gut lining, relieves irritation and supports healing.



Marshmallow Root

Calms inflammation and supports the healing of mucous membranes.



Dandelion Root

Bitter herb that supports digestion, bile flow and liver detoxification.



Chamomile

Calms inflammation, soothes the gut and supports relaxed digestion.



Ginger

Reduces bloating, improves digestion and eases nausea.



Turmeric

Anti-inflammatory and supports gut lining repair.



Licorice Root (DGL)

Soothes the gut lining and supports adrenal and digestive health.



TEAS TO SOOTHE & SUPPORT DIGESTION



Peppermint Tea

Relaxes digestive muscles and relieves bloating and gas.



Ginger Tea

Supports digestion and reduces nausea and inflammation.



Chamomile Tea

Calms the gut, reduces stress and supports restful digestion.



Fennel Tea

Eases bloating, gas and indigestion and supports healthy motility.



Licorice Tea (DGL)

Soothes the gut lining and supports mucosal healing.



Slippery Elm Tea

Coats and soothes the gut lining, relieves irritation.



DIET FOR GUT HEALING

Focus on whole, nutrient-dense foods to repair the gut lining and reduce inflammation.

FOODS TO INCLUDE



Bone broth & collagen



Fermented foods: sauerkraut, kimchi, kefir, miso, kombucha



Leafy greens & cruciferous vegetables



Healthy fats: avocado, olive oil, coconut, nuts, seeds



Protein-rich foods: eggs, fish, chicken, legumes, tofu



Gluten-free whole grains: quinoa, brown rice, buckwheat, oats



Herbal teas: chamomile, ginger, peppermint, fennel



FOODS TO AVOID OR LIMIT



Sugar, refined carbs & sweetened drinks



Processed and ultra-processed foods (additives, preservatives, artificial sweeteners)



Gluten (if sensitive)



Dairy (if sensitive)



Alcohol and caffeine (excess)



Fried foods & trans fats



Food additives & flavour enhancers (MSG, artificial colours, emulsifiers)



MORE WAYS TO SUPPORT YOUR GUT



Chew food well and eat slowly



Manage stress – it directly impacts your gut



Get regular movement and spend time in nature



Have regular bowel movements – don't ignore the urge



Support detoxification: sauna, dry brushing, hydration



Sleep well – aim for 7–9 hours of quality sleep

BENEFITS OF A HEALTHY GUT

- ✓ Improves digestion and nutrient absorption
- ✓ Reduces bloating, gas and discomfort
- ✓ Balances the microbiome
- ✓ Supports immune system function
- ✓ Reduces inflammation
- ✓ Improves mood, energy and mental clarity
- ✓ Supports healthy skin
- ✓ Helps maintain a healthy weight
- ✓ Supports detoxification and hormone balance
- ✓ Enhances overall health and wellbeing



A SAMPLE DAY OF GUT SUPPORT



Warm lemon water on waking



Gut-healing breakfast: bone broth, eggs & greens



Probiotic or fermented food with lunch



Plenty of water throughout the day



Herbal tea after meals



Walk or gentle movement



Nourishing dinner: grilled fish, veggies & quinoa



Wind down with a magnesium or chamomile tea



Sleep in a dark, cool room

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When you heal your gut, you heal your whole life.

Our daily habits can create health or illness

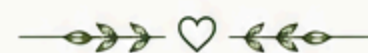
GUT REPAIR PROGRAM

Nourish Your Gut. Heal Your Microbiome.
Restore Balance, Energy & Vitality.



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Gut Wellness Checklist



Daily Foundations

- ✓ Start your day with warm lemon water
- ✓ Stay hydrated – aim for 2 litres of water daily
- ✓ Move your body daily – even a short walk helps
- ✓ Manage stress – it directly impacts your gut
- ✓ Eat mindfully – chew well and eat slowly
- ✓ Get 7–9 hours of quality sleep
- ✓ Avoid unnecessary antibiotics and medications
- ✓ Be consistent – small daily habits create big change



Nutrition & Gut Support

- ✓ Eat whole, unprocessed, nutrient-dense foods
- ✓ Include plenty of fibre from vegetables, fruits, legumes, seeds & whole grains
- ✓ Eat fermented foods daily (e.g. yoghurt, kefir, sauerkraut, kimchi, kombucha)
- ✓ Include prebiotic foods (garlic, onion, kefir, asparagus, bananas, oats, apples)
- ✓ Choose quality protein and healthy fats
- ✓ Limit sugar, refined carbs and ultra-processed foods
- ✓ Consider probiotics, L-Glutamine, zinc carnosine & slippery elm for gut repair
- ✓ Eat bone broth or collagen-rich foods to support gut lining repair



Digestion & Comfort

- ✓ Support stomach acid with bitters or lemon before meals (if needed)
- ✓ Chew food well and eat slowly
- ✓ Avoid eating late at night
- ✓ Include digestive enzymes if you struggle with bloating
- ✓ Drink herbal teas (peppermint, ginger, fennel, chamomile)
- ✓ Address bloating and constipation early
- ✓ Support bile flow with bitter foods and healthy fats
- ✓ Listen to your body – rest, repair and reset when needed



Mind & Lifestyle

- ✓ Practice gratitude daily
- ✓ Let go of worry – journal or write it down
- ✓ Use positive affirmations
- ✓ Take time to relax and breathe deeply
- ✓ Spend time in nature
- ✓ Do activities that bring you joy
- ✓ Talk to someone you trust
- ✓ Focus on progress, not perfection



Environment & Habits

- ✓ Keep your kitchen and food clean
- ✓ Use natural, non-toxic cleaning products
- ✓ Avoid alcohol close to bedtime
- ✓ Use a diffuser with calming essential oils (lavender, chamomile)
- ✓ Reduce exposure to toxins where possible
- ✓ Create a calm, relaxing bedtime routine
- ✓ Surround yourself with supportive, positive people



Your gut is the foundation of your health,
mood, immunity and energy.
When you heal your gut, you heal your whole life.



— Our daily habits can create health or illness —

GUT REPAIR SUPPLEMENT STACKS

Natural Support for Gut Healing,
Microbiome Balance & Digestive Wellness



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SUPPORTING YOUR BODY
NATURALLY



NATURAL SOLUTIONS



REAL RESULTS



LASTING WELLNESS

Powerful supplements & herbs to heal your gut & restore balance

Target key pathways to reduce inflammation, repair the gut lining,
support digestion and build a healthy microbiome.

DIGESTION & ABSORPTION

Support breakdown
of food & nutrient uptake



Digestive Enzymes

Help break down
proteins, fats, carbs
and fibres to reduce
bloating and improve
nutrient absorption.



Betaine HCl

Supports stomach acid
production for better
digestion and prevents
bloating after meals.



Bile Salts

Aid fat digestion
and support bile flow
for improved digestion
and detoxification.

MICROBIOME & IMMUNE SUPPORT

Nourish good bacteria
& support gut immunity



Probiotics

Replenish beneficial
bacteria, improve
microbiome diversity
and support digestion,
immunity and mood.



Prebiotics

Feed good bacteria
and promote a healthy
microbiome (e.g. inulin,
acacia, GOS).



Zinc

Supports gut lining
repair, immune
function and healthy
enzyme activity.

GUT LINING REPAIR & PROTECTION

Soothe, repair & protect
the intestinal lining



Slippery Elm

Soothes and coats
the gut lining, reduces
irritation and supports
healing.



Marshmallow Root

Calms inflammation and
irritation, supports
mucus production and
gut lining repair.



Aloe Vera

Supports healing of
the gut lining, reduces
inflammation and
soothes digestion.

CALM & SOOTHE YOUR GUT

Reduce inflammation,
spasms & discomfort



Chamomile

Calms inflammation,
relaxes digestive muscles,
reduces spasms and
soothes the gut.



Licorice Root (DGL)

Protects and repairs
the gut lining, supports
mucus production and
soothes inflammation.



Magnesium Glycinate

Relaxes intestinal
muscles, relieves
constipation and
supports calm.

HOW THESE SUPPLEMENTS HELP YOUR GUT



Support digestion
& nutrient
absorption



Strengthen gut
barrier & immune
defences



Balance the
microbiome & feed
good bacteria



Reduce inflammation,
bloating & digestive
discomfort



Promote regular
bowel movements
& detoxification



Support overall
gut-brain connection
& wellbeing

TIPS FOR BEST RESULTS



Be consistent –
take your supplements
daily.



Combine with a whole
foods diet rich in
fibre and nutrients.



Stay hydrated
and manage
stress.



Limit sugar, alcohol,
caffeine and
processed foods.



Chew food well
and eat mindfully
to support digestion.



Get quality
sleep – your
gut rearranges.

FIBRE: THE FUEL FOR YOUR GUT

Soluble fibre feeds good bacteria and
supports regularity & gut health.

- Oats, chia seeds, flaxseeds
- Psyllium husk
- Vegetables, fruits (especially berries), legumes and whole grains
- Start slow and increase gradually, and drink plenty of water.

KEY NUTRIENTS FOR GUT HEALING

- L-Glutamine – repairs gut lining
- Zinc – supports healing & immunity
- Vitamin D – supports immune balance
- Omega-3s – reduce inflammation
- B Vitamins – support energy & gut function
- Magnesium – supports bowel regularity & relaxation

GUT-LOVING HABITS

- Eat fermented foods daily (e.g. sauerkraut, kimchi, kefir, yoghurt)
- Enjoy bone broth and collagen to nourish the gut lining
- Move your body daily
- Practice stress management
- Give your body time to heal



A healthy gut is the foundation of your health, mood, immunity and energy.
When you heal your gut, you heal your whole life.
Nourish your gut. Support your body. Thrive every day.



Our daily habits can create health or illness

GUT REPAIR PROTOCOL SUPPLEMENT STACK

Targeted combinations to heal the gut,
support digestion & restore whole body health



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POWERFUL SUPPLEMENT STACK FOR BETTER GUT HEALTH



GUT HEALING STACK

Best for:

Healing and repairing the gut lining,
reducing inflammation & supporting
healthy digestion

BUY NOW



1 GI-REVIVE™

Supports gut lining repair, reduces
inflammation & promotes healthy
digestion.



2 PALEOFIBRE®

A comprehensive fibre blend to
support regularity & feed good
gut bacteria.



3 BIOME ADVANCED PROBIOTIC

Restores healthy gut flora, supports
digestion, reduces bloating and
strengthens gut barrier function.



4 DIGEST EASE

High potency digestive enzymes
to support optimal breakdown
of food.



5 MAGRELAX® (MAGNESIUM)

Magnesium to relax the digestive
system & support regular bowel
movements.



HOW TO USE SUPPLEMENT STACK



Take supplements
consistently
for best results.



Follow timing
guidelines – take
each at the right
time for maximum
benefit.



Take with water
and a light snack
if needed.



Start with one
stack at a time
and monitor
your response.



Listen to your body
and adjust as
needed.



Consult a qualified
naturopath for
personalised advice.

LIFESTYLE + SUPPLEMENTS = BEST RESULTS



Stick to a regular
sleep schedule



Eat a variety of
wholefoods &
fibre-rich foods



Manage stress
daily



Move your body
regularly



Stay well
hydrated



Include fermented
foods for a healthy
microbiome



A healthy gut builds a healthier, happier you.
Small daily habits can help repair your gut, improve digestion,
boost energy and support your overall wellbeing.

Our daily habits can create health or healing