



Cell: 060 458 6419
5 Pikkewyn Street, Eden, George

Dr. du Toit

N A T U R O P A T H

Practise no: 101 000 0504483
Registration no: A11248

5 Steps to Repair Leaky GUT

1. Listen to your body / notice how your digestive system reacts to certain foods
2. Eliminate unhealthy foods that cause inflammation, eg gluten, processed foods, GMOs (genetically modified organisms), sugar and pasteurized cow's milk
3. Eat foods regularly that will help heal your intestinal tract*
4. Supports other important organs to aid digestion (stomach, liver, pancreas)
5. Feed your microbiome (the organisms in your intestinal tract) with probiotics and pre-biotics

Top healing foods for the intestinal tract and organs that help with digestion: *

Bone Broth

Apple Cider Vinegar (make sure it contains the mother culture)

Goat's milk kefir

Naturally Fermented Vegetables (sauerkraut, kimchi)

Coconut oil and cream

Fish (best to take an Omega 3 fish oil supplement)

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May you experience goodness and health in everything!

Dr Francois du Toit