



# NDK LEAKY GUT P R O T O C O L

THE FATHER OF MODERN MEDICINE HIPPOCRATES SAID,  
"ALL DISEASE BEGINS IN THE GUT"

IF YOUR GUT IS HEALTHY, BETS ARE THAT YOU'RE IN GOOD HEALTH. HOWEVER, THERE'S A CONDITION CALLED LEAKY GUT THAT CAN LEAD TO A HOST OF HEALTH PROBLEMS.

**LEAKY GUT SYNDROME** is not generally recognized by conventional physicians, but more and more evidence is now pointing to it as a real condition that affects the lining of the intestines.

The theory is that leaky gut syndrome is the result of damage to the intestinal lining, making it less able to protect your internal environment. As a result, bacteria, incomplete digested proteins, and fats may "leak" out of the intestines, through holes in the lining, into the blood stream. (This is not the same as sepsis).

Leaky gut triggers an autoimmune reaction. Your body's immune system kicks into gear to fight what it sees as a foreign invader in your blood system. This can lead to gastrointestinal problems such as abdominal bloating, excessive gas and cramps, fatigue, food sensitivities, joint pain, skin rashes, and many autoimmune diseases, such as: Crohn's disease, Celiac disease, Ulcerative Colitis, Irritable Bowel Disease (IBD), Irritable Bowel Syndrome (IBS), Lupus, Rheumatoid Arthritis, Fibromyalgia, Interstitial Cystitis, Multiple Sclerosis to name a few.

Diet is the number one cause of leaky gut, and gluten is the main culprit. Other inflammatory foods like dairy or toxic foods and drinks, such as sugar, conventional meats, tap water, and GMO foods are big problem-makers too. Adding to the list of irritants are anti-inflammatory drugs (NSAIDS), certain antibiotics, excessive alcohol consumption, chronic inflammation, and stress.

THE GOOD NEWS IS... THERE'S A SOLUTION TO SUCCESSFULLY REVERSE LEAKY GUT

## STAGE 1: RESTORE

### STEP 1: ELIMINATE INFLAMMATORY & REACTIVE FOODS

- Grains
- Dairy
- Soy
- Corn
- Vegetable oils (canola, cottonseed, soybean, safflower)
- Hydrogenated and partially hydrogenated oils (margarine, crisco...read labels!)

### STEP 2: ADD HEALING FOODS

- Bone broth (Two 8oz containers included in Leaky Gut Kit)
- Collagen
- Fermented and cultured foods (kimchi, kombucha, raw sauerkraut)
- Organ Meats (grass-fed/pastured)
- Healthy animal fats, such as pastured lard, grass-fed tallow, and ghee



### STEP 3: TARGETED ACTION WITH SUPPLEMENTS

**Immuno-gG SBI:** (Included in Leaky Gut Kit) Binds and neutralizes microbial toxins in the gut, reducing inflammation while promoting regeneration. Increases antibody production for robust immune system. Dairy, lactose and casein free.

*DOSAGE: Take 4 capsules first thing in the morning.*

**ATRANTIL:** (Included in Leaky Gut Kit) targets gas producing bacteria with a unique combination of natural ingredients that help your body maintain digestive balance. As you support your gut, Atrantil will give you the relief you need for bloating, gas, etc. which is a result of the bacterial imbalance.

*DOSAGE: Take 2 with every meal.*

**BERBERINE HCl:** (Included in Leaky Gut Kit) has been clinically shown to support the growth of healthy bacteria, as well as eliminate some of the bad bacteria, fungus, yeasts, and parasites in the gut. It has also been shown to reduce inflammation in the digestive tract as a result of leaky gut.

*DOSAGE: Take 1 capsule 3 times daily.*

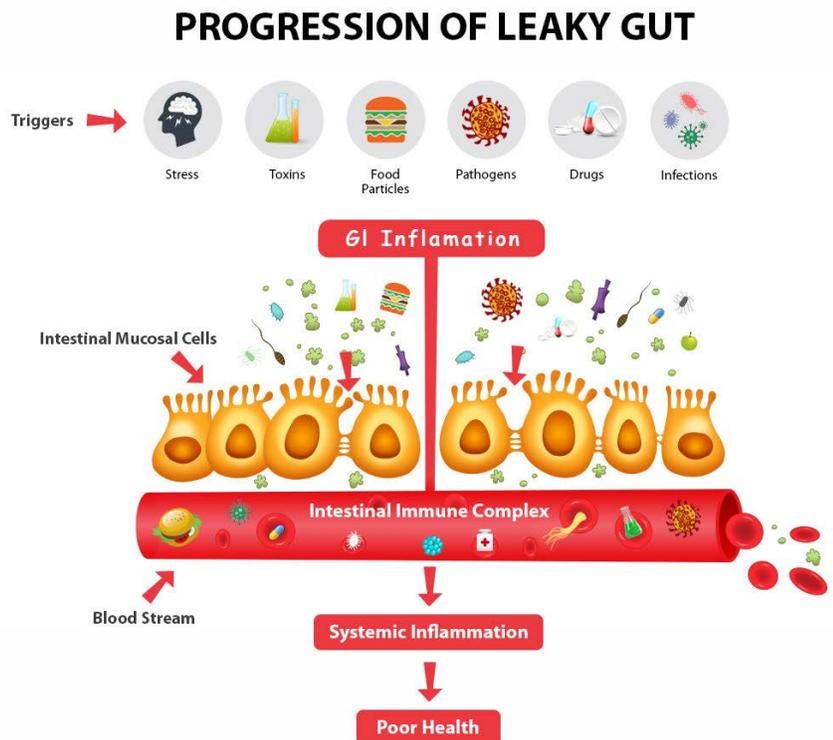
### STAGE 2: REBUILD

Once you have completed the supplements from Stage 1, you will move on to Stage 2, focusing on rebuilding the healthy bacteria in your gut. Daily fermented foods along with a probiotic supplement are key. You may also want to add regular consumption of hemp seeds and/or chia seeds for targeted fiber intake. Continue the regular consumption of the healing foods introduced in Stage 1.

#### STEP 1: HEALTHY BACTERIA

**BIODOPH-7 PLUS:** (Included in Leaky Gut Kit) Probiotics are an important supplement to take as it helps replenish good bacteria and crowds out the bad bacteria.

*DOSAGE: Take 1 when you get up, and 1 before bed. Continue focusing on daily fermented foods. Aim for 1/2 cup per day of fermented veggies.*





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**TERRAFLOA WOMEN'S DAILY:** Terraflora Women's Daily uniquely incorporates organic whole cranberry fruit with a scientifically supported quantity of 36mg proanthocyanidins (PACs), to support a healthy urinary tract. Formulated with wild organic seaweeds and organic mushroom extracts. Features two novel probiotic strains, shown in studies to produce highly bioavailable antioxidants.

*DOSAGE: Start with 1 capsule every other day, and gradually increase to 1 capsule 2x daily. Best taken with food.*

**TERRAFLOA SYNBIOTIC - DAILY CARE:** A low dose of soil based bacteria, once rich in our diet and lifestyle, but now almost non-existent do to the over-sterilization of our food supply and lack of regular contact with healthy soil.

*DOSAGE: Start with 1-2 capsules per day with or without food.*

**TERRAFLOA SYNBIOTIC - DEEP IMMUNE:** Formulated with LC-Plasma, a unique paraprobiotic clinically tested to activate pDCs (plasmacytoid dendritic cells). Known as the "commander-in-chief" of the immune system, pDCs bridge the gap between the innate and adaptive immune systems – our first and second lines of defense.

*DOSAGE: Start with 1 capsule every other day, and gradually increase to 1 capsule 2x daily. Best taken with food.*

## The gut is the gateway to health!

**LEAKY GUT KIT** - (The following supports a 30-day protocol)

[BUY NOW ONLINE](#)

### STAGE 1:

- 1 bottle BERBERINE - *Dosage: Take 1 capsule 3 times daily.*
- 1 bottle Immuno-gG SBI - *Dosage: Take 4 capsules first thing in the morning.*
- 2 bottles ATRANTÍL - *Dosage: Take 2 with every meal.*
- 2 tubs BONE BROTH

### STAGE 2:

- 1 bottle BIODOPH 7 PLUS OR TERRAFLOA - DAILY CARE OR TERRAFLOA  
*DOSAGE, CHOOSE ONE*
  - BioDoph 7 - *take 1 each morning upon rising and 1 before bed away from food*
  - Terraflora Daily Care - *take 1-2 daily with or without food*
  - Terraflora Women's Daily - *take 1 capsule 2x daily with food*
  - Terraflora Deep Immune - *take 1 capsule 2x daily with food*



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You are following a protocol designed for a specific outcome. Dosage will vary (bottle vs protocol instructions). Please follow protocol instructions for optimal results.

The information and protocols provided by Destination Health, presented here at letstruck.com and as presented in any Podcast or Live events, are not offered as cures, prescriptions, diagnoses or a means of such. No attempt should be made to use any of this information as a form of treatment without the approval and guidance of your primary health advisor. Let's Truck assumes no responsibility in the correct or incorrect use of this information.

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