

# HOW TO SUPPORT GUT HEALING

## The 5R Framework

*Source: Institute of Integrative Nutrition*



GUT HEALTH SERIES

CHPRA

# The 5R Framework

**1| Remove** potentially inflammatory or irritating foods such as gluten, dairy, or sugar.

**2| Replace**, any digestive supports lacking. Choose digestive enzymes or foods rich in prebiotics that feed beneficial bacteria, such as dandelion root, garlic, oats, onions, or jicama.

**3| Reinoculate**, add quality probiotics and/or probiotic-rich foods (yogurt, certain aged cheeses, fermented vegetables) to help populate the gut with good bacteria and support intestinal barrier function.

**4| Repair**, by supplements to soothe and repair the gut, like purified aloe, l-glutamine, omega-3 fatty acids, licorice root, collagen, or marshmallow root.

**5| Rebalance**, consider health holistically and support all areas of multidimensional health. Emphasis on stress reduction.