1. Most important is the **Diet**. Without correcting this, the gut will never truly heal.
	1. High Fiber
	2. Paleo Diet
	3. Eliminate Processed Foods
	4. Eliminate Grains
	5. Eliminate Diary
	6. Eliminate Gluten
	7. Add bone broth
2. Take the following supplements:
	1. Glutamine
	2. Colostrum (SBI protect = dairy-free version)
	3. Berberine
	4. DGL Extract
	5. Ginger
	6. Biocidin
	7. GI Detox (Cholestyramine)
	8. Megaspore Probiotic
	9. Oregano Oil
3. The following are also available and can help with restoring the gut health:
	1. Peptide: BPC/KPV/Larazotide
	2. Ozone
	3. Methylene Blue

1. **Remove: Eradicate H. pylori**

• Mastic gum – Shown to inhibit H. pylori growth and support gut healing.

• Berberine – A powerful antimicrobial that targets H. pylori while reducing inflammation.

• Matula tea – A blend of herbal extracts with anti-H. pylori properties.

• Black seed oil (Nigella sativa) – Has antibacterial effects against H. pylori.

• Garlic extract – Contains allicin, which has been shown to inhibit H. pylori.

2. **Replace: Support Digestion**

 • Digestive enzymes & Betaine HCl (if low stomach acid) – Many with H. pylori have low stomach acid, which allows the bacteria to thrive. Betaine HCl can help restore proper digestion.

• Zinc carnosine – Supports gut lining repair and reduces inflammation.

3. **Reinoculate: Restore the Gut Microbiome**

• Probiotics (Lactobacillus & Saccharomyces boulardii) – Help prevent H. pylori from adhering to the stomach lining and reduce inflammation.

• Prebiotics (fiber-rich foods) – Support beneficial bacteria growth and microbiome balance.

4. **Repair: Heal the Gut Lining**

• L-Glutamine – Essential for repairing the gut lining and reducing inflammation.

• Aloe vera – Has soothing and anti-inflammatory properties for the stomach lining.

• Slippery elm & Marshmallow root – Help coat and protect the gut lining.

• Bone broth & collagen – Provide amino acids to support gut repair.

5. **Rebalance: Address Lifestyle Factors**

• Reduce stress – Chronic stress weakens immunity and increases gut permeability, making H. pylori harder to eradicate. Meditation, breathwork, and quality sleep help.

• Anti-inflammatory diet – Avoid processed foods, sugar, alcohol, and excess caffeine.

Focus on whole foods, healthy fats, and lean proteins.

• Intermittent fasting – May help reduce bacterial overgrowth and improve gut health.

1. **Testing & Follow-Up**

 • Stool or breath test – To confirm eradication of H. pylori after treatment.

 • Gut microbiome analysis – To assess dysbiosis and further healing needs.