



Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

Amy Myers Leaky Gut Revive

Leaky Gut Revive has been developed by Amy Myers MD, a world-renowned American functional medicine physician. It contains 6 key ingredients known to help heal the gut. These were the things I took to heal my own gut when I had gut/breast issues but it took me a year to do it along with a number of other supplements. I cannot recommend the product I took as the company no longer makes it. Amy Myers maintains, as many natural health practitioners do, that leaky gut is also directly related to conditions on the auto-immune spectrum. (Ref: 6)

L Glutamine

L-Glutamine is one of the most important nutrients to restore gut health because of the way it speeds up gut cell regeneration so profoundly. This amino acid helps to mend the broken junctions in your intestinal wall so they can function normally. L-Glutamine can also be used as a preventative nutrient, minimizing the damage caused by the food, toxins, infections, and stress that can lead to leaky gut in the first place.

Arabinogalactan

Arabinogalactan is a type of prebiotic fiber found in abundance in larch trees. Research suggests that arabinogalactan promotes a balanced microbiome, which is a key to helping you restore gut health and to keeping viruses, Candida and bad bacteria in check.^{6,7}

Native Americans chewed the bark of the larch tree and used its resin to support immune function. Today we know they were onto something! However, it is still unclear whether arabinogalactan supports the immune system solely through the effect it has on the gut or if a combination of factors is at play.⁸ What we certainly do know is that probiotic bacteria in your digestive system can ferment the arabinogalactan. In the process, it produces fatty acids that help repair your gut lining and restore gut health.

Marshmallow Root

Marshmallow root has a high mucilage content, which covers your digestive tract with a protective lining. It can support your gut's reaction to inflammation, which in turn can impact ulcers, diarrhoea, and constipation. Further, marshmallow root can help restore the integrity of the tight junctions found in your gut wall.



Zest for Life

This is one of the reasons why marshmallow root has been found to be so beneficial in helping people restore gut health.

Deglycyrrhizinated Licorice (DGL)

Deglycyrrhizinated licorice (DGL) helps your body repair your gut lining and heal your gut by replenishing the mucus that creates a healthy intestinal barrier. DGL is made by removing the glycyrrhizin — which can raise blood pressure — from whole licorice while retaining its nutritional benefits.

It was first used more than 3,000 years ago as a treatment for digestive issues such as ulcers and indigestion. Again, ancient wisdom proves right! We now believe that DGL promotes a robust mucosal lining to help restore gut health.

Slippery Elm

Slippery elm is another effective herb for gut repair that has been used for centuries in the United States. It works to your advantage in three ways:-

- Increases the mucilage content in your digestive tract
- Stimulates nerve endings to boost mucus secretion, which neutralizes excessive acidity in the gut and soothes ulcers
- Provides antioxidants

These properties make slippery elm a great addition to a protocol to restore gut health.

Aloe Vera

Aloe vera can be soothing and protecting. It helps your body replace the lost mucus associated with gut damage and leaky gut. Aloe vera supports your immune system, improves water balance within your intestines, and aids in controlling Candida Overgrowth. It also provides a wide range of nutrients and antioxidants, including vitamins A, C, and E.

Studies show aloe vera's beneficial effect on IBS and its ability to boost the number of good bacteria in your gut.

Please check interactions with drugs as, for example, it can lower blood sugar for people with diabetes.

Amy Myers Leaky Gut Revive is available in the US and the UK. If you live in other countries, look for supplements with these ingredients.



Zest for Life

Amy Myers website gives more in-depth information on leaky gut, what it is and how to heal it with Leaky Gut Revive. There are also pages and pages of testimonials from people who have found great benefit in taking it.

<https://store.amymyersmd.com/products/leaky-gut-revive>

References:

Ref: 6: <https://www.amymyersmd.com/article/restore-gut-health-herbs-nutrients/>

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