

Gut Healing Post-Cleanse Protocol

Rebuild Your Gut Barrier and Microbiome After Parasite Elimination

Eliminating parasites is only half the battle. The real work begins afterward: restoring the gut lining, rebuilding the microbiome, and creating an environment where parasites cannot easily return. This protocol guides you through the critical 60-day post-cleanse recovery phase.

Important: This protocol assumes you have completed a parasite cleanse under professional guidance. If you still have active parasites, focus on treatment first before beginning gut healing.

Understanding Post-Parasite Gut Damage

Parasites do not just occupy space in your gut. They actively damage it. Understanding what needs repair helps you prioritize your recovery.

- **Villi damage.** Parasites flatten the finger-like projections that absorb nutrients. This leads to malabsorption and deficiencies.
- **Tight junction disruption.** The barrier between gut cells breaks down, causing leaky gut and food sensitivities.
- **Mucus layer depletion.** The protective mucus coating is stripped away, leaving the gut lining exposed to irritation.
- **Microbiome imbalance.** Parasites alter bacterial populations, reducing diversity and beneficial species.
- **Inflammation.** Chronic immune activation leaves the gut hypersensitive and prone to further issues.
- **Digestive enzyme depletion.** The pancreas and gut lining may produce fewer enzymes after prolonged stress.

Phase 1: Remove and Reset (Days 1 to 14 Post-Cleanse)

The first two weeks focus on clearing any remaining debris, reducing inflammation, and giving your gut a clean slate.

Dietary Focus

- Continue anti-inflammatory, whole-foods diet from the cleanse phase
- Eliminate: gluten, dairy, soy, corn, refined sugar, alcohol, and processed foods
- Emphasize: bone broth (2 cups daily), steamed vegetables, wild-caught fish, and pasture-raised poultry
- Add: gentle fiber from cooked vegetables. Avoid raw roughage initially.
- Hydration: 3-plus liters filtered water daily. Herbal teas like ginger, chamomile, and peppermint.

Supplement Stack

- L-Glutamine: 5 g twice daily on an empty stomach. Intestinal cell fuel and repair.
- Zinc Carnosine: 75 mg twice daily. Mucosal healing and tight junction support.
- N-Acetylglucosamine (NAG): 500 mg twice daily. Mucus layer rebuilding.
- Deglycyrrhizinated Licorice (DGL): 400 mg before meals. Soothing and protective.
- Slippery Elm or Marshmallow Root: 500 mg twice daily. Mucilage for gut lining.
- Digestive Enzymes: With each meal. Support nutrient absorption while villi recover.
- Omega-3 (EPA/DHA): 2 to 3 g daily. Anti-inflammatory support.

Lifestyle

- Sleep: 8 to 9 hours nightly. Gut repair happens during deep sleep.
- Stress: Minimize cortisol with meditation, gentle yoga, or breathing exercises.
- Exercise: Light walking only. No intense training; it diverts blood from the gut.
- Heat: Warm (not hot) Epsom salt baths 3 times weekly for magnesium absorption and relaxation.

Phase 2: Replace and Repair (Days 15 to 30 Post-Cleanse)

Now that inflammation is reduced, the focus shifts to rebuilding the gut lining and replacing depleted nutrients.

Dietary Focus

- Reintroduce fermented foods slowly. Start with 1 to 2 tablespoons sauerkraut or kimchi juice.
- Add prebiotic foods: cooked onions, garlic, leeks, asparagus, and slightly green bananas.
- Include collagen-rich foods: bone broth, slow-cooked meats, and fish with skin.
- Increase healthy fats: avocado, olive oil, coconut oil, and ghee (if tolerated).
- Continue avoiding gluten, dairy, and refined sugar.
- Test tolerance of eggs. Start with yolks only if sensitive.

Supplement Stack

- Continue Phase 1 supplements at same doses.
- Add Colostrum or Immunoglobulin G (IgG): 2 to 4 g daily. Immune support and gut barrier repair.
- Add Butyrate (calcium, magnesium, or sodium form): 500 mg twice daily. Colon cell fuel and anti-inflammatory.
- Add Vitamin D3: 2,000 to 5,000 IU daily. Test levels; aim for 50 to 80 ng/mL.
- Add Quercetin: 500 mg twice daily. Mast cell stabilization and gut barrier support.
- Optional: BPC-157 oral form, 500 mcg daily. Peptide for gut healing. Research phase; legal status varies by region.

Testing Considerations

Week 3 to 4 is an ideal time to run baseline labs to identify deficiencies and guide supplementation.

- Complete Blood Count (CBC): Check for anemia from parasite blood loss. Target: hemoglobin above 12 g/dL for women, above 13 g/dL for men.
- Iron Panel (ferritin, TIBC, serum iron): Iron deficiency is common post-parasite. Target: ferritin 50 to 150 ng/mL.
- Vitamin D (25-OH): Critical for immune regulation and gut health. Target: 50 to 80 ng/mL.
- Vitamin B12: Malabsorption during infection depletes B12. Target: above 500 pg/mL.
- Zinc (serum or plasma): Essential for gut barrier repair. Target: 90 to 120 mcg/dL.
- Magnesium (RBC): Most accurate magnesium status indicator. Target: 6.0 to 6.5 mg/dL.

Phase 3: Rebuild and Reinoculate (Days 31 to 45 Post-Cleanse)

With the gut lining healing, the focus shifts to restoring microbial diversity, the key to long-term parasite resistance.

Probiotic Strategy

- Multi-strain probiotic: 50 to 100 billion CFU daily. Continue from Phase 1.
- *Saccharomyces boulardii*: 250 mg twice daily. Probiotic yeast that prevents pathogenic overgrowth.
- Rotate probiotic brands every 30 days to introduce different strains.
- Targeted strains for post-parasite recovery:
 - *Lactobacillus rhamnosus* GG: Immune modulation and gut barrier support
 - *Lactobacillus plantarum*: Anti-inflammatory and antimicrobial properties
 - *Bifidobacterium longum*: Butyrate production and colon health
 - *Bifidobacterium infantis*: Mucus layer support and immune tolerance

Fermented Food Progression

- Week 5: 2 to 3 tablespoons sauerkraut or kimchi with meals. Start with juice if sensitive.
- Week 6: Add coconut yogurt or kefir (if dairy-free). Test dairy tolerance separately.
- Week 7: Introduce kombucha. Start with 2 oz and increase to 8 oz.
- Week 8: Add fermented vegetables like beets, carrots, and cauliflower for diverse bacteria.

Prebiotic Fiber Introduction

- Start with cooked, cooled potatoes and rice (resistant starch)
- Add under-ripe bananas and plantains
- Include Jerusalem artichoke, dandelion greens, and chicory root
- Increase gradually to avoid gas and bloating. Start with 5 g fiber and work up to 25 to 30 g.

Phase 4: Maintain and Protect (Days 46 to 60 and Beyond)

The final phase transitions you from active healing to long-term maintenance. The goal is to create a gut environment so healthy and diverse that parasites struggle to establish themselves.

Dietary Maintenance

- 80/20 Rule: Eat gut-supportive foods 80 percent of the time. Allow flexibility 20 percent of the time.
- Daily fermented foods: 1/4 to 1/2 cup sauerkraut, kimchi, or other fermented vegetables.
- Daily prebiotic fiber: 25 to 30 g from diverse sources like vegetables, legumes, and resistant starch.
- Weekly bone broth: 2 to 3 cups for ongoing collagen and mineral support.
- Limit: gluten, refined sugar, processed foods, and excessive alcohol. Not elimination, but moderation.
- Reintroduce dairy slowly if desired: Start with ghee, then yogurt, then hard cheese, then soft cheese.
- Reintroduce gluten slowly if desired: Start with sourdough, then ancient grains like spelt and einkorn.

Maintenance Supplement Stack

- Probiotic: 25 to 50 billion CFU daily. Lower dose than the active healing phase.
- Vitamin D3: 2,000 to 4,000 IU daily. Maintain 50 to 80 ng/mL. Test annually.
- Omega-3: 1 to 2 g daily for ongoing anti-inflammatory support.
- Magnesium: 300 to 400 mg daily. Glycinate or malate form.
- Zinc: 15 to 30 mg daily. Take with food and 2 hours away from iron.
- Optional: L-glutamine 2 to 5 g daily for ongoing gut lining maintenance.
- Optional: Colostrum 1 to 2 g daily for immune support.

Seasonal Gut Tune-Ups

Even with perfect maintenance, periodic deeper support helps prevent parasite susceptibility.

- Quarterly: 1-week focused probiotic rotation with new strains
- Bi-annually: 2-week gut healing mini-reset using Phase 1 diet plus supplements
- Annually: Comprehensive stool analysis to assess microbiome diversity
- After travel: 2-week post-travel gut support protocol with probiotics and anti-inflammatory diet
- After antibiotics: 4-week intensive probiotic and prebiotic protocol

Warning Signs: Incomplete Healing or Residual Infection

If you experience any of these after completing the post-cleanse protocol, seek re-evaluation.

- Persistent bloating or gas beyond 6 weeks post-cleanse
- Continued food sensitivities that do not improve with elimination and reintroduction
- Ongoing fatigue or brain fog despite adequate sleep and nutrition
- Recurring digestive symptoms like diarrhea, constipation, or mucus in stool
- Unexplained weight loss or inability to gain weight
- Skin rashes, hives, or eczema that persist or worsen
- Joint pain or muscle aches without injury
- Any return of pre-cleanse symptoms

These symptoms may indicate: residual parasites, co-infection like SIBO or Candida, unresolved leaky gut, nutrient deficiencies, or an unrelated condition requiring medical attention.

The gut healing timeline varies significantly. Some people feel dramatically better in 2 weeks; others need 6 months. Be patient, track your progress, and adjust based on your body's response rather than a rigid timeline.

This protocol is for educational purposes only. Individual gut healing timelines vary significantly. Work with a qualified healthcare provider, especially if you have pre-existing digestive conditions.