Heal Your Gut
Where Health Starts & Your Healing Begins!

Master Class
Workbook

Dr. Eric Zielinski

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Welcome to the Heal Your Gut Master Class!

Nothing epitomizes my journey to health more than this: I HAD to find a solution. You know what they say, “Necessity is the mother of all invention,” right!

Plagued by gut issues since birth, "normal" for me was using Tums and having chronic stomach pains, gas and bloating virtually every single day. I was truly a mess until my prayers were answered, and I figured out what the culprits were: food sensitivities! One-by-one I started to replace dangerous foods in my diet with allergy-friendly alternatives and, voila, my health drastically changed. Literally, almost overnight! The first to go was sugar, then wheat, then gluten, then dairy and next thing you know I was enjoying Abundant Life health.

Several years later, I started to heal my gut more methodically by utilizing natural therapies like essential oils. Abundant Life health took on a whole new meaning, and I am on a mission to helping you enjoy the same experience!

This is the reason why I have put together the Heal Your Gut Master Class, and why I’ve created this this special workbook.

I highly recommend that you print this workbook out before watching the interviews. Be sure to review it and have it handy when you go through the Master Class. It’s the perfect place to take notes and jot down your action plans to help you starting healing your gut immediately!

If you need any support or support with the Master Class, don’t forget that you can email my team at Info@DrEricZ.com and they’ll be sure to help you right away.

As always, praying that you experience the Abundant Life and thank you again for attending the Heal Your Gut Masterclass!

~ Dr. Z
Day 1 - Dr. Eric Zielinski

Public Health Perspective on Gut Health & Essential Oils

*During this class you will learn:*

- Top 3 gut-related diseases that must be addressed by public health
- What the research says about gut health and essential oils
- Key ways essential oils affect gut health

**Public Health, Gut Health & Essential Oils**

1. The three key gut health issues that need to be addressed at the public health level are:
   
   a. One is __________ in our food.
   
   b. Two is __________ delivery.
   
   c. And three is __________ overkill.

2. The rate of C-section has risen _______% since 1996, reaching roughly, to this day, about _______%%, which is roughly __________ million C-sections every year.

3. Concurrent with the trend of increasing C-section delivery, there are an epidemic of both ____________, and ____________, which are all connected to the gut.

4. The ____________ is one of the biggest blessings and curses of our modern time because what it does it has essentially made life so convenient for us and crippled us that now we don’t need to prepare our foods anymore.
5. Most of the cells that make up the human body are actually ______________. And according to the National Institute of Health, Human Microbe Project, which they spent $20 million determining this, we are bacteria to human ratio ______________.

6. “It appears,” Curtis says, “that ______________ can pinch hit for each other.” So in a sense, they all work in ______________. And when we do things and take things like ______________ in broad spectrum and don’t eat ______________, we’re really affecting that symbiosis.

7. In March 2015, there was an article in the journal *Pathogens*. And they determined a combined use of different antibiotic alternatives, such as ______________, hold the most promising solution to replacing antibiotics in animal feed.

8. So if you are a child of a mother who delivered you C-section or if you are a mother who did or is thinking of C-section, remember ______________ are absolutely key. And ______________, integrated with ______________ works ______________ to help rebuild the micro flora balance.

9. To properly reestablish your gut ecosystem, we need to regularly consume ______________.

**Essential Oils & Gut Health Research**

1. The myth is essential oils are ______________, so therefore they are similar to ______________, which mean they kill all the good and all the bad.

2. ______________ oil is mentioned significantly in research studies.
3. Ever since 1997, researchers have known that ____________ peppermint is absolutely one of the best IBS solutions out in the market.

4. And in 2013, we see that ____________, ____________ and ____________ were also potent healing agents for IBS, with peppermint and coriander being the most potent.

5. ____________ oil is also a pro-progesterone, which means it can help balance hormones.

6. Researchers have discovered that when ____________ and ____________ are used in conjunction with digestive enzymes, it reduces mucosal macrophages, inflammatory markers of interleukin-1 alpha was also down regulated. And the ileum histology was improved. Like the actual skin tissue of the intestines regenerated because the oils just help make things better. I always tell people ____________ make everything better!

7. A nice blend of essential oils works ____________. I love that word ____________ because probiotics can help improve the gut epithelial conditions, while essential oils act on killing the pathogens. It’s like an awesome one/two punch.

**How to Heal Your Gut with Essential Oils**

1. ____________, which is found in ____________, oil and ____________ oil, which is found in ____________ at very low dosages are very effective in suppressing pathogens in the small intestines and for people that have distal gut problems, IBS, and with no concern to their colonic bacteria.
2. You can do that in various different ways, primarily through enteric-coated capsules. I typically don’t recommend any more than ______________ drops at a time.

3. Recognized for its ability to help stimulate digestion, ______________ oil can help maintain a healthy colon, as well as a well-functioning GI tract.

4. Try some ______________, like a ______________ in a capsule before you eat and see how your body responds.

5. ______________, that’s the MVP of all. It contains very unique compounds that literally help the digestive muscles relax. And it allows for painful digestive gas to pass.

6. Apply diluted right over the ______________. They penetrate to the cellular level. Or you can also put it in a capsule. And I would recommend start with one drop, go up to two or three.

7. But because of its high levels of eugenol, ______________ is known to help calm inflammation in the intestinal lining, which, when that is inflamed, that can cause chronic digestive discomfort and stomachache. So clove can relax to smooth muscle lining of the GI tract, prevent intestinal spasms, nausea, diarrhea, bloating, and gas. And very much like peppermint, it’s also very much antiviral, antifungal, and antibacterial.

8. I like actually a drop of ______________ with a little bit of ______________

9. ______________ is an essential oil that can stimulate the secretion of digestive juices into the stomach…. And that’s great because a lot of folks who don’t have regular bowel movements, they need help. And you don’t necessarily have to take a ______________.
Maybe take a drop of ______________ or make your own digestion blend.

10. The Digestive Blend

a. Mix 5-10 drops of each oil into an essential oil dropper.

b. Peppermint, ______________, ______________, caraway, ______________, fennel, ______________, tarragon.

c. Apply over abdomen during digestive upset making a 2.5% dilution (15 drops of the blend in 1 ounce of carrier oil like fractionated coconut or jojoba oil).

d. Put 5-6 drops in a diffuser and add in 100-150 ml of water.

Action Steps

What 3 things can you start to implement today that you learned in today’s Master Class lesson?

1. ______________________________________________________________________

   ______________________________________________________________________

2. ______________________________________________________________________

   ______________________________________________________________________

3. ______________________________________________________________________

   ______________________________________________________________________
Day 2 - Dr. Josh Axe

5 Steps to Heal Leaky Gut

During this class you will learn:

- What damages the gut lining and causes leaky gut
- Eating the most healing foods to address leaky gut
- Best supplements and lifestyle habits to practice

Dr. Axe’s Story

1. And at one point [Dr. Axe’s] mom was diagnosed with _____________ at forty years old. And after going through _____________, she developed some major digestive issues.

2. Radical changes Dr. Axe’s mom started to implement:
   
a. She started doing _____________ and started drinking _____________. We started do a lot of ____________ kefir.

3. And so she started doing all of these different natural holistic approaches, and she went to her _____________ after _____________ months. And the _____________ she had on her lungs had shrunk _____________, went back a year later, complete _____________
4. But the most amazing thing we saw before we even saw the improvements in her CT scan and her ____________ was after two weeks, her ____________ completely changed!

5. She went from having a ____________ one to two times a week to a bowel movement every single day, became completely regular. And I really believe that that was the key to helping her overcome her Hashimoto's disease. It was key to helping her overcome depression and the chronic fatigue she struggled with and all the other things.

**Leaky Gut**

1. It's typically termed ____________ And there are actually over, I believe, something like ____________ different studies citing and sourcing leaky gut syndrome.

2. Your entire digestive tract basically is that ____________ for your bloodstream. And it says, okay, certain ____________ we're going to let into the ____________, certain possibly types of ____________, things that your body needs it will let in.

3. Well, when you have ____________, of the lining of your small intestine over time, that will damage something called the ____________. And those junctions are the ____________ that let certain things in and certain things out. And so with leaky gut, imagine this, imagine you have a fishing net and you get a ____________ in it. Well, then ____________ that start passing through that shouldn't be able to get through.

4. Proteins like ____________ leak through the gut into the bloodstream and then because ____________ or unbroken down gluten should never be in the bloodstream, that starts
causing ______________. And your body starts this ______________ response which over time can turn into these immune or even autoimmune reactions.

5 Healing Steps to Heal Leaky Gut

1. Step #1: Remove the ______________

2. Step #2: Consume ______________ and ______________ foods.

3. Step #3: Use ______________.

4. Step #4: Change your ______________.

5. Step #5: Eat for your ______________ type.

Triggers You Must Avoid

1. I would say it really does start with ______________. And there are a number of other things we'll talk about here. But I would say the first thing we have to look at is ______________.

2. Step number two, I would say, or food number two would be ______________.

3. And this is why I am a big believer in ______________ and ______________.

4. I would say the next thing would be ______________.

5. But it's not just ______________. I would say, in general, the bigger problem is foods that have not been properly prepared. Our ancestors used to practice ______________ and ______________. And if we look at traditional sourdough bread like a sourdough rye
or a sprouted grain bread such as ______________ bread, these are foods that most people should be able to digest and eat on a regular basis and have no issue with.

6. But again ______________ and ______________ in general can cause ______________, but not just regular grains as much. If somebody is consuming a ______________, just one serving a day of grains, that's going to be fine for people with mild leaky gut. For someone who has severe leaky gut, they're going to want to stay away from all ______________ and all ______________ for a period of time.

7. And the last thing I would say is ______________.

8. Especially looking at ______________ products, ______________ products, if the word "sugar" is there, a lot of sugar today comes from sugar beets, which is in fact a ______________ plant. And so again all of these ______________ foods today wreak havoc on gut health, damage the gut lining, causing leaky gut.

9. And then ______________ sweeteners.

10. The number one medication that causes leaky gut hands down are prescription ______________ drugs.

11. ______________ is one that causes yeast and fungal overgrowth in the system and also robs your body of certain vitamins and minerals. If you look at ______________ drugs today, they damage the intestinal lining. They cause a deficiency in vitamin ______________.

Leaky Gut Warning Signs
1. ____________ and ____________ on a regular basis, any type of ____________
or that feeling of ____________ after eating.

2. Food ____________ is a huge one, any sort of food ____________, food
__________ or food ____________

3. ____________ conditions, especially ____________ disease. That's a warning sign
you have a leaky gut.

4. ____________ of any type whether it's ____________, lack of ____________,
chronic ____________ is a sign.

5. ____________, arthritis, ____________, both migraine and tension.

6. ____________ issues like ____________, psoriasis, ____________, and
dermatitis are warning signs.

7. ____________ problems such as ____________, IBS, ____________, even type I
diabetes are all autoimmune disease.

**Healing Foods**

1. I would say the number one food, many people have heard me talk about this, is
__________.

2. My second healing food would be raw, ____________ such as ____________ or true,
__________.

3. Food number three, are ____________ vegetables.
4. The next group would be ____________ vegetables.

5. But for those with leaky gut or any type of bowel or gut inflammation, you actually want to stay away from ____________ vegetables.

6. And then last but not least, ____________ rich super foods, especially ____________.

Key Supplementation

1. Number one, without a doubt, are _____________. _____________ are something most of us are deficient in. We're not getting enough of these good microbes in our diet. And so taking typically _____________ capsules once to twice daily of a good quality ____________ supplement is key.

2. Number two, _____________. If you have intestinal permeability, five grams of ____________ a couple times a day or getting a leaky gut support supplement with ____________ is important.

3. A _____________ is great. _____________ is great, as well with a _____________ because those really support immunity and reducing inflammation.

4. And just a few others to consider, _____________ juice can sometimes be beneficial. _____________ and _____________ are also fantastic. And then other herbs like _____________ and ____________ root.

Lifestyle Considerations
1. ___________ is the number one overlooked therapy when it comes to healing leaky gut.

2. I can tell you that when they would consume gluten, they would notice a big flare up. But what would affect their body just as much is a ___________ ___________ experience. If they were studying for a test and they were getting ___________ out about that or something at work or emotional ___________, without a doubt, triggers and causes leaky gut syndrome.

3. If you're under ___________ turmoil, obviously we think of that as being another form of ___________ but also things like ___________ or ___________. So when you're ___________, you may think well, that's me just being ___________. But no, that's a form of, all of these things are forms of ___________.

4. And so one of the best ways of dealing with those is through ___________ growth as well as through ___________ in times of ___________ / ___________ during your week. And so a lot of us don't schedule in things we love to do.

5. We scheduled in a ____________, which I think everybody should do. Basically she did a cup of Epson salts with ___________ and ___________ essential oil, and she would just soak in the tub at night. So we really scheduled in these times because when you're feeling stressed, whether it be anger, frustration, being a type A personality, a workaholic or worry, those things raise cortisol. That causes intestinal permeability and leaky gut. And so I think all of those strategies are crucial for healing leaky gut.
5 Gut Types

1. ____________ Gut Type

2. ____________ Gut Type

3. ____________ Gut Type

4. ____________ Gut Type

5. ____________ Gut Type

Action Steps

What 3 things can you start to implement today that you learned in today’s Master Class lesson?

1. ____________________________
   ____________________________

2. ____________________________
   ____________________________

3. ____________________________
   ____________________________
Day 3 - Donna Gates

Secrets to Overcome Candida & Yeast

During this class you will learn:

- **How to do a candida cleanse**
- **Best supplements to eliminate yeast**
- **Why clearing candida is essential to healing leaky gut**

Understanding Candida

1. The ___________ are in there anyway. They’re always present in the gut.
   ___________, ___________, and ___________ in the gut, even a healthy gut.
   But they’re in a harmless form at first.

2. Once they’re left in this space without any bacteria around, they change form. And they become very ___________. They grow tentacles and they start to attach themselves to the mucosal lining. And they inflame it, cause that ___________ we always hear about. They move through that barrier, get into the body, and then become systemic.

3. So that’s what it is. It’s a really dangerous ___________. It’s very poorly understood.

4. And you can overcome this infection just by doing the right things. Well, there is this term called an ___________ diet. But actually what it must be is it must be
You can’t have any sugar because for sure that feeds the yeast or fungus. These are all interchangeable terms. And then, it needs to be gluten-free. And then you also need a casein-free diet initially.

5. It’s really important to understand is that all foods have a ______________ and a ______________, a ______________ and a ______________ side to them. And if you really truly want to understand foods and how to use them as medicine, you always have to look for the positive side of something and the negative side.

**Conventional Therapies**

1. Now, an ______________ is where doctors automatically go. So as soon as they suspect that you have a fungal or yeast infection, as soon as they diagnose it, they will immediately put you on an ______________ drug like nystatin, Nizoral. Nystatin is probably considered the safest.

2. But are they safe? Well, one of the first things you need to know about them is that they ______________. They will temporarily drive the infection back under control. But they’re ______________ ______________ it.

3. That’s why women have vaginal yeast infections month after month after month because they’ll take something like Monistat, which used to be a prescription. The doctors got tired of getting calls all the time. So they just made it over the counter. But every month, a woman will get another vaginal yeast infection because it’s not curing it. Same thing in the body. So they’re ______________ ______________ at all.
4. But one of the things that we know is that there are certain ____________ variants like in SNP, ovarian, or polymorphism is a little gene that’s not working right, or enzyme really, that’s expressing proteins. And we have a bunch of those in the liver. And then all the drugs need to go through those. And so a doctor really isn’t responsible to prescribe an ____________ drug unless he’s checked each person’s ____________ today.

Causes

1. ____________ ____________ is based on seven universal laws, principles that we have to live by. We get to live on this Earth for a certain period of time. And there’s laws already in place when we get here. One of those is the principle of ____________ by _____________. Like if you look at the sun coming up in the morning, it comes up in little tiny increments. But it also goes down in tiny increments.

2. So what happened was we started with the _____________. And then we continued to escalate the use of them. So they were using a huge amount. Then fast forward to the next generation. And now you’ve got a whole generation of men and women who had a lot of _____________, particularly women. They take them for their skin. They use them to regulate periods. So women took a lot of them.

3. And then, of course, they have the ____________ _____________ pill at the same time.
4. Now, they come and they get ______________. And while they’re carrying their baby, this is a natural thing, during the pregnancy their ______________ ______________ goes up. And that’s important for his brain to be healthy.

5. And then ______________ goes up and ______________ goes up.

6. Those are natural normal good things to happen during the pregnancy. But that happens to feed the ______________.

**Natural, Effective Treatments**

1. You’ve got to starve out the ______________, and at the same time, build the ______________ ______________ side by side.

2. So the yeasts are eating nutrients that we need to feed themselves. They use up our minerals. They eat up amino acids. And then, the other thing that they do that very, very few people know about, unfortunately, is they are making ______________. Now, lots of people haven’t even heard of what an ______________ is. But it’s these crystal-like substances that are formed inside our body by the yeast.

3. And then Nature, which is always amazing to me how cleverly Nature has got everything worked out, but in our human gut, we’re supposed to have a bacteria called oxalobacter formigenes. And that bacteria is supposed to eat the ______________. So it’s okay for us to eat these foods if oxalobacter formigenes is in there. But when we take an ______________, he dies. And he’s gone.
4. But now that we can have our genes tested and read our genes, we’re beginning to see the enormous impact that ___________ are also having on our genes. And before you can even fix your genetic SNPs, you have to get this ___________ issue under control, which, again step by step go back before that, you’ve got to bring the candidiasis under control.

5. You got to not be eating these high ___________ foods. And then, what foods are high in ___________? Well, the highest are like spinach, ___________, chocolate, ___________ and seeds, and soy.

6. ___________ and ___________ are very high in oxalates. They don’t realize that altogether the total amount of oxalates is just off the charts. And it’s very much damaging the body of many, many people, especially because we have candidiasis and especially because we lack the healthy gut microbes.

7. But that’s the thing that I love about the gut. You can fix it! About genes, you can fix it! This problem can be fixed. There’s a way to eat. The ___________ -free, ___________ -free, ___________ -free diet, bringing the yeast under control, and then avoiding these real high-__________ foods.

8. And then, with your meals, it’s a really good idea to take some ___________ and ___________ citrate because then that will bind those oxalates while you’re eating so they can’t get into your bloodstream. And then ___________ and ___________ are both really, really important to take those, as well.
9. When you have oxalates, you want to keep your vitamin ______________, the amount you’re taking down to under ______________ milligrams a day.

10. There’s a supplement called ______________. That’s a nice supplement, too. That’s really good for helping the calcium crystals form in your body. It protects your bones and joints and so on.

**Donna’s Story**

1. I came up with the term “_____________ ______________” because everyone was all concerned about the environment and how we were killing the animals and destroying the air and water and so on. And I thought, “Well, we have an ______________ inside of us, too. And its got all this bacterium in there.”

2. And that’s when I realized the ______________ foods were bringing bacteria. But we didn’t have any here. So I had so much trouble getting information. I would call Cornell, their food science. Nobody knew anything except cheese. They knew about cheese.

3. And I went home about three days later with this little brown jar with these ______________ grains in it. And I was like stunned. And I was a little bit afraid I couldn’t get into the country with them. They didn’t say a word. I got in. And I started getting ______________, ______________, ______________ ______________. And I’d ferment it.

4. And then, I’d been working with a few people with ______________. And one woman had gone down to the Gerson Institute. And she was really weak. She’d been doing a lot
of juicing….So I suggested that she start making this….And she started making it and about ten days later, called me back, and the change in her voice was remarkable. She just had so much ______________. And I thought, “Wow!” because she wanted to stay on the ______________ diet for the ______________ and all. But this is raw ______________ — ______________ fermented milk.

5. And so after that, about five or six other people also in the same state where they had ______________, too, and I recommended that they eat more a ______________ diet. And we have a raw diet, too, that we recommend. The Body Ecology Diet’s very adaptable. We have the principle of uniqueness. So there’s not one way for everybody to eat. So they all started having their ______________ diet with their ______________ ______________ ______________. And every single one of them just got stronger and thrived!

6. Now, everyone knows about ______________ foods. But those were the days when they didn’t. And so I pretty much began to look for starters. And then, I realized putting a starter into the ______________ vegetables is smart, too.

7. So building the ______________ system, having a healthy ______________, bringing these ______________ under control, building our ______________ up, and having ______________ that work so that we can turn this whole situation around, which is why we wanted to do the Gut Summit because we know how important to have all this information out there to people, no matter where they live in the world.

More Natural Solutions
1. Berberine, oil of ____________ is also good.

2. Now that we know so much about the gut, we know that it’s very, very important to have ____________ in the diet, which is why a diet that’s very rich in plant foods, 80/20, like 80 ____________ foods, 20 in the ____________, let’s say, or quinoa and millet. But keep the diet very rich in ____________ foods because then you’re going to feed the microbes in your gut.

3. And then diversity, well, that’s what you get in these ____________ foods like the ____________ vegetables.

4. So the ____________ foods to me are first and foremost.

5. A high-__________ and high-__________ diet kills the good bacteria.

6. When I teach people how to make cultured vegetables, we have the lactobacillus ____________ in there. And that’s why because lactobacillus ____________ produces folate. It’s a really important B vitamin that we need. Gut B vitamin is important for methylation and detoxification and so on.

7. But plantarum also degrades ____________. And a lot of people have ____________ reactions in the gut. And then they react to foods that they’re eating. So the plantarum will degrade that ____________ and prevent them from having too high levels of ____________.
8. You need histamine. It’s important. But you don’t want too much histamine or you can be pretty miserable. But they eat up the ____________ that I was talking about in the beginning. They’re really great at eating ____________. And they’re antiviral.

9. So there’s this class of microbes called ____________. And they’re not so good to have. About 50% of us have them, probably inherited from...Passed down from our mother. They can be there at birth or eventually a whole bunch of us have them.

10. Now, archaea takes that hydrogen and makes methane. And then, lots and lots of people become ____________ their whole lifelong because of this. And also the methane, it causes constipation. So it causes ____________ and ____________ and ____________ because of the methane produced by the archaea.

11. While, I was there, they had this interesting wild ____________. And they used to take it. And they made something they called shirataki from it. And you can actually buy that today. And back in those days, then I’d say, “What? Why are you eating this? What’s this for?” And they’d say, “Oh, it’s real good for _____________. It clears ____________ from the gut.” And I’d think, “Okay, that’s good.” And it wasn’t available over here. So that was that. And then I found it. And it’s available in Whole Foods and everything. And it is amazing for reducing the archaea.
Action Steps

What 3 things can you start to implement today that you learned in today’s Master Class lesson?

1. __________________________________________________________
   __________________________________________________________

2. __________________________________________________________
   __________________________________________________________

3. __________________________________________________________
   __________________________________________________________

Notes

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