

Leaky Gut & Endotoxemia Repair Guide



**Build Your
Resilient Gut**
MICROBIOME & BEYOND

Build Your Resilient Gut: *Leaky Gut & Endotoxemia Repair Guide*

First Edition

Copyright © 2025 by Rebel Health. All Rights Reserved.

No part of this book may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in reviews or certain other noncommercial uses permitted by copyright law.

Medical Disclaimer

This book is for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Rebel Health and Kiran Krishnan are not medical practitioners or doctors and do not practice medicine. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this book. The author and publisher expressly disclaim responsibility for any adverse effects that may result from the use or application of the information contained in this book.

Repairing Leaky Gut & Reducing Endotoxemia

“Leaky gut” refers to a condition of increased intestinal permeability - often driven by a dysbiotic/unhealthy microbiome and damage to the gut lining. This contributes to increased food sensitivities and low-grade systemic inflammation, which is linked to almost every single chronic health condition or symptom. One of the main consequences of leaky gut is increased metabolic endotoxemia - which describes elevated levels of endotoxins produced by gram-negative bacteria in the gut making their way into the body via increased gut permeability (leaky gut).

Reversing this condition requires the following steps:

REMOVE SOURCES OF INFLAMMATION/DAMAGE TO THE GUT

- Highly processed, unhealthy foods
- Overuse of antibiotics
- Environmental toxins
- Known food reactions (temporarily) - See [Restoring Oral Tolerance Guide](#)

MANAGE STRESS & REGULATE THE NERVOUS SYSTEM

- Watch: [Bonus Module: Breathing & Nervous System Regulation](#)
- See: [Breathing for Nervous System Regulation PDF](#)

OPTIMIZE THE MICROBIOME

- Watch [Module 1](#)
- See: [5 Pillars Guide to a Resilient Microbiome](#)

USE TARGETED SUPPLEMENTATION (SEE NEXT PAGE)

Want to take an even deeper dive into leaky gut & endotoxemia?

CHECK OUT THE [GROUND ZERO: LEAKY GUT & ENDOTOXEMIA](#) VIDEO IN [KIRAN'S ADVANCED PROFESSIONAL TRAINING VAULT](#) FOR MUCH MORE ON THIS TOPIC!

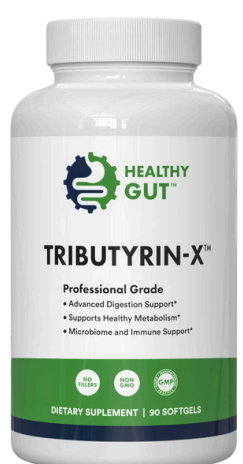
Recommended Supplementation to Repair Leaky Gut & Reduce Metabolic Endotoxemia:

MegaSporeBiotic



- Reduces leaky gut & endotoxemia by 60-70% in 30 days
- Increases microbial diversity & beneficial keystone strains
- Boosts production of SCFAs such as butyrate - essential for a healthy functional gut lining

Tributylin-X



- Strengthens tight junctions/gut barrier function
- Maintains a low oxygen environment, critical for beneficial microbes/healthy microbiome
- Preferred fuel source for colonocytes - which line the large intestine
- Increases endogenous production of butyrate

MegaMucosa



- Contains immunoglobulins (IgG) to neutralize LPS and reduce endotoxemia
- Contains key amino acids that support gut barrier repair and mucin production

MegaIgG2000



- Neutralizes, binds, and removes toxins, such as LPS (endotoxin)
- Supports gut barrier integrity by protecting from harmful pathogens and toxins
- Helps seal the gut lining, reducing intestinal permeability

Want to take an even deeper dive into leaky gut & endotoxemia?

CHECK OUT THE [GROUND ZERO: LEAKY GUT & ENDOTOXEMIA](#) VIDEO IN [KIRAN'S ADVANCED PROFESSIONAL TRAINING VAULT](#) FOR MUCH MORE ON THIS TOPIC!

Other Supplements Recommended for Leaky Gut Repair

- **Polyphenols**
(support microbiome diversity, reduce inflammation, can reduce LPS) - 650+mg per day
- **Zinc Carnosine**
(repair gut lining and reduce GI inflammation) - 75mg 2x/day
- **L-Glutamine**
(fuels gut lining cells, promotes repair) - At least 5g/day
***NOTE:** May cause neurological symptoms such as anxiety, flushing, brain fog, etc... in some people - be mindful.*
- **Quercetin**
(strengthens tight junctions, reduces GI inflammation, stabilizes immune response) - 500-1000mg/day
- **N-Acetyl Glucosamine (NAG)**
Boosts mucin production/protects & repairs gut lining - 500-1000mg/day
- **DGL (Deglycyrrhizinated Licorice)**
Soothes gut lining, reduces inflammation, protects mucosa - 350mg 3x/day before meals

Want to take an even deeper dive into leaky gut & endotoxemia?

CHECK OUT THE [GROUND ZERO: LEAKY GUT & ENDOTOXEMIA](#) VIDEO IN [KIRAN'S ADVANCED PROFESSIONAL TRAINING VAULT](#) FOR MUCH MORE ON THIS TOPIC!