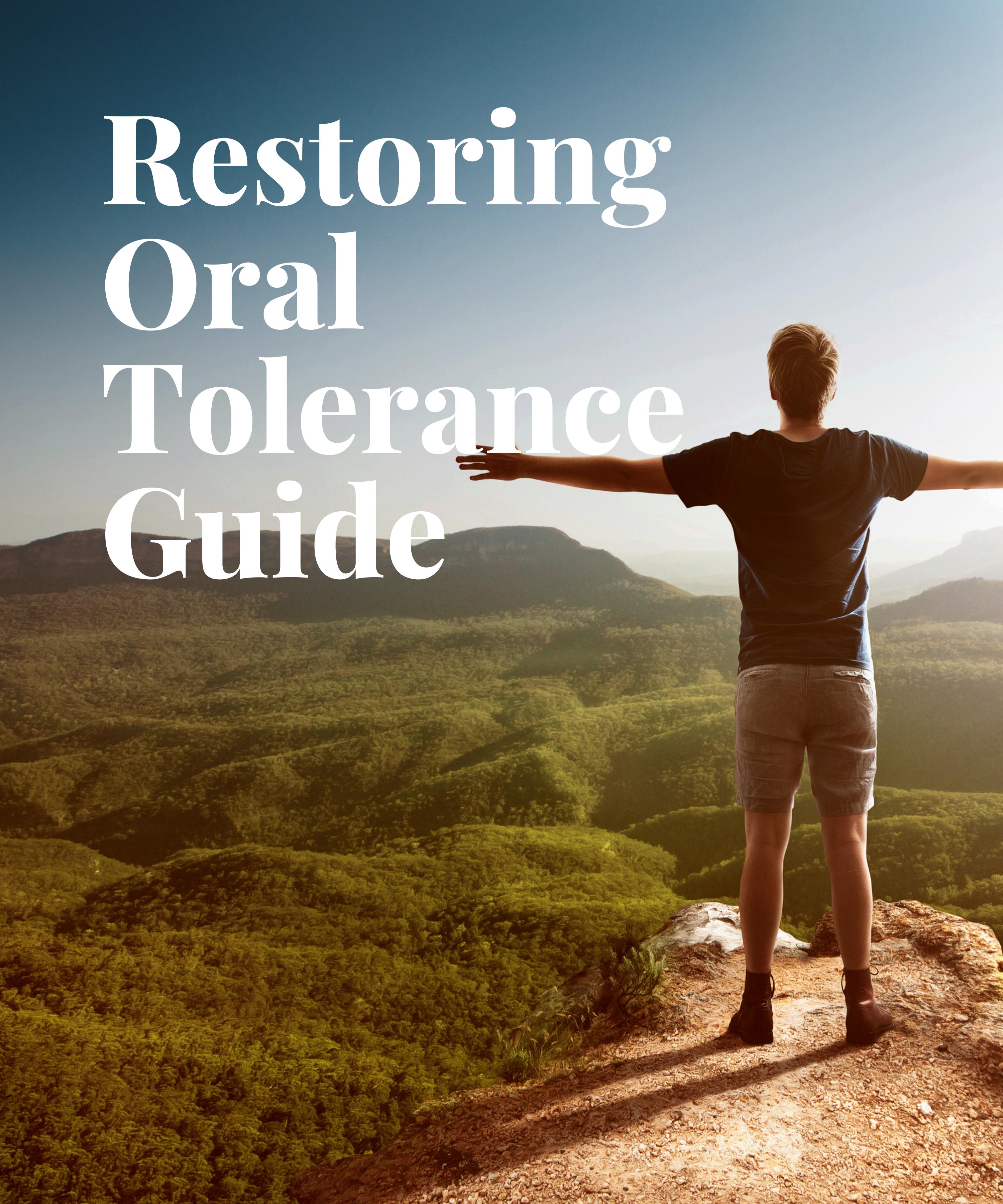


Restoring Oral Tolerance Guide



**Build Your
Resilient Gut**
MICROBIOME & BEYOND

Build Your Resilient Gut: *Restoring Oral Tolerance Guide*

First Edition

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Dysbiosis and Leaky Gut: Main Drivers of Lost Oral Tolerance

Dysbiosis and leaky gut/endotoxemia are major drivers when someone loses oral tolerance and begins reacting to foods, fragrances, supplements, environments, etc... Therefore, optimizing the health and diversity of the microbiome and reversing leaky gut/reducing endotoxemia are essential when attempting to restore oral tolerance.

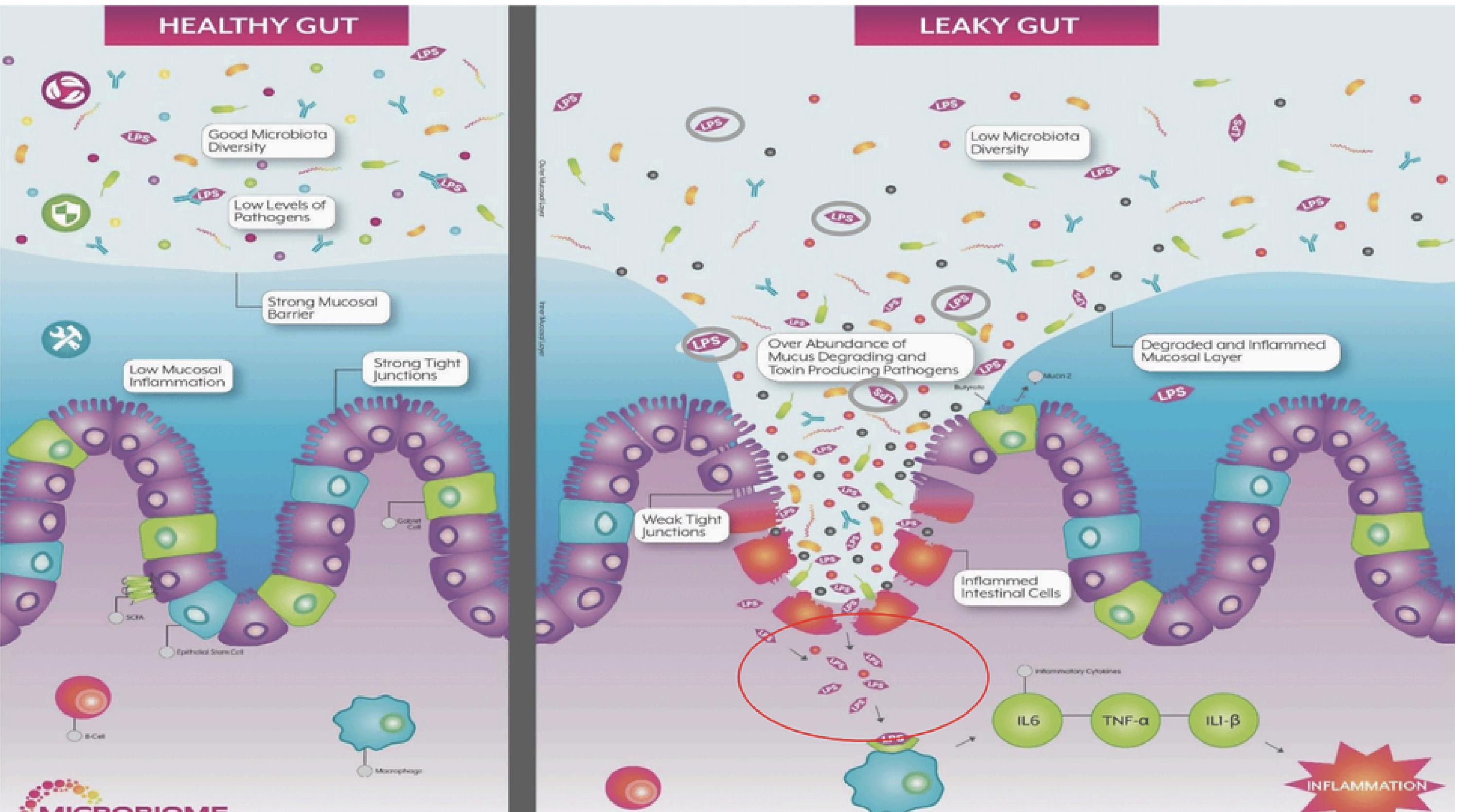
And since dysbiosis is a major contributing factor to the development of leaky gut and increased endotoxemia, it all starts and ends with the microbiome (and you're now well aware of!).

OPTIMIZE THE MICROBIOME

- [Watch ALL Module 1 Lessons](#)
- [5 Pillars Guide to a Resilient Microbiome PDF](#)
- [Feed Your Microbiome Guide PDF](#)

HEAL/REVERSE/REDUCE LEAKY GUT

- [Watch ALL Module 3 Lessons](#)
- [Leaky Gut Repair Guide & Checklist PDF](#)



Finding Balance: Calming the Immune System & Restoring Oral Tolerance

While you are working to optimize your microbiome, reduce/reverse leaky gut, and reduce endotoxemia - the following factors also need to be addressed in order to calm the overactive immune responses driving your loss of oral tolerance.

1. REDUCE HISTAMINE LOAD

- Consider a low-histamine diet to temporarily reduce symptoms/reactions
- [HistaHarmony](#) (breaks down histamine in the gut/can reduce symptoms)

2. STABILIZE MAST CELLS/REDUCE MAST CELL ACTIVATION (MCAS)

- Mast-Cell Stabilizers include: Quercetin, Vitamin C, Stinging Nettle Leaf, Chinese Skullcap, Butterbur, Fisetin, Luteolin, Pine Bark Extract
- [MegaIgG2000](#) (can bind and neutralize antigens in the gut to reduce immune reactions)
- Avoid fragrances, pollutants, chemicals, mold, etc... + Use air/water filters
- Minimize EMF exposure
- Temporarily eliminate known reactive foods as you build tolerance

3. MODULATE THE IMMUNE SYSTEM

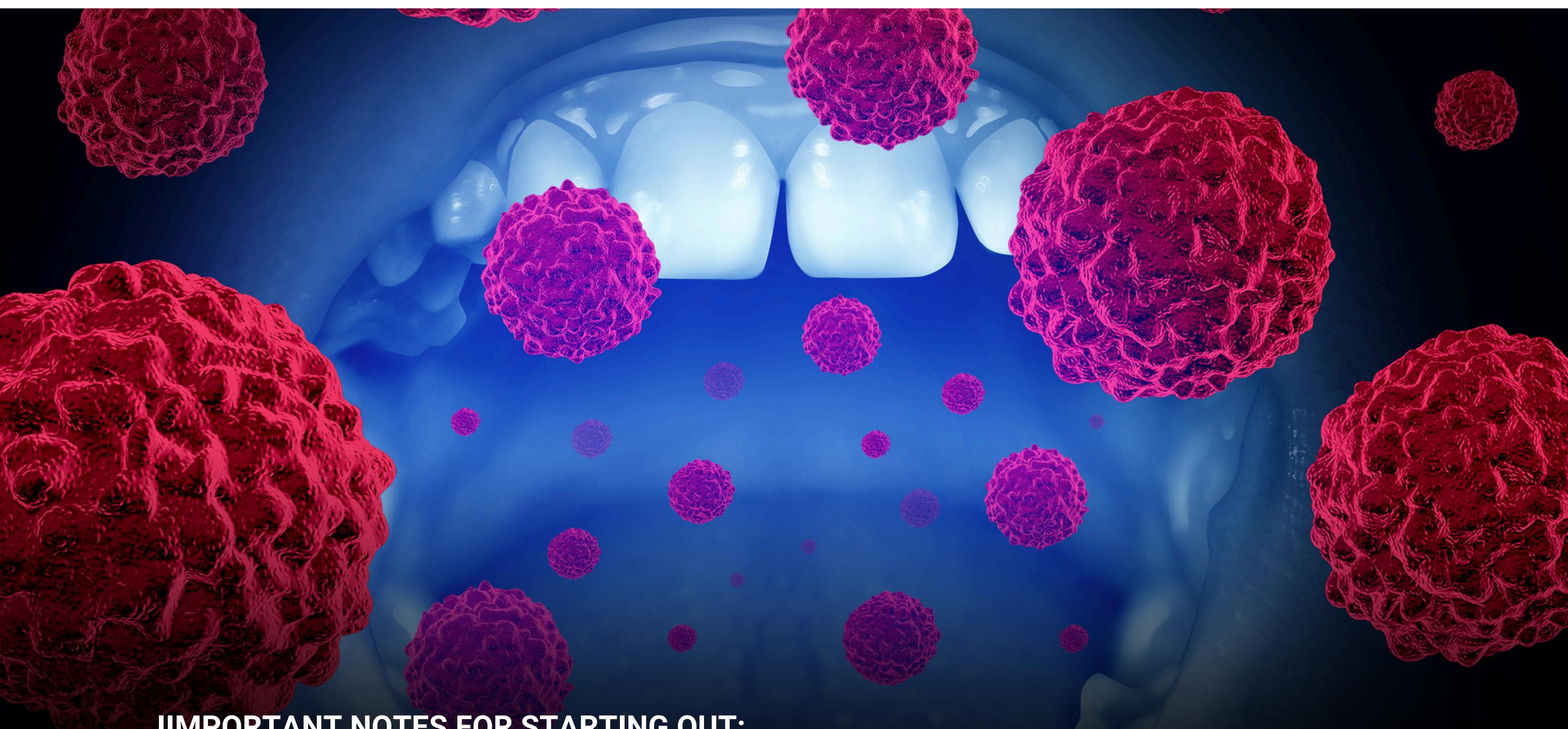
- T-reg cell support (regulates immune responses):
 - Omega 3 EFA's (Especially EPA)
 - [Tributyrin-X](#) (reduces immune activation, aids in leaky gut repair/biome optimization)
 - [MegaSporeBiotic](#) (promotes T-reg cell activity) - START VERY LOW AND SLOW
- Address Chronic Infections
 - Identify & treat underlying infections - [MegaMycobalance](#) for candida/yeast
 - Includes mold, lyme, EBV, etc... (w/ trained practitioner)

4. PARAPROBIOTICS CAN DOWN-REGULATE AND BALANCE IMMUNE RESPONSES

- [HoloImmune](#)

4. STRESS REDUCTION & MIND-BODY PRACTICES

- [Bonus Module - Breathing & Nervous System](#)
- [Breathing for Nervous System Regulation PDF](#)
- [TruVaga Vagus Nerve Stimulator](#) (Research-backed health technology)
- [ApolloNeuro Wearable Stress-Reduction Tech](#)
- [ZenBiome Cope / ZenBiome Sleep](#) (reduces stress response + supports T-reg cell activity)
- **Vagus Nerve Stimulation - deep breathing, meditation, gargling, humming, etc...**
- **Grounding/nature**
- **Trauma Therapies (EMDR, Somatic Experiencing, Biodynamic Breathwork & Trauma Release, etc...)**
- **Nervous System Regulation**
- **Yoga, qigong/tai chi, bodywork, TCM (acupuncture)**
- **Brain Retraining ([Primal Trust](#), Gupta, DNRS)**



IMPORTANT NOTES FOR STARTING OUT:

- In regards to supplements, start low and slow. For example, if utilizing MegaSporeBiotic, you can take as low as 1/8 capsule every other day and slowly work your way up. Keep in mind that the instructions on labels are not one-size-fits all, and that highly sensitive individuals can start very low and very slow.
- It's essential that your body find itself in a state of safety in order to shut off some of the immune reactions - pay close attention to section 4 above with mind-body, stress reduction, and nervous system regulation practices.