



*60 second*  
**GUT HACK**  
TO REDUCE  
INFLAMMATION

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# INFLAMMATION AND YOUR GUT

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Skin issues, digestive issues, allergies and food sensitivities, excess mucous, constipation, diarrhea and other inflammatory symptoms initially stem from elevated inflammation and/or histamine in the gut. The cause of this inflammation can be pathogens, stress, toxicity and so forth but the symptoms you experience are due to elevated inflammation.

It is crucial to get to the ROOT of the inflammation and eradicate it so you can have a happy and BALANCED gut long term however, it is also necessary to shut down inflammation fast in the gut to alleviate the uncomfortable symptoms that you experience as a result.

This is where my 60s gut hack comes in! It is a tried and true “remedy” (more like cocktail) that helps to temporarily reduce some inflammation in the gut to help reduce your inflammation. It can be done daily while you are working on the root cause to help improve your symptoms in the mean time.

It did wonders for me when I had severe IBS, hives and food sensitivities.

This gut hack soothes the gut and coats the intestinal lining to reduce histamine, inflammation and acidity.

It combines:

- Slippery elm
- Coconut oil
- Gelatin or aloe
- Curcumin

**Slippery elm:** contains antioxidants that help relieve inflammatory bowel conditions. Slippery elm causes reflux stimulation of nerve endings in the gastrointestinal tract leading to increased mucus secretion. The increased mucus production may protect the gastrointestinal tract against ulcers and excess acidity.

**Coconut oil:** Studies confirm the anti-inflammatory effect of virgin coconut oil and prove that it can repair damage to the colon mucosa. It has been shown to increase anti-inflammatory cytokines such as IL-10 and reduce proinflammatory cytokines such as IL-6 and TNF- $\alpha$  (which exacerbate skin issues and histamine).

**Gelatin or Aloe:** Both help coat the gut lining, reduce colon inflammation and are antibacterial. They also rebuild the gut lining.

**Curcumin:** Curcumin inhibits NF-κB activation by inhibiting TLR-4 receptor activation and reduces cytoplasmic IκB protein degradation. Also curcumin significantly reduces the expression level of MMP-9 which stops the inflammatory cascade which helps repair/prevent intestinal mucosal damage (Lubbad et al., 2009)..

This drink isn't meant to taste amazing so don't expect a treat ;)

DISCLAIMER: Please always check with your doctor or practitioner before supplementing with any remedies/ingredients mentioned. If you personally have a food sensitivity/allergy to any of these ingredients, they should also be avoided. This is a generalized recommendation and may be appropriate for you.



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**GUT HACK**

# What You Need

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## INGREDIENTS

- 1 tbs grassfed gelatin or 1/4 cup fresh aloe leaf (inside only)
- 1 tsp organic turmeric
- hot filtered water
- 2 tsp organic virgin coconut oil
- liquid stevia to taste
- slippery elm herbal tea (either loose leaf or bagged - I use Traditional medicinals).



# Directions

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## WHAT TO DO

1. in a mug, add 1/4 cup room temp water and 1 tbs gelatin. Let the gelatin 'bloom' or dissolve fully. If you are not using gelatin, skip this step and instead eat the aloe right before this drink and make the drink without the gelatin.
2. After gelatin dissolved, add the coconut oil, a few drops liquid stevia (optional), turmeric and slippery elm tea bag.
3. Pour boiling water overtop the concoction and let it sit for 5-10 minutes.
4. Drink on an empty stomach.

\*if you are using loose leaf slippery elm, simmer it in water before hand and use the prepared tea as your "boiling water" to pour over the gelatin, coconut oil and turmeric.

Drink 1-2x/day as needed.

# THE 60 DAY GUT RESET

If you are struggling with chronic inflammation, skin, gut, or digestive issues, the 60 day gut reset will be of great benefit!

COLON INFLAMMATION, LEAKY GUT, AND DIGESTIVE ISSUES CAN CAUSE...

- Skin issues
- Gas, Bloating
- Constipation or diarrhea
- Nutrient deficiencies
- Hormonal imbalances
- Anxiety or depression
- Gut infections
- Food intolerances/allergies
- Sugar/carb cravings
- Difficulty losing or gaining weight
- abdominal cramping
- weakened immunity
- Low energy
- & Much more

[www.60daygutreset.com](http://www.60daygutreset.com)



SELF-PACED PROGRAM

[60DAYGUTRESET.COM](http://60DAYGUTRESET.COM)

# THE 60-DAY GUT RESET



**Created to help you reset and repair your gut, reduce whole body inflammation and reverse your digestive issues all while creating sustainable lifestyle habits!**

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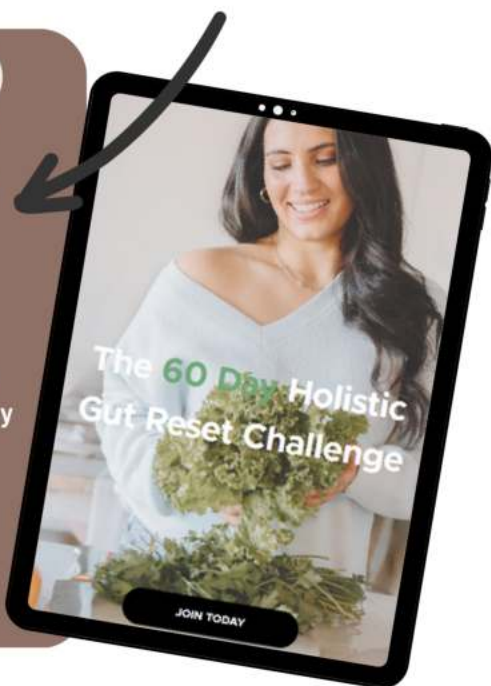
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HAVE YOU TRIED EVERYTHING AND STILL  
STRUGGLE WITH DIGESTIVE ISSUES,  
INFLAMMATION, & LEAKY GUT?

**LEARN HOW TO DETOXYFY AND REPAIR  
YOUR GUT TODAY!**

**GET INSTANT ACCESS TO...**

- 10 Modules (weeks) of content
- Multiple candida & gut friendly recipe guides
- Full leaky gut protocol
- Immune, gut and whole body information and tips
- Understanding the relationship between the gut and whole body
- My clinical experience
- Sustainable solutions to Repairing leaky gut
- Private Facebook community
- & So much more!



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