

THE FOUNDATIONAL GUT REPAIR GUIDE

Why gut repair is about more than probiotics, and how to build a strong foundation from the inside out.

Does any of this sound familiar?

- ✓ You feel bloated after meals that shouldn't cause a reaction
- ✓ Your energy, skin, or mood seem tied to what you eat
- ✓ Your list of "foods that bother me" keeps getting longer
- ✓ Your digestion feels off, even though your labs look normal
- ✓ You've tried a probiotic before and nothing seemed to stick

Here's what most people never hear about their gut.

Your gut is not the problem.

It's asking for support.

And support starts with the foundation.

Your gut is more than digestion. It plays a major role in nutrient absorption, immune function, elimination, inflammation, and the health of the rest of your body.

So when your gut feels "off," it's rarely one single thing. It's usually a foundation that needs to be rebuilt — the microbiome, the intestinal lining, the cells themselves, and the systems working alongside them, like your liver and gallbladder.

This guide walks through the products I return to again and again to support that foundation, and why I think about them the way I do.

"You can't grow anything good in exhausted soil. Your gut is the soil everything else grows from."

It's Not Just About Probiotics

When most people think about gut repair, they think about probiotics. Take the right one, and the problem goes away. But your gut isn't a single system — it's several systems working together, and real repair means supporting more than one of them at a time.

This foundational plan is designed to support the gut environment itself, while also supporting the systems that work alongside it — including the liver, gallbladder, and the cellular membranes every part of your gut is built from.

Instead of asking "what supplement should I take for this symptom," a better question is: "What does my body need, and what system am I trying to support?"

In practice, that means thinking about six things at once:

1 THE MICROBIOME

A diverse, well-balanced community of gut bacteria.

2 THE INTESTINAL LINING

The barrier that decides what gets absorbed and what stays out.

3 CELLULAR MEMBRANES

The building material every cell in your gut — and body — is made from.

4 DIGESTION & ENZYMES

Whether the food you eat can actually be broken down and used.

5 LIVER & BILE

The behind-the-scenes system that supports fat digestion and elimination.

6 BINDING & ELIMINATION

Making sure your body can carry out what it no longer needs.

The six products in this guide were chosen because, together, they touch all six of these areas — not because more is automatically better.

Microbiome & Gut Lining

Repair often starts with what's already living in your gut, and what's feeding the cells that line it.



MegaSporeBiotic™

Microbiome Labs · Spore-Based Probiotic

WHAT IT IS

A spore-based probiotic — the bacteria are protected in a spore coating built to survive stomach acid and actually reach your gut intact.

WHAT IT SUPPORTS

A healthy, diverse gut microbiome.

WHY I USE IT

Most probiotics are broken down before they ever reach your intestines. Spore-based probiotics are built to survive that trip, which is part of why this is usually where I start.

Why it matters: A more diverse microbiome is part of the foundation everything else in this guide builds on.



Sodium Butyrate

BodyBio · Postbiotic

WHAT IT IS

A postbiotic — the actual end-product healthy gut bacteria create when they ferment fiber. This provides butyrate directly.

WHAT IT SUPPORTS

The cells lining your colon, and the integrity of your intestinal barrier.

WHY I USE IT

Butyrate is the primary fuel source for the cells that make up your gut lining. Supplying it directly can support that lining while the rest of your gut ecosystem rebuilds.

Why it matters: A well-nourished gut lining is part of what lets your body absorb nutrients and keep out what doesn't belong.

Cellular Membranes & Elimination

Repair also means giving your cells the raw material to rebuild, and giving your body a way to carry out what it doesn't need.



BodyBio PC

Liposomal Phosphatidylcholine Complex

WHAT IT IS

A concentrated source of phosphatidylcholine — a building block your body uses to construct cell membranes.

WHAT IT SUPPORTS

Healthy cell membranes, intestinal barrier function, bile composition, and liver health.

WHY I USE IT

Every cell in your body — including the ones lining your gut — is wrapped in a membrane built largely from phospholipids. Giving your body that raw material touches gut repair, liver function, and cellular health all at once.

Why it matters: You can't out-supplement a gut lining that doesn't have the raw material to rebuild itself.



G.I. Detox™+

Biocidin Botanicals · Zeolite, Charcoal & Herbal Formula

WHAT IT IS

A gentle, broad binder containing zeolite, charcoal, and herbal ingredients.

WHAT IT SUPPORTS

Targeted binding within the GI tract, helping capture and carry out compounds your body doesn't need through normal elimination.

WHY I USE IT

While we're supporting the microbiome and gut lining, having a way to help bind and remove unwanted material is part of a complete approach — not just adding things in, but helping your body take things out.

Why it matters: Repair isn't only about adding support. It's also about making sure your body can actually eliminate what it no longer needs.

Important: G.I. Detox™+ should be taken between meals, at least 1–2 hours away from medications and other supplements, because of its binding properties.

Liver, Bile & Digestion

Your gut doesn't work alone. The liver, gallbladder, and your body's own enzymes all play a daily role in digestion and elimination.



Liver GB+™

Biocidin Botanicals · Siliphos Milk Thistle & TUDCA Formula

WHAT IT IS

A formula built around Siliphos milk thistle and TUDCA.

WHAT IT SUPPORTS

Healthy liver and gallbladder function, bile production and flow, digestion, and your body's natural elimination pathways.

WHY I USE IT

Your liver and gallbladder handle a lot of the behind-the-scenes work of digestion and elimination. Supporting bile flow also supports fat digestion and the elimination pathways your body relies on every day.

Why it matters: Your gut doesn't work in isolation — it works alongside your liver and gallbladder every single day.



Digestive Enzymes

Seeking Health · Enzyme Blend

WHAT IT IS

A blend of enzymes that help break down the food you eat.

WHAT IT SUPPORTS

The breakdown and absorption of nutrients across the gut lining.

WHY I USE IT

Even the best diet doesn't help much if your body can't fully break it down. Enzymes help make sure the nutrients you're eating can actually be absorbed.

Why it matters: Repair and support only work if your body can absorb what you're giving it in the first place.

Why I Consider This Foundational

Gut repair isn't simply about taking a probiotic. It's about supporting the microbiome, nourishing the intestinal lining, strengthening cellular membranes, supporting bile and digestion, and making sure your body can properly bind and eliminate what it doesn't need.

This plan is meant to provide a strong starting foundation — not a finish line. Once that foundation is in place, more targeted support can be added based on your individual needs, history, and goals.

How To Think About Starting

1. Start with the foundation — the microbiome, the gut lining, and digestion — before adding anything more targeted.
2. Not everyone needs every product on this list at once. The goal is the right support, not the most support.
3. Work with a practitioner to personalize this further based on your own history, labs, and goals.

**"A strong foundation isn't the end of the process.
It's what makes everything after it actually work."**

THE TOX FREE DOC APPROACH

Don't chase every symptom one at a time. Support the systems your gut relies on, give your body real raw materials, and build from a foundation before layering on anything more specific.

Explore My Supplement Recommendations

I organize professional-grade supplements into Fullscript plans, so you can easily explore the products and categories I commonly recommend — including everything covered in this guide.

This foundational gut repair plan is a starting point. The right combination and dosing for you should be personalized with the guidance of your practitioner.

[VIEW MY FULLSCRIPT RECOMMENDATIONS](#)

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