

WHERE DOES MY FOOD GO AFTER I EAT IT?



Hello, apple!
You look yummy...
let's go!

On a journey through
my digestive system...

my **salivary glands**
make saliva, which
has enzymes that
start to chemically
break down the food

my **teeth** and
jaw chew the food
into small pieces

my **liver**
makes bile, which
helps neutralise
stomach acid and
digest some vitamins

bile is stored in
my **gall bladder**
until it's needed

in my **duodenum**,
bile and enzymes
from my pancreas
continue to break
down the food

my **colon**
absorbs water
and electrolytes

my **tongue**
mixes saliva
with the food

muscle contractions
push the food down
my **oesophagus**

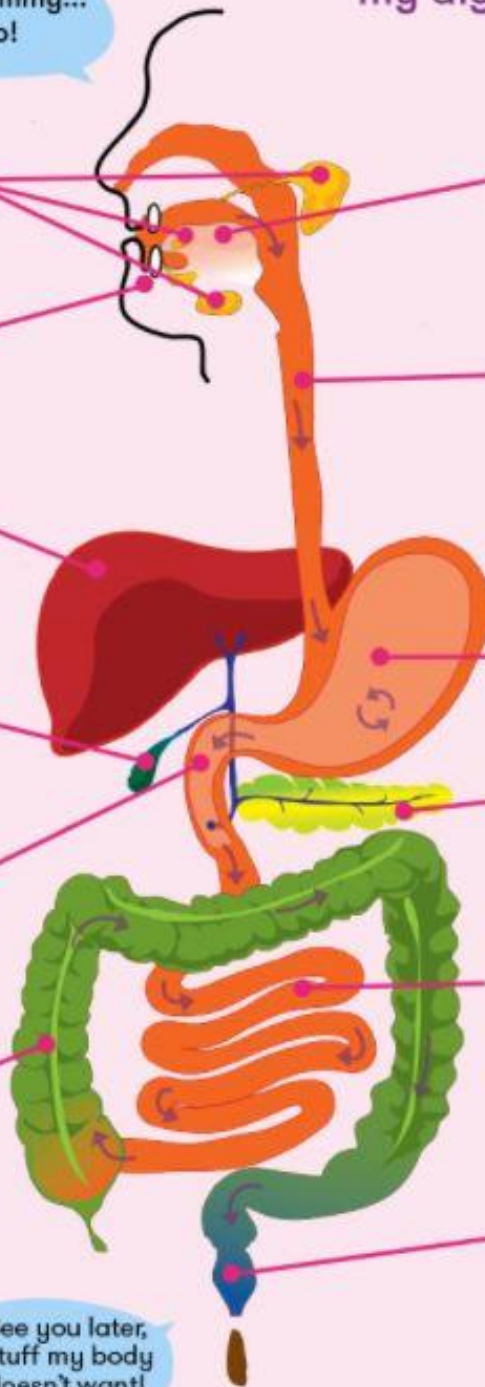
my **stomach**
churns the food,
mixes it with strong
acid, and turns it
into a goopy soup

my **pancreas**
makes enzymes
that break down
the food

muscle contractions
push the food through
my **small intestine**,
which digests and
absorbs the nutrients
from the food

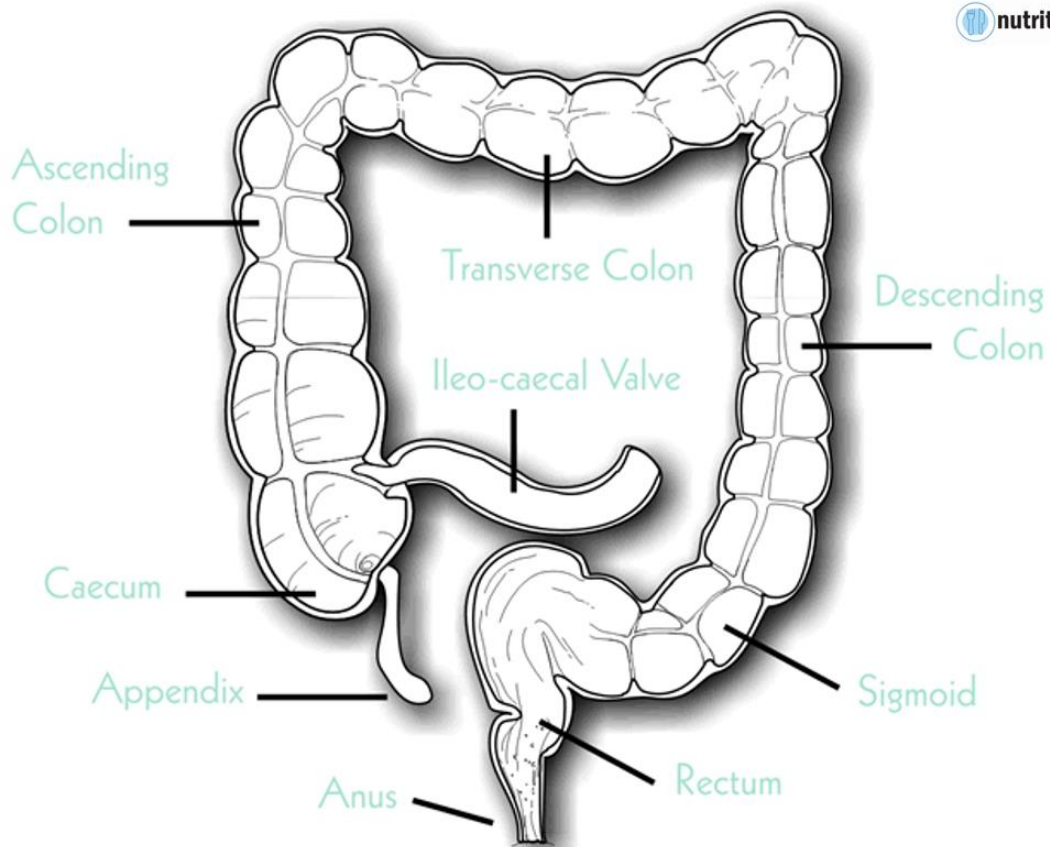
my **rectum** passes
the leftover waste out
into the toilet

See you later,
stuff my body
doesn't want!



LARGE INTESTINE

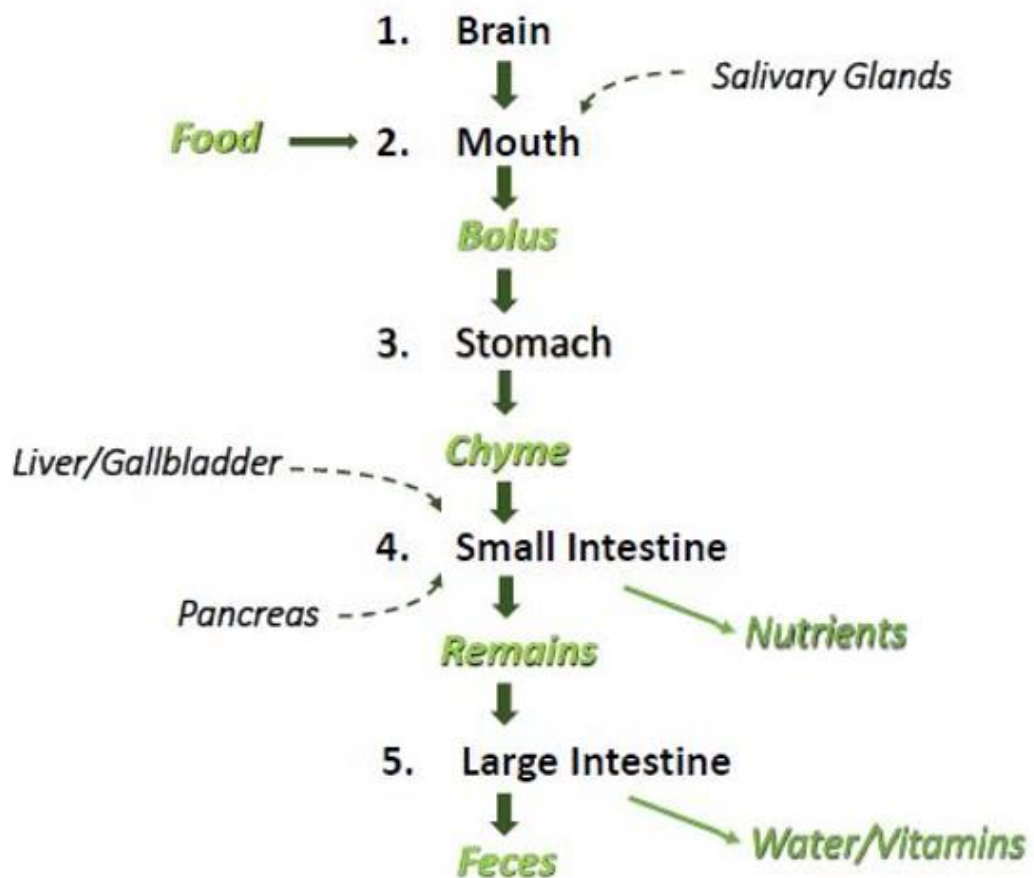
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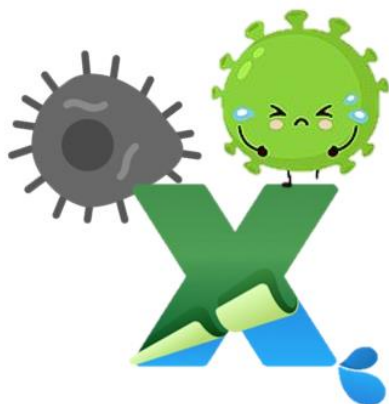
NORTH TO SOUTH SUMMARY



GUT HEALING



REMOVE



- Start Carnivore Cure Elimination Protocol
- Remove any harmful bacteria, mold, parasites, worms, viruses and/or yeast
- Record in Food & Mood Journal
- **Not everyone requires the removal portion of the protocol (support > attack)

REBALANCE



- Refine Carnivore Cure Elimination Protocol
- Support nutrient deficiencies temporarily (digestive support, minerals, vitamins, enzymes)
- Rebalance the body with beneficial bacteria
- Support systems and detox pathways (liver, kidneys)

REINFORCE



- Reinforce GI lining
- Reinforce immune system
- Reintroduce foods via the Carnivore Cure Reintroduction Protocol
- Titrate off supplements and exogenous supports (always work with a trusted practitioner)

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GUT-SUPPORT MEAT-BASED TRANSITION

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UPPER GI STIMULATING SUPPORT – Increase stomach acid



Betaine HCl + Pepsin

500 – 1000 mg
Beginning/middle of meal



Digestive Bitters

1-2 capsules
Beginning/middle of meal



Apple Cider Vinegar

1-2 tbsp with 2-4 oz of water
*Skip with yeast/fungal overgrowth
(lemon, vinegar, ginger are options)

LIVER/GALLBLADDER (BILE) – Fat breakdown



Ox Bile Salts + Lipase

1-2 capsules middle/end of meal
(beet root extract)



Digestive Enzymes (Proteolytic)

Take with food for digestion,
without food for natural pain support

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Detox Pathway

1 per day. Includes milk thistle,
dandelion, burdock
*Fish oils can support liver
biliary congestion

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GUT-SUPPORT, PART 2 MEAT-BASED TRANSITION

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SMALL INTESTINE – Immune health & nutrient absorption



Healing Intestinal Permeability

1-2 capsules away from food
*Contains shellfish
Glutamine, Lamb intestine



Immunoglobulins

From bovine serum.
Improves gut barrier function &
removes toxins with probiotics
Colostrum is also a dairy option



Homemade Bone Broth

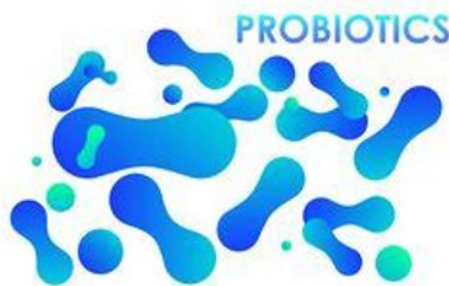
Gelatinous bone broth
*Skip with yeast/fungal overgrowth
or with oxalate dumping
Choose meat broth instead

LARGE INTESTINE



Gut Healing Support

Supports leaky gut and IBS
Zinc, MSM, Licorice, Aloe vera
Supports healing the GI lining



Pre/Probiotics

Reference Part 3

PANCREAS Digestive Enzymes




Digestive Enzymes

Herbal options:
Calendula, licorice root

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GUT-SUPPORT, PART 3 MICROBIOME MEAT-BASED TRANSITION

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MICROBIOME SUPPORT: Immunoglobulin + Probiotics + Binders

Probiotic Restarter Kit (Power Trio)



Spore (Soil-Based)

2 per day (any age)
Commensal. DOES colonize gut



Saccharomyces Boulardii

1 capsule per day
Antifungal probiotic. No colonization



Prebiotics + Lacto + Bifido, Strepto

1-2 capsules per day
Lactic acid producing probiotics.
Most common/studied strains.



Lactobacillus & Bifido only

1-2 capsules middle/end of meal
No prebiotics



Immunoglobulins

From bovine serum.
Improves gut barrier function &
removes toxins with probiotics
Colostrum is also a dairy option

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Toxin Binders

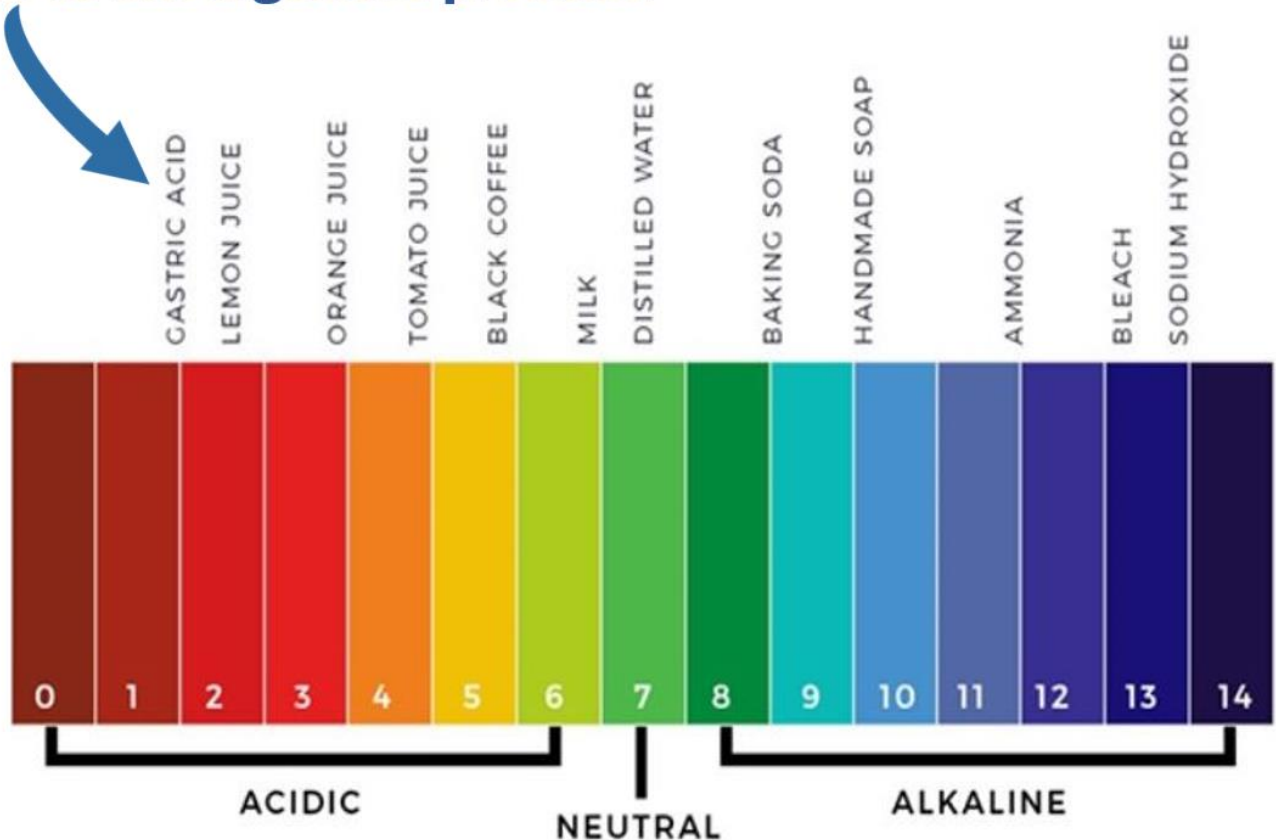
Supports detox and helps
to bind endotoxins
released with probiotics

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pH Scale and Examples

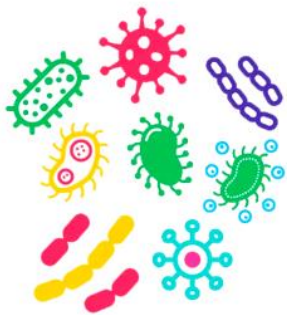
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**Note the acidity of Gastric Acid (stomach acid).
Now, imagine what Alkaline waters (pH of 8.5 – 9.0)
do to the digestive process.**

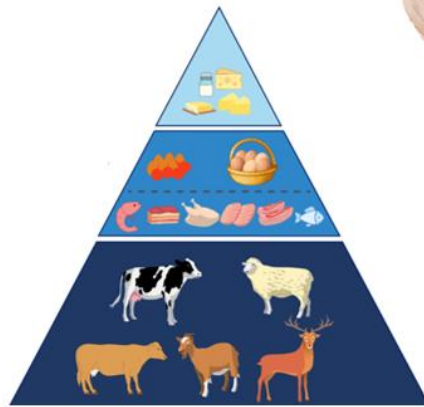


GUT HEALING

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Microbiome



**Carnivore Cure
Elimination Protocol**



Genetics



Reduce Stress



Sleep



Exercise

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Probiotic Restart Kit



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Gut Healing Kit



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