

5R Protocol

Restore the natural balance of the gastrointestinal (GI) system



What is the 5R Protocol?

The 5R protocol is a means of helping to restore the natural balance of the gastrointestinal (GI) system. The GI system can become compromised through typical lifestyle patterns, diet, alcohol, stress, sleep, medications and more. When the GI microbiome is compromised due to stress, infection, dysbiosis, allergies, parasites, or toxins, local symptoms such as diarrhea, abdominal bloating and cramping, acid reflux, and constipation can result. Other less local symptoms such as headache, lack of focus, mood, and fatigue can also occur. Restoring balance to the gut microbiome can be difficult as there are likely multiple factors contributing to an unbalanced gut. The GI system is a very complex environment because it is the main means of communication that our body has with the outside world. The 5R protocol works to restore both gut microbiome balance and intestinal integrity, in prevention of intestinal permeability, often referred to as leaky gut.

Personalised nutrition and the 5R protocol

Addressing GI function is often a first step to restoring whole body health and wellness. Gastrointestinal permeability may result from alteration in the integrity of the gut mucosal barrier function, intestinal microbiome, and systemic inflammation. The relevance of gut health is underlined by the fact that the list of intestinal complaints is long and includes symptoms associated with irritable bowel syndrome (IBS), flatulence, bloating, regurgitation, heartburn, nausea, vomiting, constipation, diarrhoea, food intolerance, incontinence, abdominal pain and cramps, loss of appetite, weight loss and blood in stools.

Optimising diet to support a 5R protocol

1. Remove (or Reduce) - foods devoid in nutrients (common triggers include; gluten, dairy and highly processed & sugary foods) as well as pathogenic bacteria and viruses from the GI system.
2. Replace - with nutrient-rich, whole-foods to support stomach acid (HCL) production, digestive enzymes and bile salt.
3. Reinoculate - the gut with healthy bacteria found in fermented foods and dairy cultures.
4. Repair - the gastro-intestinal tract and internal lining to support digestion and absorption with protein foods (amino acids) and broths.
5. Rebalance - the body to support stress management, quality sleep, adequate exercise, and a positive outlook.



1. Metabolic Maintenance- Essential 5R Protocol
 2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4991645/>
 3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3065426/>