

Acute Diarrhea Protocol

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1. Best probiotic to use Sacchromyces Bollardi (Jarrow Formula's) 1 - 3x a day - *This is actually a beneficial yeast that also can be used to inhibit Candida albicans infections too.*
2. Herb Pharm - Dragon's Blood liquid extract - this is a potent astringent that may be the single best one to stop diarrhea - follow instructions on the label
3. The Donald Yance protocol: 1 tbs of psyllium husks, 1 tsp of bentonite powder, 2 to 3 tablespoons of Carob powder - take this several times a day - it always works - *according to him*
4. *Note if you can't get the ingredients above try using:* Charcoal Caps 10 caps 2x a day

Best foods for Diarrhea:

1. White Rice
2. Bananas
3. Coconut Water (to help with the electrolyte loss)
4. Bone Broth
5. Apple Sauce
6. Fully cooked vegetables - avoid the dark green leafy ones

Worst foods:

1. Carbonated beverages
2. Raw vegetables
3. Coffee
4. Alcohol
5. Citrus Fruits
6. Dairy Products (except Kefir - which is very high in probiotics)

Last supplement note:

Berberine capsules can also be very helpful - 1 - 3x a day