

HEALING YOUR GUT: What you need to know

1. IT'S A 9ish MONTH PROCESS:

- While the cell turn over in the intestines can occur in as little as 3 months, we have found that real gut healing takes longer to correct deficiencies, account for unavoidable setbacks, rebuild healthy bacteria, and allow for human error. Most people spend one month cleaning out overgrowth of harmful microbes and 4 months replacing it with healthy microbes. **Did you know a healthy gut has 3 lbs or more of bacteria!** The closer you follow your recommendations, the more likely it is to happen faster. Does it make sense that if you drink a 6 pack of beer every day, smoke a pack of cigarettes, get very little sleep, and eat French fries and hotdogs that it is going to take longer to heal (and you may not!) than if you get plenty of rest, drink plenty of water and eat a diet full of healthy fiber and nutrients.

2. DON'T FEED THE WRONG MICROBES:

- The first month as you take supplements to reduce overgrowth of fungus and other harmful bacteria it is especially important to avoid sugar and refined carbohydrates, especially high fructose corn syrup. These types of foods will feed the very microbes we are trying to reduce.

3. WHAT TO DO IF YOU HAVE SYMPTOMS:

- While by far the majority of people feel better during the pathogen purge phase, a small percentage feel worse. The most common symptoms they experience are abdominal pain, skin rashes, nausea & vomiting. If you experience these or any other symptoms, please call Christy, R.N. and let her know. Many harmful microbes release toxins when they die. Many of these toxins are then removed by the kidneys. If your body is unable to remove all of these toxins quickly, it may cause symptoms. Often symptoms are quickly relieved with the addition of a binding supplement that grabs these toxins until they are completely removed by the body.

4. DON'T RECREATE THE PROBLEM:

- It is imperative you eat a diet that does not recreate the problem if you want to get well and stay well! Attached is a food list of chemicals, processed foods, & additives that will decrease intestinal strength and recreate gut problems overtime.

How to read your labels

Ingredients: Whole Corn, Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Corn Dextrin, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Monosodium Glutamate, Buttermilk, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Corn Flour, Natural and Artificial Flavor, Dextrose, Tomato Powder, Lactose, Spices, Artificial Color (Including Yellow 6, Yellow 5, Red 40), Lactic Acid, Citric Acid, Sugar, Garlic Powder, Skim Milk, Red and Green Bell Pepper Powder, Disodium Inosinate, and Disodium Guanylate.

CONTAINS MILK INGREDIENTS.

Nutrition Facts

Serving Size 1 package ←

Amount Per Serving

Calories 130 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 2%

Thiamin 2% • Magnesium 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Everything listed below is based on the serving size. If it says ½ a cup is a serving size and there are 45g of sugar per serving, then 1.5 cups would equal 135g of sugar!

TOP THINGS TO AVOID:

- High Fructose Corn Syrup:** highly inflammatory and a huge contributor to weight gain & inflammation
- Food Dye's:** all dyes are harmful, but **Red Dye #40** is probably the worst. Banned in the European Union it alters brain chemistry.
- Monosodium Glutamate & it's common alternative labeling:** MSG, Autolyzed Plant Protein, Autolyzed Yeast, Calcium or Sodium Caseinate, Hydrolized Plant or vegetable Protein (HPP), Monopotassium Glutamate, **Natural Flavoring**, Natural Meat Tenderizer, Yeast Food or Nutrient Yeast Extract:
- GMO foods AND ingredients:** this especially includes CORN and ALL its derivatives: dextrose, corn flour, corn oil, corn syrup, etc...: these are gut destroying foods and are loaded with a pesticide that decreases intestinal gut flora
- Inflammatory Oils:** Safflower seed oil, canola oil, vegetable oil, soybean oil, corn oil, peanut oil, sunflower seed oil (in processed food)
- Aspartame:** contributes to nerve damage
- Non organic grains:** usually loaded with glyphosate which destroys gut health
- Sugar:** unless it is labeled "cane sugar" it is likely GMO beet sugar and is highly inflammatory
- Non organic foods on the Dirty Dozen List**
- Bromides:** aka Potassium Bromate, Brominated Vegetable Oil: toxic to the thyroid and decreases iodine levels