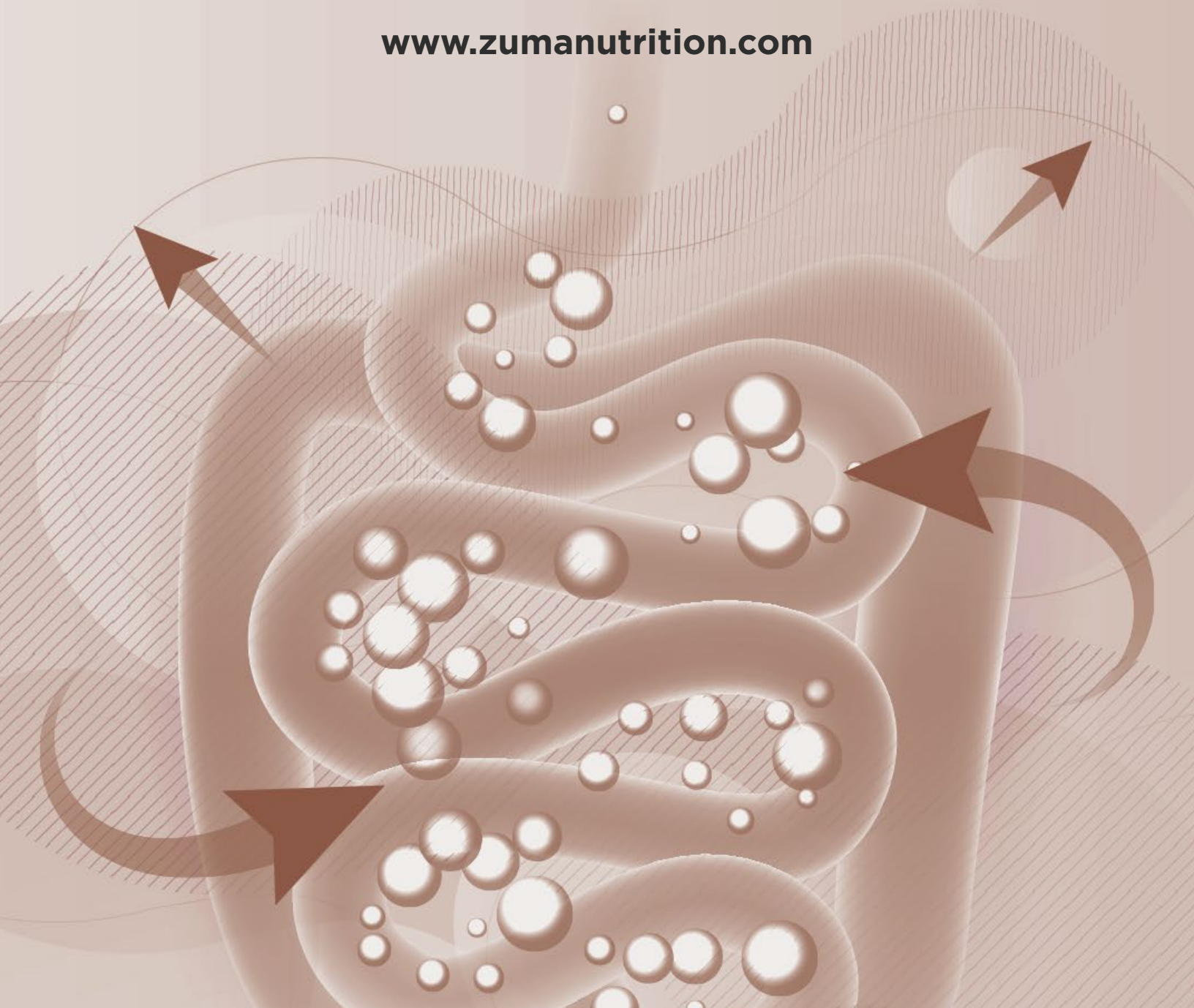


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Complete GI Protocol Guide

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Complete GI Protocol Guide

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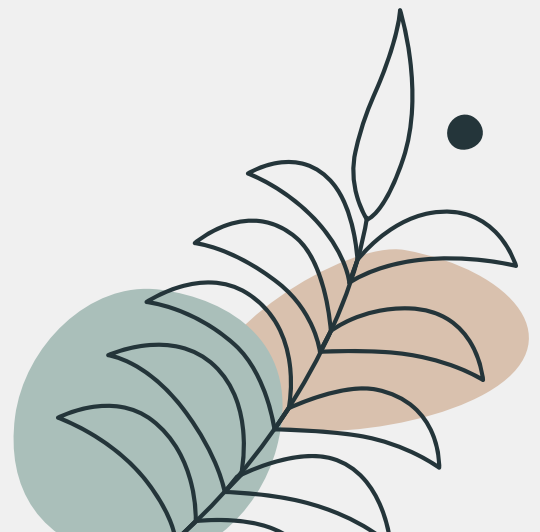


Disclaimer:

The products mentioned in this guide should be used only as directed on the label. Do not use if you are pregnant or nursing. Consult with a physician before use if you have a serious medical condition or use prescription medications. A Doctor's advice should be sought before using this and any supplemental dietary product.

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Complete GI Protocol Guide

Potential Benefits of our GI Protocol

This protocol provides the essential tools needed for optimal gastrointestinal health, repopulating the gut with beneficial probiotics, removing toxic pathogens from the gut, healing the intestinal barrier, and restoring optimal digestive function. Rebalance your gut microbiome, feed the growth of beneficial bacteria, heal leaky gut and damaged intestinal tissue, and repair the gut lining with our complete GI protocol.

- Improved Digestion & Digestive Health
- Better Nutrient Absorption
- Healthy Microbial Balance in the Gut
- Reduced Gut Inflammation
- Healthy Gut Lining
- Stronger Integrity of Intestinal Tissue
- Enhanced Immunity
- Healthier Skin
- Disappearing Rashes or Skin Sores
- Reduced Cravings
- Increased Energy
- Improved Mental Clarity
- More Stable Mood
- Minimized Bloating, Gas & Cramping
- More Optimal Overall Health

How Long Should I Follow This Protocol?

The products in this protocol are intended for long term daily use. The goal of this protocol is to restore balance in the digestive system and to improve overall digestive health. Everyone has a different level of gut toxicity and damage, and the time it takes to restore gut health will differ from person to person. **We recommend following this protocol to improve gut health, as well as to maintain gut health long-term.** Alternatively, one can follow this protocol for a minimum of 90 days to cleanse and restore the gut, but long-term use is highly encouraged to keep gut health optimal.



Complete GI Protocol Guide

[BUY NOW](#)

Quick Start Guide to Make the Most of Your GI Protocol

It is highly recommended to stick to our protocol to ensure the best results for rebalancing and repairing the gut.

All of the products in this protocol are taken together at the same time, totaling 8 capsules per day, taken 30 minutes or longer before a meal. Any time of the day on an empty stomach is an ideal time to take these products, but our team recommend late morning.

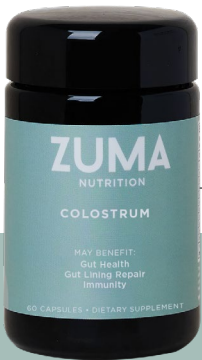
Restore the Gut Microbiome

Multi Strain Probiotic Complex

Take 2 capsules on an empty stomach with water. Wait at least 30 minutes to eat after taking the products. You can wait longer to eat if desired. Digestion can interfere with the absorption of these GI nutrients, which is why we recommend waiting to eat.



[LEARN MORE](#)



[LEARN MORE](#)

Repair Damaged Tissue

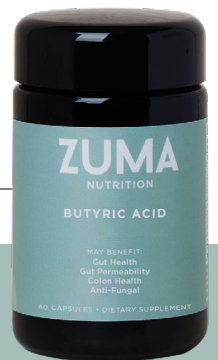
Colostrum

Take 2 capsules on an empty stomach with water. Wait at least 30 minutes to eat after taking the products. You can wait longer to eat if desired. Digestion can interfere with the absorption of these GI nutrients, which is why we recommend waiting to eat.

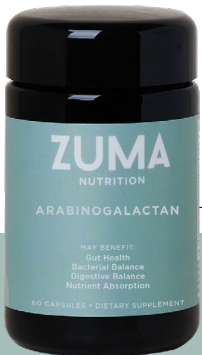
Rebuild the Gut Lining

Butyric Acid

Take 2 capsules on an empty stomach with water. Wait at least 30 minutes to eat after taking the products. You can wait longer to eat if desired. Digestion can interfere with the absorption of these GI nutrients, which is why we recommend waiting to eat.



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Feed Beneficial Bacteria

Arabinogalactan

Take 2 capsules on an empty stomach with water. Wait at least 30 minutes to eat after taking the products. You can wait longer to eat if desired. Digestion can interfere with the absorption of these GI nutrients, which is why we recommend waiting to eat.

Can I Do Other Cleanses While Following This Protocol?

Yes, you can do other cleanses like our Parasite Detox or Candida Cleanse while following the Complete GI Protocol. In fact, this protocol may even **enhance the effectiveness of other cleanses**, as it greatly improves digestive function and nutrient absorption.

Benefits of Improving Gut Health

Gut health is at the root of our health. Therefore, improving the health of your gut **helps to improve the health of every other system in your body**. The gut plays a vital role in breaking down and absorbing nutrients from the food that we consume, as well as in our immunity, mood and mental health, skin health, and much more. Some of the primary benefits of improving gut health include:

- Better Digestion
- Improved Nutrient Absorption
- Less Gas, Bloating & Cramps
- Increased Mental Clarity
- More Stable Mood
- Enhanced Energy
- Improved Immune System Function
- Better Skin Health

How to Follow Our Complete GI Health Protocol

Your gut microbiome is extremely sensitive, and needs the right balance of bacteria to function properly. An imbalance in the gut allows harmful organisms to take over, releasing their toxic wastes, stealing important nutrients from your food, causing inflammation in the gut, and damaging the gut lining. This condition can be very difficult to repair, and requires a comprehensive approach that involves:

1. **Restoring the gut with specific beneficial bacteria**
2. **Feeding these bacteria with the right kind of prebiotics**
3. **Repairing damaged intestinal tissue**
4. **Rebuilding your gut lining**

Healing the gut is the most important place to start in getting your health back on track, and repairing the gut lining is critical for making any real progress in improving gut health. Fixing the bacterial imbalance (dysbiosis) restores proper digestive health, and acts as a preventative against parasites, Candida, SIBO, and other pathogens.





Rebuild the Gut Microbe Environment with **Multi-Strain Probiotics**

Probiotics are a certain type of friendly bacteria that provide numerous health benefits. Beneficial gut bacteria protect you from pathogens like parasites, Candida, and viruses. They strengthen your immune system and also play an important role in digestive health. Supplementing with probiotics **helps you keep your gut microbiome healthy and parasite-free.** It is important that you choose the right type of probiotic supplement for the best results. Our Multi-Strain Probiotic Complex features 30 billion CFUs and eight unique strains that promote the strains of bacteria in the gut. Included in this professional grade probiotic formula are both lactobacillus acidophilus and bifidobacteria and their numerous species that colonize both the upper and lower bowel.



Feed Beneficial Bacteria[†] **Arabinogalactan**

Prebiotics are indigestible fibers that feed probiotics. **They act as food for the beneficial bacteria in your gut** and allow their populations to grow and thrive.[†] Arabinogalactan, extracted from the larch tree, are densely branched, high molecular weight, water-soluble polysaccharides that are among the most beneficial prebiotics promoting the growth of the probiotic bacteria Lactobacilli and bifidobacteria.[†] They also may support healthy immune response.[†]



Repair Damaged Tissue with **Colostrum**

Colostrum is an essential nutrient involved in repairing DNA. It contains hormones, enzymes, complex sugars and growth factors which speed up the growth and healing of tissue. **It stimulates the growth and repair of every organ, gland and tissue in the body,** and also strengthens the immune system as it contains the immunoglobulins that form our first line of immune defense. Immunoglobulins attach to pathogens preventing them from entering the body where B and T cell immunity would have to deal with them. Colostrum also has the enzyme peroxidase **which destroys disease-carrying microbes, and lactoferrin to neutralize certain strains of harmful bacteria.**

STEP
4

Rebuild the Gut Lining with **Butyric Acid**

Butyric Acid is a powerful compound that helps the body produce short-chain fatty acids, **heals the lining of the stomach, small intestine and large intestines**, repairs damage from bacterial and fungal infections, and boosts the immune system. Butyric acid also acts on the fungal stage of candida, destroying the root-like structures (rhizoid) that penetrate the intestinal membrane causing leaky gut. Butyric acid then **helps to repair the damage to the intestinal membrane**. It also helps reduce inflammation in the gut which leads to the treatment of numerous digestive disorders.

STEP
5

Follow the **Gut Terrain Diet**

We are all about terrain management here at Zuma Nutrition. Diet is perhaps the most powerful lever we have for changing the terrain in the gastrointestinal tract. Make sure to read pages 10 - 26 to review our recommended diet for optimizing gut health long term.

STEP
6

Stay Hydrated

Water is extremely important to health. Every cell in the body needs water to function properly, as does every system in the body—including the digestive system. The human body is roughly 70% water, and it requires water to carry out its many processes. Make sure you drink at least 8 glasses (64 oz) of high-quality water each day (ideally not tap or bottled water). However, be sure to drink no more than 8 oz with meals, as too much water with meals can dilute hydrochloric acid (HCL) and lead to indigestion.



Lead A Healthy Lifestyle

Your lifestyle plays one of the biggest roles in your health. It's important to be aware of the habits that may be leading to poor gut health, and to cultivate daily habits that support your health and well-being. The most critical lifestyle factors to consider are:

- i. Low Toxic Exposure
- ii. Good Quality Sleep
- iii. Regular exercise
- iiii. Low stress

Low Toxic Exposure

Every single day we are exposed to numerous toxins. These toxins are in the food that we consume, the water we drink, the air we breathe, the products that we use, the clothes that we wear, the utensils we eat and cook with, and many other sources. Once in our bodies, they put a major strain on our immune system, organs and tissues, and can lead to poor health and ultimately disease.

For this reason, **it is incredibly important to try to reduce the amount of toxins that you are exposed to** on a daily basis. You can do this by paying careful attention to what you consume, both internally and on your skin.

Avoid processed foods and foods grown with pesticides, and always read the labels of packaged foods to see what ingredients it contains. Find a good source of purified water that filters out chemicals like chlorine, fluoride and lead. Invest in a HEPA air filter to purify the air in your house or room. Purchase naturally made beauty, hygiene and cleaning products, as these types of products often contain harsh and toxic chemicals. Use non-toxic cookware and avoid cooking or storing things in aluminum foil.

Educate yourself about common sources of toxins and do your best to avoid consuming toxins whenever possible.



Good Quality Sleep

Sleep plays an important role in your physical health. **Sleep is involved in the healing and repair of your body's tissues, and allows your body to rest and recover from the stress of the day.** Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke. Aim to get 8 hours of good quality sleep each night.



Regular Exercise

Regular exercise is important for health. **Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently.** Exercise also helps people manage their weight and lower the risk of developing diseases like obesity, type 2 diabetes, and high blood pressure. It can also help improve cognitive function and mood.



Low Stress

Long-term stress can lead to many health problems. It is especially impactful to the health of your gut. The brain has a direct effect on the stomach and intestines via a system known as the gut-brain axis. The gut-brain axis is the two-way biochemical signaling that takes place between the gastrointestinal tract and the central nervous system. Because of this, the gastrointestinal tract is highly sensitive to emotion. Anger, anxiety, sadness, elation — all of these feelings (and others) can trigger symptoms in the gut.

Stress can impair digestion, cause inflammation in the gut, and can even kill off beneficial bacteria. Finding ways to lower and manage your stress (such as meditation, yoga, running, nature walks, baths, etc.) is incredibly important for your gut health and for your physical and mental well-being overall.



Diet

Before discussing the importance of nutrition and covering foods that specifically benefit gut health, we want to draw your attention to the importance of your dietary habits. The way that you eat has just as much impact on your health as what you eat.

Gut Terrain Diet

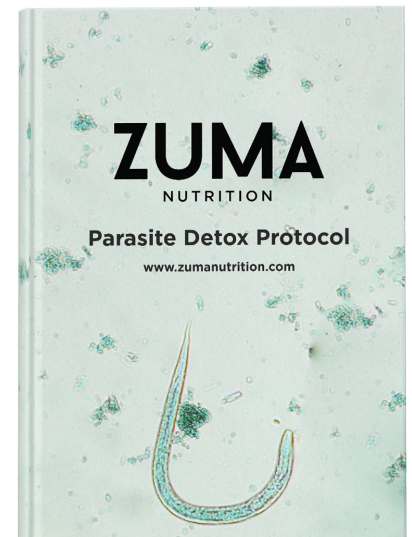
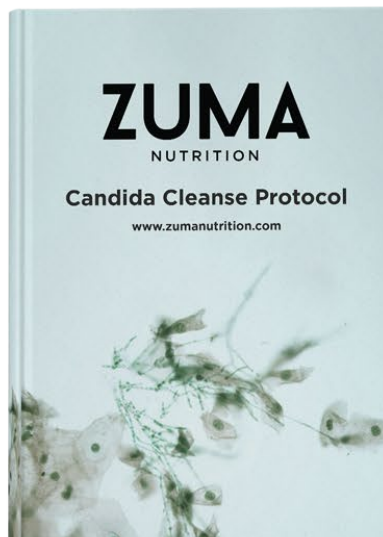
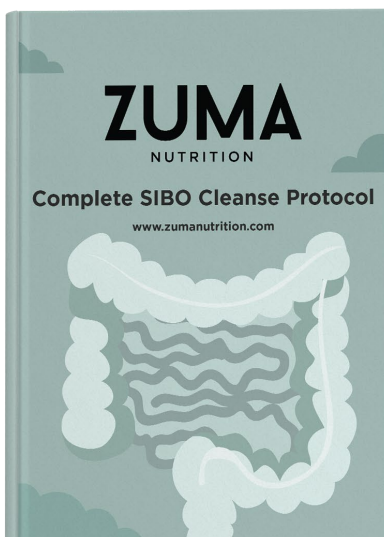
Building long-term gut health all starts with diet and lifestyle. We are living in a time with more toxins in the environment than ever, our food supply is full of contaminants and toxins, and we are constantly being bombarded with synthetic chemicals. For this reason, our belief is that supplements fit into the occasion of long-term gut health.

By building a healthy terrain in the gut long term, we may protect ourselves from overgrowths such as:

- Parasites
- Candida
- Pathogenic Bacteria
- Small Intestinal
- Bacterial Overgrowth
- H-Pylori
- Among Other Conditions

We are all about terrain management here at Zuma Nutrition. Diet is perhaps the most powerful lever we have for changing the terrain in the gastrointestinal tract.

This dietary guide is meant to be used in conjunction with our Complete GI Protocol to build long-term healthy terrain in the gut. We recommend this protocol after our 90-day cleanse protocols including our:



First, a Few Notes on Terrain Management and Gut Health

Gut health is at the root of our health. Therefore, improving the health of your gut helps to improve the health of every other system in your body. The gut plays a vital role in breakingdown and absorbing nutrients from the food that we consume, as well as in our immunity, mood and mental health, skin health, and much more. Some of the primary benefits of improving gut health include:

- **Better Digestion**
- **Improved Nutrient Absorption**
- **Less Gas, Bloating & Cramps**
- **Increased Mental Clarity**
- **More Stable Mood**
- **Enhanced Energy**
- **Improved Immune System Function**
- **Better Skin Health**

It is recommended to seek medical advice if you have severe symptoms of poor gut health as it could be a sign of severe conditions.

Our dietary protocols and supplement protocols should be used with medical supervision and please consult your doctor if you have pre-existing medical conditions, are taking medications, or are pregnant or nursing.

What is the Healthy Gut Terrain Diet?

The Healthy Gut Terrain Diet is the diet we recommend after our 90-day cleanse protocols. This diet is a low-glycemic, anti-inflammatory diet that is meant to give direction to individuals on how to improve gut health long term while still enjoying delicious foods. It is not meant to be extremely restrictive, and we always encourage moderation.

This diet focuses on the following:

- **Eating more fiber**
- **Eating in a way that promotes detoxification**
- **Eating more natural foods such as fruits and vegetables**
- **Eating local produce and other foods if local foods are available**
- **Eating a nutrient-dense diet that is rich in important vitamins and minerals**
- **Eating foods that nourish the digestive system and the gut lining**
- **Focusing on meals that do not spike blood sugar and are low-medium glycemic**
- **Focusing on food combinations that are easy for the body to digest and absorb nutrients**
- **Focusing on how you eat, not just what you eat**

This diet also focuses on limiting or eliminating completely the following types of ingredients and foods:

- Added refined sugars
- Synthetic preservatives
- Synthetic additives such as artificial colors, emulsifiers, and fillers
- Processed foods
- Alcohol (stay tuned for more information on alcohol)
- Inflammatory foods and oils
- Foods that can damage the gut lining

How Do You Follow the Gut Terrain Diet?

To follow the Gut Terrain Diet, the most important thing to do is to adhere to these principles intended to build a healthy terrain in the gastrointestinal system.

Timing Your Meals and General Recommendations

Our bodies have metabolic clocks that we should work with. In both Chinese Medicine and Ayurveda, the timing of meals is just as important as what you are eating. We recommend focusing on cleansing foods early in the morning after waking. Here is a hypothetical meal plan for a day:



6:30am Wake Up

6:30 am – 10:30 am

Focus on cleansing foods that promote detoxification. This is a great window for fruits, oats, liquids, teas, smoothies, acai bowls, etc. During this window, your body is in a fasted state which makes it a great time for fruit. Fruit is very cleansing and passes through the digestive tract quickly promoting detoxification. Fruit is not great if you have digestion occurring, so aim to have your fruit in this window prior to your first meal.



10:30 am – 11:30 am

Eat your first nutrient-dense meal. Aim to have protein, fats, and carbohydrates that are compliant with those recommended in this article.

1:30 pm – 3:30 pm

Eat your second nutrient-dense meal. Aim to have protein, fats, and carbohydrates that are compliant with those recommended in this article.



5:30 pm – 7:30 pm

Eat your third nutrient-dense meal. Aim to have protein, fats, and carbohydrates that are compliant with those recommended in this article.

Additional recommendations:

- Drink a small cup of herbal tea (unsweetened) with meals to promote digestion. This tea can include bitter herbs that promote digestion.
- Try to avoid drinking too much water with meals as this can dilute hydrochloric acid activity and inhibit digestion.
- Make sure to only eat sugar in the initial cleansing period (6:30 am - 10:30 am) as sugar inhibits digestion.
- Try to eat medium-low glycemic foods to help moderate blood sugar.
- If bloating is an issue, consider adding a good digestive enzyme complex with lunch or dinner once per day.

Avoid Added Sugars and Refined Sugar

One of the most important things to do when following a gut terrain diet is to avoid all added sugars. Harmful organisms like *Candida albicans* yeast and parasitic organisms use sugar as their primary food source. Excessive consumption of refined sugars also spikes blood sugar, slows down digestion, and causes a myriad of other health conditions.

Added sugars are in many foods, and we often consume them without realizing it. Because of this, it is essential that you read the labels on foods and check the ingredients for added sugar.

Some common foods that often have added sugar include:

- Soda Drinks
- Energy Drinks
- Sports Drinks
- Sauces
- Condiments
- Salad Dressings
- Fruit Juices
- Teas
- Cereals
- Yeast Bread
- Candy
- Grain-based Desserts
- Dairy Desserts
- Syrups
- Toppings
- Packaged And Processed Foods

While following the Gut Terrain Diet, it is best to focus on whole foods in their natural form and avoid added sugars. We recommend limiting your sugar intake to the morning when you can eat a small amount of low glycemic fruit. If you crave sugar throughout the day, drink some bitter herbal tea such as ginger tea. Over time the bitters will retrain your palette to crave fewer sweets. A small amount of dark chocolate in the evening 3 hours after dinner is okay on occasion but try not to have sweets every night.

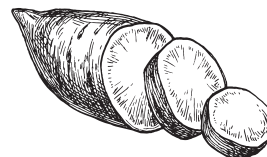
We also recommend cutting back on artificial sweeteners such as stevia and erythritol on the gut terrain diet.

Eat Low-Starch Vegetables

While vegetables are an essential food group for any healthy diet, including the Parasite Detox Diet, try to minimize starchy vegetables while following this diet.

Examples of high starch vegetables to reduce during this diet include:

- White Potatoes
- Yams
- Sweet Potatoes
- Corn
- Peas
- Beans



You do not have to remove these vegetables from your diet completely. However, don't eat too many of them and favor mostly green, low-starch vegetables. Focus on eating nutrient-dense vegetables that have lower calories.

Here are some examples of low starch vegetables to include in your diet during this cleanse:



Foods that are naturally high in fiber:

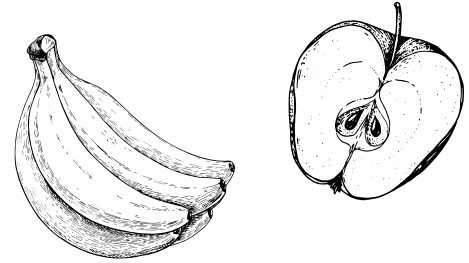
- Green leafy vegetables(kale, spinach, Asian greens, cabbage)
- Salad greens (rocket, lettuce, watercress)
- Cucumber
- Fennel
- Brussels sprouts
- Cauliflower
- Broccoli
- Capsicum
- Sprouts
- Tomato
- Eggplant
- Celery
- Zucchini
- Leek
- Onion
- Green beans
- Asparagus
- Shitake Mushrooms

When shopping for these vegetables, buy organic and cook them with good oils! Bad oils can make any healthy meal into an inflammatory nightmare; for more information on how to find healthy cooking oils, read this blog.

Eat Fruits That Are Low In Sugar

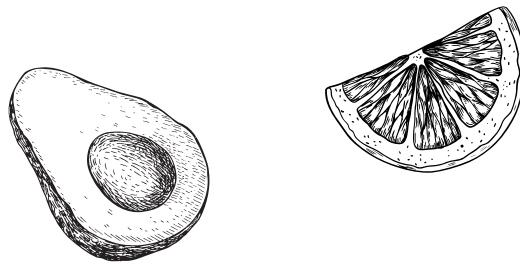
Try to cut back on high glycemic fruits that spike blood sugar. High glycemic foods to eat in moderation include:

- Bananas
- Mangos
- Cantaloupe
- Grapes
- Figs



These fruits can be included in your diet daily even with meals later in the day as they do not contain sugar:

- Lemons
- Limes
- Avocados



These fruits should be eaten in the initial cleansing period (6:30am - 10:30am):

- Blueberries
- Raspberries
- Strawberries
- Oranges
- Cherries
- Blackberries
- Apples
- Grapefruit
- Pears
- Plums
- Peaches



Include Prebiotic Foods in Your Diet

Prebiotic foods are indigestible carbs that help feed beneficial bacteria in the gastrointestinal tract. To learn more about prebiotics, read our blog about prebiotics.

Prebiotic foods are essential for getting your gut health back on track. While some prebiotic foods contain sugar, we have created a list below of beneficial prebiotic foods that do not contain significant amounts of sugar.

Try to include these prebiotic foods while following this diet:

- Oats
- Garlic
- Onions
- Leeks
- Dandelion Greens
- Asparagus
- Chicory Root



- Jerusalem Artichoke
- Barley
- Flax Seeds
- Jicama Root
- Burdock Root
- Cacao



It is recommended to eat plenty of vegetables on the Candida diet as they often contain prebiotic fibers that support gut health.

Include Probiotic Foods in Your Diet

Probiotics help to colonize the gut with beneficial bacteria. Healthy gut flora keeps candida levels under control and contributes to your overall health and immunity. As detailed in our candida cleanse protocol, a clinical-grade probiotic supplement is very beneficial for reducing Candida overgrowth. In addition to taking this probiotic, it is also recommended to include probiotic-rich foods in your diet.

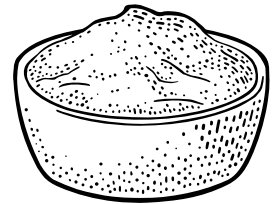
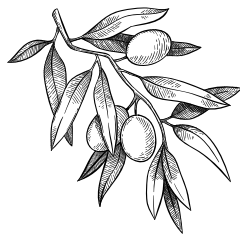


Examples of probiotic-rich fermented foods include:

- Yogurt
- Kimchi
- Sauerkraut
- Kombucha
- Kefir



- Pickles
- Miso
- Kvass
- Olives
- Apple Cider Vinegar



When consuming these foods, be sure the foods contain live cultures, as the pasteurization process can kill these beneficial bacteria. Labels that have terms like "live cultures," "probiotic," "raw," and "unpasteurized" are good signs that the product contains live bacteria.

Eat Foods Rich in Enzymes

Enzymes are proteins that help speed up chemical reactions in the body. Enzymes are essential for digestion, liver function and much more. Enzymes are naturally found in many foods, particularly fruits and vegetables. However, enzymes become inactive when they are frozen or exposed to high temperatures. Therefore, it is recommended to eat plenty of fresh raw / uncooked produce in order to get adequate enzymes from the diet. We also have a Digestive Enzyme Complex that can help to replenish enzyme deficiencies.

Avoid Gluten

Gluten is a general name for the proteins found in wheat, rye, barley, and triticale - a cross between wheat and rye. Gluten helps foods maintain their shape, acting as a glue that holds food together. It is well-known as an allergen for those with Celiac disease. Still, increasing evidence shows that gluten affects the health of more than just people with Celiac disease.

New research shows that gluten triggers the production of zonulin. This pro-inflammatory protein can be tough on the gut. While following our Candida Cleanse Diet, try to avoid gluten. If you need to include bread, opt for freshly made sourdough bread, which is fermented and easier to digest.



Cut Back on Alcohol

Alcohol may be one of the most commonly used intoxicants. Still, it also has many adverse health effects, including harming your gut health.

Numerous very clear studies show that alcohol leads to candida overgrowth and other gut health issues. If you can cut back on or eliminate alcohol, you will experience many health benefits, especially in the gut.

We understand that alcohol is a large part of many cultures in the world and some people will not give up alcohol. So here are some general recommendations for alcohol consumption:



- Cut out sweetened cocktails completely. Many drink mixes are packed with refined sugar. For example margaritas. As you retrain your palate you will be able to have drinks with less sweet mixes such as lime juice and soda water.
- If you are prone to candida infections or yeast infections, cut back on beer and wine as the yeast in these beverages may be part of the cause of the issue.
- Drink in moderation. Do not consume excessive amounts of alcohol as this will deplete your mineral stores, overburden your liver, and slow down metabolism.

Eat a Nutrient-Dense Diet

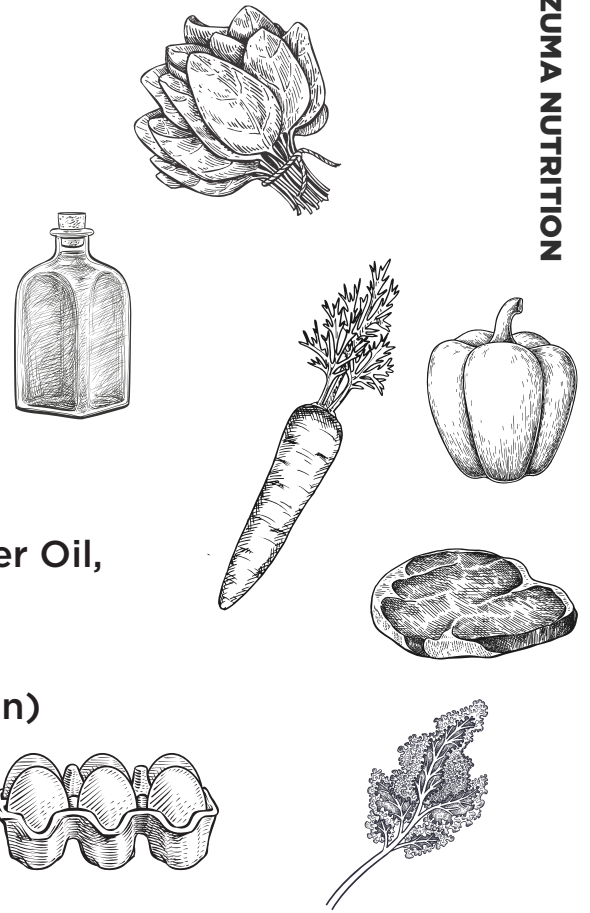
Make sure you eat foods rich in vitamins, micronutrients, and minerals. Here is a helpful chart that includes a food list of nutrient-dense foods that are Gut Terrain Diet compliant. We have listed the foods for each essential vitamin. Aim to eat nutrient-dense foods in this list. These nutrient-dense foods will help to nourish your body.

We do recommend that you limit dense tissue meats during any cleanse though so make sure to limit these foods even if they are on this list if you are following a cleanse program. We recommend limiting these foods because they can be tough to digest and cause constipation. Dense tissue meats include lamb, pork, beef, veal bison and other similar animals. If constipation is not an issue for you, then eating these foods in moderation is okay.

Vitamin A

Healthy Food Sources of Vitamin A Include:

- Organic Red Bell Pepper
- Organic Carrots
- Organic Kale
- Organic Spinach
- Organic Broccoli
- Organic Brussel Sprouts
- Cod Liver Oil (Sourcing is essential with Cod Liver Oil, we recommend Rosita Brand)
- Pasture-Raised Eggs
- Ruminant Animal Organ Meats (Eat in moderation)
- Grass-Fed Butter
- Raw Dairy (be cautious of your sourcing)



B Vitamins

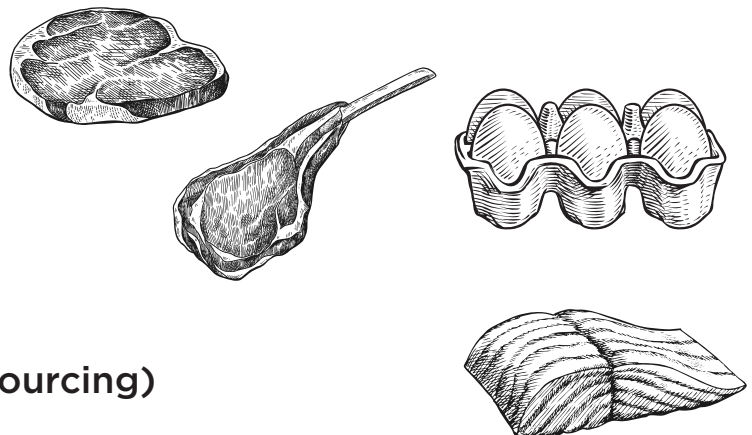
Healthy Food Sources of B Vitamins include:

- Bee Pollen
- Stabilized Rice Bran
- Grass-Fed Beef Liver (Eat in moderation)
- Organic Chlorella
- Organic Spirulina
- Organic Kale
- Organic Parsley
- Organic Kelp
- Grass-Fed Beef (Eat in moderation)
- Grass-Fed Lamb (Eat in moderation)
- Pasture-Raised Chicken
- Wild-Caught Fish
- Ruminant Animal Organ Meats (Eat in moderation)
- Organic Nuts and Seeds

B12

Healthy Food Sources of B12 include:

- Ruminant Animal Organ Meats
- Grass-Fed Beef
- Wild Caught Fish
- Raw Dairy (be cautious of your sourcing)
- Pasture-Raised Eggs



Vitamin C

Healthy Food Sources of Vitamin C Include:

- Organic Citrus Fruits
- Organic Amla Berries
- Organic Rose Hips
- Organic Kakadu Plum



- Organic Guavas
- Organic Guava Leaves
- Organic Bell Peppers
- Organic Acerola Cherries

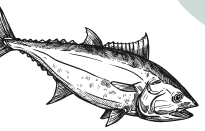


Vitamin D

Healthy Food Sources of Vitamin D include:

- Cod Liver Oil
- Wild Caught Salmon
- Grass-Fed Beef Liver
- Wild Caught Tuna
- Pasture-Raised Egg Yolks
- Wild Mushrooms

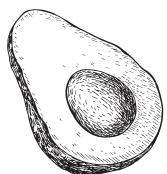
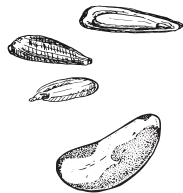
We recommend making sure you are not deficient in any essential vitamins, nutrients, or minerals and making sure you are getting ample sunlight before taking vitamin D supplements. If you opt for a vitamin D supplement, make sure it is a D + K2 Complex. The vitamin K2 is important for the bioavailability of Vitamin D.



Vitamin E

Healthy Sources of Vitamin E Include:

- Wheat Germ Oil
- Cod Liver Oil
- Pasture-Raised Eggs
- Organic Pine Nuts
- Wild Caught Salmon
- Organic Brazil Nuts
- Organic Red Bell Pepper
- Organic Avocado
- Organic Spinach
- Organic Sunflower Seeds



Vitamin K2

Healthy Food Sources of Vitamin K2 include:

- Organic Kale
- Organic Mustard Greens
- Organic Swiss chard
- Organic Spinach
- Organic Broccoli
- Grass-Fed Beef Liver
- Organic Kiwi
- Raw Dairy (be cautious of your sourcing)
- Organic Avocado
- Organic Beet Greens
- Organic Parsley
- Organic Cabbage
- Organic Cabbage

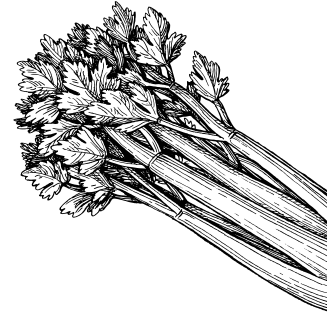


Eat Foods That Improve Gut Health

An important part of the Parasite Detox Diet is to eat less of the foods that lead to inflammation and more of the foods that reduce inflammation and promote healing.

Eating a diet rich in vegetables, low-sugar fruits, healthy proteins and fats, and fermented foods is essential for reducing inflammation and restoring gut health. Here are some gut nourishing foods to include in your diet daily:

- **Organic Low Glycemic Fruits (See List Above)**
- **Organic Celery Juice**
- **Organic Cabbage Juice**
- **Well Sourced Bone broth**
- **Coconut Oil**
- **Onion**
- **Garlic**
- **Asparagus**
- **Sauerkraut**
- **Ginger**



Focus on Nutrition

If your diet has included processed foods, soft drinks, chips, desserts, and other junk foods, the Parasite Detox Diet will dramatically improve your nutrition. Foods like vegetables, fruits, and healthy proteins are more nutritious and help improve your health and well-being.

As you follow the Parasite Detox Diet, reflect on your dietary choices and commit to making food choices that improve your quality of health. Some ways you can do this include:

- **Eat whole foods and foods in their natural form whenever possible**
- **Eat more produce (fruits and vegetables)**
- **Buy organic whenever possible**
- **Strive to buy local and in-season foods when possible, as they are generally fresher and more nutritious**
- **Learn about the foods you eat and focus on foods that are rich in nutrients**

Drink Mineral Rich Water

Drinking sufficient quantities of water and staying hydrated are essential to your health. Your body needs water to function, and when you don't get enough water, it can impair your health.

We recommend drinking reverse osmosis filtered water that contains the trace minerals in our **fulvic acid & trace ocean minerals** product. You add these minerals are added to the water after being filtered. If you can get spring water from a pure natural spring or can obtain it from your local market, this is another great option for high-quality drinking water. .

Aim to drink 3-5 liters of water per day during this cleanse protocol.



Supplement with Magnesium Daily

Magnesium is an essential mineral needed for over 300 enzyme reactions in the body. Many people are deficient in magnesium. Take a look at our Ionic Magnesium Tonic and consider adding it to your drinking water to improve cellular magnesium levels. (show magnesium product)

Space Out Your Meals to Allow For Proper Digestion

Aim to space out your meals to allow for about three hours between each meal. Spacing out your meals allows the full digestive process to take place. Try not to snack every time you are hungry and instead make herbal tea or drink mineral-rich water. Your hunger could also be coming from dehydration or from your body cleansing itself.

Balance Blood Sugar

Blood sugar is a complex subject, but here are a few essential tips. Eat protein, fat, and carbohydrates with each meal. Eat lower glycemic vegetables, and only have your fruit on an empty stomach in the morning. If you suffer from blood sugar imbalance issues, consider taking a bitter melon extract supplement or a Ceylon cinnamon supplement. Apple cider vinegar can also be beneficial.

Focus on Digestion

Digestion is a process that breaks food down to a size that is small enough for it to be absorbed in the small intestine. This process is complex and takes hours, depending on what you have eaten. Therefore, focusing on digestive health is extremely important for improving gut health long term.

Here are some tips to improve digestion:

- **Eat slowly and mindfully, how you eat is important, it is not just about what you eat**
- **Eat fruit on an empty stomach only (usually in the morning in a fasted state)**
- **Do not drink too much water with meals, instead sip a small cup of herbal tea**
- **Avoid sugar other than fructose**
- **Do not overeat, aim to stop eating at 80% full**
- **Digestive bitters can be consumed prior to a meal to promote bile flow and digestion**
- **Take digestive enzymes after meals if needed**

Foods and Ingredients to Avoid While Following the Gut Terrain Diet

We are living in a time that more synthetic ingredients and processed foods are available than ever. To make things easy for you, here is a list of foods and ingredients we recommend avoiding while following the Gut Terrain Diet:

- **Sugar especially processed sugar (pay attention to foods that have added sugar)**
- **Processed foods (these types of foods usually come in boxes, think foods, not in their natural form)**
- **High fructose corn syrup**
- **Sodium Benzoate**
- **Potassium Sorbate**
- **Artificial colors**
- **Mold Toxins (commonly found in peanuts and low quality coffee)**
- **Alcohol**
- **Antibiotics**
- **Cigarette smoke**
- **Junk food and processed foods**

Healthy Snack Options

Snacking is an integral part of many people's lives. If you suffer from digestive conditions, however, you may need to change your snacking habits. Certain digestive conditions can lead to cravings for sugary and sweet snacks (like candy, chocolate, muffins, or cake) or yeast-heavy snacks (like bread, bagels, and crackers). While these kinds of snacks are best to avoid, there are still many snacks that you can include in your gut terrain diet.

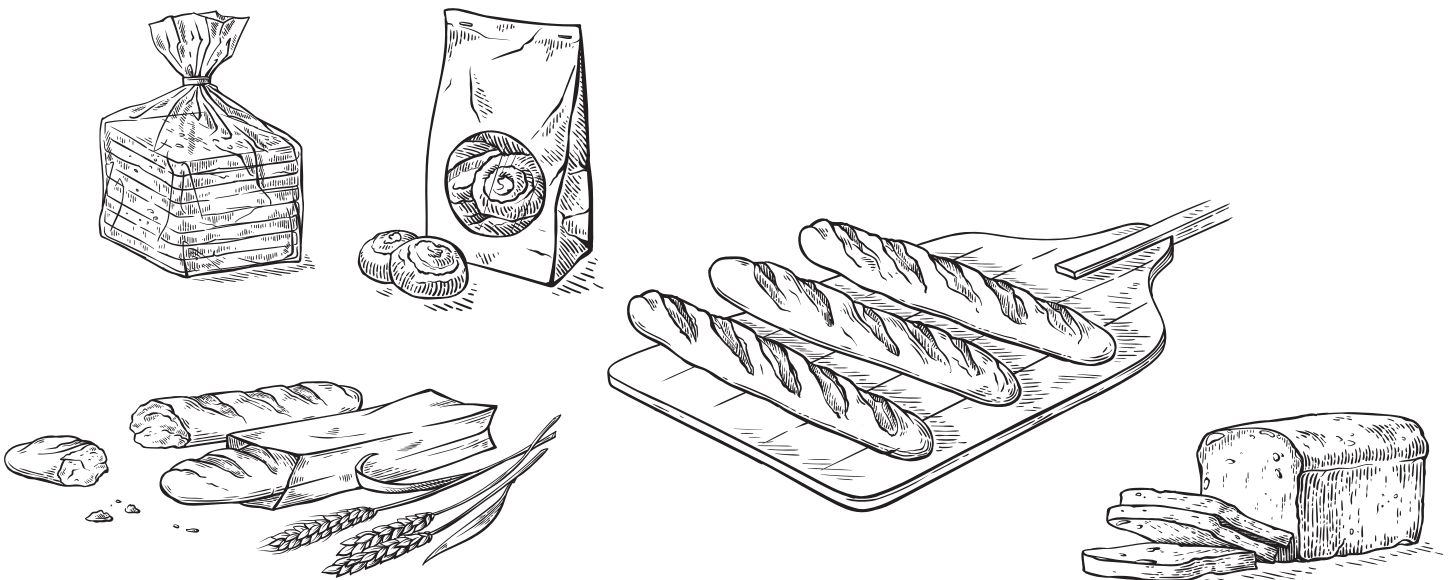
While following this diet you should keep snacking to a minimum and instead focus on eating nourishing and satisfying meals, and making sure you are spacing your meals so you can optimize digestion. That being said, we all need to snack sometimes, here are some snacks that are gut terrain diet compliant:

- **Carrots and Hummus**
- **Kale Chips Cooked in Olive Oil**
- **Sprouted pumpkin seeds**
- **Sprouted sunflower seeds**
- **Sprouted watermelon seeds**
- **Roasted almonds or other nuts (avoid peanuts, pistachios, and cashews on the Gut Terrain Diet)**
- **Olives**
- **Sautéed Eggplant Cooked in Olive Oil**
- **Organic Sourdough Bread with Smashed Avocado**
- **Butternut Squash Soup**
- **Dandelion Greens Sautéed in Olive Oil**
- **Sauteed Yellow Squash in Olive Oil**
- **Eggs**
- **Low Glycemic Green Smoothie**
- **Grass-fed Organic Steak**
- **Free Range Organic Chicken**
- **Cauliflower tortillas with Kimchi and eggs**
- **Raw Cheddar Cheese**
- **Cooked Artichoke with Olive Oil and Balsamic Vinegar**
- **Avocado with Balsamic Vinegar**
- **Guacamole**

What Bread Should I eat on the Gut Terrain Diet?

Certain types of bread and bread alternatives are acceptable for the Gut Terrain Diet. It is essential to know that some people are also sensitive to foods like wheat, oats, and rye. Many of the bread alternatives here include wheat flour still. They just avoid using yeast to leaven the bread. Suppose you are sensitive to wheat or other grains. In that case, you can look for alternative recipes like using coconut flour, almond flour, or some other type of flour alternative. Bread that you can eat on a Gut Terrain diet includes:

- **Soda Bread.** Soda bread uses bicarbonate of soda and buttermilk. You can use plain yogurt and lemon juice if you don't have buttermilk. If you are a vegan, you can use coconut yogurt or another alternative recipe.
- **Flatbread.** A flatbread is a bread made with flour, water, milk, yogurt, other liquid, and salt and then thoroughly rolled into flattened dough. The bread is typically made without leavening, so it is yeast-free.
- **Pita Bread.** Pita bread is a gut health-friendly solution to bread as it can be made yeast-free and sugar-free.
- **Yeast-Free Naan.** Naan is a traditional Indian type of bread that can also be made without yeast.
- **Sourdough Bread.** Sourdough bread relies on natural airborne yeasts, and many people with digestive conditions can tolerate them. In addition, many people who are intolerant to wheat can eat wheat once it's been through a long sourdough process.



Summary

Thank you for reading our Gut Terrain Diet protocol diet guide. Dietary changes are foundational for improving gut health during your cleanse and beyond into the future.

Be patient with yourself and your body during this protocol, and always give yourself some leniency around our recommendations. It takes time to adopt new habits and to take full responsibility for our health. We want to encourage you to always be kind to yourself as you go through these changes and not to beat yourself up if you don't do it perfectly.

Healing from a place of self-love, self-forgiveness and self-compassion will always be more effective than trying to heal from a place of self-judgment, self-hatred, or self-blame.

Over time, this diet will change your palate to crave more bitter foods and less sugary sweet foods. As the health of your gut microbiome returns, you'll begin to see relief from your symptoms and experience a newfound sense of health and vitality.

Enjoy the process, take it one day at a time, and reach out to us if you have any questions. We are here to support you on your health journey!

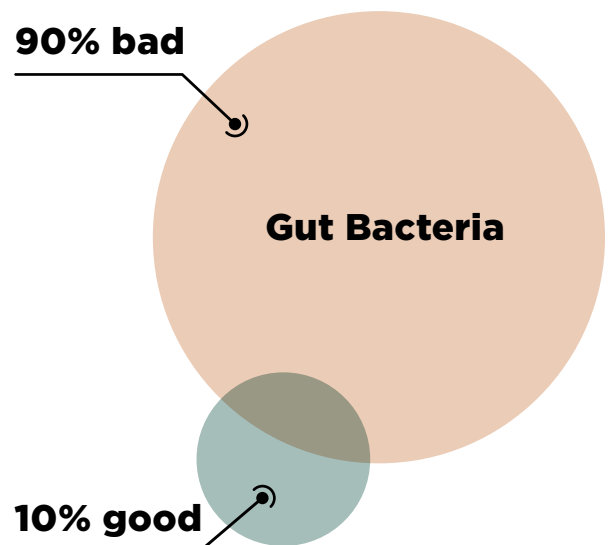
What Is the Gut Microbiome?

Within your gut there are trillions of microorganisms that collectively make up what is known as your “gut microbiome.” These small creatures perform many important tasks, *such as helping us break down and digest food, supporting the health of our immune system, assisting in the production of important hormones, and even influencing our mood and feelings of happiness.*

What Is Dysbiosis?

Ideally, we have a ratio of about **90% “good” bacteria and 10% “bad”** bacteria in the gut. This balance is critical for our gut health and for carrying out the necessary roles of the gut microbiome. Unfortunately, however, the average person is closer to the inverse of this ratio, and has about 10% “good” bacteria and 90% “bad” bacteria.

This imbalance in the gut microbiome is known as “dysbiosis.” It is a disruption in the gut microbiome and an unhealthy balance of bacteria that can lead to illness. A gut overrun with harmful bacteria and other microorganisms such as parasites, Candida, or harmful gut pathogens, can lead to some serious health issues such as leaky gut syndrome, gut inflammation, small intestinal bacterial overgrowth (SIBO), and much more. These health issues are often at the root of many other chronic conditions, and if we don’t bring our gut back into balance, we are bound to suffer ill health.



Why Is Dysbiosis So Common?

Your gut microbiome is highly sensitive. It is a living community of bacteria that is constantly changing. **Important factors like diet, lifestyle, and stress levels play a major role in the state of your gut and your gut health.** There are also many factors that can worsen your gut health, and it is important to be aware of them.

Some of the biggest causes of dysbiosis include:

- Antibiotics
- Alcohol
- Cigarette smoke
- Processed foods
- Lack of Prebiotics in the Diet
- Not eating a diverse range of foods
- Lack of regular physical activity
- Not getting enough sleep
- Too much stress
- Parasitic infections
- Candida overgrowth

You may have noticed that a lot of the causes of poor gut health are things that the majority of people do or experience every day. Cigarettes and alcohol are common substances used recreationally, antibiotics are commonly prescribed pharmaceuticals, processed foods are eaten in abundance, stress and poor sleep quality are regular occurrences for many, and a lack of physical exercise is certainly common.

Along with this trend in lifestyle and dietary habits, there is a dramatic increase in various digestive disorders in the United States and other western countries. Diseases like Irritable Bowel Syndrome (IBS), Leaky Gut, Crohn's, Small Intestinal Bacterial Overgrowth (SIBO), Candidiasis, and others are on the rise.

What Is Leaky Gut?

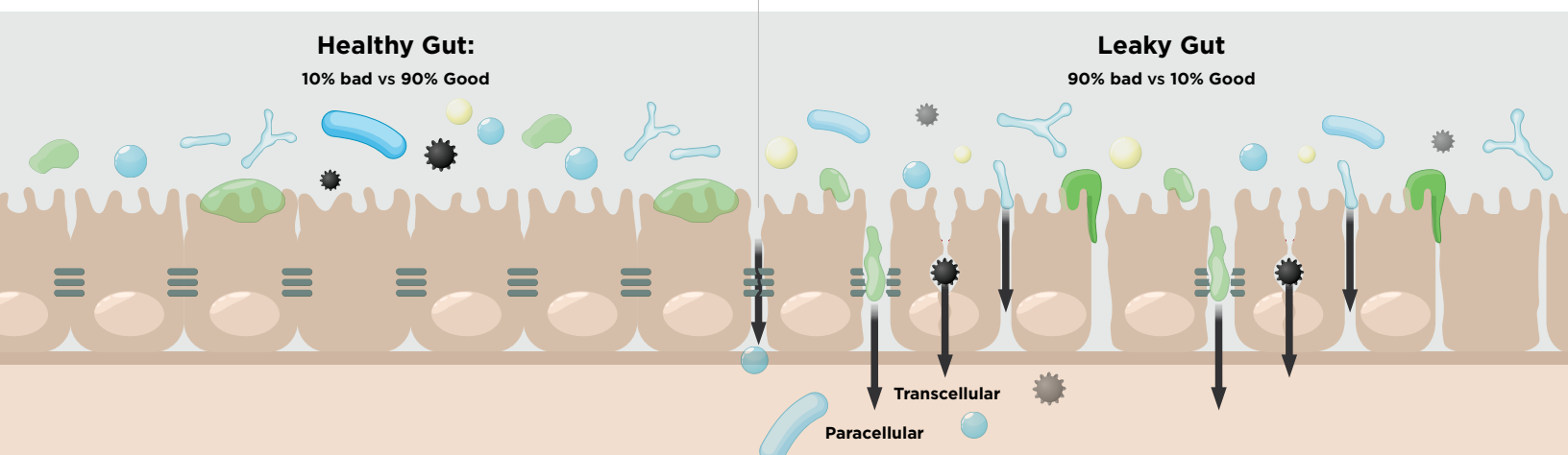
Leaky gut is an increasingly common health issue that many people suffer from. Leaky gut syndrome is a digestive condition that affects the lining of the intestines. In leaky gut syndrome, gaps in the intestinal walls allow bacteria and other toxins to pass into the bloodstream. This can lead to numerous other ailments as toxins in the bloodstream are distributed to other organs in the body.

Another name for leaky gut syndrome is “intestinal permeability.” It is when the lining of the intestinal wall develops openings that allow toxins and undigested food to pass through into the bloodstream, and it is considered to be a dangerous signal for autoimmune disease.

Leaky gut syndrome can be caused by a number of factors. Essentially, leaky gut manifests when there is damage to the gut lining.

The intestines are protected by a single layer of specialized epithelial cells that are linked together by certain proteins. These proteins are the gateway between your intestines and your bloodstream. They have the delicate job of maintaining the careful balance of allowing vital nutrients to enter the blood, while remaining small enough to prevent toxins from passing out of the digestive system and into the rest of the body.

When there is a malfunction in the linking of these proteins, it creates openings that allow substances to pass through the epithelial lining of the intestines. Leaky gut symptoms are a consequence of this.



5 of the Top Underlying Causes of Leaky Gut Include:

- 1. Poor Diet** — If your diet includes common allergens and inflammatory foods such as GMOs, refined oils, added sugars, synthetic food additives, conventional dairy products, pesticide grown produce, and un-sprouted grains, it can lead to leaky gut.
- 2. High Toxic Load** — Every single day we are exposed to numerous toxins, some much more than others depending on lifestyle and environment. The toxins most likely to lead to leaky gut include antibiotics, pesticides, tap water, aspirin, NSAIDS, and alcohol.
- 3. Chronic Stress** — Stress is actually a major cause of illness, and is especially harmful to the gut, where significant parts of the autonomic nervous system exist. Chronic stress can lead to a range of gut health issues, including leaky gut syndrome.
Genetic predisposition — A genetic predisposition can also make people more prone to leaky gut because they are sensitive to environmental factors that trigger their bodies into initiating autoimmune responses.
- 4. Dysbiosis** — an imbalance between beneficial and harmful species of bacteria in your gut can be a contributing factor to leaky gut syndrome. A large body of evidence now shows that gut microbiota is important in supporting the intestinal lining and preventing autoimmune reactions.
- 5. Candida Overgrowth** — When Candida cells begin to grow hyphae - the long branches that grow out of the fungus they can invade the cells in your intestinal lining, creating inflammation and permeating the membrane that prevents harmful substances from leaking out.

How Do You Heal Leaky Gut?

Leaky gut is a serious condition, and it can be reversed, but it requires one to ardently follow certain steps. These basic steps are referred to as the “**4 R’s**” of remove, replace, repair, rebalance:

- 1. Remove** foods and factors that damage the gut—these include pro-inflammatory foods like gluten, dairy (fermented dairy like yogurt is okay), added sugars, food additives and chemicals, produce grown with pesticides, GMOs.
- 2. Replace** these foods with a whole-foods diet with a focus on anti-inflammatory foods like blueberries, turmeric, broccoli, leafy greens, avocados, peppers, etc.

3. **Repair** the gut with specific nutrients like colostrum and butyric acid that heal damaged tissue and rebuild the gut lining.
4. **Rebalance** your gut microbiome with a diverse balance of probiotics. This step is essential because bacteria in your gut are a major component of the intestinal barrier. They help promote resistance to the colonization of harmful bacteria species competing for nutrients. They also regulate the digestion and absorption of nutrients and help supply epithelial cells with energy.

What Are the Most Common Gut Health Ailments?

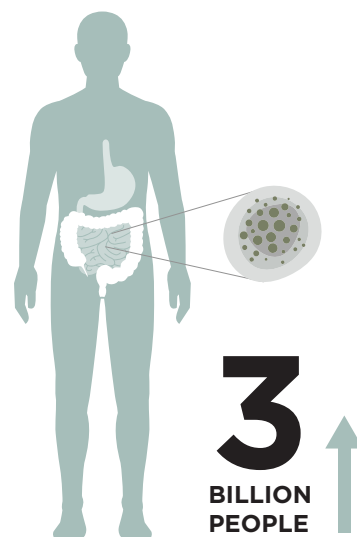
While there are many different conditions and ailments that can affect the gut, some of the most common are:

- | | | |
|--------------|------------------------|-------------|
| 1. Parasites | 3. Pathogenic Bacteria | 5. SIBO |
| 2. Candida | 4. Gut Inflammation | 6. H Pylori |

1. Parasites

A parasite is an organism that lives on or in a host organism and gets its food from or at the expense of its host. Parasites are extremely common. There are many different species and types of parasites that can affect humans, and since most of them are microscopic, it can make them difficult to diagnose. However, studies suggest that **approximately 3 billion people have at least one type of parasite**—that's nearly half the world's population!

In humans, parasites that live inside us use up our vitamins, proteins and other nutrients, depriving us of optimal nutrition. Not only do they steal nutrients from our body, they also eliminate waste inside us, releasing their toxic bacteria and viruses. This can lead to impaired gut health and numerous other health conditions. Parasites are most commonly found in the colon, however, any part of the body is vulnerable to infestation: the lungs, liver, brain, blood, muscles, joints, skin, etc.



2. Candida

Candida is a type of yeast or fungus that lives on and inside the human body. There are many different species of Candida, and some are more likely to affect our health than others. Small amounts of the Candida fungus typically exist on the skin, and inside the mouth, vagina, and gut. In small amounts, Candida is harmless and cause no symptoms. In fact, it may even play a necessary role in our body's microbiome (the community of trillions of microorganisms that live on and inside the body, and that help to regulate our health and immunity).



Poor Digestion



Digestive Issues

Typically, the bacteria living on and in the body, combined with the efforts of the immune system, help to keep Candida populations under control. However, certain factors can cause this fungus to multiply out of control, resulting in a Candida infection, which is called “candidiasis.” **Candidiasis can cause many uncomfortable symptoms, such as poor digestion, skin issues, fatigue, and brain fog.** If untreated, it can lead to invasive candidiasis, which is a serious infection that can affect the blood, heart, brain, eyes, bones, and other parts of the body.



Brain Fog

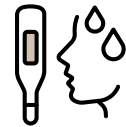


Skin Issues

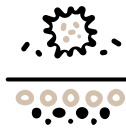
3. Pathogenic Bacteria

Pathogenic bacteria are bacteria that can cause disease. Most species of bacteria are harmless and are often beneficial but others can cause infectious diseases. Pathogenic bacteria can cause a bacterial infection or can colonize your microbiome which negatively affects your health over time.

A pathogenic bacterial infection **can lead to symptoms such as fever, pus from a wound, a high white blood cell count, diarrhea, or pneumonia, and needs to be treated right away.** Colonization, on the other hand, means the bacteria are in or on your body but do not make you sick, and likely show no signs or symptoms at all. Even after a pathogenic bacteria infection (such as food poisoning), some of these pathogenic bacteria can remain in the gut microbiome, even though they are not causing your body enough distress to show signs and symptoms such as fever or high white blood cell count. Pathogenic bacteria may exist in the gut without causing immediate symptoms, but they can still lead to symptoms over time as they may disrupt the delicate balance of your gut microbiome.



Fever



Pus From Wound



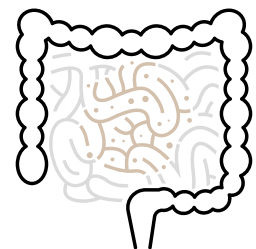
Diarrhea



Pneumonia

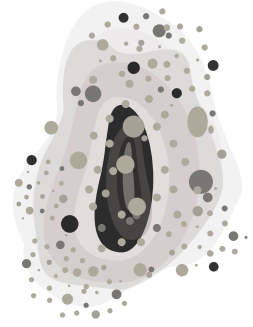
4. Gut Inflammation

Poor diet, high toxic load, parasites, Candida, bacteria, viruses, antigens and other agents can trigger the body’s immune system to produce an inflammatory reaction in the intestinal tract. **If inflammation is persistently triggered over time, it can lead to bowel diseases like inflammatory bowel disease (IBD).** The term inflammatory bowel disease (IBD) describes a group of disorders in which the intestines become inflamed. This inflammation can inhibit proper digestion and block the absorption of nutrients. It can also cause uncomfortable symptoms like gas, bloating, and pain in the stomach.



5. SIBO

Small intestinal bacterial overgrowth (SIBO) occurs when there is an abnormal increase in the overall bacterial population in the small intestine — particularly types of bacteria not commonly found in that part of the digestive tract. This condition is sometimes called blind loop syndrome. **SIBO commonly results when a circumstance slows the passage of food and waste products in the digestive tract, creating a breeding ground for bacteria.** The excess bacteria often cause diarrhea and may cause weight loss and malnutrition, along with other uncomfortable symptoms like nausea, bloating, and abdominal pain.

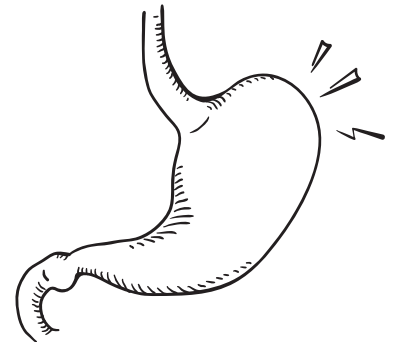


6. H Pylori

Helicobacter pylori (H. pylori) infection occurs when H. pylori bacteria infect your stomach. This bacterium is a common cause of peptic ulcers. H. pylori infection may be present in more than half the people in the world. However, most people don't realize they have H. pylori infection, because they never get sick from it.

When signs or symptoms do occur with H. pylori infection, they **may include an ache or burning pain in your abdomen, abdominal pain that's worse when your stomach is empty, nausea, loss of appetite, frequent burping, bloating, and unintentional weight loss.**

Our Complete GI Protocol can help in the treatment and prevention of these common digestive disorders. In order to have a healthy gut, you need to have a healthy balance of beneficial bacteria in the gut microbiome, as well as healthy tight junctions in the intestinal barrier that do not allow toxins and pathogens to pass through into the bloodstream. The supplements in our protocol help to restore gut health at the root by recolonizing the gut with beneficial bacteria, supporting their growth with powerful prebiotics, healing damaged gut tissue and supporting immunity with colostrum, and repairing the damaged gut lining with butyric acid.



Complete GI Protocol Guide

BUY NOW

Why Does Improving Gut Microbiome Balance Help with Cleansing?

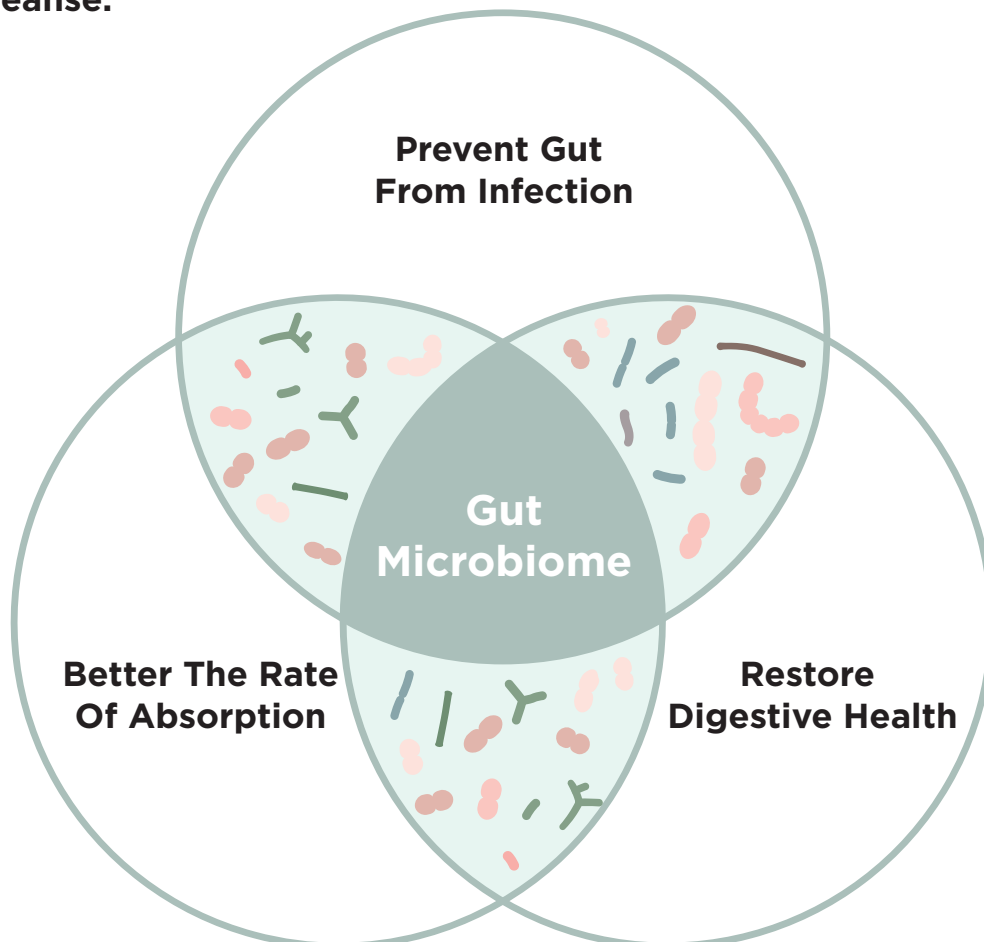
Improving the gut microbiome will not only protect your gut health, immunity, and overall well-being, it will also significantly improve the effectiveness of other cleanses. It helps with this in several ways. First of all, gut bacteria are the most important players in managing and preventing infections in the gut.

They keep organisms like Candida, parasites, and pathogenic bacteria under control, killing them off and preventing them from causing infection.

Second, the gut microbiome plays a key role in digestion and nutrient absorption. Whatever compounds you may be taking for your cleanse, they need to be absorbed by the body in order to be effective. **The better the rate of absorption, the more effective they will be.**

Lastly, one of the biggest hindrances to an effective cleanse is a colon filled with toxic waste. The average person has 5-20 pounds of waste in their colon at any given time. This waste is not only toxic to the body, but it creates a great impediment when it comes to effective cleansing. **When you rebalance your gut microbiome it helps to restore digestive health and ensures proper elimination of waste.**

Overall, a healthy functioning digestive system will improve the nutrition you get from food, **will ensure proper elimination, and will enhance your body's ability to cleanse.**



About Zuma Nutrition

Here at Zuma Nutrition, we pledge to offer the very best nutritional supplements our teams can provide. We leverage 40 years of research and decades of experience to ensure that our standards are of the highest order and that our products are equally as strict in their quality.

Our manufacturing teams consist of herbalists, physicians, biochemists, and nutritionists, who all promise to bring you the very best superfoods, nutrients, vitamins, minerals, and healing tools they can create.

With an unwavering focus on product efficacy, purity, potency and quality, along with a fervent commitment to positively impacting our planet, we at Zuma Nutrition are thrilled to offer our customers a powerful array of products and supplements.

Sourcing & Clean Biochemistry

All of our herbs and superfoods are organic, regenerative, and grown in biologically active soil. By focusing on the health of our soil, we keep the delicate communities of microorganisms alive, allowing for healthier and more nutrient-dense plants, while simultaneously helping to sequester carbon, taking it out of the atmosphere and storing it within the soil.

No synthetic pesticides or fertilizers are used in our agricultural process. We enhance the effectiveness of these plants by combining the knowledge of our team of herbalists with clean biochemistry techniques, including: nanotechnology, emulsified liposomal deliveries, freeze-dried extraction processes, water extraction, supercritical CO2 extraction, and dual alcohol extractions.

We also practice sustainable wild harvesting methods in Utah, Idaho, the Pacific Northwest and Colorado. with rare ingredients in our formulas.

Vegan & Vegetarian Friendly

Our entire Zuma Nutrition line is 100% vegan and vegetarian-friendly, keeping in mind our ecological footprint and the impact that our business has on the earth.

Our head of product development and co-founder, Richard, is vegan and takes these products daily to optimize his own health and well-being. As a result, we have created a safe source for vegans to get all of their health and wellness needs without having to worry about what they are putting into their bodies.



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