

HAPPY GUT®

Top 10 Tips for a Healthy, Happy Gut®

BONUS

by Dr. Vincent Pedre, MD
AMERICA'S GUT DOCTOR



1

Start with a Cleanse!

We must flush toxins, bad bacteria and “clean house” before we can heal... from the simplest cleanse habit like lemon-water in the morning to a full 28-day cleansing program, like the HAPPY GUT® REBOOT. If your digestive system is constantly having to handle a load of sugar, processed food, unhealthy fats, and foods that trigger an immune response, your body will be in a constant state of war against itself.

Let's make this easy! Let's start with what inflammatory foods you should avoid eating (in the next page), and look at what anti-inflammatory foods you will love eating in their place. By

following this eating plan, know that you are laying the foundation for better gut health and total body wellness.

Tip #1 Summary: *Start with a cleanse -- it's like pushing the reset button on your digestive system!*



Cleanse: clean out harmful toxins & reset your system (this lays down the important groundwork to see real results).

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What to Avoid Eating & What to Love Eating During the 28-Day Cleanse

AVOID:	WHY:	EAT THIS:
Say Goodbye to Gluten	Pesticide + Leaky Gut Syndrome	Quinoa, Brown Rice, Millet, Amaranth
Drop the Dairy	Hormone Ridden rBGH (aka BST = bovine somatotropin)	Almond, Coconut, or Hemp Milk
So Long Soy	>90% GMOs	Nuts, Seeds, or Coconut Oil
Scorn the Corn	>90% GMOs	Beets, Squash, Jicama, Sweet Potato
Don't Presume: Avoid Legumes	Unhappy Gut Gas Producers	Greens, Berries
Eggs	Inflammatory Arachidonic Acid	HG Morning Protein Smoothie

2

Become Anti-Antibiotics

Your gut is like your own internal garden, teeming with friendly bacteria, where antibiotics act like pesticide weed-killers, except their effect is like napalm, destroying the good gut bacteria, along with the bad. Yes, those friendly good guys that help keep you healthy! Why would you mace them with a substance that will wipe them out and throw your environment into imbalance? Research is showing that antibiotics are actually the largest cause of gut imbalances.

Let's face it, antibiotics are overprescribed and overused. Doctors and patients are both at fault, but really the doctors know better. People come in requesting an antibiotic in our menu-style healthcare model, because they think they need it to "knock out this cold," but in reality most infections are caused by viruses (including sinus, ear, and chest). Antibiotics primarily treat bacterial infections. In fact, most viral infections will resolve with rest and good nutrition.

Tip #2 Summary: *Avoid antibiotics unless absolutely necessary.*

3 Activate

Charge up your digestion with enzymes, nutrients, and proper pH balance. Look at this way: you've been struggling for a while with a sluggish digestive system, you feel tired, mentally sluggish, and achy, but you can't put your finger on what is wrong. You try to change your diet, but nothing seems to work. Well, if your knee was hurt and you need to get around, you might use a cane to help you take a load off of the knee. That "cane" for the digestive system may come in the form of a hydrochloric acid supplement to improve the stomach's ability to break down protein or comprehensive digestive enzymes that relieve the load of the small intestine and pancreas in breaking down carbohydrates, sugars, and fats.

How do we do this? Reactivate the healthy function of your gut by bridging any gaps or deficiencies in your digestion using supplements that replenish enzymes, bile salts, stomach acids, minerals, vitamins, hypoallergenic easy-to-digest proteins and amino acids, healthy fats, and fiber. This list is broad, but a lot can be done by eating a whole, live organic foods diet that comes from the earth.

Tip #3 Summary: Use digestive enzymes, betaine-HCl (hydrochloric acid), and bile salts, among other important nutrients, to give your gut everything it needs for healthy digestion.



Activate: Avoid the bloat and gas and make going to the bathroom easier, etc...

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4

Drop the Dairy!

Yes, you heard right! Milk--it does NOT do the body good. In fact, the highest rates of osteoporosis around the world are in countries that have the highest per capita intake of dairy products. You have been sold wrong information. Dairy is not the only source of calcium to keep bones strong, and in fact, because dairy is acid-forming your body will take calcium out of your bones to buffer the acid. Add this up over the years, and you'll find weakened bones in those that consume the most dairy. Instead, replace cow's milk with almond, coconut or hemp milks. These are available in the supermarket or any health food store, but are also easy to make at home like in this recipe, and can be used as the base for any smoothie.

Tip #4 Summary: *Humans are not calves! Avoid cow's milk; drink nut, coconut, or hemp milks instead.*

5

Eat: An Elimination Diet

Find out if you have food sensitivities through an elimination diet, like the [HAPPY GUT® Reboot](#), designed to figure out your food sensitivities.

How do we do it? We take out the most antigenic foods from the diet (wheat, gluten, dairy, soy, corn, legumes, peanuts, and eggs), along with excess added sugar. We also remove alcohol and caffeine, so that your liver can function optimally without being bogged down in the work of detoxification. You commit to strict avoidance during the specified amount of time (28-days in Happy Gut). Prepare to meet the new you at the other end of this diet clean-out.

Tip #5 Summary: *A 28-day day elimination diet is a small sacrifice to reverse years of damage to your gut and the key to starting your healing journey.*

6

Go Pro [with a] Probiotic

There are more micro-organisms in your gut than cells in your body, estimated at close to 1 trillion! These tiny helpers have evolved to live within us for centuries, but in our modern world we have disrupted it with antibiotics, pesticides, GMO's, medications, and stress. Repairing the state of balance within this delicate ecosystem is where we begin to restore your health.

Start with Probiotics – the little helpers in our digestive tract that aid digestion, produce vitamins, and promote the movement of food down the digestive tract. Many people are deficient in sufficient number of the “good” bacteria. This is where a healthy dose of a probiotic can help re-establish balance by adding them to your gut ecosystem.

A number of fermented foods - such as kefir, fermented vegetables or kombucha beverages- are probiotic boosters, although staying away from dairy while cleansing and restoring the gut in the HAPPY GUT® plan is important. We can reintroduce those after the 28-days are over. More about those in the next tip.

Probiotic supplements are another choice, although the verdict is not out yet on which is right for each person. However, the research does point at the amazing benefits of taking probiotics for a wide range of conditions, including eczema, depression, IBS and anxiety. Try out a probiotic to balance your microbiome.

Tip #6 Summary: *Get to know the pros-- try out probiotics! Your smiling gut may never look back.*



Restore - what you need to put back in your belly after removing toxins

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7

Get Cultured.

You don't have to go to the Opera to get cultured (although know if you did I'd be there with you...); we're talking about eating cultured foods like kombucha, kimchi, non-dairy yogurt and coconut water kefir. Your creativity is your only limit when it comes to discovering foods that have been fermented to bring out their flavor, lengthen their storability, and improve their digestive benefits. Imagine these foods as if they have been "activated" by the bacteria that ferment them. In exchange, we benefit from their ability to assist our digestion and improve the make-up of our gut flora.

How much is enough? Aim to have something cultured at least 3 days per week to keep your gut singing happily. Test out the right amount for you by increasing or decreasing the quantity of these fermented, cultured foods to find your sweet spot.

Tip #7 Summary: *Fermentation is the name of the game. If you don't want to do it, at least be willing to try it. Eat cultured foods!*

8

Restore your gut flora. Eat the Rainbow.

This is one of my favorite steps, because it means that your diet should look like an artist's palette. My mother was a painter, so the paint palette was an ever-present part of our lives growing up. Make your plate an artist's palette. Color it with all sorts of vegetables, herbs, fruit, proteins and fats. Diversity is the key to many activities (investing, enjoying life, avoiding boredom, having enriching experiences), just as it is the key to a healthy, gut flora. In the end, diversity is the key to good health! Recreate your healthy gut garden with a widely diverse microbiome through the foods you eat. And remember: Take care to balance feelings and stress through yoga, meditation, and communing with nature.

Tip #8 Summary: *Eat a Diverse, Colorful Diet--Eat the Rainbow!*

9

Enhance with Superfoods

Superfoods deliver large servings of nutrients, antioxidants, polyphenols, vitamins, and minerals. Eat the superfoods, like berries, dark leafy greens, and super supplements, or the HAPPY GUT® ENHANCE powder. On the HAPPY GUT® REBOOT, we introduce smoothies for breakfast, because they are a quick, easy and delicious way to get your nutrition without causing the bloat with the best of berries, greens, omega-3 fats and nut milks—these make up the core of our superfoods!

These foods will also enhance your experiences with foods, flavors and nutrients. By searching them out, trying new recipes and learning how to incorporate them into your diet, your life will be boosted to a new level of healthy living.

Tip # 9 Summary: *Think Superfoods for a super healthy gut! Put them on your grocery list.*



Enhance - Reap the reward of good food choices & habits by healing your gut

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10 Play.

Need I say more? Just because you're an adult doesn't mean you can't "play!" Play is an important component of every stage in life, from childhood to seniorhood. Do things that you enjoy, that make you HAPPY: and help you find your happy. Positive feelings go a long way towards improving digestion, healing the gut, and creating the wellness we all seek.

When you do something you love to do for the sake of it, your body releases feel-good chemical signals called endorphins. These endorphins are what's behind the runner's high. But, you don't

need to be a long-distance runner to experience that endorphin high. Simply engage with your full attention in an activity that you simply enjoy for its own sake and soon you will find yourself in a timeless space, walking the happy steps of an endorphin rush. This is what will keep your total body balanced for the years to come. Here's to your HAPPY GUT® LIFE with a Happy Gut in a Happy Body!

Tip #10 Summary: *Play, Play, Play, and Play!!!! Well, don't just stand there, Get out there! Find your happy ☺!*

Ready to get started?

HAPPY GUT®



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Happier Gut in just 28 days!**

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complete gut cleanse program available, the HAPPY
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