

GUT HEALTH QUEST

PART 3

The Supplement Protocol



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INTRODUCTION

The recommended supplements for 'The Gut Health Quest' are all clinically studied and have been placed together to create a fully comprehensive "stack" to target every single area of proper digestion, nutrient absorption, detoxification, healing, repair, and achieving proper homeostasis in your microbiota.

The recommended supplements have been broken down into two separate kits, "The Essentials" and "The Total Repair Kit".

THE ESSENTIALS

This supplement kit has 5 individual supplements designed to target every area of digestion, with the intended goal to support your body in every way when it comes to breaking down your food properly, absorbing it, and reducing the stress and inflammation that can be associated with digestion. The end goal is to "leave no stone unturned" when it comes to proper nutrient breakdown and assimilation, so as to keep your body in a more continuous, maximal state of healing, rather than taking two steps forward, and then one step backwards, simply because you need to eat.

1 APPLE CIDER VINEGAR



Why to take

This unique, "living food" supplement is fermented apple cider and has been known as a "cure all" and healing agent for decades. Turns out there's some actual truth to the "old wives tales" surrounding Apple Cider Vinegar.

Apple Cider Vinegar (ACV) is included in "The Essentials" for multiple reasons. It contains Malic Acid, which is a very beneficial compound that 1) most closely relates our healthy, natural stomach acid, and 2) aids in ATP production at the intracellular level. ACV also controls insulin sensitivity, improving our overall blood sugar response to food, reduces inflammation, and contains healthy bacteria and enzymes that aid in digestion.

How to take

1 tsp to 1 oz. depending on preferences with every meal.

2 BETAININE HCL



Why to take

Betaine HCL is essentially a precursor to hydrochloric acid, thus promoting an increased natural production of your own stomach acid. This aids in proper digestion and nutrient absorption.

Over time, stomach acid production declines with age, as do many things in the human body.

NOTE: Acid reflux or GERD is not a byproduct of too much hydrochloric acid production, in fact, it's a pretty good sign you are producing significantly less hydrochloric acid, causing improper digestion and your body to kick up all kinds of harmful acids, like bile, to try to aid in further digestion.

How to take

1 capsule prior to or with every meal.

3 DGL LICORICE



Why to take

Licorice is considered a bitter digestif. Bitters soothe inflammation in the stomach lining, especially inflammation from digesting food when taken before a meal. Keeping inflammation low not only prevents further damage to the stomach lining, but also allows your body to stay in a higher state of healing. Licorice on top of being a highly effective "bitter" also has strong anti-microbial properties, meaning it's effective at killing the bad bacteria that can be wreaking havoc on your immune system.

How to take

1 capsule before every meal.

4 ESSENTIAL ENZYMES



Why to take

The Enzymes your body naturally produces are the single biggest conduit to proper digestion, and in many ways, reducing inflammation, because if you aren't breaking down your food properly, if it's causing stress, you create inflammation. We all know that once inflammation begins in the gut, it spreads throughout the entire system and cause pain and further chaos from there.

Furthermore, as with our Natural stomach acids, our natural enzyme production breaks down over time, and many of us are born deficient in certain enzymes to begin with.

How to take

1-3 capsules before every meal depending on meal size. The bigger the meal, the more enzymes you should take. DO make sure to take your enzymes prior to a meal, on an already empty stomach. This is important.



5 PROBIOTIC

Why to take

If enzymes are the single most critical factor in breaking down your food, probiotics are the single most important supplement for total digestive health, and quite possibly, total health in general.

Probiotics aid in the digestion of food with enzymes, but they also keep bad bacteria at bay, and scavenge all kinds of nasty foreign invaders looking to wreak havoc on your immune system like yeast, mold, and parasites.

The most consistent correlation to higher rates and incidences of disease are low numbers of systemic probiotics and a decrease in probiotic biodiversity (the number of different species living inside you).

Significant clinical research has been done showing the efficacy of probiotics supplementation from both fermented foods and nutritional supplements, however, it's important, almost critical to note 2 things:

Exogenous probiotics (consumed orally) do not colonize. At best, they have a 2-3 weeks lifespan, and at minimum, if exposed to the wrong environmental factors, namely processed, inflammatory causing foods, they will die after only 24 hours.

Nearly every significant clinical study performed using probiotics for everything from autoimmune conditions, to weight loss, to depression was performed using a minimum of 100B CFU per day.

This means that a focus on probiotic consumption really needs to be an everyday focus, and should be consumed by as many means as possible, as getting a minimum of 100B CFU per day does require some effort.

On the flip side, imagine the immune boosting and wellness benefits you've probably been missing out on by not consuming enough probiotics!

How to take

Dose is first dependent on how many probiotics you get daily from fermented foods. There are two different doses (35B CFU and 100B CFU) depending on the kit you purchased, so consider your daily goals and how much you consume through dietary means. This can be anywhere from 1-3 capsules. ALWAYS take on an empty stomach, ideally before bed.

NOTE: Many of the medical studies researched used daily probiotic amounts of 100B to 900B, so if you're getting more than 100B in a day, you are most likely only doing yourself a service.

THE TOTAL REPAIR KIT

This kit contains everything in “The Essentials” because well, those are your ESSENTIALS, and it also contains 3 additional supplements designed to really speed up the healing of your gut and intestinal lining.

If you are suffering from leaky gut, a condition that is most likely a byproduct of leaky gut on some level, or just want to ensure you fully repair any damage in your gut during ‘The Gut Health Quest’, this kit is for you.

Similarly how “The Essentials” is the kit that ensures you “leave no stone unturned” when it comes to proper digestion and achieving homeostasis in your microbiota, “The Total Repair Kit” is the same for repairing leaky gut or any permeations in your gut and/or intestinal lining.

6 COLOSTRUM



Why to take

Colostrum is a compound contained in the very earliest days of Mother’s Milk in mammals. It contains all kinds of beneficial growth and repair factors that are beneficial for improving workout and exercise recovery and performance. Most importantly, it contains a multitude of immunoglobulins, including high amounts of lactoferrin, that bind to all the nasty toxins that infiltrate your system as a result of leaky gut and cause massive amount of inflammation and improper immune responses.

In short, they clean up the foreign invaders and toxins that have “leaked” into your system, thus preventing them from further damage to your immune system, and allowing your body to again, refocus on the healing process.

How to take

For the first 7-14 days, depending on the amount of healing needing to take place, you’ll want to load Colostrum.

LOADING PHASE: Take 2 scoops (6g), 3x daily, ALWAYS on an empty stomach.

MAINTENANCE: After completion of the loading phase, take 1-2 scoops, 1x daily.

7 GLUTAMINE



Why to take

Glutamine is the most abundant amino acid in your gut and intestinal lining, and amino acids repair tissue. Meaning, by supplementing with Glutamine outside of your normal diet, you are able to get ample amounts of the most essential amino acid needed for repair of your gut and intestinal lining, shuttled directly into your gut and intestinal lining, where it's needed most.

Thus allowing maximal repair to take place.

How to take

For the first 7-14 days, depending on the amount of healing needing to take place, you'll want to load Glutamine.

LOADING PHASE: Take roughly 10g (2 rounded tsps), 3x daily, ALWAYS on an empty stomach.

MAINTENANCE: After completion of the loading phase, take 10g (2 rounded tsps), 1x daily.

8 HYDROLYZED COLLAGEN



Why to take

Glutamine may be the most abundant amino acid in your gut and intestinal lining, however, Collagen is the most abundant compound bar none in your gut and intestinal lining. If Glutamine is the actual molecule that repairs your tissue, think of Collagen as the glue that binds it all together, and seals it up.

Collagen is the most abundant compound in all of our soft tissue, in which it comprises about 30% of all soft tissue. This includes: gut and intestinal lining, cartilage and other soft tissue in between joints, skin, hair, and nails.

You should notice a decrease in joint pain, improved skin elasticity (it's long been touted as a beauty supplement), and fuller, healthier hair and nails while supplementing with Collagen.

How to take

For the first 7-14 days, depending on the amount of healing needing to take place, you'll want to load Collagen.

LOADING PHASE: Take roughly 12g (2 rounded tbsp), 3x daily, ALWAYS on an empty stomach.

MAINTENANCE: After completion of the loading phase, take 12g (2 rounded tbsp), 1x daily.

***It is recommended and easiest to take all three supplements (colostrum, glutamine, and Collagen) together and at the same time.

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DETOX



Why to take

The recommended detox supplement is a highly effective, systemic, cleanse. This supplement is not imperative to 'The Gut Health Quest' however, is quite beneficial to the entire process.

This detox will keep all system running at high levels, supporting your bodies natural cleansing mechanisms and ensuring nutrients are absorbed well throughout the large intestines.

How to take

Start with 1 capsule, 2x daily. Do this for 4-5 days, or until comfortable increasing the dose and ensuring there are no issues with or urgency in using the bathroom.

Increase to 2 caps, 2x daily and do this for 4-5 days or until comfortable increasing to final dose of 3 caps, 3x daily for 4-5 days before completing your cleanse.