

## Gut Health is Where All Health & Wellness Begins: An Introduction

Most things enter the rest of your body through your gut. Because of this, it truly is the source, and starting place for disease prevention, anti-aging, and overall health and wellness. This is where inflammation begins, pathogens can manifest and cause illness and autoimmunity, heck, even 90% of your serotonin is created in the gut, by healthy bacteria, not in your brain.

Over time, the integrity of our gut and intestinal lining can break down, along with declining populations of all those wonderful, healing, probiotics that we want to thrive in us.

And this is just part of the natural process known as "aging" that takes place, and doesn't take into account the barrage of factors that can speed up the degradation and loss of integrity of your gut and gut health, such as environmental toxins, poor dietary choices, lack of sleep, excessive stress, and so on.

As populations of probiotics dwindle (the bacteria that help maintain homeostasis "balance" in the gut and body), nasty, antigenic and pathogenic microbes, fungi, yeasts, and molds can begin to thrive and wreak havoc on your system.

Over time, as the above factors also cause permeations, and often times, all out holes in your gut, and intestinal lining, (known as "leaky gut") toxic, highly inflammatory causing substances can make their way into your gut and intestines, and then throughout the rest of your body via your bloodstream, wreaking further havoc.

Restoring healthy levels of probiotics and improving the overall integrity of your gut and intestinal lining are absolutely critical forms of nutritional supplemental maintenance if you want to maintain healthy levels of proper detoxification, improve digestion, reduce inflammation, boost metabolism, increase energy, and basically, just live a longer, healthier life.

The "Gut Repair Kit" is a comprehensive collection of hand picked nutritional supplements designed to target every single area of gut and intestinal health, to provide a comprehensive solution to healing and repairing the "true source of health & wellness".





## Metabolic Nutrition L-Glutamine

L-Glutamine is the most abundant amino acid found in your gut and intestinal lining. Simply put, amino acids repair soft tissue. By supplying your body with extra and ample amounts of L-Glutamine in its free form (not bound to proteins where they're not absorbed the same), your body is now supplied with the single most important nutrient it requires to begin healing and repairing any permeations in your gut and intestinal lining.



## Great Lakes Hydrolyzed Collagen

If L-Glutamine is the key nutrient needed to heal and repair your gut, think of Collagen as the "glue" that binds it all together. Basically, L-Glutamine is the actual nutrient needed to heal and repair your gut, and collagen is the molecule that comes in and "stitches" it all together.

40% of your gut should ideally be comprised of Collagen, but starting at age 25, we produce 1% less collagen per year, making collagen an essential nutrient to maintaining the health of all soft tissue from your gut, to joints, to hair, skin, and nails.



## Surthrival Colostrum

Colostrum is nature's most brilliant superfood, and is a critical food based supplement to aid in the healing and restoration process in your gut.

First, it contains immunoglobulins that actually bind to antigenic, toxic material in the gut (due to low levels of probiotics and permeations in your gut and intestinal lining) that cause inflammation, and pulls it out of the body.

It also contains Cytokines which reduce inflammation in the gut. These anti-inflammatory benefits are critical to healing, because the body cannot heal in the presence of inflammation.

It also contains proline rich peptides, which help your body build brand new immune stem cells that will replace any damaged, ineffective, and even autoimmune cells. Much like serotonin, 90% of your immune system is housed in your gut.

So if L-Glutamine and Collagen are the two key nutrients needed to actually restore the integrity of your gut and intestinal lining, Colostrum is the superfood that allows your body to actually then heal, rebuild, and restore optimal gut and immune health.

## Dosing Instructions

Loading Phase: Unless you're keeping up, and running a stack like this every few months, and have extremely low levels of systemic inflammation, you can essentially rest assured that you've got some gut and intestinal breakdown. If so, you'll benefit from a loading phase, where you take more than normal of the recommended supplements daily, to speed up the healing and repairing process.

Take (1) scoop of each powder mixed with water (L-Glutamine, Hydrolyzed Collagen, and Colostrum) 3 times daily for 2-3 weeks. The colostrum does not come with a scoop, but a serving size is 1 teaspoon.

Consume on an empty stomach, or at least 30 minutes prior to eating.

Once "Loading Phase" is complete, consume (1) scoop of all three powders 1x daily as directed above.