

# GUT REBUILDING PROTOCOL\*

Length – 2 to 4 months

**Minimum - Continue until no gas, burping, constipation or diarrhea (toxic die off) is present**

Standard Process Supplements	Empty Stomach	Breakfast	Lunch	Dinner	Empty Stomach
ProSynbiotic or BioKult	3-6				3-6
Lactic Acid Yeast Wafers		3		3	
Cod Liver Oil		2		2	
Protefood		1		1	
Zymex Capsules	4				4
Enzycore or Multizyme		2	2	2	
Zypan		3	3	3	

**ProSynbiotic:** Synergistic blend of 4 research-supported probiotic strains and 2 prebiotic fibers (a perfect food for good flora) to support gut flora and overall intestinal health. ProSynbiotic contains strains of lactic acid bacteria (lactobacillus and bifidobacteria), and Saccharomyces cerevisiae var. boulardii, useful in maintaining a healthy gut. Improves nutrient digestion and absorption. Supports normal bowel regularity and consistency. Supports the body's natural immune response. **BioKult** – Dr. Natasha's McBride's recommended probiotic – with soil bacteria.

**Lactic Acid Yeast:** Helps establish proper pH balance and promotes a healthy intestinal environment. Converts carbohydrates to lactic acid, which improves protein and mineral assimilation, giving improved G.I. tract health by re-establishing the natural balance of bacterial flora in the intestines. Promotes and helps maintain the growth of beneficial bacteria.

**Cod Liver Oil:** Contains equal amounts of EPA and DHA (brain food). Improves heart health, helps with diabetes, lowers blood pressure, improves bone health, has the ability to heal wounds quickly, improves brain function and memory, strengthens the immune system.

**Protefood:** In addition to the 8 essential amino acids, the RNA (ribonucleic acid) in the product assures proper amino acid synthesis in the blood.

**Zymex:** Helps establish a healthy intestinal environment by "eating" the food Candida wants. Keeps your immune system healthy. The human digestive tract is home to hundreds of species of "friendly" micro flora. The ingredients found in Zymex work together to provide a healthy intestinal environment by supporting the growth of important intestinal flora and maintaining proper digestive function.

**Enzycore:** Contains the amino acid, Glutamine, for intestinal lining support. Comprehensive vegetarian enzyme blend of: Kale, beet powder, and a broad spectrum of enzymes including acid maltase, amylase, glucoamylase, lactase, lipase, peptidase, and proteases 3.0, 4.5 and 6.0.

**Zypan:** This is a Hydrochloric Acid (HCL), pepsin, pancreatin, and pancreas extracts supplement. It enables you to break down protein, fats and carbohydrates, and normalize stomach pH. Use for heartburn, flatulence, constipation, anemia, halitosis and poor calcium & iron absorption.

**For more info on this forbidden protocol go to:**

**[www.ForbiddenDoctor.com](http://www.ForbiddenDoctor.com)**

**Then search "GAPS" or call: 801-523-1890**

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