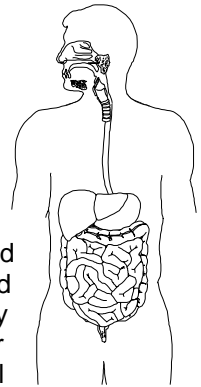


PATIENT GUIDE TO GASTRO-INTESTINAL (GI) HEALTH AND RESTORATION

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Congratulations!

You and your practitioner have decided that you would benefit from participating in a customized Gastro-Intestinal Restoration program. This is a patient guide designed to help you understand the important aspects of digestion and elimination, targeted nutritional products, and dietary considerations that are part of this healing program. Following the instructions from your practitioner and from within this document should result in improvements in your gastro-intestinal and over-all health. Should you experience any unusual symptoms or have any questions while participating in this program, please feel free to discuss them with your practitioner.

The importance of GI Restoration in optimal health and disease:

Many people experience GI symptoms or problems on a daily or weekly basis. Our hurried lives with skipped meals and fast food do not allow for proper nutrition and healthy, live food to be a consistent part of our daily meals. Most pharmaceutical drugs can cause depletion of key minerals and other nutrients necessary for our health. Antibiotic therapy, now widely used and sometimes over-prescribed, can destroy the delicate ecology in our GI system. Antibiotics not only kill harmful bacteria, but beneficial bacteria as well. Even though it's easy to restore the GI ecology after antibiotic therapy, unfortunately, most people are unaware and do not take measures to restore this delicate balance. Once this balance is upset, it can lead to a wide variety of symptoms and a degrading level of health, even chronic illnesses. In fact, clinical experience has shown that many peoples' health related conditions started from an unhealthy GI system.

Our gastro-intestinal tract is an incredibly complex, marvelous system. It consists of roughly 26 feet of tubing with an absorption surface area roughly equivalent in size to a tennis court! Now... a quick tour...

Digestion begins in the mouth and chewing starts the process. The more the food is chewed and mixed with saliva, the easier it is for the body to digest and absorb essential nutrients. Once the chewed food reaches the stomach, acid is released to begin the breakdown of protein. The stomach churns mixing the gastric juices with the food. Digestive enzymes and bile are released to continue the digestive process, breaking down proteins into amino acids, carbohydrates into smaller molecules, and fats into smaller, more water-soluble packages preparing them for absorption. As this food ball, (called a bolus) moves through the small intestine, amino acids, carbohydrates and fats along with vitamins and minerals are absorbed along the GI lining. The beneficial bacteria play an important role in assisting with digestion, actually manufacture certain vitamins and nutrients that feed the intestinal cells, and prevent harmful bacteria, parasites and fungus from taking over. They basically help keep the ecology healthy and in balance. The surface area of the lining is very large, and when healthy, very selective about what it will absorb and reject. Another important and interesting fact is that 60% of the immune system surrounds the GI tract! Since there is so much opportunity for toxins, harmful bacteria, and allergic foods to be ingested, along the way, immune cells are "sampling" everything that is passing through. If these immune cells detect something unusual, they can react quickly before serious harm is done. When everything is working right, most of the important nutrients are absorbed and what's left is regularly passed out of the system along with toxins and by-products of normal metabolism. We feel well.....



But... what happens when it doesn't work right?

A wide variety of things can happen. Just an imbalance of bacteria can cause the immune system to react. Diarrhea or constipation can result along with mal-absorption. At the same time the intestinal lining can become much less selective or too permeable, allowing things into the body that normally would not get through. This is a condition sometimes called "leaky gut". If larger than normal food particles get through this lining into the body, the immune system reacts to it causing inflammation and perhaps even a food allergy. Even auto-immune conditions such as rheumatoid arthritis or psoriasis can be triggered in susceptible individuals when this happens. Many times, the normal interventions for these conditions is the use of cortico-steroids to reduce inflammation.

With altered intestinal permeability (leaky gut), toxins also find their way into the body more easily adding to the toxic load on all of our body systems. This is the time for implementing a GI Restoration Program. We must restore the delicate balance of beneficial bacteria and heal the intestinal lining. Once we "close the door" to toxins, harmful organisms, and food allergens, our bodies can begin the detoxification process and heal.

So... Where do I start?

There are a number of things we will be starting immediately, all of which will synergistically help improve GI function and health. It begins with the present diet, examining when and what you eat, recommending foods which match your blood-type and the elimination of potentially high allergenic foods. Another important aspect is the chewing of your food. Chewing actually begins the digestive process. You should chew each mouthful at least 20 times. Make sure that you have adequate hydration. Have at least 8oz. of clean water one hour to ½ hour before your meal. If you're very thirsty during a meal, it's likely that your water intake is too low.

Based on your specific needs, you may require temporary help in the form of products to improve digestion. These could include stomach acid, digestive enzymes, and other digestive support substances. Our goal will be to normalize the digestive pathways with nutrients so that the need for these substances is minimized. As we are working digestion, we will also be using products that will heal the GI tract lining and improve the ecological balance. If you presently have a chronic GI condition, anti-inflammatory products may be recommended as part of your regimen.

The following products will be the basis of your GI Restoration Program for the next 30 days. Others may be added based on your specific health needs.

- **Elimination Diet:** While you are on the GI Restoration Program, please follow the attached Elimination Diet.

This diet removes common allergic components such as dairy and wheat (gluten). If you know that you are sensitive or allergic to other foods, eliminate them as well. You will also be given dietary recommendations according to your blood type. Your adherence to this diet during the program will improve your healing potential and results.

Also, remember that a complete **breakfast** is the **most important meal** of the day. Many people ignore this and either skip or have a carbohydrate, coffee, maybe juice. Getting a good **protein-rich** breakfast jump-starts your metabolism. For those of you who are on the go and want a quick, nutritious breakfast, we recommend the **Wellness Shake** (see below).

- **Water:** One of the **MOST IMPORTANT** things you can do for promoting your health is to drink lots of water. The rule is **1 oz. of water for every 2 lbs. of body weight daily**. Water is a cleansing nutrient. It is important that you drink either filtered or distilled water.



- **Minerals:** Your practitioner has assessed your mineral status with the e-lyte mineral testing program. Make sure that you take the minerals recommended in an acidic juice every morning until your test shows adequate levels of each specific mineral.
- **DGST Formula:** DGST Formula is designed to provide comprehensive multi-vitamin/mineral daily needs with focus on support for individuals with digestive problems. Take 4 tablets with meals daily.
- **Intestinall:** Intestinall is a powder formula designed to provide healing nutrients for the GI lining. Take 1 scoop in water or juice twice daily for 30 – 60 days. Or, follow your practitioners instruction.
- **Bilex:** Bilex is a formula designed to help improve lipid (fat) digestion. Take 1 – 2 tablets with each meal for 30 days. Or, follow your practitioners instruction. If used with Ultrazyme, you may lower the dosage of Ultrazyme by 1 tablet each meal.
- **SignaBiotic:** Probiotics are an essential part of a GI restoration program. SignaBiotic provides a balance of beneficial bacteria and flora designed to help restore a natural, balanced ecology. A healthy GI ecology is important for nutrient absorption, infection prevention, and GI health. Take 1 – 2 capsules per day away from meals.
- **SignaBiotic Intro:** Probiotics are an essential part of a GI restoration program. SignaBiotic Intro provides a balance of beneficial bacteria and flora designed to help restore a natural, balanced ecology. This product is designed for children or patients with sensitivities. A healthy GI ecology is important for nutrient absorption, infection prevention, and GI health. Take 1 capsules once per day away from meals.

The following are additional support products that may be used in conjunction with your basic package listed above. Take as stated or as directed by your healthcare practitioner.

- **Yeast Free:** Yeast Free is a homeopathic product for patients with yeast overgrowth. Use 2 sprays by mouth twice daily.
- **Betaine Plus:** Betaine Plus is a formula designed to help improve digestion by increasing stomach acid. Take 1 – 2 tablets with each meal for 15 days then 1 tablet with each meal for 15 days, then 1 tablet with largest meal for 15 days then discontinue. Or, follow your practitioners instruction. Caution: Do not use with ulcer or gastritis.
- **Ultrazyme:** Ultrazyme is a formula designed to help improve digestion by increasing the amount of digestive enzymes. Take 1 – 2 tablets with each meal for 15 days then 1 tablet with each meal for 15 days, then 1 tablet with largest meal for 15 days then discontinue. Or, follow your practitioners instruction. Caution: Do not use with ulcer or gastritis.
- **Vegetarian Enzyme:** Vegetarian Enzyme is a formula designed to help improve digestion by increasing the amount of digestive enzymes. Take 1 – 2 tablets with each normal meal.
- **Fiber-Plex:** Fiber-Plex is a formula designed to provide dietary fiber. Dietary fiber helps promote healthy GI ecology and regularity. Take 1 – 2 capsules twice daily with meals.



- **EPA/DHA:** EPA/DHA are omega 3 essential fatty acids. Their use in the body is widespread and may help lower inflammation. See your practitioner for dosages specific for your needs.
- **Life-Span Wellness Shake:** Wellness Shake is a high protein, whey-based nutritional formula sweetened with stevia. You may use this as often as you like. Many people find it convenient to use the shake as a way to start the day with a good breakfast. You can add your favorite fruit, fiber, and/or nuts to make new and different flavors and consistencies.

Frequently asked Questions:

How can I expect to feel while I'm on the GI Restoration Program ?

For some individuals, this program will represent a major change in their dietary, nutritional, and lifestyle/activity habits. Any changes in diet may result in changes in bowel habits. Many times constipation is relieved; some people may experience more frequent bowel movements and some flatulence. In most cases, these symptoms diminish within 1 – 2 weeks. These changes are a normal part of GI ecology restoration and should not be of concern unless the symptoms become severe. In that case, contact your healthcare practitioner. Often, just minor adjustments to diet and nutritional supplementation will correct the problem.

How long will I be on this program ?

Since every individual is different, the program is customized for your specific needs. Generally, most people will make the majority of their GI Restoration progress within a 30 day timeframe. Usually, at this point many of the supplements may be discontinued using only those that are necessary. In the case of chronic bowel conditions, long-term use of some supplements may be needed. If you are not making noticeable progress within 3 – 4 weeks, there may be missing components that will need to be identified and addressed. In most cases, this may involve the use of lab tests to uncover underlying problems. Based on your symptoms, a specific lab test or tests may be recommended. For more information on lab testing, see your healthcare practitioner.

My prescription antacid is really helping me. Why do I need this program?

Your prescription antacid is drastically reducing the ability of your stomach to release acid. Stomach acid is necessary to break down dietary protein so that it can be absorbed. Continued use of these antacids may result in protein deficiency and poor health. The GI program may help reduce your dependence on antacids, and improve your digestion.

Since I've finished my antibiotics, I've had a constant yeast infection. What can I do?

Antibiotics upset the GI ecology by destroying both beneficial and harmful bacteria. When they're discontinued, many times harmful organisms take hold, one of which is yeast. The GI Restoration Program can help restore this balance to more beneficial organisms.

I take a multiple vitamin/mineral supplement now. Why am I low on these minerals?

While many people take a multivitamin/mineral supplement, the type of minerals used, the amount and your GI health may have a lot to do with absorption. E-lyte minerals are in a very absorbable liquid form that will help improve absorption. The GI Restoration Program may also improve absorption by improving the health of the GI lining.



Do I really need to take all of this stuff?

YES! This regimen of targeted nutrients will work synergistically to improve digestion and improve the ecology and health of the GI tract. Keep in mind that many of these products may be discontinued once your body is back in balance. Then you will be on a maintenance program with the minimal products necessary to maintain your health.

But I eat a lot of vegetables and a balanced diet. Why am I low on these minerals? Over the last 100 years, our soils have been depleted of key trace minerals. Commercial fertilizers just replace nitrogen, phosphorous, and potassium (NPK) and none of the important trace elements. The plants grow without incorporating trace minerals and we literally don't get them in our diets.

I'm feeling much better since I've been on the GI Restoration Program, but I'm still feeling fatigued.

You may need some focused support for energy metabolism or your adrenals, or you may be experiencing the results of toxicity. See your healthcare practitioner for an assessment or lab test for adrenal stress and toxicity.

OK! Now I'm feeling better.... What's next?

You may be placed on a maintenance or wellness nutritional program, or you may want to go on a program to eliminate toxicity. See your healthcare practitioner for more information.

Supplemental Information

Patient Support Information :
Adrenal Support Approach for the Stressful Lifestyle
Health Assessment Questionnaire

Lab Tests :

GI Panels I & II : These tests help identify imbalances in GI ecology, beneficial and harmful organisms, efficiency of digestion, GI immunity and over-all GI health.

Breath Test for Small Bowel Overgrowth : This test will identify the presence of organisms in inappropriate numbers in the small intestine.

Intestinal Permeability Test : This test will help determine if the GI tract is "leaky" or if mal-absorption is present.

Adrenal Stress Index (ASI) : This test will determine the health and status of key adrenal hormones which are necessary for energy, carbohydrate metabolism, sex hormone production and mineral balance.

Food Allergy Test : This test checks for allergic response for over 100 different foods.

