

LIFE-SPAN™ GASTRO-INTESTINAL RESTORATION PROGRAM

Step 1 : Initial Assessment

- Complete the comprehensive health questionnaire to determine over-all health and uncover any areas of concern.
- Complete mineral deficiency in-pharmacy testing
- Consider Laboratory Testing
- Breath/Urine/Stool Dysbiosis Metabolic Markers IgG/IgE Food Allergy Testing
- Automatic Candidates are : antibiotic, NSAID, and cortico-steroid use, Psoriasis, Rheumatoid Arthritis, Crohns, IBS, Colitis, Atopic Skin Conditions, recurrent yeast infections, Diabetes, auto-immune conditions

Step 2 : Begin G.I. Restoration (First 30 days)

- Eliminate bacterial, parasitic, fungal pathogens and food allergy components.
- **Follow the Elimination Diet** (see attached)
- **Consume the majority of dietary protein at breakfast and lunch. Life-Span Wellness Shake is an excellent way to get quality protein.**
 - **Homeopathic Support :**
 - Yeast Free 2 Sprays twice a day
 - **Herbals :**
 - MFP-Herbal 1 Capsule twice a day (microbial, parasitic)
 - Candi-Trol 1 Tablet three times a day (candida)
- **Reduction of Inflammation :**
- **Nutritionals/Herbals :** (use all three products)
 - Ayur-Boswellia Serrata 1 Capsule three times a day (if needed)
 - EPA/DHA 2 Capsules twice a day with meals
 - Vitamin E 400 1 Capsule a day
- **Replace missing components of digestion.**
 - Hydrochloric Acid Support :
 - Betaine Plus 1 Capsule with meals for 15 – 30 days, then 1 capsule with largest meal for 15 days, then discontinue. CAUTION : Do not use with ulcer or gastritis.
- Digestive Enzyme Support :
 - Ultrazyme 1 – 2 Tablets with meals for 15 – 30 days, then 1 tablet with largest meal for 15 day then discontinue. CAUTION : Do Not use with ulcer or gastritis.
 - Vegetarian Enzyme 1 – 2 Tablets with each meal. Use in place of Ultrazyme if vegetarian, or sensitive stomach. May be used long term or after Ultrazyme is discontinued.
- Gallbladder/Bile Support :
 - Bilex 1 – 2 Tablets with each meal for 30 – 60 days. If used with Ultrazyme, you may lower the dosage of Ultrazyme by 1 Tablet each meal.
- **Re-establish the G.I. Ecology :**
 - Signa-IntroBiotic 1 – 2 Capsules twice a day between meals.
 - Fiber-Plex 2 Capsules twice a day with 8 oz. of water.
- **Repair the G.I. Tract :**
 - Intestinal 1 Scoop twice a day between meals.
 - Aloe-Vera Juice Tablets 1 – 2 tablets each day as needed. Promotes regularity and healing of the m lining.



- **General Health and Nutritional Support :**
 - High Quality Multiple Vitamin/Mineral supplement daily

Step 3 : Re-Assessment after 1st 30 days. (Follow for the next 30 – 60 days.)

- Determine level of improvement in digestion and gastro-intestinal symptoms.
- **Homeopathic Support :**
 - Yeast Free 2 Sprays twice a day (30 days)
- **Herbals :**
 - MFP-Herbal 1 Capsule twice a day (microbial, parasitic) as needed
 - Candi-Trol 1 Tablet three times a day (candida) as needed
- **Nutritionals/Herbals :**
 - Ayur-Boswellia Serrata 1 Capsule three times a day as needed
 - EPA/DHA 1 Capsule a day with meals ongoing
 - Vegetarian Enzyme 1 – 2 Tablets with each meal as needed.
 - Bilex 1 Tablet with each meal for 30 – 60 days as needed.
- **G.I. Ecology Maintenance :**
 - SignaBiotic 1 – 2 Capsules per day between meals.
 - Fiber-Plex 2 Capsules a day with 8 oz. of water or as needed
 - Aloe-Vera Juice Tablets 1 – 2 Tablets each day as needed.
- **General Health and Nutritional Support :**
 - High Quality Multiple Vitamin/Mineral supplement daily

Step 4 : Health Maintenance (After 60 – 90 day therapeutic program)

- **Diet Program :**
 - Slowly re-introduce and rotate foods that previously resulted in sensitivities or allergies. Monitor for changes.
 - Continue Life-Span™ Wellness Shake
- **General Health and Nutritional Support :**
 - High Quality Multiple Vitamin/Mineral supplement daily
- **Essential Fatty Acids :**
 - EPA/DHA 1 Capsule three days per week with meal
 - Evening Primrose Oil 1 – 3 Capsules a day with meal
- **Probiotic Support :**
 - SignaBiotic 1 Capsule three days per week between meals
 - Fiber-Plex 1 – 2 Capsules a day with 8 oz. of water as needed
- **Antioxidant Support :**
 - Ultra Antioxidant 1 Capsule per day
- **Calcium Support :**
 - SignaCal 2 Tablets twice daily with meals
- **Digestion Support :**
 - Vegetarian Enzyme 1 – 2 Tablets with each meal as needed.
 - Bilex 1 Tablet with each meal as needed