

# **Summation of The 5 Core Concepts to Reclaim your Ultimate Microbiome Health**

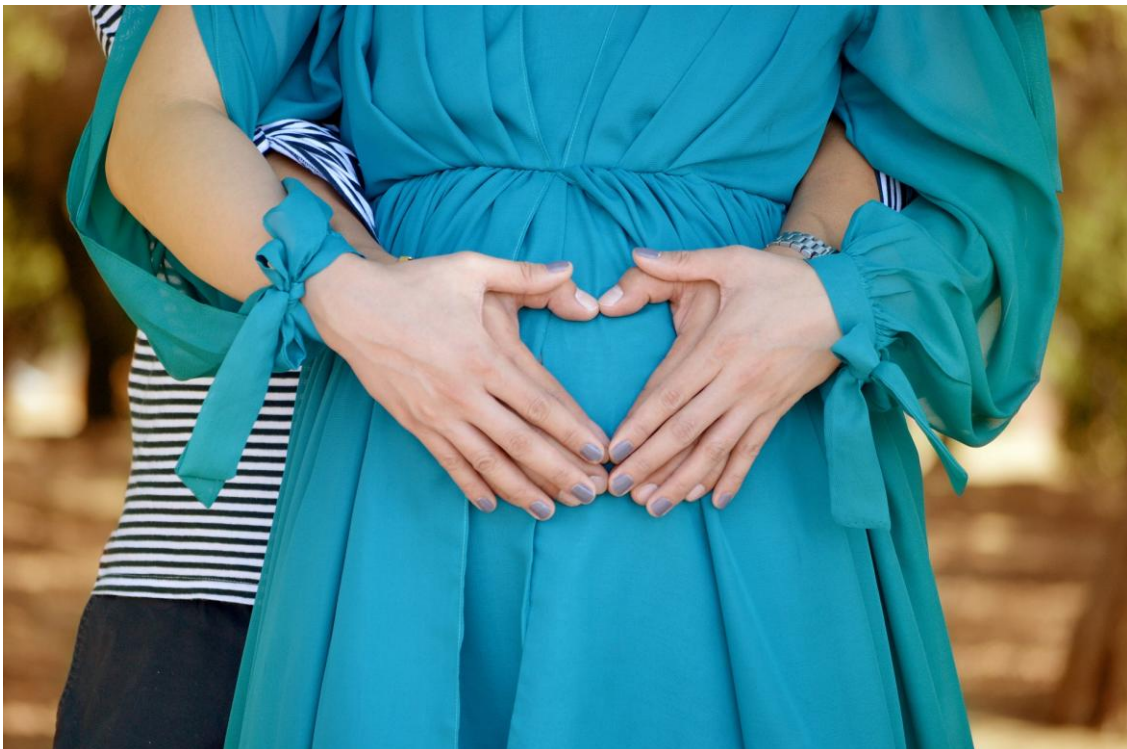
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Welcome to your journey to health. Here is a strategy to help resolve your stomach and intestinal problems which is used by experts.

The answer is in your microbiome, the ecosystem of microorganisms living in your intestines, which are mostly bacteria.

When it gets imbalanced, and unfriendly bacteria, fungus, parasites and viruses overgrow, your immune system fights back. This can lead to inflammation, discomfort and various disorders.

Unpleasant, chronic symptoms such as bloating, nausea, loss of appetite, diarrhea, discomfort and constipation can happen and persist for years when the microbiome is out of balance.



## **5 Critical Interventions**

These are the 5 critical interventions which may help you get complete resolution for you or your loved one's chronic stomach and intestinal problems.

Conversely, if all 5 of these interventions are not done, most chronic GI problems tend to remain chronic or return.

Get the health and life you love!



## 1) **Put back friendly flora.**

Consider adding to your daily regimen powdered or encapsulated good flora, called probiotics, twice a day, ideally 1 hour before meals or bedtime. The main agents in good flora are acidophilus and bifidobacteria, often found in yogurt as active cultures.

The best probiotics come in capsules, tablets and powders and have 50 billion or more bacteria per dose, and several different kinds of species of acidophilus and bifidobacteria which are listed on the label.

The strongest probiotic is a high dose VSL™ and it can be prescribed by a physician. One packet twice a day will provide nearly a trillion (1000 billion) organisms and it can overwhelm unfriendly organisms due to the sheer numbers.



## 2) **Repair the lining of the intestines.**

The best agents to repair the lining of the intestines are concentrated fish oil, one capsule twice a day, and glutamine powder, 1 heaping teaspoonful twice a day, in water, 1 hour before meals or at bedtime.

Lecithin also helps to repair the intestinal lining and can be taken as 1000 mg. capsules, 2 capsules twice a day.

For upper GI inflammation that causes reflux, aloe vera, 1 tablespoonful four times a day can be helpful.



### 3) **Replenish digestive enzymes**

Digestive enzymes help absorb the food you eat.

There are 2 kinds of digestive enzymes; animal-derived and non-animal derived, and they both have their strengths and weaknesses, so take both kinds.

It is recommended to take one or 2 capsules/tablets of both animal-derived enzymes and non-animal-derived enzymes with any food you consume. Try to get the strongest potency you can find.

A doctor can prescribe a version which is the strongest of the animal derived enzymes – and it goes by different brand names such as Creon™, Pancrelipase™ and Zenpep™.



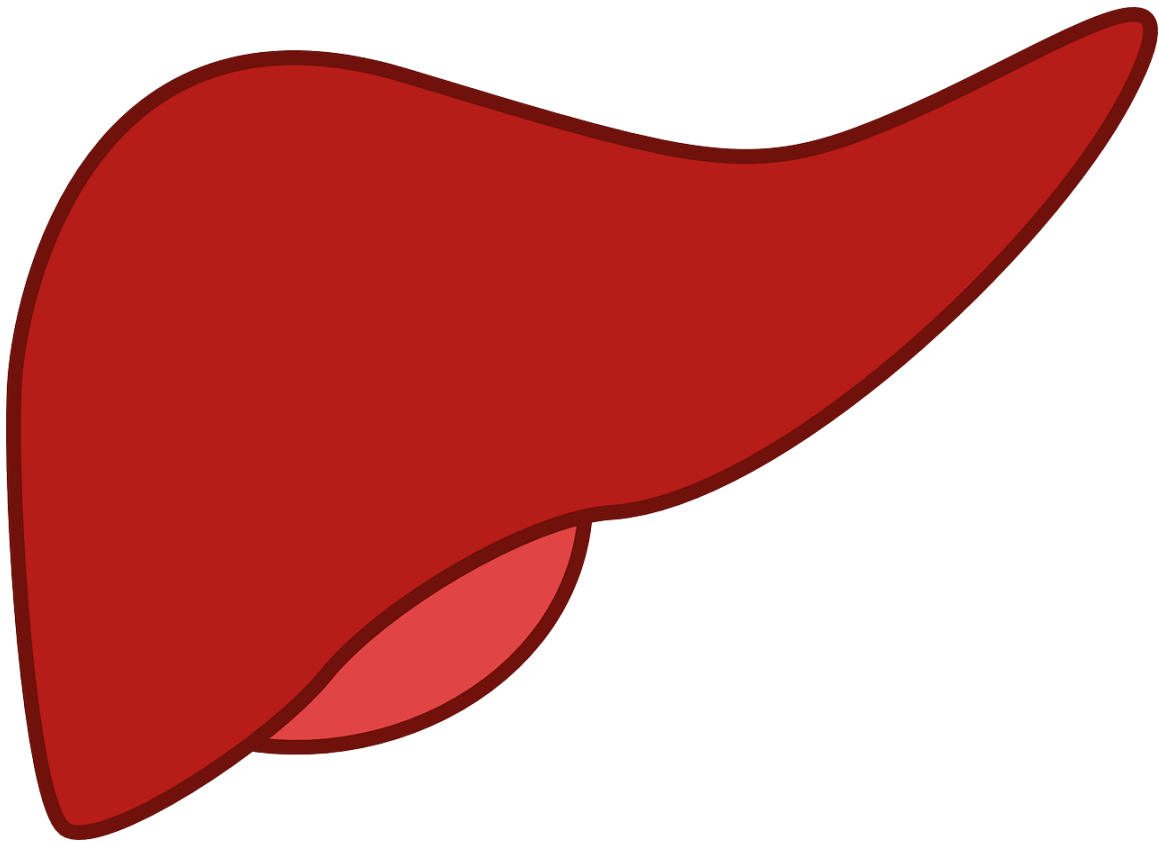
#### 4) **Improve liver function.**

The liver is the waste disposal organ of the body, and all of the blood coming from the intestines and microbiome flows to the liver to filter out wastes.

Toxins generated in the microbiome and from the food we eat can damage the liver and the intestinal lining.

Supplementing with MSM (methylsulfonylmethane), NAC (N-Acetyl Cysteine) and glycine can support the liver in excreting body waste.

Chlorella and Zeolite are binders of toxins which help the liver. Lecithin 1000 mg. – 2 capsules twice a day, can help repair the liver if it has been damaged.



## 5) **Remove the Unfriendly Flora.**

Homeopathic and herbal remedies and anti-parasitic, antibacterial and antifungal antibiotics, can all help to remove unfriendly flora.

Roughly 70% of your body's entire immune system sits in and around your intestines to keep these unfriendly organisms in check.

Various biofilm busters can break up the biofilm or slime that these organisms hide in.

Enteragam™, which is bovine serum antibodies, can be prescribed by a physician. It is a tasty white powder which can help destroy unfriendly organisms.



## **Schedule an appointment with Dr. Gant Today!**

Would you like to benefit from a leader in the field of precision medicine?

Please call **Dr. Gant at 202-237-7000 Extension 200**, and schedule an appointment with the author and expert on Microbiome healing, Dr. Charles Gant MD, PhD.



### **Disclaimer**

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