

Protocols for a Healthy Gut

Take the driver's seat for YOUR health!

All symptoms and disease come from imbalances in 5 areas. To enjoy really vibrant health people need to be in the driver's seat empowered with awareness, inspiration and effective tools, to turn on self-healing. You must have simple tools and protocols to optimize function in 5 areas: 1) mind (subconscious and conscious) 2) body oxygenation 3) hormones 4) nutrition and 5) detoxification.

MdPrescriptives was born in 2008 to provide supplements that facilitate regenerative healing in these 5 areas with the least capsules per protocol. Most importantly they are infused with the vibration of love. Our mission is to teach patients and Health Care Providers "Regenerative Protocols That Work!" These protocols have been developed and implemented in thousands of patients in the clinical setting.

With more than 15 years of experience, over tens of thousands of patients, and hundreds of doctors, we bring you evidence-based protocols, with the least steps and least capsules, that work to reverse over 80% of all conditions.

All of us here at the MdPrescriptives Team send you Love and Light

What Causes Gastric Conditions?

All disease starts in the gut; therefore all gut symptoms should be addressed aggressively by removing underlying causes.

It is rather easy to get lost in the myriad of causes that can be found for individual gastric issues. Predisposing factors may include: cesarean birth, bottle feeding and a history of childhood abdominal infections; all of which disturb the gut microbiome.

The most common trigger that brings gastric symptoms to the surface is the Chronic Stress Response and anxiety. This creates a disturbed pattern in the nervous system, which can be measured by Heart Rate Variability (Page 9). As 70% of the nervous system lies in the gut, any anxiety translates directly to the gut leading to inflammation. Bowel inflammation leads to IBS, GERD, allergies, rashes and colitis. Since 70% of the immune system lies in the gut, chronic inflammation leads to leaky gut (loss of mucosal integrity) and immune compromise, which can present as autoimmunity or cancer. Overtime coexisting infection (dysbiosis, parasitism, etc.) becomes part of the picture.

Ultimately in our experience, the causes lie in imbalances in each area of the 5-point model system.

For more information see <https://tinyurl.com/healthyGI>.

No matter the question...

nature is the answer.



Is Our Gut Protocol For You?

Do you have Gastric Symptoms?

You can improve your symptoms in 30 days by starting Gut Protocol Level 1.

For those with symptoms, the aim is to reverse them 100%. These protocols have been effective in reversing gastric conditions in over 80% of people in 30 days including people with:

- GERD (heartburn, reflux)
- IBS (Irritable Bowel Syndrome)
- Colitis
- Bloating
- Constipation
- Indigestion

Associated symptoms that may improve include:

- Allergies
- Sinus Conditions
- Fatigue
- Anxiety
- Skin rash, hives, eczema
- Autoimmunity
- Weight
- Depression

Even if you do not have specific gastric symptoms; all disease is associated with inflammation in the gut. So, I recommend Gut Protocol Level 1 (page 6) to everyone.

Gut Protocol Level 2 is added if you do not have 100% resolution of your symptoms in 30 days

Always discuss any protocols with your own health care practitioner as these protocols are not meant as diagnosis or treatment.

Let's Get Started!

Our Quick Fix Gut Protocol

To improve symptoms in 30 days

Make Time to Belly Breathe (page11) and do a Gastric Affirmation:

“I am thankful that my gastric system is getting healthier every moment!”

Start Gut Protocol Level 1

1. Avoid all Bovine Dairy Products (Use Organic Coconut, Almond, Rice, and Hemp Milk)
2. **MD's* PureBiotic** - 1 capsule 3 times a day OR **Kashaya** Therapeutic Non-Dairy Probiotic Yogurt with more effective, activated living cultures- 1-2 tablespoons twice daily.
3. **MD's* ProBiozyme** - 1 capsule with meals 3 times a day



You should notice dramatic improvement in 4 weeks. To reach your goal, stick with it for 8-12 weeks! If you need more support add Level 2.

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Start Gut Protocol Level 2

For those without complete resolution in 4 weeks or low in glutamine, as measured by Spectracell, add the following:

1. **Quick Coherence Technique** 5 minutes in the AM and PM (Page 9)
2. **PRL Glutamine** 2-4 capsules with meals (increase slowly to avoid loose stools)
3. **PRL Aloe** 2 ounces in the AM and PM on an empty stomach

Note: Take a break from all other supplements while you are on these Gut Protocols. Resume supplements in 1-2 months if you have no symptoms. Although supplements are useful in supporting your diet regimen, they can irritate the inflamed gastric lining.

Post-Protocol Maintenance

- **MD's* Purebiotic 1-2 capsules/day and/or Kashaya Original yogurt. Probiozyme should be taken with heavy meals.**

If all symptoms do not resolve, please contact your healthcare provider for guidance and exploration of possible chronic infection and other conditions.

If you are ready to address causal factors for long-term regeneration, try out the suggestions on the following pages to optimize the 5 areas over 90 days.

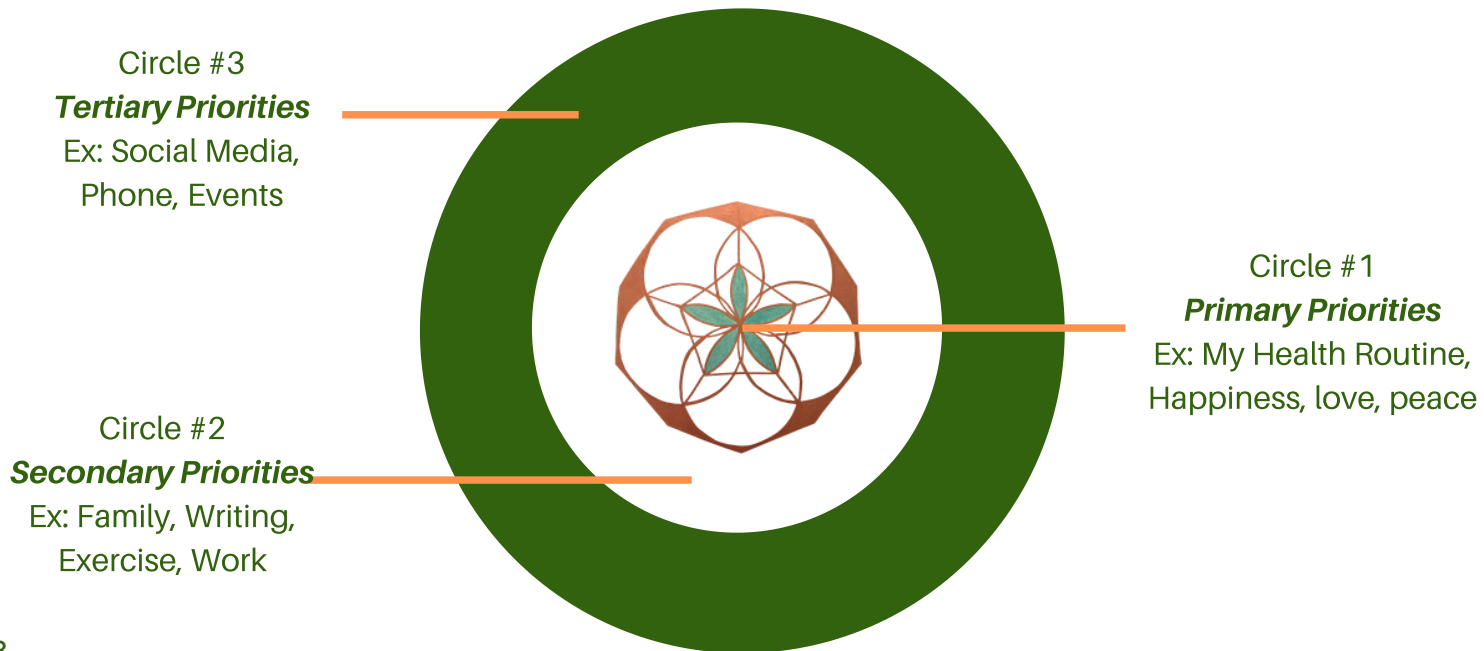
Mind

Calm the mind through the heart's joy: **Laugh and Play**

The hyperactive nervous system drives inflammation in the gut (i.e., IBS acts up when you have anxiety); it is important practice calming the nervous system. When the nervous system is calm, we also burn through less "fuel," like hormones and nutrients. There are two proven methods that we have used successfully.

My Priorities Exercise: **Simplify Life**

Decreasing commitments is key to reversing any condition. Draw three concentric circles. The middle circle is # 1 Priority, which is **Your Health Routine**. List your secondary and tertiary priorities (like associations and activities) in Circle #2 and #3. For 90 days, cut out all commitments in #3 and reduce commitments in #2. Let your tribe know that you are focused on getting **golden**, so you can excel in your duties long-term. Focus on #1.

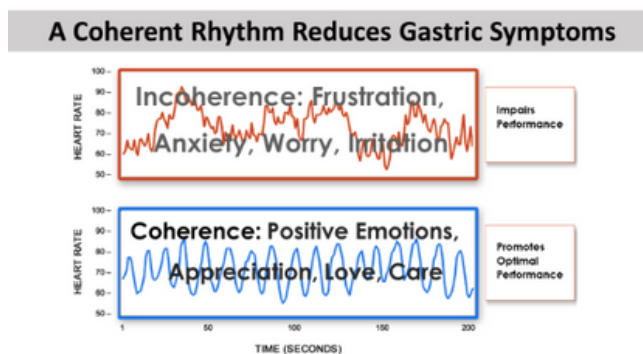


Transform Sub-Conscious Stressors: Flip the Emotional Switch

You cannot change the fact that a hurricane is upon you. You can alter the **Chronic Stress Response**; the way it affects your body and the drain of hormones and nutrients that occurs. This is done by flipping the emotions in your heart into a coherent rhythm: **calm heart = calm mind = calm gastric system**.

Practice Quick Coherence Technique 5 minutes in the AM and PM:

This can convert your heart's rhythm to a coherent pattern in less than 60 seconds. Close your eyes. Breathe in, feeling air enter into your heart and out of your heart. Virtually recreate the feeling of an activity that gives you pure joy. What does it look like? Sound like? Smell like? Taste like? Feel like? It's a virtual reality of the joyful experience. Continue to breathe in and out of your heart.



You can observe your pattern with an App www.heartmath.com/innerbalance Aim for a coherent heart rhythm. Effects last for hours.

Believe in YOU.



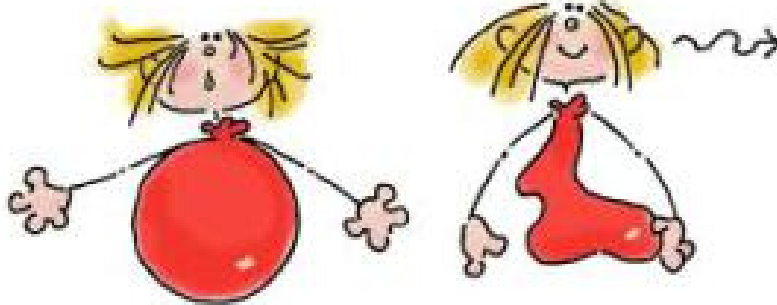


Body

Optimize oxygenation to the body

Oxygen makes up 68% of your body. It is well established that the oxygen reaching your micro-vessels is vital to each organ's function. This includes the entire intestinal tract. You can increase the oxygen flow to all of your organs immediately using any of the below techniques. These can also be helpful in times of gastric symptoms.

1. Simply breathe consciously, so that the length of inhale matches the exhale
2. Twist your body from side to side along the spine (standing or sitting position).
3. Massage your abdomen in a clockwise fashion
4. Take a walk outdoors, belly breathing
5. Practice "Belly Breathing" in a sitting or lying position, close your eyes. Place a hand over your abdomen and one hand on your chest. Inhale through your nose for 4 seconds. Feel your hand rise as your belly expands, not your chest. Hold your breath for 2 seconds. Exhale slowly through your mouth for 6 seconds. Repeat for 5-15 minutes. Observe and enjoy how you feel differently.



Breathe In

Breathe Out



Hormones

Optimize the Adrenal / Thyroid / Insulin Hormones

A hyperactive nervous system not only creates gastric inflammation, but also depletes your fuel (i.e., hormones and nutrients) needed for metabolism, especially adrenal, thyroid and insulin. One way to think of this is “The speed of the engine determines how much fuel (i.e., hormones and nutrients) you use.”

Steps you can take include:

1. Lower the speed of your engine. Reduce Commitments and Simplify Life with My Priorities Exercise (Page 8)

2. You can activate your existing hormones with:

- **MD's* Essentials 5 in 1 DR** or **MD's* Daily 2**, which specifically have the doses needed for thyroid, insulin and adrenal activation. 2 capsules at breakfast and 2 capsules at lunch. Only take with large meals and never at night (due to the high B vitamins).
- You can start a proven herbal support for the adrenals: **MD's AdrenalForte** 2-4 capsules before 2 PM.
- Start bio-identical **MD's* Pregnenolone** 50-100 mg and **MD's* DHEA** 25-50 mg, both in the AM and Noon. Best dosing is determined by measuring your blood levels.

3. Find a Health Care Practitioner who will work with you to optimize hormones. Often lab tests will come back in the “normal range”, but not necessarily in the “optimal range”, which is defined in the 75th percentile of the normal range. Always aim for optimal!

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Nutrients

Optimize the Nutritional Status

Gastric conditions lead to low nutrient status due to poor absorption and also an altered gut microbiome. Did you know that the “good bacteria” in the gut produces many of your nutrients including B-Vitamins? Once the inflammation on the gut lining is restored, the absorption and nutrient production returns to normal.

Steps you can take:

1. Depend on organic food to be your main source of nutrients. Eat the Balanced Plate Ratio at every meal of 50% vegetables, 25% lean protein, 25% complex carbohydrates
2. Eat your daily dose of Regenerative Foods such as fermented foods (like **Kashaya** Non-Dairy Yogurt, unpasteurized sauerkraut or kimchi), sprouted seeds and Blue-Green Algae
3. When using supplements, make sure the toxic junk is out. Avoid all dyes, preservatives, fillers, magnesium stearate and vegetable stearate.
4. Measure your nutritional status with **Spectracell™** blood test annually. Optimize to 75th percentile.
5. For those with severe fatigue: ask your doctor about Intravenous Nutrient Infusions (like Myer’s with B-vitamins) for 1-2 months, 2 times a week, while on Gut Protocol Level 1 or 2

Veggies



Complex Carbs

Protein



Detoxification

Toxic build up in the body is a primary cause of declining health and gastric conditions worldwide. Man has added 100,000 toxins to our environment, which the body needs to handle to remain vibrant.

The body's normal mechanisms include primarily flushing with water, a functioning liver, gallbladder, skin, kidneys and lymphatics. The bowels must move at least twice daily. Most importantly we depend on a healthy microbiome inside and outside, which is disrupted by GMO foods and WiFi.

Steps you can take:

1. Drink 100 ounces filtered water daily with Pink Salt and Lemon.
 - Prepare 100 ounces of water in 3 glass containers with PRL Pink Salt (to taste) and 1-2 lemons. Honey or stevia can be added if needed.
 - Drink 1 by 12 noon, 1 by 3 PM and 1 by 6 PM.
2. Correct the gut microbiome with **MD's* Purebiotic** or fermented foods like **Kashaya** Non-Dairy yogurt and unpasteurized sauerkraut



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You got this.

Steps you can take continued:

3. Do the *Sunrise Walk* for 30 minutes daily.
4. Ground your feet to the earth, and belly breathe 5 minutes daily.
5. Decrease WiFi, cell phones, computers and SMART meters. Protect with **Defender Shield**.
6. Check morning urine pH is >6.7 where all cell function is optimal. If it is below this, increase water, **PRL Pink Salt**, **PRL Polar Mins** or greens.



For a full detoxification protocol and videos follow the link on
www.mdprescritives.com.



These protocols have been developed and clinically tested in thousands of patients over 15 years. Brought to you by your doctor.

For More Information, Visit www.mdprescriptives.com