



 DESBio

The **Four Rs** of INTESTINAL RESTORATION

8 Weeks to Digestive Wellness

Practitioner Guide



Getting Started



Here's a step-by-step guide to an **8-week overhaul** of the digestive tract. Take some time with your patient to go over the details of his or her current condition. Then you can tailor the program to your patient's specific needs to get on the path to optimal gut health!

GI symptoms patient is experiencing:

Non-GI-related symptoms patient is experiencing:

Patient has been assessed for parasites and candida. The diagnosis was:

These foods cause GI-related symptoms or cause other sensitivity-related issues for this patient:

These foods cause an anaphylactic reaction or other dangerous sensitivity issues for this patient:

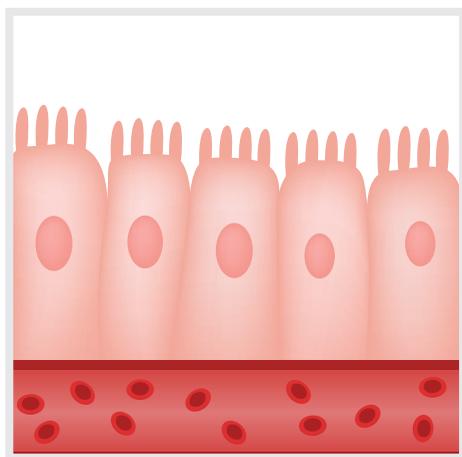
The patient's goals for this program are:

Introduction

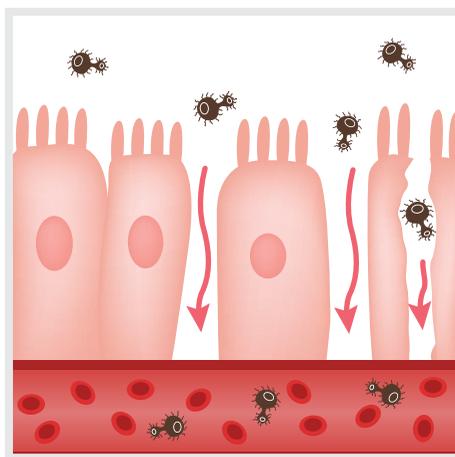
What exactly does "leaky gut" mean?

The intestinal tract has a lining of tightly packed cells, and this is where the absorption of food and nutrients takes place.

Sugars, food additives, antibiotics, medications, and toxins can damage this lining and make it more permeable or "leaky" and full of "holes." These holes allow unwanted food particles, toxins, and pathogens to enter the bloodstream as well as inhibiting the efficient absorption of nutrients.



Normal Tight Junction

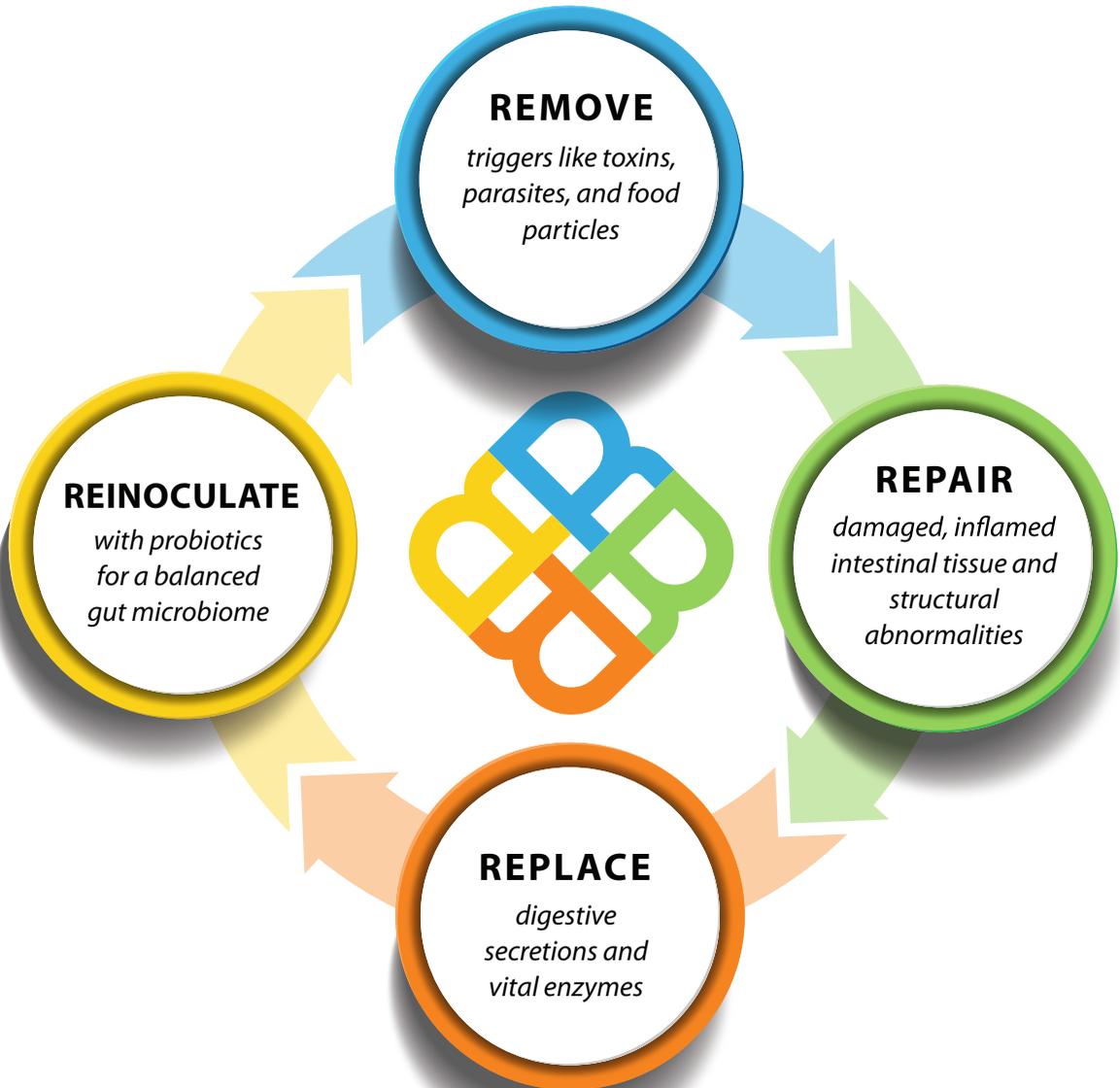


Leaky and Inflamed

The immune system rallies to control the invasion, provoking an inflammatory response. Continued stimulation puts the immune system in overdrive, and it begins to attack unthreatening particles (leading to food sensitivities) or even the body's own cells (leading to autoimmune disorders).

DesBio's **4Rs** of Intestinal Restoration

An 8-week journey to digestive wellness includes four major areas of attention—the four Rs of gut health:





Remove: Toxins & Pathogens

Removing the particles that are triggering an inflammatory response is the most critical step in healing a leaky gut.

Toxins

Weeks 1–2: Dietary, environmental, and endogenous toxins interfere with the immune system's natural ability to remain balanced. Begin with a full-body detoxification.

- **OmniCleanse Detoxification Program**

See OmniCleanse Program Guide for complete details

Pathogens

Weeks 1–8: For patients experiencing symptoms of candida or parasite overgrowth, you may want to recommend the appropriate DesBio Specialty Detox Protocol.

- **Candida Clear Protocol**

See Candida Clear Practitioner Guide for complete details

- **EndoPara Clear Protocol**

See EndoParaClear Practitioner Guide for complete details

- **Series Symptom Relief**

See Series Symptom Relief Practitioner Guide for complete details





Remove: Foods to Avoid

Facilitate the removal of toxins and pathogens by avoiding foods that may include those things, as well as anything that the body may misinterpret as harmful. For patients diagnosed with SIBO, consider reviewing the SCD, FODMAPS or GAPS diets for additional protocol suggestions.

Food

Weeks 1-8: In a leaky gut, the body often interprets harmless food particles as dangerous toxins. Help the gut heal by removing reaction-causing foods for at least 8 weeks.

- All Dairy Products**
- All Soy-Containing Foods**
- All Grains**
- All Legumes**
- All Caffeine Sources**
- Eggs and Egg Whites**
- Nightshade Vegetables** (*potatoes, peppers, tomatoes, eggplant*)
- Sugars and Artificial Sweeteners**
- Shellfish**
- All Nuts**
- Other Foods**

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Repair

After removing toxins and triggers it is time to begin the repair process with the **Intestinal Support Kit**. See *OmniCleanse Program Guide* for complete details.

INTESTINAL SUPPORT KIT

Intestinal Support Kit is a three-factor protocol for digestive well-being and immune support:

Intestinal Restore provides glutamine, mucilaginous herbs, and colostrum to help support a healthy intestinal lining and digestive function. (1 serving per day)

BioPro GI is a potent probiotic combination to support diversity of intestinal flora and immune function. (1 serving per day)

Leaky Gut is a homeopathic formulated to help temporarily relieve digestive discomfort symptoms. (10 drops 3X per day for temporary relief of symptoms)





Replace

Optimal digestive health requires balanced levels of various digestive secretions.

Stomach Acid

Weeks 3–8: Digestive secretions break down proteins and minerals for absorption. They also act as antimicrobials, protecting the GI tract from harmful pathogens. Using a homeopathic formula to provide support for the GI tract may temporarily relieve the symptoms associated with stomach acid dysfunction such as heartburn.

- **ReFLUX**

10 drops 3 times per day for temporary relief of symptoms

- **Gastrozyne**

2 capsules, 3 times per day, with meals

Digestive Enzymes

Weeks 3–8: Enzymes help to extract nutrients from food particles, and insufficient enzyme levels can impair nutrient absorption and trigger an inflammatory response from the immune system.

- **Digestaze**

1 capsule, 3 times per day, with meals



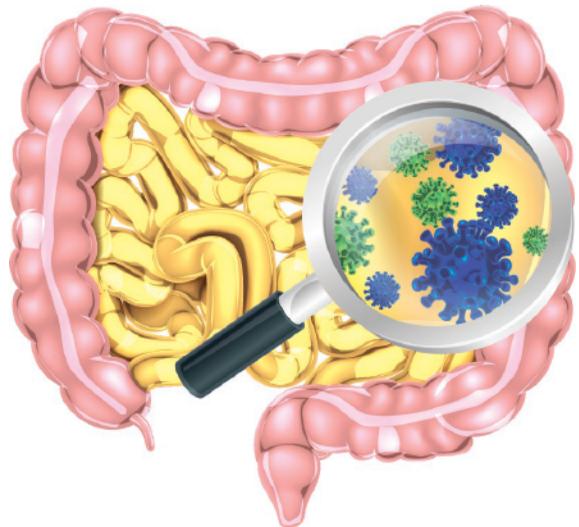
The Intestinal Ecosystem

In addition to maintaining structural integrity, gut health is also based upon the trillions of bacteria that inhabit the intestinal tract. This intestinal microbial ecosystem impacts digestion of food, absorption of nutrients, and our defenses against the external environment. A gut that has a high population of “good” bacteria or probiotics is favorable for both digestive health and immunity.

“Dysbiosis” is a common condition that refers to a disruption in the intestinal ecosystem, resulting in an imbalance in the different species of pathogenic or “bad” bacteria and “good” bacteria. Patients experiencing this condition may have a multitude of symptoms including:

- digestive complaints
- fatigue
- chronic pain
- impaired immunity
- delayed wound healing
- leaky gut
- impaired nutrient absorption
- food sensitivities

Another related condition, known as Small Intestine Bacterial Overgrowth or SIBO, occurs when the valve between the large and small intestine becomes dysfunctional and allows for microbes that should reside in the colon to be pushed into the small intestine. Patients with SIBO may experience similar symptoms to those of dysbiosis but may also be intolerant to dietary fiber and probiotic supplements.





Reinoculate

A typical adult's GI tract contains up to 3 pounds of bacteria. In a healthy gut, these probiotics play a critical role in digestion and nutrient absorption, support the immune system, and serve many other functions that researchers are only beginning to understand.

Dysbiosis

Weeks 3–8: A leaky gut can lead to dysbiosis—healthy bacteria colonies struggle for survival while pathogenic bacteria multiply to fill the void.

- **BioPro GI**

*1 capsule 2 times per day. For patients diagnosed with severe dysbiosis or SIBO, you may wish to wait until after week 6 to introduce **BioPro GI**.*

- **DysBio Plus**

10 drops 3 times per day for temporary relief of symptoms



Follow Up

After completing the *DesBio 4Rs of Intestinal Restoration*, your patient is on the way to better health. Evaluate your patient carefully, and note which products listed below would be beneficial for your patient to continue taking.

Mark below to indicate your recommendations for your patient:

AMOE:Combination: drops times per day for weeks

BioPro GI: capsules times per day for weeks

CAND:PLUS: drops times per day for weeks

Digestaze: capsules times per day for weeks

FNG: drops times per day for weeks

Gastrozyne: drops times per day for weeks

Ileocecal Valve Support: drops times per day for weeks

Intestinal Restore: servings times per day for weeks

Leaky Gut Formula: drops times per day for weeks

OmniFiber: servings times per day for weeks

PathoGuard: capsules times per day for weeks

Other:

DesBio Product Index

Intestinal Support Kit is a comprehensive 30-Day kit that provides **Intestinal Restore**, **BioPro GI**, and **Leaky Gut Formula**.

BioPro GI is a high dose probiotic formula featuring 5 hearty strains, the ideal probiotic combination for rapidly replenishing the gut with good bacteria.

Candida Clear Protocol helps the body to reduce and relieve symptoms of toxic candida overgrowth.

Digestaze is a concentrated, broad-spectrum, vegetarian-source enzyme supplement for the support of healthy digestion of macronutrients.

Digestaze was specifically formulated to work over a broad pH range and support digestive comfort for even the most difficult foods.

DysBio Plus is for the temporary relief of symptoms related to gastroenteritis including occasional diarrhea, stomach cramps, nausea, vomiting, flatulence and bloating.

EndoPara Clear Protocol is a powerful protocol designed to support the body in the detoxification and elimination of intestinal parasites including blastocystis hominis, giardia, blood flukes, roundworms, tapeworms, pinworms, whipworm and hookworms.

Gastrozyne is a combination of two forms of HCL with pepsin and digestive enzymes for promoting healthy digestion.

Ileocecal Valve Support is a homeopathic formulation for temporary relief of symptoms related to ileocecal valve dysfunction.

Intestinal Restore is a revolutionary nutritional supplement in powder form. It features Tegrigel, a source of serum antibodies and immunoglobulins, to support the healthy functioning of the gastrointestinal immune system. Glutamine is the preferred amino acid for regeneration of intestinal cells while mucilaginous herbs soothe inflamed and damaged tissues.

Leaky Gut Formula is a homeopathic combination for temporary relief of symptoms related to leaky gut syndrome such as fatigue, seasonal allergies, joint pain, occasional constipation, mental foginess, and occasional diarrhea.

OmniCleanse is DesBio's whole-body detoxification program, consisting of a 6-part homeopathic detoxification protocol plus nutritional support in capsules and a powdered beverage. **OmniCleanse** is the only detoxification system that nutritionally supports the entire detox pathway. Its homeopathics temporarily relieve symptoms related to the brain, spine, intercellular matrix, liver, kidneys, and lymphatic system.

OmniFiber is a mild tasting, easily mixable powdered fiber product designed to support regular elimination and clearing of endotoxins. It also supports appetite regulation.

PathoGuard's targeted formula supports the body's immune system in clearing bacteria, worms, parasites, and viruses. It supports the immune system and healthy gastrointestinal function.

ReFLUX is for the temporary relief of symptoms related to heartburn and esophageal reflux.

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