When we refer to the “Gut”, we are talking about your entire digestive system, starting with your mouth and ending with your anus. There is currently an epidemic in gut related disorders in the USA affecting more than 62 million people, at a cost of $41 billion per year. The disturbing thing about this statistic is that most of these gut related disorders are preventable and are the result of a poor diet, toxic exposure (including drugs and medication) and a lifestyle which negatively affects the microbiome (body’s healthy balance of bacteria in the gut).

The human gut is your “second brain”, derived from the same neural tissue as the brain and is one of the most important organs in the whole body. The fetal tissue divides during embryonic development and splits into two parts, the brain (including the central nervous system) and the enteric nervous system of the gut. These two parts are joined together by the vagus nerve, a major nervous system, which extends from the brainstem to the abdomen (via organs including the heart, esophagus and lungs). The gut is an “outside organ” within our body and is a complex 30 foot tube running from our mouth to our anus which has the surface area of a doubles tennis court. It contains 80% of our total immune system and harbors 100 trillion bacteria (ten times the total number of human cells making up our entire body) with a collective weight of 3-3.5kg.
The gut has many vital functions including:

- The digestion of food (using gastric acids and enzyme secretions and a balanced microbiome)
- The absorption of digested nutrients and water
- Communicating with the brain via neurotransmitters through the enteric nervous system
- The first line of defense against foreign microbes and toxins with secretory IgA (an antibody produced in the mucus lining of the gut) as the primary antibody produced in the gut
- The elimination of waste products from the bowel
- Manufacturing of many nutrients and neurotransmitters
Dr. Michael Gershon, a professor of anatomy and cell biology at Columbia-Presbyterian Medical Center in New York City, dubs the entire gastrointestinal system the body’s second nervous system. “The brain is not the only place in the body that’s full of neurotransmitters,” says Dr. Gershon. “A hundred million neurotransmitters line the length of the gut, approximately the same number that is found in the brain. If we add the nerve cells of the esophagus, stomach and large intestine, there are more nerve cells in the gut than there are in the entire remainder of the peripheral nervous system.” This communication between the gut and the brain is the reason why we get butterflies in the stomach if we are anxious or nervous, have feelings of tiredness after eating certain foods, and feelings of sickness if we are frightened or worried. The term, “trust your gut instinct” is derived from communication between our two brains.

The gut and its microbiome, (the millions of bacteria living in it) are exposed to many inflammatory foods such as gluten, foreign bugs, drugs, and environmental toxins and compounds which can disturb the balance of our microbiome causing a state of “dysbiosis.” These directly impact the health of the gut membrane and the bacteria living on it, resulting in damage to the integrity of the gut wall and causing a “leaky” or hyper-permeable gut. If this happens, the whole body is open to an influx of foreign microbes, undigested food proteins, toxins, drugs and compounds. A leaky gut can induce altered brain expressions as well as toxic and inflammatory responses in the body leading to a multitude of symptoms, conditions, and ultimately disease and illness.

The condition of the gut has a profound influence upon our health. It is from the healthy gut that we enjoy neurological, psychological and immunological health, since a healthy gut can digest and absorb nutrients and water from the very best organic foods. By ensuring the balance of beneficial bacteria (the microbiome) through the consumption of the right foods, we increase our immune system and improve its function. Eating foods that are processed, laced with preservatives, or loaded with sugar encourages the growth of bad bacteria, parasites and fungi. Eating foods specifically to suit your individual requirements will optimize the health of your second brain. Consuming the proper food is one of the most important and crucial steps to optimal health and functionality.

Hippocrates (the Greek physician) stated over 2,000 years ago, “All diseases begin in the gut.”
If you suffer from any of the following common conditions and symptoms, supporting your gut may be highly beneficial to your overall health:

- ADD
- ADHD
- Allergic disorders
- Ankylosing Spondylitis
- Anal Disorders - haemorrhoids, fissures, abscesses
- Antibiotic usage
- Arthritis
- Asthma
- Atopic Dermatitis
- Autism
- B vitamin status low
- Bad Breath/Halitosis
- Cancer
- Candidiasis
- Celiac disease
- Chronic Fatigue Syndrome
- Constipation
- Crohns Disease
- Cystitis
- Depression
- Dermatitis
- Diabetes
- Diarrhea
- Diverticular disease
- Dysbiosis (imbalanced levels of good to bad bacteria)
- Eczema
- Elevated cholesterol
- Enterocolitis
- Fibromyalgia
- Gall Stones
- Gastritis
- Gastroenteritis
- GERD
- Gut inflammation
- Gut related signs and symptoms - belching, abdominal pain, bloating and distention, red anal area, stools that are offensive, irregular in consistency, alternating coloration, undigested foods, mucus and blood in the stool
- Haemorrhoids
- Heart disease and atherosclerosis
- Infantile Colic
- Intestinal gas
- Irritable Bowel Syndrome/Disease
- “Leaky gut” or increased permeability of the gut
- Learning disorders
- Liver stress
- Low secretory IgA
- Migraine headaches
- Mouth Ulcers
- Myasthenia Gravis
- Obesity and fat gain
- Peptic Ulcer
- Poor digestion
- Psoriasis
- Reiter’s disease
- Reynaud’s Disease
- Scleroderma
- Sjogren’s disease
- Ulcerative colitis
- Vaginitis
Practitioner Select has designed a number of packages to support the health and healing of your gut. These have been specifically formulated by experts using the purest, high quality products.

**INSTRUCTIONS**

**Week 1:** Start your gut health protocol with Packages 1. “Protect”, 2. “Digest” and 3. “Repair”

**Week 2:** Introduce Package 4. “Remove”

**Week 3:** Introduce Package 5. “Restore”

Please continue to use these products and packages until your gut health has been restored. Practitioner Select recommends you remain on all packages for a minimum of 12 weeks in conjunction with a “Paleo Diet”, free from processed foods, added sugars and inflammatory foods such as gluten (from wheat, barley, oats and rye) and casein (from dairy foods such as milk and yogurt).

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**Package 1. “Protect” Building Gut Immunity**

Supporting the production of secretory IgA and the overall immune system of the gut is vitally important in protecting it from the invasion of bad bacteria, fungi and parasites. Poor food selections, antibiotics, toxins, NSAID’s, stress and common deficiencies in specific nutrients reduce the ability of the gut to protect itself from foreign invaders. If foreign microbes colonize the gut, inflammation, damage and increased toxin burden will result with a reduction in nutrient absorption.

**Practitioner Select recommended products:**

- **Klaire Saccharomyces-Boulardii**
  - Probiotic-like actions. A natural fungi to support secretory IgA production.

- **Klaire Galactomune Th1/Th2 immune secretory IgA**
  - Contains beta-glucans and oligosaccharides to support a balanced immune system as well as a supportive prebiotic.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*
Digestion is a vital component to gut health. Undigested foods can create food allergens as they are attacked by the immune system and remain undigested in the bowel. Undigested food will ferment and putrefy in the bowel creating harmful toxins, likely inflammation and dysbiosis. Foods need to be completely digested to maximize nutrient availability and absorption. Enzymes are vital for digestion, and low stomach acid and poor pancreatic function may reduce enzyme activity, leading to insufficient digestion.

Practitioner Select recommended products:

- **Houston Enzymes Trienza**
  
  Strong broad-spectrum enzyme product. A digestive enzyme to support the digestion of fats, carbohydrates and proteins.

- **PRL Premier HCL**
  
  Provides 100% natural source Betaine which assists gastric juices and digestion.

- **Pure Encapsulations Taurine**

  Taurine is the most abundant free amino acid in the brain, heart, and nervous system and supports bile salt production.

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The gut is a structure with the fastest cell turnover of any organ in the body. The cells of the gut wall need constant fuel and the two most important fuel sources are glutamine, an amino acid derived from the digestion of proteins, and butyrate, a short chain fatty acids derived from the fermentation of soluble fiber. Inulin, glucosamine, omega 3 essential fatty acids and zinc, vitamins A, E and C are also supportive nutrients and are included in this revolutionary package.

Once the gut lining has been repaired, it can function optimally. Closing the junctions between the cells, reducing intestinal permeability, and reducing inflammation caused by poor foods (especially gluten) supports the growth of the villi (finger like projections in the small intestine) thereby maximizing nutrient absorption.

Practitioner Select recommended products:

- **ProThera GastroThera**
  Contains the vital nutrients L-Glutamine, inulin and glucosamine essential to support intestinal permeability.
  [Buy now]

- **PRL Vit C Premier**
  A 100% natural botanical vitamin C formula.
  [Buy now]

- **PRL AloeDetox**
  Contains Aloe vera supporting gut healing with added Calcium Bentonite to aid detoxification.
  [Buy now]

- **Yasoo - Aqua-E®**
  To aid in supporting the health of the gut membrane.
  [Buy now]

- **ProThera Eicosamax**
  ProThera Eicosamax OR Barleans Omega swirl (Lemon Zest or Key Lime flavors) providing high potency Omega-3 essential fatty acids required to reduce inflammation and support gut health.
  [Buy now]

- **PRL Liquid Zinc Assay**
  An important mineral required to support gut health.
  [Buy now]

- **Klaire Micellized Vit A**
  Contains two forms of vitamin A that have been micellized into extremely small drops for maximum absorption.
  [Buy now]

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Removing foreign bacteria, fungi and parasites in the gut is extremely important to provide an “open space” for beneficial bacteria to colonize. Removing them will also reduce the toxins produced by them. It is also important to remove allergenic foods (such as gluten, corn, eggs, dairy products, sugar and refined carbohydrates) as these promote fungi and harmful bacteria. Alcohol and drugs, especially NSAID’s, such as ibuprofen as well as caffeine should also be removed from your diet as these affect the integrity of the microbiome and gut wall.

**Practitioner Select recommended products:**

### PRL Paratosin
A blend of antimicrobial, fungal and parasitic formula.

**BioBotanicals Biocidin Advanced Liquid**
A potent broad spectrum botanical compound designed to support the entire gut and immune system.

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Package 5. “Restore” Rebuilding a healthy microbiome

Building and reinforcing a new community of healthy, beneficial bacteria is vitally important. Beneficial bacteria have multiple functions such as aiding in digestion, manufacturing vital vitamins, (such as B vitamins and short chain fatty acids) and boosting immunity, while crowding out the bad bacteria and pathogens. It is important to provide a high number of probiotics (30-150 billion Colony Forming Units (CFU’s) per day) of beneficial bacteria to help restore healthy bacterial populations in the gut. Consuming foods high in beneficial bacteria such as miso soup, sauerkraut, kefir, kombucha, pickles, tempeh, kimchi, poi and kvass may also be helpful in restoring healthy bacterial levels.

**Practitioner Select recommended products:**

- **Custom Probiotics D lactate free**
  A casein free probiotic OR Klaire labs Ther-Biotic complete.

- **Klaire Ther-Biotic Complete**
  A maximum support probiotic formula.

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