

**OUR BODIES HAVE
AN INNATE ABILITY
TO HEAL IF WE GET
RID OF
THE INTERFERENCE
AND PROVIDE THE
RIGHT INPUTS!**

**YOU ARE SO
STRONG, CAPABLE,
WORTHY AND
POWERFUL!!**



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THE IMPORTANCE OF GUT HEALTH FOR VITALITY AND HEALTHSPAN





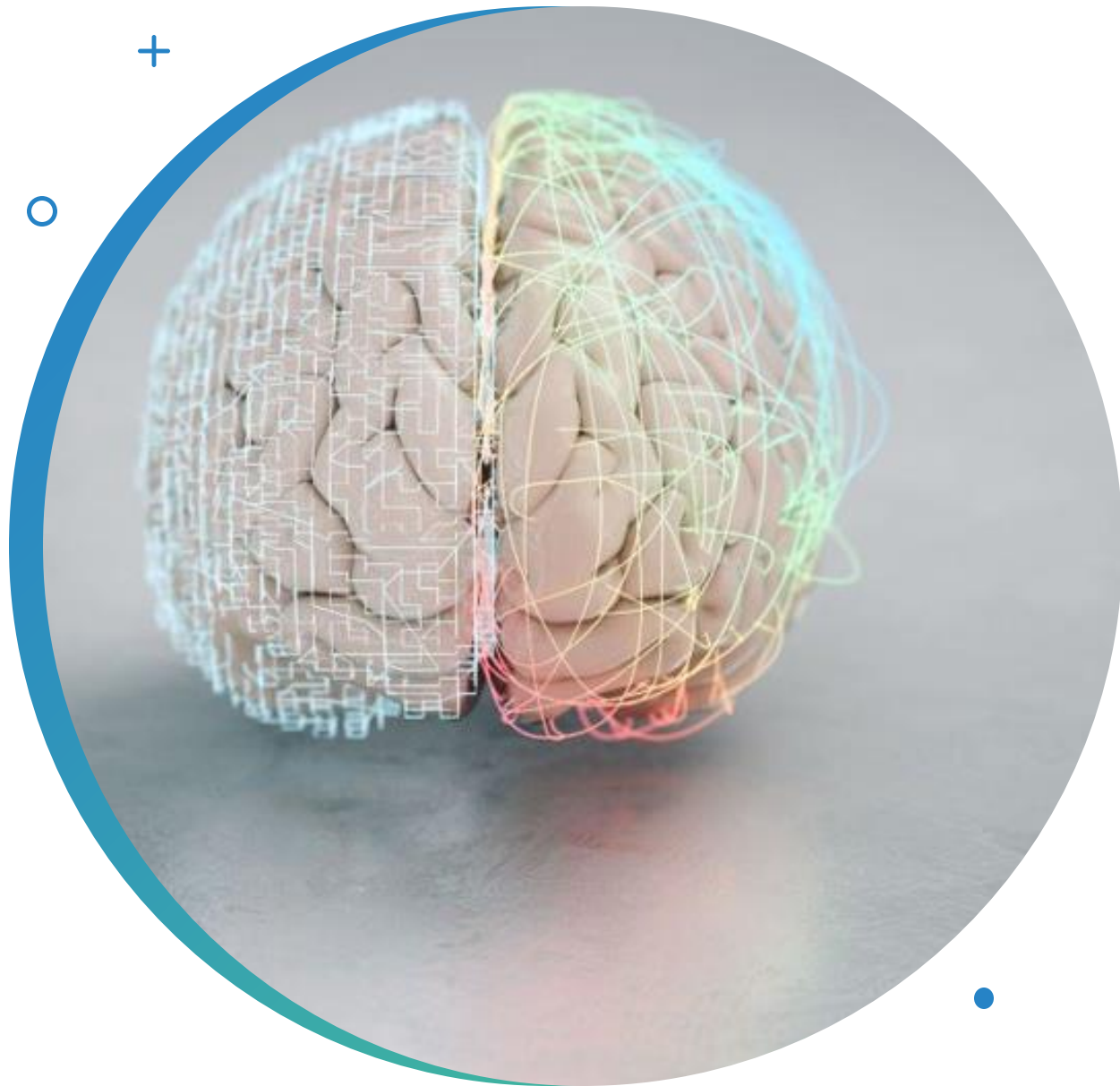
LEAKY GUT

- Erosion of the mucosal layer
- Proteins leak through the gut wall and get into the bloodstream
- Results in endotoxemia which triggering the release of inflammatory cytokines
- Activates immune cells in the brain.
- Associated with autoimmune conditions, CFS, Fibromyalgia, IBS, neuro-degenerative
- diseases, anxiety, and depression.

CAUSES OF LEAKY GUT (INTERFERENCE)

- Diet – gluten and grains (glyphosate, not just for those with celiac disease), seed oils, sugar, artificial sweeteners, processed foods, dairy, legumes, alcohol
- Medications – NSAIDs, stomach acid blockers
- Stress/Fear/Depression - can increase hormones such as cortisol which can suppress digestion and cause inflammation
- Mold Illness – mycotoxins weaken the intestinal barrier
- SIBO – alteration of the healthy flora in the small intestines





Leaky Gut and the Impact on the Brain

- Causes immune cells in the brain to release more inflammatory cytokines and inflammation. This has a significant impact on mental health and cognition.

WHAT IS SIBO?



SIBO – Cause and Symptoms

- SIBO - when undesirable bacterial and fungal species have proliferated and ascend into the small intestine, which should be a sterile environment.
- SIBO can cause weight gain, diarrhea, and the same symptoms as leaky gut (joint pain, IBS, food intolerances, rashes, insomnia, anxiety, depression, brain fog, etc).



HOW TO HEAL THE GUT (and BRAIN)

- Remove – sugar, wheat and grains, artificial sweeteners, alcohol, NSAIDs, acid-blocking stomach drugs, processed foods, and seed oils
- Add - ProByoMax, Melatonin, Berberine, Curcumin, NAC, S. Boulardii, EO's such as cinnamon, oregano, clove and peppermint (BocaZen)



How to Heal the Gut

Eat organic, grassfed meats, pastured eggs, prebiotic fiber (insulin, apple pectin), fermented foods (sauerkraut, kefir, probiotics)



Reduce **STRESS** to Heal the Gut

- NEUROFEEDBACK
- HOT/COLD THERAPIES
- MORNING SUN GAZING
- GROUNDING
- BREATHWORK
- MEDITATION
- MOVEMENT
- GRATITUDE
- EXERCISE

PROBYOZEN YOGURT

A top-down view of a wooden bowl filled with white yogurt. The yogurt is topped with several slices of banana, a cluster of blueberries, and a generous amount of white chia seeds. Two fresh green mint leaves are placed on the right side of the bowl. A wooden spoon is tucked into the yogurt on the right. The bowl sits on a light-colored, woven bamboo placemat.

This is FOOD
AS MEDICINE to
eradicate SIBO and Leaky
Gut.

PROBYOZEN YOGURT

- Uses specific probiotics that colonize in the upper GI tract
 - L. Reuteri
 - L. Gasseri
 - Bacillus Coagulans
- Organic Canned Coconut Milk
- Prebiotic Fiber (Inulin and Apple Pectin)
- Honey or Maple Syrup



PROBYOZEN YOGURT

BUILDS UP THE MUCOSAL
LINING TO PROVIDE A BARRIER
FOR THE INTESTINAL WALL

PRODUCES METABOLITES SUCH
AS BUTYRATE TO NOURISH THIS
LINING

FERMENTS FOR 48 HOURS
REAPING 250×10^8 CFUS
(CFUS DOUBLE EVERY 3
HOURS)

STORE-BOUGHT YOGURT
FERMENTS FOR 4 HOURS AND
ONLY PRODUCES 1×10^8 CFUS

CONSUME $\frac{1}{2}$ CUP PER DAY





PROBYOZEN YOGURT RECIPE

