



Dr. Megan's Golden Gut Program

If you have ANY disease, from digestion/gut, to cancer, heart disease or WHATEVER, you must do **minimum these 5 tests** if your **goal is to heal**. Your body was made to heal! Ever gotten a paper cut? Did that stay open and bleeding 2 weeks later? **NO! Because the body was designed to heal itself.**

It can get overwhelmed though. Have you played dodge ball at school? If you are IT, you can easily dodge two classmates throwing balls: "Haaa Haaa, You Missed Me!" But if 25 classmates start throwing at you...you will get hit and then can only crouch down and try to protect your head.

Life also throws balls: divorce/breakups, infection, accidents, deaths, big moves, environmental hazards.

Your body was trying to keep you going but got overcome by the accumulation of all these things and is now in damage control. **YOU MUST HELP IT.** If you get a flat tire, it will never fix itself, you must take it to a mechanic. In real life, the body can repair itself, but needs your help to do so once it is overwhelmed, or your current issue(s) will degrade into autoimmune disease or cancer and finally a big health crisis like mine, where **after years of neglecting my Systemic Lupus Erythematosus/SLE** an autoimmune disease (*any autoimmune disease occurs when the body's immune system/defense gets confused and attacks itself instead of a virus/bacteria/invader*), I had 5 Strokes at once, a GI bleed, bacterial Lung infection, Kidney failure/dialysis; in a Coma x 5 weeks, almost died, but instead am now **completely wheelchair bound 3+ years!**

I am already walking with a walker though and will be 100% again soon; so Let's get Healthy together!

This program allows you to get help from an expert, includes 2 built in Follow up visits, and then follow up with me as often as you would like to afterwards! I recommend at least every 4 months.

We will be sure to find your issue (s) and correct them!

The explanation of the results, is included in all testing fees. Your 1st Golden Gut visit includes review of: Your Paperwork and Your Life Story 0-Present Age to see where Life events I.E Births/Deaths, Marriages/Divorces, Big Moves (city/country), Career Changes, and Traumas (physical or environmental), may have affected your health negatively.

Based on all this info, I will form your Action plan; it will include Nutrition recommendations (w/CFIE), Supplements, Home Therapies and Adjunct Therapies like Massage, Chiropractor or Neurofeedback, as

I see necessary and explain at the 2nd Golden Gut visit.

I ORDER ALL LABS, EXCEPT STOOL and AMINO ACIDS WHICH WILL BE PURCHASED DIRECTLY

1st CARROLL FOOD INTOLERANCE

A test that tells you on a genetic level which 1-2 foods your body is incapable of EVER handling. It is based on the chemical reactions that occur when your blood touches that food. Read more **HERE**:

[Carroll Food Evaluation \(healthorganizers.net\)](http://healthorganizers.net)

2nd EXTENSIVE BLOODWORK FROM LIFE EXTENSION, IF YOUR PCP WILL DO SOME, GOOD, BUT WE NEED EVERYTHING.

RBC's, WBC's, Lipids, Platelets, Liver, Kidney, Pancreas, Thyroid (4), Sex Hormones (4), Vitamin D, and Cortisol (stress hormone)

<https://www.lifeextension.com/lab-testing/itemlc100028/weight-loss-panel-comprehensive-blood-test>

Go halfway down and click on sample report

You went to your mechanic with a flat tire, you still expect him to look over the rest of the car right? Would you be happy with him if he fixed the tire, but did not tell you about a growing **ENGINE** problem??? Don't just fix that one issue, look at everything and fix the root issue (s) or else you will have a health crisis...not if, but **WHEN!** (**Like me**).

3rd COMPREHENSIVE STOOL ANALYSIS AND PRASITOTOLOGY

Tells:

- **Bacteria:** Types and levels rated 0-4+; Remember they help you digest food and in your immune system/defense. This test is UBER important with any gut issue, including autoimmune disease or cancer.
- **How you are breaking apart** Carbohydrates, Fats, Proteins. If bad, you lack nutrients.
- **Parasites:** got them? Don't have to travel abroad or eat meat to get these.
- **Candida:** the yeast- Yikes, eat too much sugar and you feed them.
- **Bleeding in your stool?** (occult) can be evidence of injury or a tumor
- **How to kill** the bad yeast/parasites/bacs-which agents natural or pharmaceutical to use. Use the wrong thing, and NO EFFECT. Like throwing water on a duck.
- **I must order this test, then you pay the test fee from the emailed link, lastly you pay my explanation fee to me separately. THIS IS DUE TO A NEW LAB POLICY.**

[Sample+Report+CSAP21.pdf \(site-akiajgrf22xmagzsiz6q.s3.amazonaws.com\)](http://Sample+Report+CSAP21.pdf)

4th Amino Acids Urine

Amino acids form protein, and protein does **TONS** of stuff in the body (*think the role of wood in a wooden house-the walls, floor, furniture etc*).

This test will let us know specifically what you need for amino acids and vitamins/minerals:

<https://drive.google.com/file/d/1yMBkuBV2PUDH5D-S4a17bSLgK6UzoYmZ/view>

5th ESSENTIAL FATTY ACIDS/FISH OIL/OMEGA 3'S

These are highly anti-inflammatory and ANY disease has high inflammation.

Short term inflammation is normal and part of the healing process, Long term inflammation is what we don't want.

EXAMPLE:

There is a car accident on the highway, who comes: the police, fireman, ambulance and tow truck. Typically they can clear even very bad accidents in 3 hours. But what if it took 24 hours? Major traffic!

This is the difference between acute inflammation that is the police etc, in the example, so in your body red/white blood cells, platelets clearing it quickly in 3 hours or less, versus chronic (long term inflammation) taking up to 24 hours.

Except in real life, acute is an injury/infection lasting less than 6 weeks and chronic is anything longer than 6 weeks. Most diseases, the inflammation lasts many years.

So knowing the levels of your EFA's allow us to decrease long term disease inflammation and speed healing; this oil allows us to dose you properly! We recheck your levels after 4 months.

When we retest in 4 mos, that test is FREE! We do not make Omega 3's as humans and so we must eat Omega 3 rich foods or supplement it; this is the finest supplement

I have seen, perfectly formulated so you do not have to eat it with fatty foods at all, like with other fish oils! Highly absorbable, no fishy taste and for only \$39/month with the subscription. I used to prescribe \$80 fish oil you had to eat with fatty foods and that did not come with the essential test! **Please take advantage.**

Omega 3's cont..

****They recommend the monthly auto shipment at \$60/mo* I will alert you if you need this.***

<https://www.zinzino.com/shop/2010349050/US/en-US/products/premier-kits/balance-tests-kits/910465>

Dr. Megan's Fees

| | |
|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------|
| 1st Carroll Food Intolerance Evaluation (and Diet Diary Analysis) | \$299* |
| 2 nd Extensive Blood Work | \$450 |
| 3rd Comprehensive Stool Analysis <i>pay \$384 directly in email, then my fee \$175</i> | \$175 |
| 4 th Amino Acids Profile is <i>\$239 direct pay in a Rupa email, then my \$175</i> | \$175 |
| 5th EFA's/Omega 3's* <i>pay \$120 directly, I help you set it up, then my fee \$100</i> | \$100 |
| Golden Gut Visit 1: Paperwork/Life Story, Making Action Plan | \$299 |
| Golden Gut 2: Action Plan Explained, Uploading Supplements, Articles | \$299 |
| 2 Follow Up Visits at \$175 ea | \$350 |
| Program Sub Total: | \$2,147 to Dr Megan + \$743 Labs direct pay |
| | \$2, 890 Grand Total |

Just Testing Prices

***Carroll, Labs; Explanations for: Stool, Aminos and Omega 3's** **\$1, 199 send to Dr. Megan**

***You Pay Directly: Stool, Aminos and Omega 3's** **\$743 You keep on the side**

Approximate Monthly Adjunct Fees

CLEANSSES/DETOXES MANDATORY - Dr. Shulze Cleanses: Bowel \$82, Liver \$88, Kidney \$88

Supplements \$150-\$250/mo* *depends on your needs*

Herbs \$30

Home Therapies Supplies \$30 and **other Miscellaneous Healing Items**

We don't have to do all tests at once if you it is better for you to space them out economically speaking. If you are able to pay in full or make a large down payment, I do recommend that. Once individuals postpone their health care for necessary new car tires, or children's school uniforms etc. they tend to keep postponing until they have a major health crisis like a heart attack or stroke.

However, ultimately you can determine the frequency, one test a month or every two months. The main idea is to make a plan to steadily get these tests completed.

We can discuss financing options.

PAYMENT METHODS

Zelle: gs09msl@yahoo.com

CashApp: \$DrMegLeb

Square/Stripe: credit/debit card over the phone *5 min appt*

Venmo: @DrMegan-LebonND

Apple Pay my cell phone number

INVEST in your **HEALTHCARE NOW**, so you don't have to **PAY** for **SICKCARE LATER**, *(like I DID)*

Remember, **Health Organizers**, working with you to tidy up your health **NATURALLY!**

WEB: healthorganizers.net