

# GI Flora Balance Program

*A 6-Week Protocol to Support Gastrointestinal Health\**

PATIENT GUIDE





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# Welcome to the GI Flora Balance Program!

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A well-functioning digestive and gastrointestinal (GI) tract is important to overall health and well-being. This six-week program is designed to support your individual GI health with core products from Standard Process and MediHerb.

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## What is gut flora?

Gut flora, also referred to as gut microbiota, is made up of a diverse community of both good and bad bacteria living in the GI tract. The gut plays host to more than 100 trillion microbial cells that may impact human physiology, metabolism, nutrition, and immune system function.

## 4 Principles of GI Flora Balance

There are four key principles to improve lower gastrointestinal health: everyday digestion, weeding, seeding, and feeding.

- 1. Everyday digestion:** supports digestive functionality with appropriate acid and enzyme levels that are key for digestion and absorption
- 2. Weeding:** encourages a healthy intestinal environment to maintain proper GI flora
- 3. Seeding:** supports healthy gut flora
- 4. Feeding:** provides food for microorganisms in the lower GI tract\*

**\*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.**

# Personal Protocol

With the help of your health care practitioner, record your individualized supplement plan and daily dosage in the chart below.

SUPPLEMENT	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Everyday Digestion</b> <i>PRODUCT NAME</i> <hr/> <i>USAGE</i> <hr/>							
<b>Weeding</b> <i>(2 Consecutive Days)</i> <i>PRODUCT NAME</i> <hr/> <i>USAGE</i> <hr/>							
<b>Seeding</b> <i>(5 Consecutive Days)</i> <i>PRODUCT NAME</i> <hr/> <i>USAGE</i> <hr/>							
<b>Feeding</b> <i>(5 Consecutive Days in Conjunction With Seeding)</i> <i>PRODUCT NAME</i> <hr/> <i>USAGE</i> <hr/>							
<b>Additional Support</b> <i>PRODUCT NAME</i> <hr/> <hr/> <hr/> <i>USAGE</i> <hr/> <hr/>							

# Prepare for Success

The more planning and preparation you do, the better success you will have for healthy change. Before you begin this six-week program, here are some suggestions to enhance the program and help you achieve optimal health benefits.



## Eat Well

- Review the healthy eating tips on Page 15. Plan your meals in advance to ensure that you are eating a balanced, nutrient-rich diet.
- Consider trying a new supplement shake made with whole food ingredients.



## Stay Hydrated

- Drink water to assist in flushing bodily waste and improve your overall digestive health.
- Drink half your body weight in ounces per day. For example, if you weigh 180 pounds, drink at least 90 ounces of water a day.



## Get Moving

- Plan a fun activity that gets you moving: Walk with a friend, go for a bike ride, join a group sport.



## Sleep Well

- Set an earlier bedtime during the program.
- The American Academy of Sleep Medicine and the Sleep Research Society recommend that adults ages 18-60 sleep at least seven hours each night to promote optimal health and well-being.
- Stress can play a significant role in poor digestive health. Make it a point to do something relaxing before bed, such as reading or taking a hot bath.

## Track Your Progress

- Track your supplement usage on pages 8-13.
- Consider setting a reminder on your phone to take your supplements, especially on the weekends.
- Record your diet with the daily record of food intake.

*Find this form in the Practice Tools section at [www.standardprocess.com/resources/literature](http://www.standardprocess.com/resources/literature).*

## Stay Positive

- Write down your goals. Remember why this program is important for you and your gut health.
- Schedule regular appointments with your health care professional.
- Most importantly remember that any small, positive change you make in your lifestyle is a WIN!

# My Supplement Tracker: Week 1

SUPPLEMENT	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Everyday Digestion</b> <hr/> PRODUCT NAME <hr/> USAGE <hr/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>					
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<b>Weeding</b> (2 Consecutive Days) <hr/> PRODUCT NAME <hr/> USAGE <hr/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<b>Seeding</b> (5 Consecutive Days) <hr/> PRODUCT NAME <hr/> USAGE <hr/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<b>Feeding</b> (5 Consecutive Days in Conjunction With Seeding) <hr/> PRODUCT NAME <hr/> USAGE <hr/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<b>Additional Support</b> <hr/> PRODUCT NAMES <hr/> <hr/> <hr/> <hr/> USAGE <hr/> <hr/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Congratulations!** You've completed week 1. What a great start!

How are you feeling?









# My Supplement Tracker: Week 5

SUPPLEMENT	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Everyday Digestion</b>	<input checked="" type="checkbox"/>	<input type="checkbox"/>					
<i>PRODUCT NAME</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>					
<i>USAGE</i>	<input checked="" type="checkbox"/>	<input type="checkbox"/>					
<b>Weeding</b> <i>(2 Consecutive Days)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>PRODUCT NAME</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>USAGE</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Seeding</b> <i>(5 Consecutive Days)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>PRODUCT NAME</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>USAGE</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Feeding</b> <i>(5 Consecutive Days in Conjunction With Seeding)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>PRODUCT NAME</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>USAGE</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Additional Support</b>							
<i>PRODUCT NAMES</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>USAGE</i>							

**You're almost finished!** One more week.

How are you feeling?







# GI Flora Balance Program: Healthy Eating

For the next six weeks, focus on nourishing yourself with a variety of nutrient-rich foods. Supporting GI health can be complicated, especially if you have advanced digestive challenges. There are many diets and eating plans to consider when supporting gut health, such as Monash University's FODMAP diet, an elimination diet, or our suggested post-purification diet found in "One Degree of Change: The Standard Process 21-Day Purification Program Cookbook." (Order or download this book, by Georgia Nab, DC, MS, CNS, at [www.standardprocess.com/purification](http://www.standardprocess.com/purification).) Work with your health care professional to tailor an eating plan to meet your individual needs.

Changes to the diet should be gradual. Consider the following general healthy eating guidelines to assist you during the program:

- Gradually increase your intake of fruits and vegetables (preferably more vegetables than fruit).
- Include two or three servings of protein per day with each serving being 3 ounces (about the size of your palm).
- Add fermented foods.
- Use a variety of herbs and spices.
- Avoid processed foods.
- Limit dairy consumption.
- Minimize foods high in fat and carbohydrates.
- Reduce sugar consumption.

**Track your food choices daily** and how you feel after eating. Discuss any sensitivities with your health care professional. Use the daily record of food intake. (Find this form in the Practice Tools section at [www.standardprocess.com/resources/literature](http://www.standardprocess.com/resources/literature).)

# Healthy Recipes

The following recipes are healthy options you may consider while you are completing the GI Flora Balance Program. Avoid ingredients that may cause sensitivities for you.



## Broth

### Bone Broth

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Based on a recipe from “Nourishing Broth,” by Sally Fallon Morell and Dr. Kaayla T. Daniel

- 3-4 pound free-range, organic whole chicken
- Vegetable scraps, including but not limited to:
  - 2-3 carrots, chopped
  - 2-3 celery stalks, chopped
  - 1 parsnip, chopped
  - 1 onion, cut in quarters
  - 1 whole garlic head, cut in half
- 1 or 2 bay leaves
- 1/3 cup apple cider vinegar
- 1 tablespoon peppercorns, in a tea bag or cheesecloth
- 1/2 tablespoon turmeric
- 1 bunch fresh parsley
- Other herbs to taste (optional)
- Sea salt to taste

To a crockpot, add all ingredients except parsley, other herbs, and sea salt. Cover with filtered or spring water.

Cook for 6 to 8 hours on low, then remove chicken meat from bones. Put the bones back into the broth. (You may break them first to release more of the marrow into the broth.)

Continue to cook on low for 20 to 24 hours, stirring occasionally. During the final hour of cooking, add the parsley (to pull additional minerals from the bones), any other herbs you prefer, and sea salt.

Using a strainer or cheesecloth, strain the liquid, and allow to cool. Pour broth into glass jars or containers for storage. Refrigerate for up to a week or store in the freezer.

# Shakes

## SP Complete® Shake Original Shake Recipe

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In a blender,<sup>†</sup> combine:

- 1 cup water (increase for desired consistency)
- 3-4 cubes of ice, more for a thicker shake
- 1 tablespoon high-quality oil (e.g., flaxseed oil)
- 1-1½ cups of your favorite fresh or frozen fruit or vegetables (optional)
- 2 scoops SP Complete®/SP Complete® Dairy Free or  
4 scoops SP Complete® Chocolate/SP Complete® Vanilla

## Creamy Strawberry Shake

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Based on a recipe from  
“One Degree of Change,” by  
Georgia Nab, DC, MS, CNS

- 1 cup frozen strawberries
- ¼ avocado
- 1 cup water (increase for  
desired consistency)
- 1 tablespoon flaxseed oil
- ⅛ teaspoon vanilla extract
- 3-4 cubes of ice, more for a  
thicker shake
- 4 scoops SP Complete Vanilla



<sup>†</sup>SP Complete Chocolate and SP Complete Vanilla can simply be added to water and shaken (no need for a blender) or substituted for SP Complete, as detailed in the basic shake recipe.

# Salad Dressings

## Basic Vinaigrette Recipe courtesy of MediHerb

- 2 parts oil and 1 part cider vinegar
- Herbs, sea salt, pepper, and other spices to taste



Mix ingredients in a bowl and serve over salad.

### Tips:

- Modify the ratio depending on the salad ingredients. For example, you may want to increase the vinegar and make the dressing more acidic if your salad contains oily ingredients such as avocado, tuna, salmon, or sardines.
- Use extra-virgin olive oil or organic cold-pressed flaxseed oil for vinaigrette.

## Garlic Yogurt Dressing Recipe courtesy of MediHerb

- 1 cup good-quality plain yogurt
- 1-2 cloves garlic, crushed
- Fresh herbs, chopped (optional)



Mix ingredients in a bowl. Let the dressing sit in the refrigerator for at least half an hour before serving.

### Tips:

- Use this dressing on salads, steamed vegetables, meat, and fish.
- Use as a dip for raw vegetables.

# Salad

## Beet Carrot Salad Recipe courtesy of MediHerb

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- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, crushed or finely chopped
- Freshly ground black pepper and sea salt to taste (optional)
- Zest of 1 lemon
- 1 teaspoon ground cumin
- 1 teaspoon sweet paprika
- 2 cups carrots, diced or shredded
- 2 cups beet root, diced or shredded
- ½-¾ cup fresh coriander leaves, chopped

### Dressing

- 1 lemon, juiced
- ½ cup extra-virgin olive oil

Heat 1 tablespoon extra-virgin olive oil in a heavy-based frying pan and add garlic, lemon zest, and spices (but not the coriander). Gently cook until very fragrant, and then add carrot and beet root. Cook, stirring for a few minutes until well coated in oil and spices. Remove from heat. Add dressing and sprinkle with coriander just before serving. This salad can be served warm or cold.



# Entrees

## Chickpea Patties Recipe courtesy of MediHerb

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- 2 cans chickpeas (15 ounces each)
- 2 cloves garlic, crushed
- 1 medium onion, diced
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 2 tablespoons plain or gluten-free flour
- 1 red chilli pepper, finely chopped (optional)
- 2 teaspoons fresh coriander
- 1 egg, beaten
- Freshly ground black pepper and sea salt to taste (optional)
- Extra-virgin olive oil for cooking

Drain excess liquid from chickpeas and puree in a blender or food processor. Add garlic, onions, ground coriander, and cumin. Mix well. In a bowl, mix pureed chickpeas with fresh coriander, egg, and flour. Mix well. Add a little extra flour to the mixture if it is not firm enough. Refrigerate for 30 minutes. Remove from refrigerator and form into patties with floured hands. Coat a heavy-based pan with olive oil, heat the oil over medium heat, and cook patties for about 1-2 minutes on each side or until golden brown. Garnish with fresh coriander leaves and serve with Garlic Yogurt Dressing (recipe on Page 18).



## Chicken Lettuce Wraps Recipe courtesy of MediHerb

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- Chicken fillets (barbecued or baked), chopped
- Large lettuce leaves
- ½ avocado, chopped
- 1 tomato, sliced
- 1 shallot, sliced
- 1 teaspoon Basic Vinaigrette (recipe on Page 18)
- Freshly ground black pepper

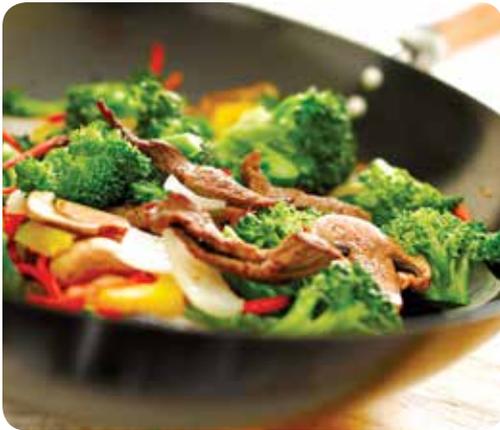
Place chicken in lettuce leaf and sprinkle with black pepper. Add avocado, tomato, shallots, and vinaigrette dressing. Wrap together in lettuce leaf.



## Beef Stir-Fry Recipe courtesy of MediHerb

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- Extra-virgin olive oil for cooking
- ½ pound beef strips
- 1 large onion, sliced or cut into wedges
- 2 cloves garlic, crushed
- 2 teaspoons fresh ginger root, grated or crushed
- 1 red chili pepper, seeded and finely chopped (optional)
- 1 large carrot, sliced diagonally and very thinly
- 2-3 tablespoons reduced-salt soy sauce
- 1 red bell pepper, cut into strips
- Green beans (approximately 20), cut into ½-inch pieces
- 1-2 bunches Chinese green vegetables such as bok choy, chopped or roughly shredded



Heat oil in a wok over medium to high heat. Cook beef strips in 2 or 3 batches, stirring constantly. It will only take a few minutes for each batch. Set beef aside. Add a little more oil to the wok if necessary and cook the onion, garlic, ginger, and chili pepper. Cook and stir until

browned, and then add the carrot. Add approximately 2-3 tablespoons of soy sauce and cook for a few minutes until most of the sauce evaporates. Add the bell pepper and green beans. Cook and stir until the beans are just beginning to soften. Return the meat to the wok and stir until heated through. Turn the heat off, add the Chinese greens, and stir. The existing heat in the wok will wilt the greens. If desired, add a little extra soy sauce when serving.

## Vegetable Frittata Recipe courtesy of MediHerb

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- 2 cups carrots, roughly chopped
- 2 cups pumpkin, roughly chopped
- ½ cup parsley, chopped
- ½ cup dill, chopped
- 1 small onion, chopped
- 2 cloves garlic, crushed
- Approximately 7 ounces feta cheese, crumbled
- ½ cup cheddar cheese, grated
- ½ cup Parmesan cheese, grated
- 8-10 medium-large eggs
- ½ cup milk
- Freshly ground black pepper

Heat oven to 350 F. Steam carrots and pumpkin until just tender. Allow to cool slightly and then mix in a bowl with parsley, dill, onions, garlic, and cheeses. Season with a little black pepper. In a separate bowl lightly beat eggs and milk and add to the vegetable/cheese mix. Transfer to an oven-safe pie dish or cake pan, and bake for approximately 30 minutes.



Additional recipes can be found at [www.standardprocess.com/gi-flora](http://www.standardprocess.com/gi-flora).



# Post-Program

Congratulations! You've worked hard to eat healthy and take supplements that help support your overall health and well-being. Keep up the good work and follow the post-program recommendations from your health care professional.\*

## Daily Supplement Schedule: Post-GI Flora Balance Program

Ask your health care professional about which supplements are right for you.

SUPPLEMENT	BREAKFAST	LUNCH	DINNER

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