GUT RESET PROTOCOL

THE 4 Rs of GUT RESTORATION

REMOVE
REPLACE
REINOCULATE
REPAIR

REMOVE

Unhealthy microorganisms
Unhealthy toxins and acid
Unhealthy weight
Unhealthy food & microbiome wreckers

REMOVE SUPPLEMENTS

- REMOVE UNHEALTHY MICROBES
    - VP Vital Detox 14 Day Cleanse
    - CFB Parasite Free (other options: VYHP Travel Support, VYHP Paracide, YHP Candida Clean, CFB Nano Silver)
- REMOVETOXINS & ACID
    - The VP Vital Detox doubles as a liver and detox support.
    - PPN Cell Power or CFB Greens
    - Continue detox/liver support after the first 14 days with: (GH Liver Health, CFB Toxin Detox, or VYHP Liver Complex)
- COLON ELIMINATION SUPPORT
    - If you struggle with constipation and don't go at least once per day, take colon and elimination support. If you start to get constipated at anytime during the cleanse, add a colon support.
    - Choose one of the following and try different ones as needed to get the results you desire: VYHP Colon Clean, VP Vital Lax, GH Oxy-Powder, SOL Slippery Elm
    - VP Vital Fiber, VP Fiber 35 (start slow with fiber if constipated)
- REMOVE UNHEALTHY WEIGHT
    - For optimal results, we recommend all three of the below supplements, but take at least the mag glycinate: VYHP Magnesium Glycinate, NF Phosphatidyl Choline, SN BerberTrim
- REMOVE UNHEALTHY FOOD & MICROBIOME WRECKERS (see details below)

REPLACE

HCL
Enzymes
Depleted Nutrition

REPLACE SUPPLEMENTS

- REPLACE HCL
    - If your stomach acid test showed you had low, supplement HCL. Pick one option below.
    - NF Betaine Hydrochloride, SOL Betaine HCL w Pepsin 250 mg
- REPLACE ENZYMES
    - Everyone should be taking enzymes with every meal until the gut is healed. Then adjust dose as needed. Enzymes are a great disease fighting and longevity supplement.

    - We recommend VYHP Enzyme Complex
- REPLACE DEPLETED NUTRITION
    - SOL Liposomal Multivitamin, VYHP Vit D + K, VYHP B Complex, SOL Vit C, NF Omega 3, VYHP Multi Mineral
    - See DIET recommendations below

REPLACE / SUPPORT HCL w DIET & LIFESTYLE

- Prior to meals: apple cider vinegar, ginger, lemon, or cayenne.
- Reduce/eliminate processed sugars and carbs.
- Avoid drinking with meals. Water and drinks dilute stomach acid. Stop drinking half-hour before & 1.5 hours after.
- Try to drink all your water away from meals.
- Eat a piece of fruit after a meal instead of drinking fluid.
- Carbonated beverages neutralize stomach acid too. Do not drink with meals. Reduce or remove carbonation all together until gut health improves.

REINOCULATE

- Probiotics supplements
- Prebiotics supplements
- Probiotic superfoods
- Prebiotic superfoods

REINOCULATE PROBIOTIC & PREBIOTIC SUPPLEMENTS

- All VP Vital Flora Probiotics & Prebiotic Supplements

REINOCULATE PROBIOTIC & PREBIOTIC SUPERFOODS (see diet recommendations list below)

REPAIR

- Supplements and foods to heal the gut lining
- Anti-inflammatory supplements and foods
- Lifestyle habits (see tips below)

REPAIR & ANTI-INFLAMMATORY SUPPLEMENTS

- VP Vital Gut Renew
- Choose one of these turmeric products: GH Turmeric or TN CuraMed

REPAIR TIPS

- Rest the digestive system. The gut repairs itself during rest. See more details on fasting below.

DIET RECOMMENDATIONS

FIRST TWO WEEKS

- FOR TWO WEEKS completely remove Dairy, Eggs, Soy, Gluten, Refined Sugar and Refined Carbs.
- After 14 days, you can add these foods back in slowly. If you react to a certain food, you know it's not good for you.
- After 14 days, maintain 70 to 90% compliance for optimal long-term health and to maintain a balanced microbiome.

GENERAL RECOMMENDATIONS

- As much as possible, eat a diet containing:
    - organic and non GMO ingredients
    - lots of whole, raw, plant foods
    - lots fiber and prebiotic fiber from diverse plant sources
    - plenty of probiotic superfoods
    - plenty of protein (plant or animal source)
    - plenty of healthy fats and omega 3s
    - and plenty of alkaline producing foods

- PROBIOTIC SUPERFOODS: yogurt (low sugar), sauerkraut, fermented vegetables, kombucha (low sugar).
- PREBIOTIC FIBER SUPERFOODS: radishes (all types), leeks, onions, carrots, artichokes, garlic, asparagus, tomato, pomegranates, apples, bananas, watermelon, grapefruit, onions, garlic, leaks, chicory, seaweed, flaxseed, mushrooms, cabbage, lentils, red kidney beans.
- HIGH FIBER FOODS: 1 stalk of celery 1g, 1 cucumber 2g, 1 apple 4.5g, 1 orange 2.5g, 1 cup broccoli 5g, 1 carrot 2g, 1 cup raspberries 8g, 1 cup lentils 15g, 2 oz almonds 7g, 2 tbsp chia seeds 8g, 1/2 avocado 5g. Strive to get a total of 35g per day from a diverse variety of plant foods.
- HEALTHY FATS: nuts and nut butters, seeds and seed butters, flax and flax oil, sunflower seed oil, olive oil
- ALKALINE PRODUCING FOODS: see flyer
- NICOLE'S 4Rs Recipes: see handout
- MICROBIOME DIET book recipes by Raphael Kellman

LIFESTYLE RECOMMENDATIONS

- FASTING
    - Digesting take lots of energy. Plant foods take less energy. Vegetable juices take less.
    - Learn about different types of fasting. Intermittent, water, juice, and Daniel Fasts, 7 Day Reset
    - TRE – Time Restricted Eating. THE IDEAL: Twice per day five to six hours apart (8 - 9 am and 2 – 3 pm). Digestive system ramps up in the morning and then slows down by the evening.
    - Will I get enough nutrients? You will likely get more nutrients because your body will be able to digest, absorb and utilize nutrients better.
    - If this is unrealistic, try to shorten eating window to 9-10 am to 5-6 pm.
    - Fasted meals count as full meal points in VYHC
- VYHC - Everything in the Health Challenge is extremely helpful for all of the 4Rs!
    - Good SLEEP helps us detox better
    - Practicing rest, deep breathing, gratitude, social health, acts of love, devotion time all help reduce stress
    - EXERCISE is key for detox and overall health
    - Get full points for NUTRITION while doing the GUT RESET PROTOCOL
    - Lots of SUPPLEMENT points for protocol too
- STRESS
    - We must learn to manage and reduce stress better (see flyer)

MICROBIOME WRECKERS

Avoid as much as possible. If you are new to natural health practices, keep it simple and work on one thing at a time. Small habits lead to BIG CHANGE over time.

- Antibiotics (unless medically necessary – pave way for overgrowth of bad microbes – how do they fatten livestock?)
- NSAIDs (burden liver, promote dysbiosis, damage gut cells, cause long term inflammation)
- Statin drugs (alter gut microbiota balance, metabolism and bacterial gene function)
- Proton pump inhibitors/antacids (HCL needed for digestion, nutrient absorption, gut balance)
- Hand sanitizer (unless absolutely necessary – we need to be exposed to germs to some extent)
- Chlorine (kills gut bacteria, promotes dysbiosis – ideally filter drinking and shower water)
- Excessive unrelenting stress (queues your body to elevate cortisol and insulin levels and store fat)
- Environmental toxins (eat organic, breathe clean air, use natural household and beauty products – damage endocrine system and overload liver, which further reduce ability to process fat)
- GMOs (cause chronic inflammation, overactive immune, auto-immune – in foods, drugs, vaccines)
- Preservatives, colorings, chemical additives (gut cannot assimilate, utilize or remove effectively)
- Heavy metals like mercury in fish, non-stick pans, tooth filling (damage brain, gut, detox pathways)
- Meat raised in an unhealthy manner like inhumane practices and with antibiotics and hormones
- Ultra processed foods, sugar & refined carbs (feed bad bugs, spike blood sugar, inflammation and fat production)
- Trans & hydrogenated fats (cell walls needs healthy fats – unhealthy fats make unhealthy cell walls and inhibit cells from taking in nutrients and removing toxins properly – causing altered DNA)

MEDICAL ADVICE DISCLAIMER: *The information presented on this handout is for your information purposes only and not intended to diagnose or treat any disease. Always consult your doctor before starting a new health regimen. If your doctor knows about nutrition and wholistic health . . . even better.*