Standard Process
WHOLE FOOD NUTRIENT SOLUTIONS

Nutritional Support Protocol

Support for Intestinal Cleansing IA

Developed and reviewed by the clinical, chiropractic, and naturopathic members of the Standard Process team

Physiology of Intestinal Immunity and Cleansing Function

A healthy intestinal environment uses a multi-layered immune defense system to protect against infectious and parasitic organisms. This defense system includes physical, biochemical, immunological, and microbial mechanisms to prevent colonization and facilitate rapid clearance of invading organisms. When one or more components of intestinal immune defense become dysfunctional or overwhelmed, organisms can exploit those vulnerabilities.

The intestinal pathophysiology of protozoan parasites like Giardia, Entamoeba, Cryptosporidia, and Blastocystis involves complex interactions between the parasite and host. These include epithelial disruption, immune activation, and nutrient malabsorption.

While many protozoan infections are assumed to be acute and self-limiting in immunocompetent hosts, subclinical or chronic infections can have substantial implications for human health. Subclinical parasitic infections are biologically active despite the absence of classic gastrointestinal symptoms and can exert chronic, low-grade effects on host physiology. This represents a silent burden on host health — especially in vulnerable populations — and can impact the gut-immune-brain axis, cause nutrient depletion, and trigger chronic disease.

Lifestyle and nutritional interventions can support a healthy intestinal environment by promoting gut barrier function, microbiome, and immune health; supporting nutrient repletion; and encouraging healthy GI motility and intestinal cleansing function.

Supportive Lifestyle Practices

Recommend implementing techniques like sauna therapy, Epsom salt baths, skin brushing, and lymphatic massage to support clearance of toxins and immunomodulatory byproducts of protozoan infections that can enter systemic circulation — especially when the intestinal barrier is compromised.[1]

Support nervous system regulation through breathwork, heart rate variability (HRV) training, and vagal nerve stimulation. Parasite infections initiate an inflammatory response that affects the brain and central nervous system via the blood-brain barrier, immune cells, and vagus nerve activation.[2]

Whole Foods Nutritional Recommendations

Encourage patients to add garlic to their food. Garlic is rich in organosulfur compounds like allicin and diallyl sulfides, as well as other bioactive compounds that support a healthy host immune response and intestinal environment. It modulates gut flora, microbial enzymes, and immune cells. It also has antioxidant properties.[3]

Recommend that patients add kale to their diet. Isothiocyanates, which are derived from glucosinolates in kale, can modulate the gut microbiome and the integrity of foreign cell membranes and cellular processes. They also support antioxidant processes and healthy detoxification pathways.[4,5]

Patients should consume foods and beverages high in antioxidants like berries, green leafy vegetables, turmeric, and green tea to modulate oxidative stress and inflammatory mediators caused by foreign bioactive compounds.[6]

Dietary Supplement Regimen

GI Adsorb™

Suggested Use: **4 capsules per day, prior to a meal with a full glass of water**

- Contains purified Clinoptilolite (G-PUR®) a zeolite mineral that has adsorbent properties towards naturally occurring toxins*
- Contains Collinsonia Root, which has been historically used to support normal elimination and digestive health*
- Helps support a healthy gut barrier*
- Helps with the body's removal of naturally occurring toxins by supporting a healthy GI barrier and normal elimination*

Biofilm ProBalance™

Suggested Use: **3 capsules per day with a meal**

- Regulates mixed species biofilm matrices in the GI*
- Balances the structure and development of microbial communities and extracellular components*
- Contains organic garlic and kale, whole foods with in vitro data demonstrating support for biofilm balance*
- Supports intestinal comfort*
- Supports digestive health*

MediHerb® Myrrh Forte

Suggested Use: **4 tablets 1-2 times daily in pulse dosing (3 days on, 4 days off)**

Myrrh is used traditionally to:

- Support healthy bowel function*
- Support healthy digestion*
- Support a healthy intestinal environment*
- Support gastrointestinal health*

An important component of Myrrh Forte is the alcohol-soluble resin of Myrrh, which contains many substances, including commiphoric acids.

MediHerb® Berberine Active

Suggested Use: **1 tablet 2-4 times daily**

Berberine Active contains Phellodendron; the compounds in Phellodendron are used traditionally in Chinese herbal preparations to:

- Promote regularity of bowel function*
- Support a healthy bowel environment*
- Support healthy liver function*
- Act as a general tonic herb*
- Provide antioxidant activity*

Assessment of The Intestinal Environment

In Office/Physical Exam

- Vital Signs
- Signs and symptoms such as loose stools, abdominal pain, nausea, vomiting, fatigue, rashes, headaches, weight loss, brain fog, and nutrient malabsorption
- Lab Studies: PCR testing, microscopy, ELISA antigen testing, functional GI testing
- Medical Hx: potential exposures to infected water or food, travel, chronic illness, neurological complications

REFERENCES

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3. Tudu, C. K., et al. (2022). Frontiers in nutrition, 9, 949554.
4. Bouranis, et al. (2022). Nutrients, 15(1), 42.
5. Connolly, E. L., et al. (2021). Frontiers in pharmacology, 12, 767975.
6. Kalogerakou, T., & Antoniadou, M. (2024). Antioxidants (Basel, Switzerland), 13(12), 1508.

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*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.

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