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6 WEEK GUT PROGRAM

WEED, SEED, FEED

Did you know that 70% of your immune system is made up of tissues located in the gastrointestinal tract? It's one of the many reasons the gut is so important to health and longevity. So a key factor in that health, is the gut flora, also referred to as the microbiota. This is a diverse community of bacteria both good and bad that live in the system. Keeping this community of bacteria balanced is important, especially if you are experiencing symptoms of gas after eating, indigestion, burning stomach sensations or bloating. Surprisingly, and this is something that I was never taught in school, more than 90% of the neurotransmitter serotonin is found in the gut. So not in the brain, right but in the gut, made by these tiny creatures, the bacteria. Now once you understand this how can we even try to help people who are suffering with conditions like anxiety or depression without treating the gastrointestinal tract? And I have seen it in clinic, all the time, people coming in with gut problems and as a side note they tell me that they also have depression or have anxiety, but they never drew the correlations with the gut. And just like a miracle, once they get the GI flora balanced these horrible conditions improve. Now not in everyone, I am not saying that, it's complicated right, and these conditions like depression, they really resolve best when you work with your doctor and therapist. These can be life threatening disorders and deserve an integrated approach, but I am just suggesting that your gut bacteria may play a big role, and I think it's the biggest role. As always, with everything I say, opinions vary...

But... you know, I have seen this relationship in patients for many years, in fact when I am approaching a chronic condition now I will usually just start in the gut, if I can get that to balance then I find many other symptoms, even ones that do not seem like they would be related, like for example joint pain or as I mentioned anxiety, these things resolve or at least improve.

Now look. This is a new science and I am not suggesting to know everything about this, but I have experience treating patients, I have been doing this since 2001, and so I started implementing a specific pretreatment program to help these cases that I call the Weed, Seed and Feed program. So It's a 6 week treatment, easy to implement and do yourself with the end goal of balancing the GI flora. Meaning, we weed off the bad bacteria, plant the seeds for the good bacteria to reproduce and then give those bacteria the food needed to multiply. The entire cycle runs 6 weeks. It is also a critical program for people engaged in chemotherapy, or antibiotic therapy where we know that the gut flora gets harmed.

Ok so I am going to outline the program and I will also have a written copy available on my website for download that includes all the links to the products for those interested in starting.



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*

The first thing I will do is get the patients on general digestive support. I usually do not like to use an acid product for this but instead I like using bitters. Bitters influence your own body to make more stomach acid and are easier on the system. These will immediately improve digestion by stimulating gastric juices and bile flow. I recommend Digest Forte 1 tablet times per day before meals. Digest forte contains Gentian root, tangerine peel, ginger, feverfew and wormwood. In the correct extract and dosage needed to invoke a “safe” clinical response. And again because there is no acid in these tablets, they are very good even for those who are sensitive to traditional acid based digestive enzymes.

Next we are going to do a weeding phase for 2 consecutive days per week. The goal here is to kill off the harmful bacteria. We will use Gut Flora Complex taking 3 soft gel tablets 2 times per day. This is a unique supplement that will cleanse and promote healthy intestinal environment. Using Oregano and Anise oils with Andrographis and Pellodendron it works fast and safely. You will need 2 bottles of this product to take over the 6 week treatment. As a side note if you have a very specific infection in your colon or small intestine, if you know you have a certain parasite or worm, then reach out to me and I may suggest a different weeding supplement, maybe wormwood or garlic in your case but generally I find Gut Flora complex is the best to use and produces the greatest benefit with the fewest side effects.

You will do a seeding phase for 5 consecutive days a week. This is where you lay the foundation to grow in helpful, good bacteria. Use ProSynbiotic, 3 capsules per day. This contains a blend of 4 research supported probiotic strains and prebiotic fiber to support overall gut health and improve nutrient digestion and absorption.

The final phase is the Feeding and we do this for 5 consecutive days a week in conjunction with the Seeding Phase. This is simple, Whole Food Fiber, 1 level table spoon in a blender drink per day. This contains both soluble and insoluble fiber from nutrient rich Whole Foods to promote regular intestinal mobility and elimination. This provides the food for beneficial microorganisms in the lower GI tract.

Go to my website and you can print off the full protocol as well as purchase all the products mentioned, directly from the manufacturer. You will need:

- **EVERYDAY DIGESTION: 3 bottles of Digest Forte, 1 tablet 3 times a day before meals.**

<https://drstephenstokes.standardprocess.com/products/digest-forte>

DiGest Forte contains Gentian, Ginger, Tangerine, Wormwood and Feverfew to support healthy digestion.*

These herbs have been traditionally used in herbal preparations to:

- Stimulate gastric juice output and appetite*
- Support healthy digestion and intestinal function*
- Promote healthy gastrointestinal tone*
- Support the body's natural toxin-elimination function*
- Increase bile flow as a cholagogue*
- Promote normal response to environmental stressors*

Each Serving Size (1 Tablet) contains: Gentian root 2:1 extract 100 mg (from Gentiana lutea root 200 mg), Tangerine fruit peel 5:1 extract 100 mg (from Citrus reticulata fruit peel 500 mg), Feverfew leaf 3:1 extract 66.7 mg (from Tanacetum parthenium leaf 200 mg), Ginger rhizome 10:1 extract 25 mg (from Zingiber officinale rhizome 250 mg), Wormwood herb 4:1 extract 25 mg (from Artemisia absinthium herb 100 mg), Tangerine (Citrus reticulata) fruit peel essential oil, cold pressed 12.5 mg, Other Ingredients: Microcrystalline cellulose, dibasic calcium phosphate dihydrate, croscarmellose sodium, sodium starch glycolate, silicon dioxide, magnesium stearate and hypromellose.

- **WEEDING PHASE: 2 bottles of Gut Flora Complex, 2 Days a week, 3 softgell tablets 2 times a day**

<https://drstephenstokes.standardprocess.com/products/gut-flora-complex>

Gut Flora Complex is a unique supplement that combines herbs and essential oils to support a healthy digestive environment and digestive function.*

It contains Andrographis and Phellodendron with Oregano and Anise essential oils for healthy gastrointestinal function support.* These herbs have been traditionally used in herbal preparations to:

- Cleanse and promote healthy function of the gastrointestinal tract*
- Encourage a healthy intestinal environment by helping to maintain optimal gut (intestinal) flora*
- Relieve occasional mild gastrointestinal discomfort, including bloating and flatulence*
- Support healthy immune system response*

Each Serving Size (1 Softgel) contains: Calories 5, Anise (Pimpinella anisum) fruit essential oil 125 mg, Andrographis aerial parts 10:1 extract 100 mg (from Andrographis paniculata aerial parts 1.0 g, Containing andrographolide 10 mg), Phellodendron stem bark 20:1 extract 80 mg (from Phellodendron amurense stem bark 1.6 g, Containing berberine 38 mg), Oregano (Origanum vulgare) leaf essential oil 75 mg), Chlorophyllin-copper complex 7 mg. Other Ingredients: Gelatin, rice bran oil, glycerol, sorbitol, pectin, lecithin (soy), beeswax and purified water

- **SEEDING PHASE: You need 1 bottle Prosynbiotic, 5 consecutive Days a week, 3 capsules per day**

<https://drstephenstokes.standardprocess.com/products/prosynbiotic>

ProSynbiotic, a probiotic for everyday microbial support, is a synergistic blend of 4 probiotic microbes and a prebiotic fiber to support overall intestinal health.*

- Contains inulin which is used by probiotic bacteria as food
- Supports a healthy gut microbial environment*
- Supports normal bowel regularity*
- Supports the body's natural immune system response function*

Nutrients & Ingredients – Each Serving Size (3 capsules) contains: Calories 5, Total Carbohydrate 1 g. Proprietary Blend 1,337 mg: Inulin (chicory root fiber), Saccharomyces boulardii (500 mg), Lactobacillus acidophilus, Lactobacillus paracasei, and Bifidobacterium animalis subsp. lactis. Other Ingredients: Cellulose, water, and calcium stearate. 1 Bottle of ProSynbiotic

- **FEEDING PHASE: 1 bottle of Whole Fiber, 5 consecutive Days a week, 3 capsules per day**

<https://drstephenstokes.standardprocess.com/products/whole-food-fiber>

Whole Food Fiber is a good source of dietary fiber from nutrient-rich whole foods.

- Contains both soluble and insoluble fiber
- Supports healthy bowel function*
- Promotes regular intestinal motility and elimination*
- Supports healthy epithelial cells in the bowel*
- Provides food for beneficial microorganisms in the lower gastrointestinal (GI) tract*
- Adequate fiber consumption helps maintain blood sugar levels that are already within normal range

Each Serving Size (1 level tablespoon) contains: Calories 25, Total Carbohydrate 5 g, Dietary Fiber 3 g. Proprietary Blend 6 g: Oat fiber, beet fiber, rice bran, organic beet (root), apple pectin, organic carrot, organic sweet potato, and carrot fiber

Principle	Core Protocol	Order Quantity
Everyday Digestion	DiGest Forte (MediHerb®)	3 bottles
Weeding	Gut Flora Complex (MediHerb®)	2 bottles
Seeding	ProSynbiotic	1 bottle
Feeding	Whole Food Fiber	1 bottle