

Healthy Gut Protocol

Dr. Pagano's 3 D's approach- Detox, diet, and determination

For autoimmune diseases (psoriasis), SIBO, eczema, cystic acne, and more.

*Step one (Detox)- Extinguish inflammation and expel residual waste, toxins, and pathogens.

Expelling residual waste and toxins is a crucial step before you can begin repairing damaged intestinal tissue. The goal here is to start your healing process with a clean slate. Removing sugars, starches, and grains help the gut lining rebuild itself.

- For the first phase of healing, we like to recommend a 5-7 day juice cleanse.
- Preparing for your juice cleanse-
 - Narrow your diet strictly to *plain* fruits and vegetables two days prior to your cleanse. This will help prepare your body for the change in consumption.
 - *It has been advised to stay away from acidic foods (tomatoes) and night shades (white potatoes and eggplant)*
 - Stock up on your favorite teas and a good probiotic. Lemon with hot water and ginger is a great option as well.
 - If you are blending your own juices, stock up on ingredients ahead of time.
 - Great ingredients to incorporate- Mint, kale, basil, parsley, carrots, spinach, apples, strawberries, blueberries, lemons, kiwi, chia seeds, spirulina, chlorella, coconut, and even sea salt.
- During your cleanse, it is crucial to stay hydrated. Drink plenty of water in between each juice “meal”.
 - Try different teas, kombucha, juices from a local health food store.
 - If you are purchasing juice at a store, make sure it has only pure ingredients that will assist in your healing. No processed sugars or additives.
 - It has been advised to use an enema during this phase to assist in cleansing the bowels. I recommend doing this when you will be home for the next 8 hours.
 - If you are feeling hungry or fatigued and must eat something, try having a soup that is mostly broth. The entire purpose of purging residual waste and pathogens is so you can begin healing with a **clean** gut.
- After your cleanse, only introduce *plain* fruits and vegetables (again no tomatoes or night shades) **for two days**

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*Step two (Diet)- Let the healing commence. Form a sustainable "gut friendly" diet.

It's becoming increasingly apparent that inflammation of the gut is the root of most (if not all) organ system malfunctions. A healthy gut is the beginning to a healthy body. Here is a quick guide to finding a sustainable anti-inflammatory diet that works for you.

- Foods rich in Omega 3 fatty acids
- Dark leafy greens
- Use extra virgin olive oil for cooking
- Drink herbal teas in the morning and at night. Herbal teas help clean the digestive tract and aid in digestion.
- Butternut squash, carrots, sweet potatoes, spinach, kale, broccoli, avocados, blueberries, celery are all great to incorporate into your diet.
- Anti-inflammatory herbs and spices- Curcumin, turmeric, basil, slippery elm bark, marshmallow root.
- Supplements you can take- Glutamine, Aloe Vera (you can add Aloe juice to shakes), coconut oil, ginger, vitamin d, flaxseed, vitamin a.

Some quick tips:

- *Most important* Avoid all foods/beverages that cause inflammation such as **dairy**, alcohol, gluten, processed food, saturated fats, trans fats, red meat, acidic foods, and night shades.
 - Aim for a balanced alkaline diet that has variety so you won't get bored.
- Incorporate as many fresh fruits and veggies as possible (the richer the color, the more nutrients).
- Drink tea instead of coffee (green or oolong tea is preferred)
- If you like to drink, one glass of red wine is recommended.
- If you crave something sweet, a small piece of dark chocolate is recommended.
- Drink plenty of water daily
- Having a healthy bowel movement daily is extremely important as well, so include foods high in fiber.
- **No over eating**

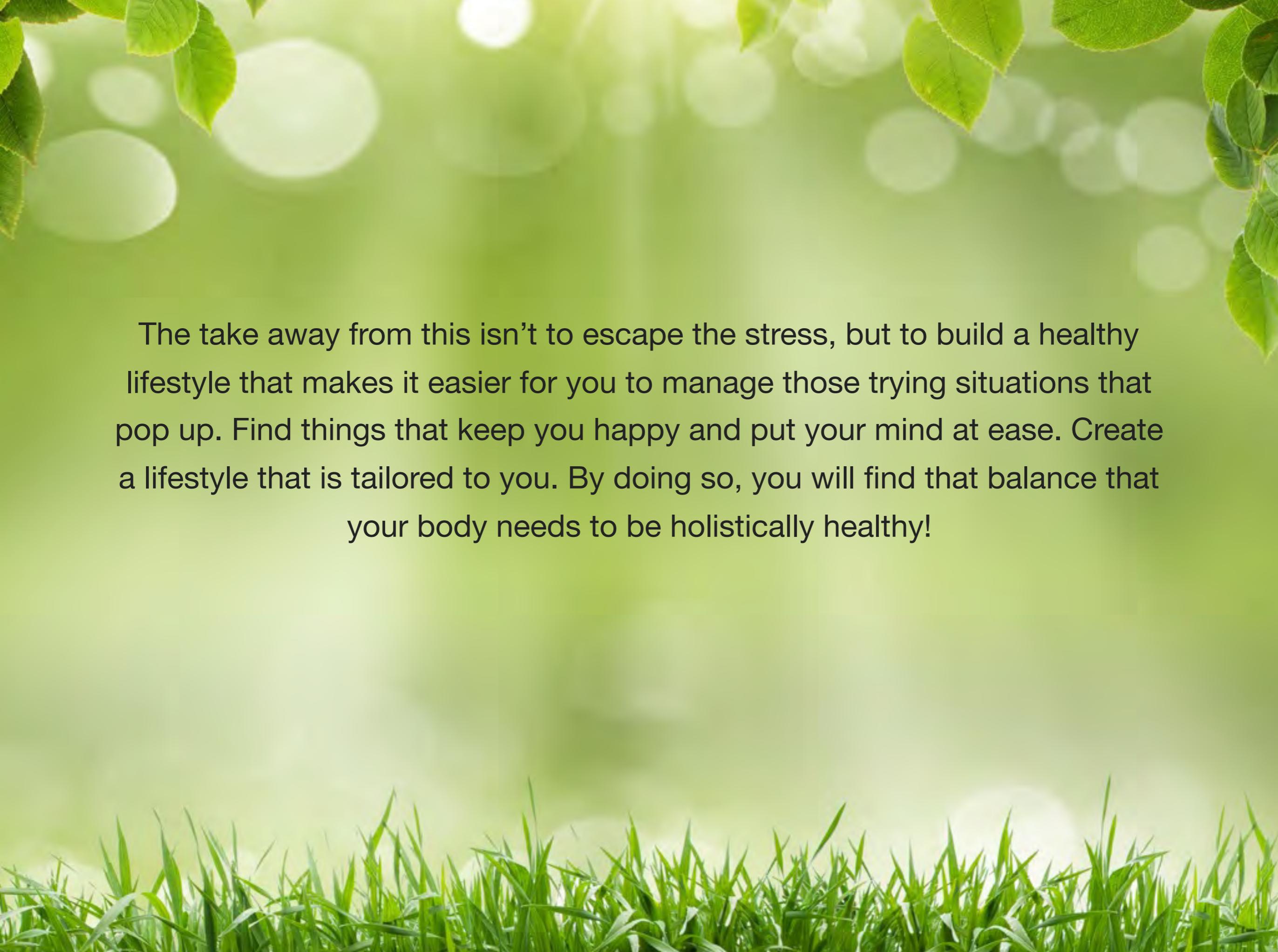
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*Step three (determination)- creating a healthy lifestyle that works for you.

Determination is key to your overall success. Sustaining a gut friendly diet and maintaining a healthy, happy lifestyle go hand in hand to your health as a whole.

- Be aware of what you put in and on your body-
Nourish, heal and detox your skin with Puremedy's Eczema and Psoriasis Relief 3x a day. If possible, cover (non absorbant bandage or saran wrap) to keep salve on the skin.
- Give up smoking-
This is the biggest lifestyle change some people will need to make. It won't be easy, but it is necessary for obvious reasons.
- Keep stress levels maintained-
Let's face it. Stress is inevitable. What matters is the way you allow stress to affect you. Keep your stress maintained by allowing time for things that put your mind at ease. Meditate for ten minutes when you first wake up, listen to calming music on your lunch break, go for a walk.
- Get enough sleep-
It has been proven that sleep improves brain function and is vital in healing damaged cells, keeping a healthy immune system, and sleep allows your body to recover from the day's activities by detoxing cellular waste and recharging your heart/cardiovascular system.
- Exercise-
Exercise is important because it speeds up your metabolism which stimulates blood flow and in turn, regulates the body's elimination process. It also helps you maintain a healthy weight and reduces the risk of diseases like type 2 diabetes.
- Take a walk-
Really, take a walk. As stated above, exercise is so important, but that's not the only thing that's great about walking. Brisk walking boosts endorphins which reduce stress. PLUS vitamin D is great for the skin, and what better way of getting vitamin D than from the lovely sun itself? (worried about SPF? Coconut Oil has a natural SPF of 4!)
- Find a hobby-
Hobbies keep you engaged. Find something that you enjoy doing and make time to do it. Read, paint, write in a journal.
- Lean on me-
Emotional support is healthy. Some people find emotional support in their pets, others have friends or family that they can reach out to. These are people that make you feel safe and comfortable in your own skin. People you can connect with.



The take away from this isn't to escape the stress, but to build a healthy lifestyle that makes it easier for you to manage those trying situations that pop up. Find things that keep you happy and put your mind at ease. Create a lifestyle that is tailored to you. By doing so, you will find that balance that your body needs to be holistically healthy!