

Wellness From Within Protocol

Diet

Moderate Your Sugar

Excess sugar that cannot be broken down and absorbed by the body will be left to sit in the bowels, where it ferments. This sugar moves more slowly through the large intestine, feeding unfriendly bacteria and yeast, causing a build-up of gas. This gas can cause cramping, spasms, and pain. Additionally, a high sugar intake may influence the balance of microbiota to have increased pro-inflammatory properties and a decreased the capacity to regulate gut integrity and immune system function. Work on decreasing or avoiding high-sugar foods and sugar-sweetened beverages. This one simple change can go a long way toward enhancing microbiota health as well as positively modulating inflammation, increasing gut health, and avoiding energy crashes throughout the day.

Eat A Rainbow

Vary your fruit and vegetable intake to include as much diversity as possible. A rainbow of plant foods provide fiber and polyphenols (prebiotics) which feed our diverse microbial ecosystem and ensures we cultivate the species most beneficial to us. These foods also provide nutritional antioxidants, vitamins, and minerals, which are essential to total-body wellness. Enjoy a plethora of low-glycemic vegetables including kale, Bok choy, spinach, purple cabbage, asparagus, peppers, cauliflower, Brussels sprouts, and chard to feed your healthy flora and reap the benefits of these delicious, nutrient-dense foods.

Cook At Home

It saves money, makes less waste and tends to keep unnecessary food additives to a minimum. Additionally, cooking at home tends to cut back on fried foods. Baking or boiling ingredients instead of frying them will eventually compound into an improvement in the gut's system. These cooking methods are easier on the digestive system than fried foods, allowing your body to not have to work as hard to break them down.

Fortify Your Microbiota With Fermented Foods

Fermented foods contain some of the same live microorganisms found in a healthy gut microbiota. They have health benefits when you consume them in adequate amounts. Enjoying fermented foods such as low-sugar yogurt, sauerkraut, tempeh, aged cheese, kombucha, and miso, can add to your beneficial microbes and help rebuild your microbiota. That may be especially helpful if your gut health needs a boost.

Lifestyle

Optimize & Prioritize Sleep

Your entire body—including your microbiome—is designed for predictable cycles of sleep, wakefulness, and eating. Disrupting that rhythm negatively impacts both the regular oscillations and composition of the microbiome. Establish a regular, relaxing bedtime routine and be consistent with your sleep and wake time. Make sure the room is cool and dark and that there are no electronics with lights visible. If possible, power down all devices 1-2 hours prior to bedtime.

Start a Gratitude Practice

Thanks to the gut-brain axis, you can also influence the balance of your microbiome by practicing gratitude. When we practice gratitude, particularly at the beginning and ending of each day, helps to increase the production of serotonin in the body. More serotonin means a more efficient digestive system and a healthier, happier you.

Focus On Water

Hydration with pure, filtered water is one of the most important factors in improving all aspects of your health, both of body and mind, including digestion and promoting a healthy gut. Water can move nutrients around in the body and assist in removing waste and other toxins. Shoot for half your bodyweight in fluid ounces per day (e.g., 160 lbs = 80 fl oz per day).

Vary Your Exercise

Recent studies suggest that exercise can enhance the number of beneficial microbial species, enrich the microflora diversity, and improve the development of commensal bacteria. All these effects are beneficial to you, improving your overall health status. Ask your doctor about an exercise regimen that is right for you and ideally contains aerobic as well as strength training components.

Carve Out Time To Quiet Your Mind

Mindful quiet time for your brain helps regulate the stress response, thereby suppressing chronic inflammation states and maintaining a healthy gut-barrier function. Incorporate time specifically to disconnect from the busy world around you by taking a walk in nature, meditating, or practicing yoga.

Optimized Supplement Plan



Ther-Biotic® Synbiotic

Shelf-stable, 50 billion CFU probiotic and prebiotic formulation

Synergistic, high CFU microbiota wellness support from 7 probiotics plus a low FODMAP Certified™ prebiotic.† (SKU #V777)

Methyl Balance™

Activated B vitamins plus Trimethylglycine (betaine)

Betaine plus active forms of folate, vitamin B12, B6, and B2 work together to support immune, cardiovascular, neuronal and emotional health, methylation processes, and promote healthy homocysteine metabolism.† (SKU #MBA)

Eicosamax® 1000

Ultra-pure, once-daily essential fatty acid

A convenient once-daily omega-3 fatty acid supplement offering 1,000 mg eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per soft gel in the natural, triglyceride form. (SKU #EMXXS)

Enhanced Support Options

TheraFlavone™

Concentrated, full-spectrum multiflavonoid formula, preserving the synergistic activity of the full complement of phytonutrient compounds.

A wide selection of flavonoids from well-known botanical extracts like green tea, ginkgo, and bilberry provide antioxidant benefits to support your microbiota, cardiovascular, immune, and liver detoxification systems.† (SKU #TFV)

Dual Detox™

Supports natural liver detoxifying effects†

An advanced blend of green plant concentrates and enzymes for microbiota protection against chemical exposures from your daily diet and the environment.† (SKU #DTX)

Product Name	Serving Suggestion*	Purpose
Ther-Biotic® Synbiotic	1 capsule daily with food	The human microbiota influences many factors required for health and well-being including metabolic function, gastrointestinal (GI) barrier health, immune function, as well as cognition and mood. As research surrounding probiotic supplementation continues to develop, there is a growing body of evidence that supports the importance of the supplementation of prebiotics, the non-digestible fibers that provide the essential nourishment needed for healthy flora to survive and successfully colonize the GI tract. Now, research has demonstrated that the combination of probiotics with a prebiotic may offer a more profound effect on GI ecology than probiotics alone.†
Methyl Balance™	1 capsule daily with food	B vitamins provide essential nutrients to the microbiota by support immune cell activity and have been linked to improved neurological and psychological health.†1,2,4 This formula contains Vitamins B2, B6, B12, and folate in active, coenzyme forms for maximal bioavailability and function. The ingredients in Methyl Balance™ work together to synergistically support methylation processes and help maintain normal homocysteine metabolism, regardless of functional or genetic differences.†5
Eicosamax® 1000	1 softgel daily with food	Research shows that omega 3's boost the creation of short-chain fatty acids, which work to decrease inflammation and help your immune system function effectively. Additionally, omega-3 fatty acids have shown to increase the diversity of healthy gut bacteria, decrease gut permeability, and lower inflammation, which means good things not just for your gut, but for your overall health.†5

Enhanced Support Options		
TheraFlavone™	1 capsule, 2 times daily with food	TheraFlavone™ is a powerful formula providing support for beneficial microbiota, immune function, circulatory health, liver detoxification mechanisms, and antioxidant pathways.†6 Only full-spectrum extracts, not isolated flavonoids, are included thus preserving the synergistic activity of the full complement of phytonutrient compounds with well-documented antioxidant and biochemical actions.
Dual Detox™	2 capsules, 2 times daily with food	Dual Detox™ can be used as enhanced support for daily fortification of the body's natural detoxification mechanisms, promoting a healthy internal environment.† A high-strength enzyme blend also breaks down dietary antigens and supports a healthy gut microbial environment, and chlorella serves as a prebiotic to further fortify the microbiota.†

*Or as directed by your Healthcare Provider

†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.

References

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3. Lamers Y, Prinz-Langenohl R, Brämswig S, Pietrzik K. *Am J Clin Nutr*. 2006;84(1):156-161.
4. Uebanso T, Shimohata T, Mawatari K, Takahashi A. *Mol Nutr Food Res*. 2020;64(18):e2000426.
5. Menni C, Zierer J, Pallister T, et al. *Sci Rep*. 2017;7(1):11079.
6. Baky MH, Elshahed M, Wessjohann L, Farag MA. *Br J Nutr*. 2022;128(4):577-591.