

Your Immune Repair Supplement Kit

Instructions for taking supplements to follow The Immune System Recovery Plan

Congrats! You will be receiving all of Dr. Blum's most highly recommended immune repair supplements all in one box. Here you will find instructions for how we use these during the online Immune Recovery Challenge that Dr Blum leads every fall, and for those following the Immune Repair Program in Dr. Blum's book.

***Please note** that Dr. Blum has modified the recommended doses for some of the supplements (mostly the basic vitamins and antioxidants in Step 1) slightly from her recommendations in the Book.*

STEP ONE:

Your Step 1 Immune Essentials Supplements

Instructions for the Immune Repair Program

Here are your instructions for the Immune Essentials supplements that you begin in **Step 1 of the Immune Repair program** as outlined in Dr. Blum's book, *The Immune System Recovery Plan*. **These powerful anti-inflammatory supplements carry through the entire program,**

and we recommend continuing to take them even when the program is over.

Blum Once-Daily Multivitamin & Mineral Packets — view supplement facts [here](#)

1 Box has 60 packets. Take 1 packet each day. Each one contains two multi-vitamins, one 2000 iu vitamin D capsule and two Omega 3-6 capsules.

- This is a top quality multivitamin and mineral that has B's, antioxidants and minerals in one complete product.
- The amount of Vitamin D we recommend is 2000 iu/day. It's good to get tested (by your doctor) to make sure this is the right dose.
- This is a mercury-free blend of both Omega 3 (EPA + DHA), and the Omega 6 GLA nutrients that are the most potent in terms of reducing inflammation.

Super Antioxidants — view supplement facts [here](#)

1 Bottle has 120 capsules. Take 2 capsules in the morning with breakfast. These broad-spectrum antioxidants include fruit and vegetable extracts to support your immune and detoxification systems.

Immune Essentials Supplement Chart

Supplement	Breakfast	Dinner
Blum Once-daily Multivitamin & Mineral Packet	1 packet	N/A
Super Antioxidants	2 capsules	N/A

STEP 3:

Your Gut Repair Supplements

For Step 3 of The Immune Repair Program

Here are your instructions for the supplements that correspond to Step 3: Healing Your Gut of Dr. Blum's book, *The Immune System Recovery Plan*.

Note: Step 2 of the program is Learn to Relax. There are no additional supplements associated with Step 2. You simply continue your Step 1: Immune Essentials until you begin Step 3.

The Gut Essentials Supplements that come in your Kit, correspond to Weeks 3-6 of the immune repair program that Dr. Blum outlines in *The Immune System Recovery Plan*. (During the Immune Challenge we also do Healing Your Gut during weeks 2-5). It includes the supplements that Dr. Blum most commonly prescribes to her patients at Blum Center for Health to repair the gut.

As you know from reading Dr. Blum's book, immune issues are often related to an imbalance in the gut microbiome. As Dr. Blum always tells her patients ... when you heal your gut you reduce inflammation and then you put the brakes on your autoimmune condition.

Here is a list of what is included in your Kit:

1. **Gut Cleanse Packets:** view supplement facts [here](#)

1 Box with 60 Packets. Take this twice a day, one packet with breakfast and one with dinner. This is an herbal, antibacterial and

anti-yeast formula that also has some anti-parasite activity. This is the core part of your gut treatment and the box will last you 30 days.

Each packet includes 2 capsules of an herbal blend, and 2 capsules of oregano to treat dysbiosis; 1 enzyme capsule to improve digestion; and 1 glutamine capsule to treat leaky gut.

Instructions:

- First and second day: Take 1 packet in the morning only, with breakfast.
- Beginning day 3: Take 1 packet twice each day, AM and PM. The first packet with breakfast; the second packet with dinner. Take all the packets in each box.
- You should notice a reduction in digestion and gut-related symptoms by the end of the first week, especially since you are following the **HealMyGut Food Plan**. However, for some people this can take longer.
- **Potential side effects from herbs:**
 - If you have lots of bad bacteria or yeast (moderate to severe dysbiosis) you might have what's called a "die-off reaction." This means that as the bad microbes are killed with the Gut Cleanse supplements, you might feel more fatigue, brain fog, possibly a headache or GI symptoms, such as nausea. If the side effects are uncomfortable, cut back the dosage for a day or two.
 - Herbs can reduce the effect of birth control pills. While on the program we suggest using another form of contraception.

- Herbs can interact with antibiotics. If you need to take antibiotics, stop the Gut Cleanse Packets until you are done.
- Rarely, herbs can irritate the liver, causing nausea and vomiting. If this happens to you, stop taking the supplements and this should go away within 1-2 days. If your vomiting continues, contact your doctor.

2. Probiotics: view supplement facts [here](#)

1 bottle with 60 capsules. This is a multiple-strain formula that helps reduce inflammation. You can keep our Probiotics at room temperature for weeks at a time, but it is best to store in the refrigerator to maintain potency if longer than a month.

- We recommend taking 1 capsule at bedtime because you should not take Probiotics within 2 hours of taking your Gut Cleanse Packets.
- Beginning Week 7, after finishing your HealMyGut supplements, you will stay on Probiotics, 1 per day, for 3-6 months for deeper gut healing and repair. At that time, you can take the Probiotics with any meal.

3. Soothe Protein Powder with Antioxidants for Gut Integrity: view supplement facts [here](#)

1 canister has 28 scoops. 1 scoop of powder each day, mixed with water, almond, rice or coconut milk, or put in a blender and add your favorite fruit. We have several smoothie recipes for you to try in the recipe section of this guide.

5. Strengthen Powder: view supplement facts [here](#)

Concentrated L-Glutamine for enhanced treatment of leaky gut.

- Add 1 tsp of Strengthen powder to your shake every morning, or mix with 4 oz of water and drink before breakfast.
- Beginning Week 7, after finishing Step 3: Healing Your Gut, you will stay on Strengthen, 1 tsp/day, for 3-6 months for deeper gut healing and repair.

Gut Essentials Supplements Charts

Month 1: Weeks 3-6

Supplement	Breakfast	Dinner	Bedtime
Gut Cleanse Packets	Take 1 packet in the morning, before with breakfast	Beginning Day 3: 1 packet with dinner	N/A
Soothe Protein Powder	1 scoop of powder each day	N/A	N/A
Strengthen Powder	1 tsp added into the smoothie	N/A	N/A
Probiotics	N/A	N/A	1 capsule at bedtime, not within 2 hours of your Gut Cleanse packets

STEP 4:

Your Whole Life Detox Supplements

For Step 4 of The Immune Repair Program

Now it is time to support your liver and reduce your toxic load with the Whole Life Detox supplements. Here are your instructions for the supplements that correspond to Step 4: Supporting Your Liver of Dr. Blum's book, *The Immune System Recovery Plan*. We also use these supplements with these same instructions for the Online Immune Challenge every fall with Dr Blum.

The 14-Day Whole Life Detox supplements are in addition to the Immune Essentials you have been taking since Week 1, and the Gut Essentials you will continue from your HealMyGut program (Strengthen and Probiotics).

Here is a list of what is included in your Kit:

1. Liver Support With Antioxidants Protein Powder: view supplement facts [here](#)

1 canister with 21 servings. Add 2 scoops of Liver Support with Antioxidants protein powder to water or a dairy substitute such as rice, almond, or coconut milk (see recipes at the end of this guide). You can use a shaker cup with a lid, or use a blender and add fruit, fresh or frozen. Some people like to add their favorite ingredients like ground flax, coconut milk yogurt, or liquid omega-3 oils. It's a great idea to drink the Liver Support with Antioxidants Protein Powder as a breakfast smoothie.

2. Daily Detox Support Capsules: view supplement facts [here](#)

1 bottle with 76 capsules. To complement the Liver Support Protein Powder with Antioxidants, the Daily Detox Support Capsules are filled with nutrients, antioxidants and herbs that enhance Phase 1 Detox pathways and keep the balance between Phases 1 and 2, to reduce the likelihood of detox side effects.

3. Fiber Blend: view supplement facts [here](#)

1 canister with 60 servings. Fiber helps bind to toxins and pull them into the stool and out of the body. Fiber also helps keep you regular, and moving your bowels every day is very important while doing a detox. We want those toxins moving out and don't want them getting stuck in your gut and re-absorbed. We suggest adding 1 tablespoon of Fiber Blend to your protein shake.

4. Magnesium: view supplement facts [here](#)

1 bottle with 120 tablets. Magnesium Citrate is our "go-to" treatment for constipation. If you are generally constipated, or find you are sluggish during the detox, we suggest adding magnesium to your regimen, 2 at bedtime.

Whole Life Detox Supplement Directions:

During the first 4 days, and last 4 days of the two-week program, you will take only one serving of Detox Supplements daily. For the 6 days in the middle, we will increase the intensity by doubling the dose to 2 servings daily. Here is the summary:

Days 1-4 & Days 11-14

Supplement	Breakfast	Bedtime
Liver Support Protein Powder with Antioxidants	2 scoops in a breakfast smoothie	N/A
Daily Detox Support Capsules	2 capsules	N/A
Fiber Blend	1 TBSP added into the smoothie	N/A
Magnesium citrate (as needed for constipation)	N/A	2 tablets

Days 5-10 — Intensified Detox

Supplement	Breakfast	Mid-Afternoon	Bedtime
Liver Support Protein Powder with Antioxidants	2 scoops in a breakfast smoothie	2 scoops in an afternoon smoothie	N/A
Daily Detox Support Capsules	2 capsules	2 capsules	N/A
Fiber Blend	1 TBSP added into the smoothie	1 TBSP added into the smoothie	N/A
Magnesium citrate (as needed for constipation)	N/A		2 tablets

