

# Your Gut Essentials Supplements

## Step 2 of Dr. Blum's Healing Arthritis:

### Intensive Gut Repair

As you know from reading Dr. Blum's book, Healing Arthritis, arthritis and joint pain are related to an imbalance in the gut. As Dr. Blum always tells her patients ... when you heal your gut you reduce inflammation, putting out the flames of joint pain.

Here are your instructions for the Intensive Gut Repair supplements that we use in our online programs (including the 90-Day Healing Arthritis Program and the Healing Arthritis Challenge) and that correspond to Step 2 of the 3-Step Arthritis Protocol in Dr. Blum's book, Healing Arthritis. You might recall that Step 2 begins on week 3, after the first 2 weeks of following the Leaky Gut Diet for Arthritis and beginning the Arthritis Essentials supplements (Healing Arthritis Kit #1: Arthritis Essentials is sold separately).

Here is a list of what is included in your Kit. You will also find two charts that lay out exactly when and how to take your supplements Gut Essentials charts are broken down into Month 1: Weeks 3-6 and Month 2: Weeks 7-10.

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

1 Box with 60 Packets. Take this twice a day, in the morning and evening, with or without meals. This is an herbal, antibacterial and anti-yeast formula that also has some anti-parasite activity. This is the core part of your treatment and one box will last you 30 days.

Each packet includes 2 capsules of herbs, 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, before or with breakfast.
- Beginning day 3: Take 1 packet twice each day, AM and PM. The first packet before or with breakfast; the second packet before or 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 **Leaky Gut Diet for Arthritis**. However, for some people this can take longer.
- **Potential side effects from herbs, whether you take ours or supplements you purchased on your own:**
  - 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.

*You will need two boxes to finish the two core months of Gut Repair. But, don't worry, we will send you a reminder email. Because herbs can be unpredictable in their effect on some people, be sure the Gut Cleanse Packets agree with you before ordering the second box.*

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

1 bottle with 60 capsules. This is a multiple-strain formula that should be refrigerated for best results.

- We recommend taking 1 capsule at bedtime during your 2 months of treatment because you should not take Probiotics within 2 hours of taking your Gut Cleanse Packets. (This is also true if you are taking your own probiotics and gut cleanse herbs).
- Beginning Week 11, after finishing the Gut Cleanse, 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.
- You will only need one bottle of our Probiotics for the two core months of Gut Repair.

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

1 scoop of powder each day, mixed with water, almond, rice or coconut milk, or put in a blender and add your favorite fruit.

Your kit comes with 1 canister of this protein powder, for the first month of your Gut Repair. If you like this protein shake, you can reorder [here](#), and continue it as long as you like.

In fact, it is a terrific option to have this breakfast shake for the full 6 months that you are working on healing your gut. And if for some reason you can't tolerate protein powders, you can do Step 2 Gut Repair without making these shakes, and simply take the rest of the supplements.

#### 4. 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.
- Beginning Week 11, after finishing the Gut Cleanse, you will stay on Strengthen, 1 tsp/day, for 3-6 months for deeper gut healing and repair.
- *You will only need 1 container of Strengthen powder for the full two months of Gut Repair.*

#### 5. GI Cleansing Herb Capsules: View supplement facts [here](#)

1 bottle with 60 capsules. For the second month of intensive gut repair, the GI Cleansing Herb Capsules will replace the Gut Cleanse Packets, which is a change from the book. We have found that for most people, moving to a less intense regimen for the second month works very well, and will continue the work of treating your gut dysbiosis and repairing your gut microbiome.

- Take 2 capsules in the morning with breakfast.

# Gut Essentials Supplements Charts

## Month 1: Weeks 3-6

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

## Month 2: Weeks 4-7

Supplement	Breakfast	Dinner	Bedtime
<a href="#">GI Cleansing Herbs</a> (click name to order)	Take 2 capsules with breakfast		N/A
<a href="#">Probiotics</a>	N/A	1 capsule with dinner (or before bedtime)	
<a href="#">Strengthen Powder</a>	1 tsp added into smoothie, or mixed with 4oz of water before breakfast	N/A	N/A
<a href="#">Optional: Soothe Protein Powder</a> (click name to order)	1 scoop of powder each day	N/A	N/A

