


SHORT GUIDE ON HOW TO FIX YOUR GUT NATURALLY

by www.h-boss.com



MEDICAL DISCLAIMER

Information in Thyroid Boss ® is provided for informational purposes only. The information is a result of years of practice experience by the author. This information is not intended as a substitute for the advice provided by your physician or other healthcare professional or any information contained on or in any product label or packaging. Do not use the information or treating a health problem or disease, or prescribing medication or other treatment. Always speak with your physician or other healthcare professional before taking any medication or nutritional, herbal or homeopathic supplement, or using any treatment for a health problem. If you have or suspect that you have a medical problem, contact your health care provider promptly. Do not disregard professional medical advice or delay in seeking professional advice because of something you have read in any products or services purchased from our web site by you DOES NOT create a doctor-patient relationship. The education and information presented herein is intended for a general audience and does not purport to be, nor should it be construed as, specific advice tailored to any individual.

The use of any information provided in this book is solely at your own risk. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. All contents copyright ©2020 Thyroid Boss ®. All rights reserved. No part of this document or the related files may be reproduced or transmitted in any form, by any means (electronic, photocopying, recording, or otherwise) without the prior written permission of the publisher.

**"I wish people would
understand how
exhausted I am, yet
keep moving!
Anytime I stop to rest,
I won't get up from
the couch. "**

11 years ago I was diagnosed with thyroid disease. Soon after my diagnosis, I started levothyroxine.

I was so happy when I started the treatment, up until all my symptoms came back and they were more aggressive this time.

In addition to that, out of blue, I was also diagnosed with PCOS.

My endocrinologist did not know what was happening.. she just said to me 'well some people can have these diseases, others not.'

She even added: 'you will probably have issues to have children, but do not worry just make sure to get married fast.'

As she said this, I focused only on keeping my tears from falling. I thought 'why is my body doing all of this to me?!'

I run back home & I felt angry! Angry at myself, at my fate, and my body. Why?? Why was all of this happening? None could give me an answer!

The next day, my eyes were red & puffy as I could not sleep as I was going over the appointment.

That day I met Adrian. We started to speak and few days after we have decided to quit all medicines that the doctor gave me (levothyroxine, birth control, metformin ..)

None would understand. But this time Adrian and I were determined to find answers and heal.

So what did we do next???

We started to apply our medical knowledge to functional medicine to find out why we even develop these problems with our health.

We started to work on the gut!!!

In fact, it was not until we started to dig down and heal the real cause that all my symptoms **disappeared!** ☐☐☐

My energy was coming back.

My Thyroid levels normalized.

My skin got much better and no more acne.

My glucose & insulin levels went back to normal.

My Hair was healthier & my period became regular.

What worked for me can also work for you...

How?



STEP 1. ***INTERMITTENT*** ***FASTING***

WWW.H-BOSS.COM

MORE RECENT RESEARCH HAS SHOWN THAT INTERMITTENT FASTING AND TIME-RESTRICTED FASTING METHODS APPEAR TO IMPROVE GUT PERMEABILITY. THIS MEANS THEY MAKE THE GUT LESS LEAKY. IT ALSO POSITIVELY INFLUENCES GUT MICROBIOTA (YOUR GUT BACTERIA). IT'S KIND OF LIKE TAKING PROBIOTICS, WITHOUT HAVING TO TAKE PROBIOTICS... WE RECOMMEND FOLLOWING 16 HOURS OF FASTING AND 8 HOURS OF WAITING WINDOW.



(1) [HTTPS://PUBMED.NCBI.NLM.NIH.GOV/28446391/](https://pubmed.ncbi.nlm.nih.gov/28446391/)


WWW.H-BOSS.COM



STEP 2.

BONE BROTH

WWW.H-BOSS.COM



BY REGULARLY DRINKING BONE BROTH OR USING IT IN RECIPES, YOU CAN HELP PROMOTE HEALTHY GUT INTEGRITY WHILE REDUCING PERMEABILITY AND INFLAMMATION. THIS IS BECAUSE BONE-BROTH CONTAINS A LOT OF GLUTAMINE THE PROTEIN COLLAGEN, THE AMINO ACID GLYCINE, AND THE JOINT-IMPROVING NUTRIENTS AND CHONDROITIN.

WWW.H-BOSS.COM



BONE BROTH

by www.h-boss.com

TITLE:
HEALING BONE
BROTH

PREP TIME:
20 MIN

TOTAL TIME:
8H

NOTES:
PLACE THE
INGREDIENTS IN
A POT AND ADD
COLD WATER TO
COVER THE
INGERDIENT.

INGREDIENTS:

- 500G BEEF
MUSCLE + BONE
- 5 CELERY
STICKS
- 1GLASS CHERRY
TOMATOES
- 2 CHOPPED
CARROTS
- 1 BIG ONION
- 2 CLOVES
- 8 BASIL LEAVES
- 2 TSP OF SALT



@docs_sznajder_gandolfo



STEP 3.
CUT SUGAR FOR
A MONTH (YES
EVEN FRUITS)

WWW.H-BOSS.COM

HARMFUL BACTERIA AND YEASTS SUCH AS CANDIDA ALBICANS ARE QUICK TO GROW IN THE PRESENCE OF ORGANIC, CARBON-BASED COMPOUNDS. WITH A REGULAR SUPPLY OF SUGAR, THESE PATHOGENIC ORGANISMS CAN GROW AND SPREADS THROUGHOUT YOUR GASTROINTESTINAL TRACT. THEY CAN OVERWHELM THE POPULATIONS OF 'GOOD' BACTERIA THAT NATURALLY RESIDE IN YOUR GUT, CAUSING SYSTEMIC HEALTH ISSUES. SOLUTION? CUT SUGAR FOR AT LEAST A MONTH!



WWW.H-BOSS.COM



STEP 4.
EAT HEALTHY
FATS AND
AVOID BAD FATS

WWW.H-BOSS.COM

HEALTHY FATS: AVOCADO, AVOCADOS AND AVOCADO OIL, COCONUT OIL, AND EXTRA VIRGIN OLIVE OIL. THEY'RE ANTI-INFLAMMATORY AND NOT HARSH FOR YOUR GUT.



WWW.H-BOSS.COM

***REFINED OILS: CANOLA, SUNFLOWER, SOYBEAN, AND
SAFFLOWER OILS. HIGH IN OMEGA-6 FATTY ACIDS.
IT MEANS THAT THEY'RE VERY INFLAMMATORY AND
BAD FOR YOUR GUT.***



WWW.H-BOSS.COM



STEP 5.
ANTI-
INFLAMMATORY
SUPPLEMENTS

WWW.H-BOSS.COM



REFINED OILS: CANOLA, SUNFLOWER, SOYBEAN, AND SAFFLOWER OILS. HIGH IN OMEGA-6 FATTY ACIDS. IT MEANS THAT THEY'RE VERY INFLAMMATORY AND BAD FOR YOUR GUT.

WHEN THE GUT IS "LEAKY" AND BACTERIA AND TOXINS ENTER THE BLOODSTREAM, IT CAN CAUSE EXTENSIVE INFLAMMATION AND POSSIBLY TRIGGER A REACTION FROM THE IMMUNE SYSTEM (WHICH IN TURN ALSO AFFECTS YOUR THYROID GLAND).

WHAT CAN YOU DO TO FIX IT? YOU NEED TO FOCUS ON DECREASING THE INFLAMMATION AND GIVING YOUR GUT PERMISSION TO HEAL (REMOVE LEAKINESS).

SUPPLEMENTS LIKE TURMERIC, GINGER, MSM & CMO ANTI-INFLAMMATORY FORMULA CAN HELP YOU WITH IT, AS IT'S BEEN SPECIFICALLY DESIGNED TO DECREASE INFLAMMATION. YOU CAN CHECK THE ANTI-INFLAMMATORY FORMULA BY CLICKING HERE.

WWW.H-BOSS.COM

Here are some additional tips to fix your gut:

- Myo inositol 2g a day after meal
- Carnivore diet for two weeks
- Fish oil 1g a day after meal
- Vitamin D 3
- Berberine HCL 500mg after every meal
- DGL Licorice root before meals
- Marshmallow Root
- Zinc l carnosine
- Digestive enzymes after meals (if you do not have gall bladder)