SHORT GUIDE ON HOW TO FIX YOUR GUT NATURALLY

by www.h-boss.com

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"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!** $\Box\Box\Box$

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

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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/

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STEP 2. **BONE BROTH**

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BONE BROTH

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TITLE: HEALING BONE BROTH

PREP TIME: 20 MIN

TOTAL TIME:

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

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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!



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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.



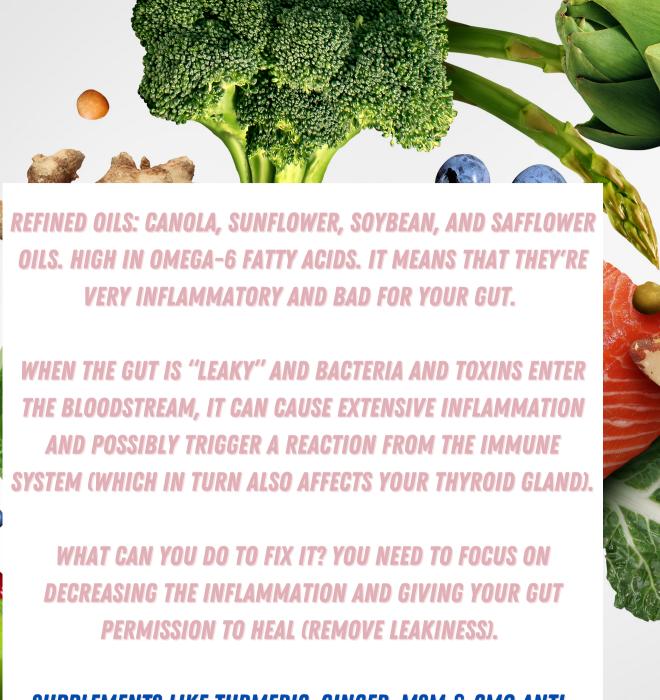




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STEP 5. ANTIINFLAMMATORY SUPPLEMENTS

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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.

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 I carnosine
- Digestive enzymes after meals (if you do not have gall bladder)