

## Your GIT Program

- Treatment timeframes vary from patient to patient. An estimated time frame is from 2-3 months until completion of the whole process
- You should notice positive changes within the first 2 weeks and further gradual improvements in digestion in the months to follow
- The treatment will move through four stages

**1** – Repairing      **2** – Rebalancing flora      **3** – Revitalising      **4** - Replenishing

### Stage 1 – Repairing



Within an under functioning stomach and intestines there is often signs of damaged walls. Stress, medications, food allergies, excessive alcohol, infection and excessive sugar consumption are just some of the contributing factors which can result in increase permeability of the gastrointestinal tract (GIT) wall.

*We need to assist and allow your body to repair and strengthen this wall. (Approximately 2-4 weeks)*

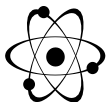
### Stage 2 – Rebalancing flora



Dysbiosis is the overgrowth of inappropriate bacteria, parasites or fungus in the GIT. Normal digestive flora consists of over 500 different bacterial species, however sometimes this may become unbalanced.

*We need to assist your body to remove unwanted organisms to restore balance. (approximately 2-4 weeks)*

### Stage 3 – Revitalising



At this stage your GIT has stronger walls, a better balance of flora and is able to perform the digestive process more effectively than before. To assist the optimisation of the GIT process, we just need to supply the building blocks for this system and the flora that live there.

*We need to feed the flora and allow an optimal environment for them. (Approximately 1 week)*

### Stage 4 – Replenishing the flora

The final stage involves re-inoculating the GIT with probiotics. As previously mentioned, the GIT consists of hundreds of bacteria species. Probiotics supply some of the most beneficial and most abundant varieties. (6 weeks +)