

Tired of constipation, bloating, & chronic health issues?

Join the Gut Restoration Program!

- Option 1: Tuesdays, Jan 9-Apr 2 (11-1230 pm)
- Option 2: Wednesdays, Mar 13-Jun 5 (12-130 pm)

TOPICS

FODMAP diet

Syndrome)

· Andi-Candida diet

· Low Histamine Diet

· SIBO treatment protocol

• MCAS (Mast Cell Activation

Implementation support of

above protocols and diets

GENERAL SERIES (FIRST 60 MINS)

- Gut inflammation
- · Leaky gut repair
- Gut microbiome support
- Food sensitivities
- Elimination diet
- · Nutrition & lifestyle for gut health
- Constipation
- IBS
- · GERD, reflux, heartburn
- Crohns diesase & ulcerative colitis
- SIBO(Small Intestinal Bacterial Overgrowth)
- Fasting

DESCRIPTION

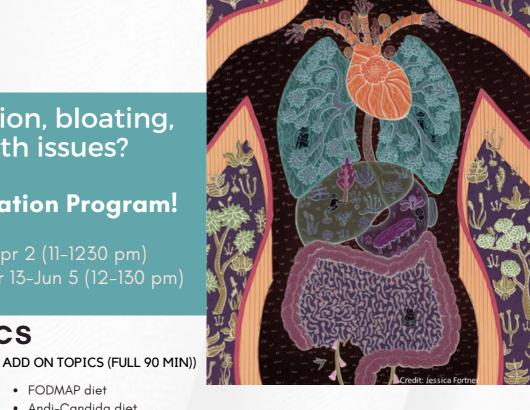
Gut health is the foundation of good health. If you suffer from gastrointestinal issues, autoimmunity, inflammation, anxiety, depression, thyroid issues, cancer, cardiovascular disease etc, balancing your gut is the first step to bringing your health back into balance.

In this 12 week program, you will work with Dr. Payrovi to balance the GI tract at each level using key foods, lifestyle, and targeted supplements as part of the protocol for healing leaky gut and the GI tract as a whole.

The program includes:

- Elimination diet followed by re-challenge to identify food sensitivities
- Optimizing stomach acid, pancreatic enzymes, and bile using key foods
- Building up the gut microbiome with key foods
- Protocols for constipation, GERD/reflux, IBS, Crohns/Ulcerative Colitis, SIBO, and fasting

This is a unique opportunity to get implementation support from Dr. Payrovi within a supportive group. This is a big protocol that's complex and expensive to do on your own.



TO REGISTER PLEASE CALL:

Stanford Center for **Integrative Medicine**



(650) 498-5566

Each session is billed to your insurance as a shared medical appointment with a Stanford physician specialist.



SUSAN PAYROVI, M.D.

Perioperative, and Pain Medicine