

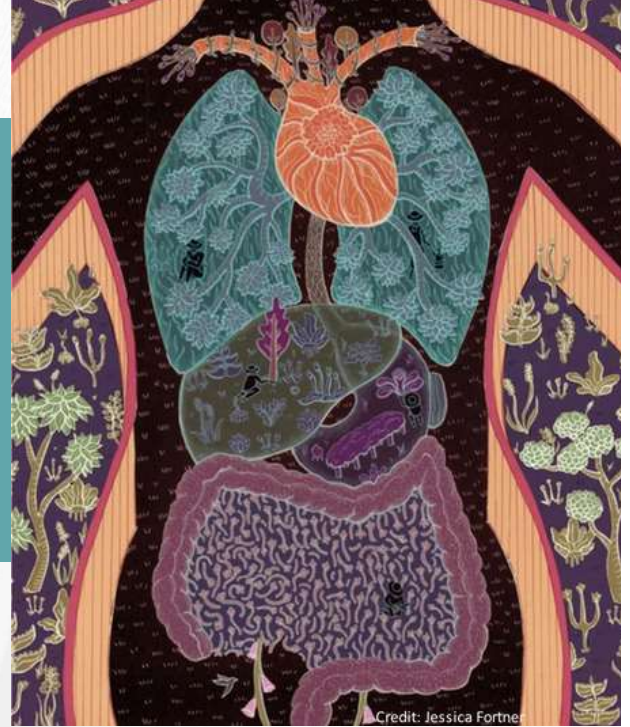
Constipated, bloated, got SIBO, or chronic health issues?

JOIN THE Gut Restoration Program!

Option 1: January 07 - March 25, 2025

Option 2: April 1 - June 17, 2025

Tuesdays, 12 - 1 PM



TOPICS

- Gut inflammation treatments
- Leaky gut repair
- Gut microbiome support
- Food sensitivities
- Elimination diet
- Nutrition & lifestyle to maintain gut health
- Constipation
- IBS
- GERD, reflux, heartburn
- Crohns disease & ulcerative colitis
- Fasting
- Anti- Candida and low Histamine Diets
- **SIBO track: Low FODMAP diet and protocol to treat and prevent recurrence**
 - Dates: Wednesday 12 - 1 PM
 - Option 1: January 8 - March 26, 2025
 - Option 2: April 2 - June 18

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 routines, and targeted supplements as part of the protocol for healing leaky gut and the GI tract from Wednesday 12 - 1 PM

The program includes:

- Elimination diet followed by re-challenge to identify food sensitivities. Also options for Anti-Candida, Low Histamine diets, and Low FODMAP diets
- Optimizing stomach acid, pancreatic enzymes, and bile using therapeutic foods
- Building up the gut microbiome with prebiotic and probiotic foods
- Protocols for constipation, GERD/reflux, IBS, Crohns/Ulcerative Colitis, fasting, etc.

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.

Clinical Assistant Professor of Anesthesiology, Perioperative, and Pain Medicine

Dr. Payrovi is triple board certified in Anesthesiology, Hospice & Palliative Medicine, and Integrative Medicine.

She also holds certifications in Functional Medicine, Mind Body Medicine, and Medical Acupuncture.