

Get With the Pre-Program

CLEAR & REPLENISH

Healing the Gut

by Margy Squires

Do you want to get the maximum benefit from food and supplements? Before starting your nutritional program, including *Get With the Program*™, evaluate your GI status.

From the moment food or nutrients enter your mouth to the time they exit, your GI tract controls how much of the nutrients are absorbed into blood or lymph. Much like fibromyalgia, the GI tract is a complex network that cannot be fully explained in one article. I'll start with a GI overview and then focus on the number one GI problem that interferes with nutrient absorption: *candidiasis*.

Part one. A GI overview. The GI system can be explained simply: it's the process that food or nutrients go through from the time they enter your mouth to their final exit as waste products. The biochemistry is the complex part. It's a chain of chemical events from the saliva containing enzymes in your mouth to the acid in your stomach, which prompts the pancreatic enzymes to prep it for the small intestines, where most of the absorption of nutrients occur. More processing occurs in the large intestines before exit of the final waste products. Over 400 different kinds of bacteria in your GI tract assist this process. Because these bacteria and digestive byproducts are toxic to your blood and tissues, the GI system is basically a closed system. The entire operation has a number of built in mechanisms to make sure that only the beneficial, safe nutrients are released back into the body. It is also a very smart ecological system that requires an exacting environment of pH (acidity and alkalinity), enzyme activity, "friendly bacteria", and proper diet, to stay in perfect balance. At any point where there's a malfunction – either mechanical or chemical – your health is affected, usually in a negative way.

I do need to emphasize a few particulars about bacteria. Good bacteria in the large intestine synthesizes vitamin K and many of the B vitamins from your food, plus makes some minerals available (notably calcium and magnesium). In the small intestine, the good bacteria helps absorb nutrients, plus breaks down proteins into available amino acids and carbohydrates into sugar. Since the small intestine has the lowest percent of friendly bacteria, it is more susceptible to *candida* overgrowth.

If yeast gets a stronghold, it affects the availability of nutrients, especially the B vitamins and magnesium, which contributes to symptoms of fatigue, brain fog, low energy, and muscle

pain. You can see how important this "unmentionable" subject is to FMS, ME/CFS and chronic pain. Now for part two.

You can not get well if you have a gut problem. An estimated 75% of people with FMS and ME/CFS have *candida* overgrowth, leaky gut, irritable bowel syndrome (IBS) and digestive dysfunction. While gut is not a glamorous word, a healthy gut or GI tract is fundamental to getting and staying well. If you are supplementing to alleviate symptoms of a chronic disorder, *a healthy gut is critical to the absorption of these nutrients.*

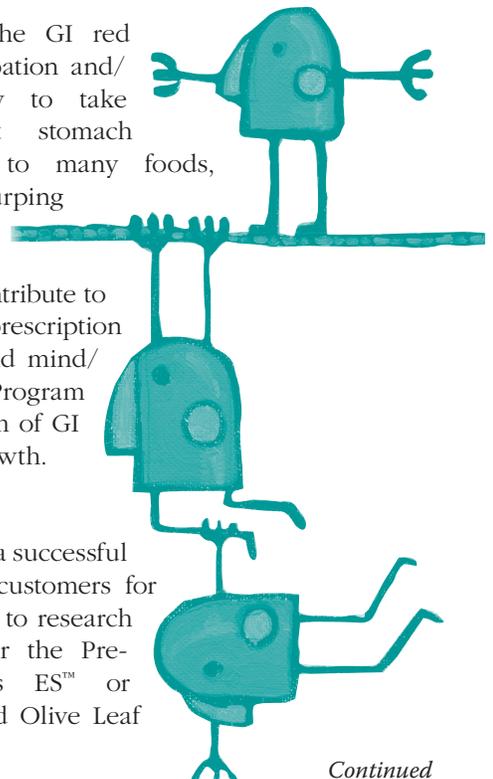
Research shows a direct correlation between the level of nutritional status and the incidence and severity of disease process. If you can't absorb nutrients, how can you get well? Or stay well? That's why holistic practitioners assess and treat any gut problems first. If you have been taking supplements and not getting better, please listen to your gut!

What are some of the GI red flags? Bloating, constipation and/or diarrhea, inability to take supplements without stomach distress, sensitivities to many foods, esophageal reflux, burping and/or gas, mouth sores and so on.

While many factors contribute to gut problems – diet, prescription drugs, stress, aging and mind/body health – the Pre-Program focuses on the problem of GI health or yeast overgrowth.

IT TAKES TWO

Two products are such a successful combination for TyH customers for GI health that it led us to research and develop them for the Pre-Program: Acidophilus ES™ or David's Probiotics™ and Olive Leaf Extract or ESE™.



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Clear & Replenish . . .

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Many people make the mistake of treating only half their GI problems by taking one product alone. You need both.

Olive Leaf Extract (or ESE™) clears unwanted overgrowth which is why you take it first; OLE sets up the right environment for the good bacteria to thrive. With the overgrowth cleared, Acidophilus ES™ then “moves back in” and recolonizes the gut, having room to grow and multiply as needed.

A sad truth is that 50% of the people with *candida* do not realize they have it. You may want to go on the program even if you do not think you have a *candida* problem since it is so critical for supplements to work effectively.

Once you've finished the Pre-Program, you're ready to start TyH's Get With the Program (GWTP). GWTP is based on known FMS and ME/CFS nutritional deficiencies, as well as on what's been working on TyH customers. It's safe and effective. With a healthy GI system, GWTP will make a difference in your FMS and ME/CFS symptoms.

A note on drugs: If you want to be well, look at what you are putting into your body every day. Drugs do save lives. Antibiotics are necessary for acute bacterial infections but are also a major cause of *candidiasis*. Pain medications may be appropriate in certain situations but can shut down the gut and are especially constipating. Long term use will have long term problems. I cannot advise you on medications, but I can tell you that many people are taking a nutritional approach that focuses on healing from within and treating the source of the problem rather than just the symptoms that manifest out.

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Pre-Program Detox

Clear & Replenish (28 Days)

Suggested dose may need to be adjusted per individual health needs.

CLEAR

Days 1-14 Olive Leaf Extract or ESE™ will clear your intestines of unwanted visitors like parasites and excessive yeast. **Dosage:** 2 Caps one to three times per day in a divided dose.

Days 15-28 Continue on Olive Leaf Extract or ESE™. Start taking Acidophilus ES™ or David's Probiotics™ at least one hour after your last Olive Leaf Extract or ESE™ dose.

REPLENISH

Days 15-28 Acidophilus ES™ or David's Probiotics™ will replenish the friendly bacteria which is necessary to digest food and absorb nutrients, as well as to balance the ratio of good to bad bacteria in the small intestines. **Dosage:** 2 caps Acidophilus ES™ or David's Probiotics™ one to three times per day, at least one hour before or after Olive Leaf Extract or ESE™ dose.

- ◆ You may feel worse the first 5-7 days on the program as toxins are released during yeast die-off. This is known as the Hexheimer Reaction. You may feel achy, flu-like and miserable. Diarrhea is also possible as the body cleans out the infected environment.
- ◆ Drink plenty of water to help flush out the toxins.
- ◆ Stay on a yeast and sugar free diet while on the Pre-Program™.
- ◆ Add vitamin C to boost immunity.
- ◆ Consider Digesta-Care 8™. A healthy digestion helps nutrient intake and the elimination of toxins from the colon.
- ◆ Add Fibro-Enzymes™ (1-2 Vcaps®) 2-3 times a day to help relieve achiness and for its ability to clear out toxic debris which interferes with healing.
- ◆ You'll start seeing and feeling changes by day 28 (e.g. less fatigue and brain fog).
- ◆ Repeat the *Clear & Replenish* detox 2-3 times a year as a preventive measure.
- ◆ You may want to stay on a daily dose of 1-2 caps of Olive Leaf Extract during the day and 1-2 caps of Acidophilus ES™ or David's Probiotics™ taken at bedtime as maintenance.
- ◆ 28 days is not a magic number! You may need to stay on the pre-program longer if your yeast infestation is long-standing. If you stop too soon, you may give yeast another chance to regain control.

Note 1: Olive Leaf Extract is 6% oleuropein content and Olive Leaf ESE™ is 18% oleuropein so it is 3x stronger. You may need to take less doses with ESE™.

Note 2: Acidophilus ES™ contains 4 Billion organisms and 6 different probiotic strains for daily use. David's Probiotics™ is 6 times stronger and has 10 different probiotic strains for therapeutic use.

Notice of FDA Product Disclaimer: TyH products have not been evaluated by the FDA. These products, therefore, cannot claim to diagnose, treat, cure or prevent any disease. We strongly suggest that you share any products you decide to use with your health care professional for optimal individual health benefits.