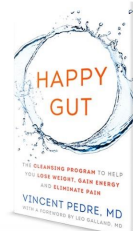




THE HAPPY GUT[®] Quick Start Guide

The 28-Day Program Quick Start
Gut C.A.R.E.[®] Explained
Shopping Lists
Tips
FAQs + more



Health disclaimer

The views and nutritional advice expressed by Dr. Pedre Wellness and Happy Gut are not intended to be a substitute for the very important dialogue that occurs between a patient and a doctor in conventional medical care. If you have a severe medical condition, do not start the Gut C.A.R.E.® Program before consulting with your physician or healthcare practitioner. We make no claim to “cure” disease, but simply help you make the best choices through diet and cleansing that help your body heal itself.

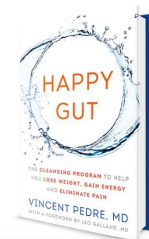
No material or product in the Gut C.A.R.E.® Program is intended to suggest that you should not seek appropriate medical care for any health concerns you may have. We encourage you to always work with a qualified health professional (such as a Functional Medicine practitioner or naturopath) when you embark on a journey of detoxification, cleansing and complementary medicine.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to treat, diagnose, cure or prevent any disease.

Before embarking on the Gut C.A.R.E.® Program, learn more at www.happygutcleanse.com/terms.

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Welcome to your Happy Gut Life!

My own journey to gut health has inspired my work with patients over the past 15+ years. When I welcome you to your Happy Gut Life, I do it with empathy for where you are now health-wise (as I have been there), and I am excited for you to know the wellness which can be yours.



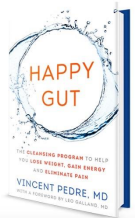
I created my Happy Gut® 28-day Gut C.A.R.E.® Program, as a cleansing program to help you lose weight, gain energy, and eliminate abdominal pain. While the program has healed the gut and launched total wellness for people all over the world, as a side benefit it has also produced quantifiable weight loss results for its followers. This quick start guide will show you how easy it is to get started on your health reboot.

As a **Bonus**: I've included **My Top 10 Tips for a Healthy, Happy Gut.**

In health,

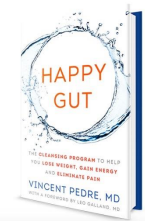
Vincent Pedre M.D.

Internist, Functional Medicine Certified Doctor and Author





The **HAPPY GUT** Quick Start Guide by Vincent Pedre, MD



Gut C.A.R.E.[®] - Your Gut Reboot System

C.A.R.E. is an acronym for a *gut reboot system*.

It is how you are going to restore and repair the normal activity of your gut.

It will help reestablish balance in an imbalanced system. By fixing your gut—your primary organ of assimilation of nutrients and barrier to the outside world—you will feel the benefits throughout your entire body.

Why 28 Days?

If you've been eating a diet that is making you and your gut sick, it takes a minimum of two weeks for your body to begin to heal from all the inflammatory foods you were eating. That means that it can take two weeks for you to start to feel the positive effects of the dietary changes that are part of the Gut C.A.R.E.[®] Program. For some the changes are noticeable within a few days, but for others, it may take a little longer.

The *second two weeks* of the 28-Day Gut C.A.R.E.[®] Program are your gut stabilizing phase; this is when the *healing* really takes place.

How to **C.A.R.E.** for your **Gut** in **28 Days**

CLEANSE	Remove gut irritants, infections, food sensitivities, and toxins in food.
ACTIVATE	Reactivate healthy digestion by replacing essential nutrients and enzymes.
RESTORE	Reintroduce beneficial bacteria for a healthy gut flora.
ENHANCE	Repair, regenerate, and heal the intestinal gut lining.

C.A.R.E. is a 4-part program for not only healing gut issues (like bloating, acid reflux, diarrhea, constipation, irritable bowel syndrome, and gas), it was also designed to address seemingly unrelated health issues that are directly affected by the health of your gut (like migraines, allergies, asthma, eczema, hives, and autoimmune disease).

“Your gut is your internal garden. Tend to it.”

HAPPY GUT overview

Three phases to a happy gut.

PHASE I

The 28-Day Gut
C.A.R.E.[®]
Program

Duration: 28 Days

You will follow a simple 28-day routine: a Gut Cleanse Shake for breakfast and a gut-healthy meal for lunch and dinner from the Happy Gut Shopping List of approved foods.

PHASE II

Reintroduction
Phase

Duration: 21 Days

Towards the end of the Gut C.A.R.E.[®] Program, you have two options: 1) continue on the program for longer, or 2) start the Reintroduction Phase. The Reintroduction Phase is used to identify which foods continue to be problem foods for you. It will help guide your diet into the next phase.

PHASE III

A Happy Gut For Life

Duration: 3 - 6 months

The guiding principles in [Happy Gut](#) will help you continue living with a happy gut and happy body for life. These will help you maintain the positive changes you have achieved. Use my [Top 10 Tips for a Healthy, Happy Gut](#) (included here) as the template for your life eating plan.

Why HAPPY GUT?

Are you ready to get rid of the **bloat**? To stop feeling **fatigued**? To not be afraid to go out because your digestive system is unpredictable? And clear up those other **chronic symptoms** that have been chipping away at the quality of your life?

Let's make it simple...we start with which foods you should avoid, and which ones you should eat to have a happy, healthy gut. Then, we'll move on to more detailed shopping lists of what's in & what's out.

Next: WHAT TO AVOID EATING & WHAT TO LOVE EATING FOR A **HAPPY GUT!**

WHAT TO AVOID EATING & WHAT TO LOVE EATING FOR A **HAPPY GUT!**

AVOID	WHY	EAT THIS
SAY GOOD-BYE TO GLUTEN	Pesticide + Leaky Gut Syndrome	Quinoa, Brown rice, Millet, Amaranth
DROP THE DAIRY	Hormone Ridden rBGH (aka BST = bovine somatostatin)	Almond, Coconut, or Hemp milk
SO LONG SOY	>90% GMOs	Nuts, Seeds, or Coconut oil
SCORN THE CORN	>90% GMOs	Beets, squash, jicama, sweet potato
DON'T PRESUME: AVOID LEGUMES	Unhappy Gut Gas Producers	Greens, berries
EGGS	Inflammatory Arachidonic Acid	HG Morning Protein Smoothie



HAPPY GUT overview

*Feeling overwhelmed? Taking out **gluten** & **dairy** can seem overwhelming at first, but remember it's only for **28 days**. After that, you will figure out which foods you can keep, and which foods should be limited or avoided due to their health effects. Trust me, you'll feel **sooo much better** without those foods, it won't be as hard to avoid them as the thought of changing your diet now.*

*Our **eating philosophy** factors into our food choices, and also into how our body digests and assimilates foods. Listen to your body. When you pay attention, you will start to notice which foods are harming you.*

HAPPY GUT principles

The Happy Gut Diet focuses on clean ingredients with foods that are easy to digest, low in fructose and sugar, and devoid of the substances that are hard on the gut.

The emphasis is on foods that are organic, those with healthy fats, and foods that are locally grown and sustainably farmed because these will be free of pesticides and non-GMO. And when I say locally grown, I mean support your local farmers in your city's farmer's markets or join a CSA (Community Supported Agriculture).

Here's what you want to eat:

1. Organic (Non-GMO)
2. Healthy fats
3. Nuts/seeds
4. High-fiber, low-glycemic carbs
5. Non-starchy vegetables
6. Hypoallergenic proteins (pea, rice, chia, and hemp)
7. Clean and lean proteins
 - Hormone-free, pasture-raised (beef, lamb, bison)
 - Free-range chicken and turkey
 - Wild-caught, cold-water fish (no farmed fish)
 - Wild game (wild boar, elk, deer, rabbit, pheasant)

HAPPY GUT Diet: PHASE I

*What foods are in / what foods are out during the 28 Days:
Phase I*

WHAT'S IN

Fresh vegetables
Dark, leafy greens
Quinoa
Brown rice
Sweet potatoes
Ghee (clarified butter)
Green and/or herbal teas
Fermented foods
(kimchi, sauerkraut)
Nuts, seeds, and nut butters
Avocado
Coconut, coconut oil
Fresh or frozen berries
Wild fish
Grass-fed meats
Wild game

WHAT'S OUT

Wheat/gluten
Processed or artificial sugar
Lentils, beans
White rice
White potatoes
Dairy/butter
Coffee
Alcohol
Corn
Soy
Hydrogenated oils, trans-fats
Almost all fruits
Farm-raised fish
Grain-raised meats
Non-organic eggs*

* Organic, free-range eggs are allowed during the Reintroduction Phase: *Phase II* after the 28 days.

HAPPY GUT Diet: Your Shopping List

Included	Excluded
<p>Vegetables</p>	<p>Vegetables</p>
<p>All leafy greens; whole vegetables (raw, steamed, baked, sautéed, juiced or roasted); sweet potatoes, pumpkin, butternut or spaghetti squash; garbanzo beans (chickpeas), peas, and sea vegetables; Limited amount of onions and garlic.</p>	<p>White potatoes, yams, beets, corn; If excessive gassiness (avoid onions, garlic, cabbage, and Brussel sprouts); Night shades¹ (tomatoes, eggplant, peppers, red goji berries, etc.), and legumes (beans, lentils, except peas and chickpeas).</p>
<p>Fruit</p>	<p>Fruit</p>
<p>Fresh or frozen berries, organic green apples, oranges, lemons, and limes.</p>	<p>Fruit juices; all fruits, including red apples, and dried fruits (except in limited amounts).</p>

¹Avoid night shades if you have an inflammatory, pain, autoimmune or arthritic disorder. Otherwise, night shades are allowed in limited quantities.

HAPPY GUT Diet: Your Shopping List

Included	Excluded
Dairy Substitutes	Dairy
Organic, grass-fed ghee ² , Hemp and nut milks (almond ³ , cheese, hazelnut, cashew, etc.); coconut milk; and coconut oil.	Milk, cream, butter, cheese, cottage cheese, yoghurt, non-dairy creamer, ice cream and dairy proteins (casein, whey), and milk chocolate.
Grains	Grains
Quinoa, millet, amaranth, buckwheat, brown rice, rice bran, gluten-free oats (preferably steel-cut), and teff.	Wheat, gluten-containing grains (fu, farro, durum, barley, rye, malt, orzo, bulgar, oats ⁴ , couscous, spelt, semolina, seitan, and triticale).

² Ghee is a form of clarified butter that originated in India. It is prepared by simmering butter at low heat and removing the residue that rises to the top. This residue contains all the proteins that cause dairy sensitivities. Thus, by removing these proteins, even individuals with a dairy sensitivity can have ghee, and it can be very healing for the gut. See recipe in Chapter 9 of *Happy Gut*.

³ A recipe for homemade almond milk is included in Chapter 9 of *Happy Gut*. The benefit of a homemade nut milk is that it will be free of preservatives or thickeners, like carrageenan.

⁴ Most commercially prepared brands of oats are processed in plants that also process wheat, which results in cross-contamination of the oats with gluten. This is the reason that oats should be avoided, unless they say gluten-free.

HAPPY GUT Diet: Your Shopping List

Included	Excluded
Meats and Fish	Meats and Fish
Lean, grass-fed beef, lamb, duck, free-range/hormone and antibiotic-free chicken and turkey, fresh or flash-frozen wild, cold-water fish (salmon, sockeye salmon, halibut, sardines, low-mercury tuna, etc.), and wild game (rabbit, bison, venison, elk, pheasant, etc.).	Corn/grain-fed, factory-farmed meats, cold cuts, cured meats, canned meats, hot dogs, farm-raised fish.

Notes: _____

HAPPY GUT Diet: Your Shopping List

Included	Excluded
Nuts and Seeds Almonds, walnuts, hemp, sesame, sunflower seeds, pistachios, Brazil nuts, macadamia nuts; nut and seed butters (almond, sesame, sunflower, etc.); limited (cashews and pecans).	Nuts and Seeds Peanuts and peanut butter.
Vegetable Proteins Bee pollen, spirulina, and blue-green algae (chlorella)	Vegetable Proteins Beans, soybeans (including soy sauce and soybean oil).
Fats and Oils Extra-virgin olive, coconut, avocado, safflower, sunflower, sesame, flax, almond, and walnut oils; coconut and avocado.	Fats and Oils Hydrogenated oils, canola oil, mayonnaise, margarine, butter, shortening, commercial salad dressings, and any processed oils.

HAPPY GUT Diet: Your Shopping List

Included	Excluded
Drinks	Drinks
Filtered, reverse-osmosis, alkaline water ⁵ , and limited mineral waters; green, white, jasmine, oolong, and herbal teas; yerba maté, limited coconut water; and juiced green vegetables.	Alcohol, coffee, caffeinated beverages (except for teas, like green); sodas, bottled teas (tend to be loaded with sugar), and fruit juices (even those with heart-healthy labels, like pomegranate, which are full of sugar).
Sweeteners	Sweeteners
Stevia, xylitol ⁶ , erythritol, very limited of the following: honey, maple syrup, organic dried cane syrup, and coconut sugar.	White and brown sugar, refined sugar, high-fructose corn syrup, brown rice syrup. Evaporated cane juice, artificial sweeteners (aspartame, sucralose, acesulfame potassium, Sweet'N Low, Equal, and Splenda), juice concentrates, and agave nectar.

⁵ See Chapter 2 of *Happy Gut* for more details.

⁶ Some people have a sensitivity to xylitol (commonly found in sugar-free gums) and should avoid it as well.

HAPPY GUT Diet: Your Shopping List

Included	Excluded
Condiments	Condiments
All herbs/spices, sea salt, Black pepper, carob, raw, dairy free, sugar-free chocolate, stone-ground mustard, gluten-free tamari, coconut, liquid aminos, Bragg's Organic Unfiltered Apple-Cider vinegar, other vinegars (only in limited quantities), and fennel seeds (as a digestive and breath freshener).	Sauces (barbecue, teriyaki, soy, etc.), vinegars (except apple-cider or limited quantities of other types), salad dressings (commercial), ketchup, relish, and chutney.

Notes: _____

HAPPY GUT Diet: Your Shopping List

Day:		

HAPPY GUT Quick Start

*Still feeling overwhelmed? The **28 days** are just the beginning of your health transformation.*

*Remember to **always** start with **C.A.R.E.***

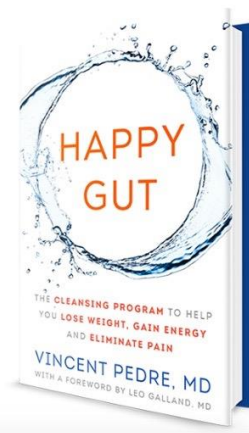
The first step is Commitment. Commit to the program.

The second step is Action. Don't wait. Take action.

The third step is Reinforcement. Solidify the changes.

The fourth step is Engagement. Do it with a friend.

*At **Happy Gut Life** we are here to support you with greater resources, including our **Happy Gut Cleanse Kit**, so you can start your healing journey today. And for a more in-depth look at the program, please refer to the total guide, [the HAPPY GUT book](#).*



HAPPY GUT Quick Start

FAQs

Your questions,
Our answers



HAPPY GUT Quick Start: FAQs

Why cleanse your gut? The gut is the biggest organ of detoxification, elimination and absorption. The common foods we eat on a daily basis can bog down this system, making you feel tired, mentally foggy, and weaken your immune system. By following the Gut C.A.R.E.® Program protocol, you will clean out your gut, improve energy, feel mentally clearer, and lose unwanted pounds.

What can I expect on the first week of the cleanse? During the first week of the program, you may experience detox reactions from not eating foods that were telling your brain it wanted more of them, even while they were causing pain and inflammation and zapping you of energy. You may get headaches, mental fog, fatigue, achiness, joint pain, and general malaise. It seems counterintuitive that getting rid of these foods will actually make you feel worse at first, but that is often the case. Your body will experience withdrawal symptoms, similar to detoxing from an addictive substance. For a few days, your cravings for those foods may also increase. This is all normal, and it will pass within a few days.

Yikes! The Gut C.A.R.E.® Program cuts out coffee, but I drink 2 – 3 cups daily. How can I prevent withdrawals? If you drink more than 1 cup of coffee daily, you may experience withdrawal headaches if you stop cold-turkey on the day you begin the 28-Day Gut C.A.R.E.® Program. In order to prevent this, cut the amount of coffee you drink by ½ cup every 2 – 3 days (you can fill up the difference with decaf, but not recommended) prior to starting the program. Once you have reduced your coffee intake to 1 cup or less, you can transition to green tea or matcha green tea powder (higher caffeine content) for its anti-cancer and anti-oxidant metabolism-boosting effects. For withdrawal symptoms, drink lots of water and take 400mg of magnesium glycinate every 6 hrs.

HAPPY GUT Quick Start: FAQs

Without coffee, what are other great Energy-boosting options:

Greens, greens and more greens: Add greens to your morning smoothie as a way to revitalize. Blended greens release all their intracellular enzymes and nutrients that your body needs.

Spirulina: This blue-green algae is a superfood powder, full of vitamins and minerals.

Maca: This South American root can be added as a powder to your morning smoothie.

Help, I'm craving sugar! What can I do to beat the cravings? The first few days when you take added sugar out of your diet, you may find that your sugar cravings actually increase. This is normal as your body detoxes from sugar. It can take anywhere from two to five days to pass. The keys to overcoming the urge to have sugar are:

1) Take 3 deep breaths – many cravings pass within a few minutes; deep breathing will help you get through it; **2) Drink 2 L of water per day** – it helps your body cleanse and detox from your sugar cravings; **3) Drink tea** – peppermint tea soothes the nervous system, which will help take away your cravings; **3) Bone broth** – Rich in minerals and cytokines, it is an immune-booster and gut healer. **4) Eat nutrient-dense foods** – example, dark leafy greens. When your body gets the minerals and vitamins it needs through food, it will not crave the empty calories in sugar.

How much water should I be drinking during the program? Our bodies are made up of approximately 70% water, so clean, filtered water is an essential component of our cleansing program. A great rule of thumb, and from a lifestyle perspective, is to drink 64 – 96 oz. daily (about 8 – 12 cups), depending on your level of physical exertion and sweating. Water helps your body flush out toxins, helps with weight loss and improves your cellular energy production. Don't drink out of plastic bottles. Instead, drink water that has been filtered to remove toxins and heavy metals; examples of cost-effective water filters include the Brita[®], PUR[®], and Aquasana[®].

HAPPY GUT Quick Start: FAQs

Why aren't most grains, dairy, and legumes allowed in the Happy Gut cleanse? These are high sensitivity foods, high in short-chain carbohydrates that lead to uncomfortable gas, bloating and constipation. Beans and legumes (including soy and peanuts) are also high in lectins and phytates, which act as anti-nutrients, blocking your ability to absorb minerals. These anti-nutrients are also found in gluten, and are believed to lead to a leaky gut.

Beans, legumes, and gluten often lead to acid reflux, cramping and bloating. People with irritable bowel syndrome (IBS), celiac disease, Crohn's, or ulcerative colitis feel better when they avoid these foods.

Do I have to buy everything organic? The ideal is to buy as much as you can that is organic, but we understand you may have budgetary constraints. A great resource to help you stretch your dollar and purchase the essential foods that pack nutrients with less pesticides, contaminants, and artificial ingredients is found at <http://www.ewg.org/goodfood/>. Remember to only buy foods in the allowed list for the 28 days.

Do I need any other supplements to do the Gut C.A.R.E.[®] Program? The Gut C.A.R.E. Program is designed to function as a complete system. However, due to issues with maintaining freshness, we do not include a fish oil (omega-3) supplement. Instead, we encourage you to eat omega-3-rich foods. Dietary omega-3's are found in avocados, nuts (like almonds and walnuts), seeds (like flax, chia, and hemp), and wild-caught fish (like salmon and sardines), which are all part of the Happy Gut Diet. If you choose to supplement, we recommend nutraceutical brands; examples include Green Pasture's Blue Ice Fermented Cod Liver Oil and Nordic Natural's ProEPA Xtra.

HAPPY GUT Quick Start: FAQs

What are healthy snacks I can have between meals if I am hungry? From the approved list of foods, you can make your own trail mix with nuts and seeds (no dried fruit). Another great option that can cut your cravings for chips or sweets is 1 teaspoon – 1 tablespoon of coconut oil. The coconut oil supplies your liver with much-needed medium-chain triglycerides (high energy fats) that it uses to create ketones to fuel your brain between meals, thus reducing any cravings.

What do I do when I hit the road or am eating out? Try to stick to the approved list of foods as best you can. When ordering at a restaurant, choose the broiled, baked or steamed options. Ask what types of oils they use, and if they use any butter in their cooking. Ask to have your food prepared with olive oil or coconut oil, instead of butter. Make sure you ask if items contain gluten or dairy, as these are often hidden in soups, sauces and dressings. Remember most soy sauces are not gluten-free. Ultimately, the Happy Gut Diet and Gut C.A.R.E.® Program are an investment in yourself, so carve out those 28-days to fully immerse yourself in the program.

What if I am very active physically or training for an athletic event, like a marathon? You can still do the Happy Gut Cleanse, but you will need to adjust your nutrient intake to meet the demands of your athletic training. You may need more protein and a higher allowance of carbohydrates in the form of complex starches, like sweet potatoes, butternut squash, and brown rice, to fuel your glycogen stores for training. Time the eating of these foods for the day before intense training so that your muscles are properly fueled.

HAPPY GUT Quick Start: FAQs

What if I have a medical condition? We cannot answer specific questions about conditions; instead, consult with your doctor or find a Functional Medicine practitioner near you by going to <http://www.functionalmedicine.org>.

You *should not* do the Gut C.A.R.E.[®] Program if you:

- ❖ Have an allergy to any ingredient [listed](#)
- ❖ Are pregnant or breastfeeding
- ❖ Have active cancer
- ❖ Have chronic liver or kidney disease
- ❖ Have type I diabetes
- ❖ Are taking anti-coagulant medication (i.e. blood thinner)
- ❖ Are under the age of 18

If you have a chronic condition and are taking any prescription medications, please consult with your doctor before starting the program and do not stop your medications to do the **Gut C.A.R.E.[®]** Program.

Any cleansing program has the potential to improve liver detoxification, which can then affect the therapeutic levels of medications. Maintaining steady levels is particularly important if you are taking blood thinners, anti-arrhythmic drugs, anti-epileptic agents or while on chemotherapy. It is again important to discuss any cleansing program with your healthcare practitioner before starting if you have any of these underlying conditions or take these types of medications.

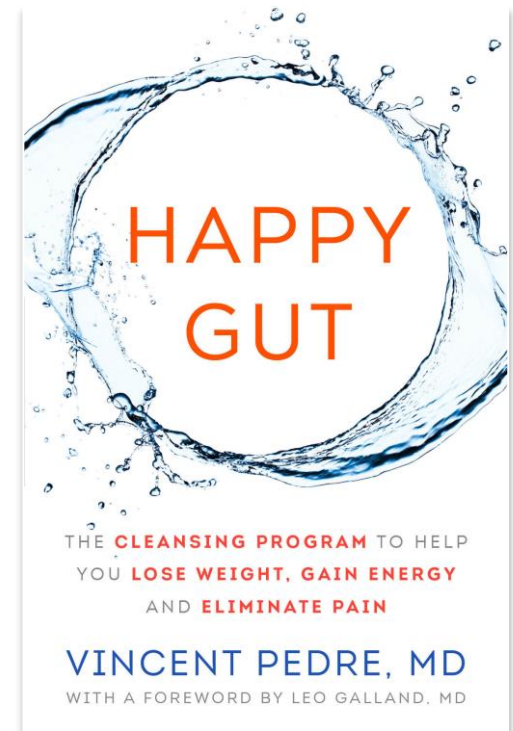
HAPPY GUT Quick Start: FAQs

Do I have to do the Reintroduction Phase after the Gut C.A.R.E.® Program, or can I go back to my regular eating? Although it would be easier and less time-consuming to return to your regular eating habits after completing the Gut C.A.R.E.® Program, we think you'll live much happier if you take the time to reintroduce the foods one by one and figure out which ones are problematic for you. If you start eating all the foods in the “out” list all at once and old symptoms return, you will have no way of knowing which foods continue to be problematic for you.

For a more detailed discussion of the **Reintroduction Phase**, 50+ recipes, yoga poses for a happy gut, and a more in-depth discussion of how gut health affects total wellness, [read](#):

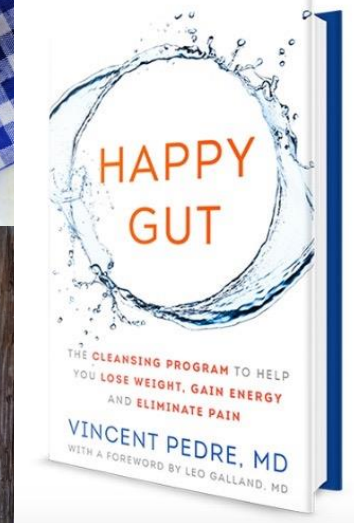
*Happy Gut—The Cleansing Program
To Help You Lose Weight, Gain Energy,
and Eliminate Pain.*

And if you have a good experience with the program, please write a review on [Amazon](#) so that others with similar issues may benefit as well. Thank you! 😊



BONUS:

My Top 10 Tips for a Healthy, Happy Gut





1. START WITH A CLEANSE!

We must flush toxins and “clean house” before we heal... from the simplest cleanse habit like lemon-water in the morning to a full 28-day cleansing program, like the [GUT C.A.R.E.® Program](#) in [HAPPY GUT®](#). If your digestive system is constantly having to handle a load of sugar, processed food, unhealthy fats, and foods that trigger an immune response, your body will be in a constant state of war against itself.

Let’s make this easy! Let’s start with what inflammatory foods you should ***avoid eating*** (in the next page), and look at what anti-inflammatory foods you will ***love eating*** in their place. By following this eating plan, know that you are laying the foundation for better gut health and total body wellness.

Tip #1 Summary: Start with a cleanse -- it’s like pushing the reset button on your digestive system!



WHAT TO AVOID EATING & WHAT TO LOVE EATING FOR A **HAPPY GUT!**

AVOID	WHY	EAT THIS
SAY GOOD-BYE TO GLUTEN	Pesticide + Leaky Gut Syndrome	Quinoa, Brown rice, Millet, Amaranth
DROP THE DAIRY	Hormone Ridden rBGH (aka BST = bovine somatostatin)	Almond, Coconut, or Hemp milk
SO LONG SOY	>90% GMOs	Nuts, Seeds, or Coconut oil
SCORN THE CORN	>90% GMOs	Beets, squash, jicama, sweet potato
DON'T PRESUME: AVOID LEGUMES	Unhappy Gut Gas Producers	Greens, berries
EGGS	Inflammatory Arachidonic Acid	HG Morning Protein Smoothie





2. BECOME ANTI-ANTIBIOTICS.

Your gut is like your own internal garden, teaming with friendly bacteria, where antibiotics act like pesticide weed-killers, except their effect is like napalm, destroying the good gut bacteria, along with the bad. Yes, those friendly good guys that help keep you healthy! Why would you mace them with a substance that will wipe them out and throw your environment into imbalance? Research is showing that antibiotics are actually the largest cause of gut imbalances.

Let's face it, antibiotics are overprescribed and overused. Doctors and patients are both at fault, but really the doctors know better. People come in requesting an antibiotic in our menu-style healthcare model, because they think they need it to “knock out this cold,” but in reality most infections are caused by viruses (including sinus, ear, and chest). Antibiotics primarily treat bacterial infections. In fact, most viral infections will resolve with rest and good nutrition.

Tip #2 Summary: Avoid antibiotics unless absolutely necessary.



3. ACTIVATE.

CHARGE up your digestion with enzymes, nutrients, and proper pH balance ...

Look at this way: you've been struggling for a while with a sluggish digestive system, you feel tired, mentally sluggish, and achy, but you can't put your finger on what is wrong. You try to change your diet, but nothing seems to work. Well, if your knee was hurt and you need to get around, you might use a cane to help you take a load off of the knee. That "cane" for the digestive system may come in the form of a hydrochloric acid supplement to improve the stomach's ability to break down protein or comprehensive digestive enzymes that relieve the load of the small intestine and pancreas in breaking down carbohydrates, sugars, and fats.

How do we do this? Reactivate the healthy function of your gut by bridging any gaps or deficiencies in your digestion using supplements that replenish enzymes, bile salts, stomach acids, minerals, vitamins, hypoallergenic easy-to-digest proteins and amino acids, healthy fats, and fiber. This list is broad, but a lot can be done by eating a whole, live organic foods diet that comes from the earth.

Tip #3 Summary: Use digestive enzymes, betaine-HCl (hydrochloric acid), and bile salts, among other important nutrients, to give your gut everything it needs for healthy digestion.





4. DROP THE DAIRY!

Yes, you heard right! Milk--it does NOT do the body good. In fact, the highest rates of osteoporosis around the world are in countries that have the highest per capita intake of dairy products. You have been sold wrong information. Dairy is not the only source of calcium to keep bones strong, and in fact, because dairy is acid-forming your body will take calcium out of your bones to buffer the acid. Add this up over the years, and you'll find weakened bones in those that consume the most dairy. Instead, replace cow's milk with almond, coconut or hemp milks. These are available in the supermarket or any health food store, but are also easy to make at home [like in this recipe](#), and can be used as the base for any smoothie.

Tip #4 Summary: Humans are not calves! Avoid cow's milk; drink nut, coconut, or hemp milks instead.





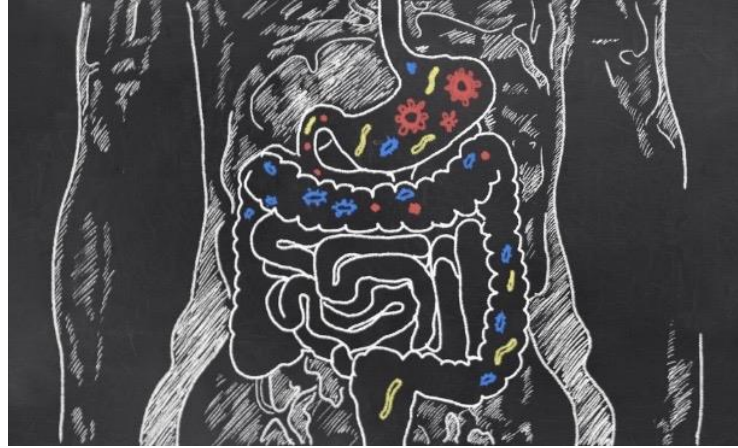
5. EAT: AN ELIMINATION DIET.

Find out if you have food sensitivities through an elimination diet, like the [Happy Gut® Cleanse](#), designed to figure out your food sensitivities.

How do we do it? We take out the most antigenic foods from the diet (wheat, gluten, dairy, soy, corn, legumes, peanuts, and eggs), along with excess added sugar. We also remove alcohol and caffeine, so that your liver can function optimally without being bogged down in the work of detoxification. You commit to strict avoidance during the specified amount of time (28-days in *Happy Gut*). Prepare to meet the new you at the other end of this diet clean-out.

Tip #5 Summary: A 28-day day elimination diet is a small sacrifice to reverse years of damage to your gut and the key to starting your healing journey.





6. GO PRO [with a] PROBIOTIC

There are more micro-organisms in your gut than cells in your body, estimated at close to 1 trillion! Astonishingly, more than the approximately 400 billion stars in the Milky Way Galaxy. These tiny helpers have evolved to live within us for centuries, but in our modern world we have disrupted it with antibiotics, pesticides, GMO's, medications, and stress. Repairing the state of balance within this delicate ecosystem is where we begin to restore your health.

Start with Probiotics – the little helpers in our digestive tract that aid digestion, produce vitamins, and promote the movement of food down the digestive tract. Many people are deficient in sufficient number of the “good” bacteria. This is where a healthy dose of a probiotic can help re-establish balance by adding them to your gut ecosystem.

A number of foods - such as kefir, fermented vegetables or kombucha beverages- are probiotic boosters, although staying away from dairy while cleansing and restoring the gut in the Happy Gut plan is important. We can reintroduce those after the 28-days are over. More about those in the next tip.

Probiotic supplements are another choice, although the verdict is not out yet on which is right for each person. However, the research does point at the amazing benefits of taking probiotics for a wide range of conditions, including eczema, depression, IBS and anxiety. Try out a probiotic to balance your microbiome.

Tip #6 Summary: Get to know the pros-- try out probiotics!
Your smiling gut may never look back.





7. GET CULTURED.

You don't have to go to the Opera to get cultured (although know if you did I'd be there with you....); we're talking about eating cultured foods like kombucha, kimchi, non-dairy yogurt and coconut water kefir. Your creativity is your only limit when it comes to discovering foods that have been fermented to bring out their flavor, lengthen their storability, and improve their digestive benefits. Imagine these foods as if they have been "activated" by the bacteria that ferment them. In exchange, we benefit from their ability to assist our digestion and improve the make-up of our gut flora.

How much is enough? Aim to have something cultured at least 3 days per week to keep your gut singing happily. Test out the right amount for you by increasing or decreasing the quantity of these fermented, cultured foods to find your sweet spot.

Tip #7 Summary: Fermentation is the name of the game. If you don't want to do it, at least be willing to try it. Eat cultured foods!





8. RESTORE YOUR GUT FLORA. EAT THE RAINBOW.

This is one of my favorite steps, because it means that your diet should look like an artist's palette. My mother was a painter, so the paint palette was an ever-present part of our lives growing up. Make your plate an artist's palette. Color it with all sorts of vegetables, herbs, fruit, proteins and fats. Diversity is the key to many activities (investing, enjoying life, avoiding boredom, having enriching experiences), just as it is the key to a healthy, gut flora. In the end, diversity is the key to good health! Recreate your healthy gut garden with a widely diverse microbiome through the foods you eat. And remember: Take care to balance feelings and stress through yoga, meditation, and communing with nature.

Tip #8 Summary: Eat a Diverse, Colorful Diet--Eat the Rainbow!





9. ENHANCE WITH SUPERFOODS.

Superfoods deliver large servings of nutrients, antioxidants, polyphenols, vitamins, and minerals. Eat the superfoods ~ like berries, dark leafy greens ~ and super supplements, or the [Happy Gut ENHANCE](#) powder. On the Happy Gut program, we introduce smoothies for breakfast, because they are a quick, easy and delicious way to get your nutrition without causing the bloat with the best of berries, greens, omega-3 fats and nut milks—these make up the core of our superfoods!

These foods will also enhance your experiences with foods, flavors and nutrients. By searching them out, trying new recipes and learning how to incorporate them into your diet, your life will be boosted to a new level of healthy living.

Tip # 9 Summary: Think Superfoods for a super healthy gut!
Put them on your grocery list.





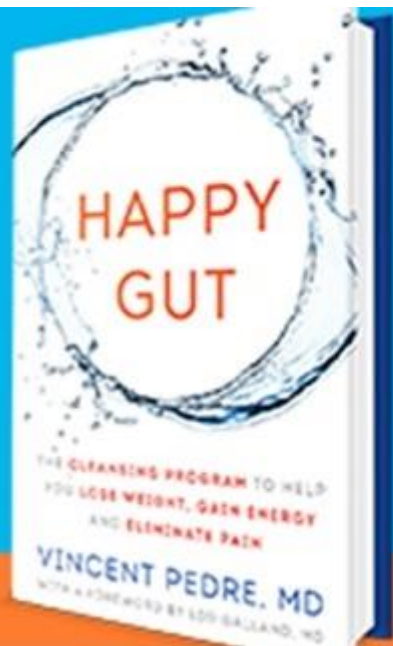
10. PLAY.

Need I say more? Just because you're an adult doesn't mean you can't "play!" Play is an important component of every stage in life, from childhood to seniorhood. Do things that you enjoy, that make you HAPPY: and help you find your happy. Positive feelings go a long way towards improving digestion, healing the gut, and creating the happy gut we all want.

When you do something you love to do for the sake of it, your body releases feel-good chemical signals called endorphins. These endorphins are what's behind the runner's high. But, you don't need to be a long-distance runner to experience that endorphin high. Simply engage with your full attention in an activity that you simply enjoy for its own sake and soon you will find yourself in a timeless space, walking the happy steps of an endorphin rush. This is what will keep your total body balanced for the years to come. Here's to your Happy Gut in a Happy Body!

Tip #10 Summary: Play, Play, Play, and Play!!!! Well, don't just stand there, Get out there! Find your happy 😊!





HAPPY GUT[®]

GUT C.A.R.E.[®] by Dr. Vincent Pedre

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