

## **Protocol to Restore Healthy Gut Bacteria**

(continue for at least 3 months)

### **MegaPre, Megaquinone K2-7, MegaIgG2000, MegasporeBiotic\*, TerraFlora Deep Immune\***

- Take 6 caps of MegaPre daily (you could start off with 3 a day and work up to 6 a day)
- Take 2 caps of Megaquinone K2-7 and 4 caps of MegaIgG2000 daily with or after food anytime.
- Take 2 caps of TerraFlora Deep Immune\* in the morning and 2 caps of MegasporeBiotic\* in the evening.
  - \* When taking the probiotics, I recommend opening the capsules, pour the powder into a glass, add 1-2 teaspoons of water and mix. Then, swish the solution for a minute or so and swallow. The spores will attach to the existing dental plaque improving the health of the plaque. Then, the spores will disseminate in the gut more efficiently after swallowing.
  - \* TerraFlora Deep Immune and MegasporeBiotic may be titrated starting with ½ capsule each for the first couple days, then 1 cap each for another couple of days, and then 2 caps each per day. This slow titration will help to prevent any upset in the gut.



### **Direct Ordering Information from Microbiome Labs:**

**for MegaPre, Megaquinone K2-7, MegaIgG2000, and MegasporeBiotic:**

Microbiome Labs: <https://microbiomelabs.com/>

Click on “Register” on the top Navigation Bar; then click “Patient”; then fill out the “Patient Registration” and enter into the “Patient Direct Code”: **DrAlDanenberg**, click on “Register” and then place order.

### **Products to Purchase from Microbiome Labs per month:**

- 1 bottle MegaPre Capsules
- 1 bottle Megaquinone K2-7
- 1 bottle MegaIgG2000
- 1 bottle MegasporeBiotic

**Direct Ordering Information from Enviromedica:**

for TerraFlora Deep Immune

<https://shop.enviromedica.com/terraflora-synbiotic-deep-immune>

**Product to Purchase from Enviromedica per month:**

1 bottle TerraFlora Deep Immune

**Avoid:**

- Wheat, rye, and barley – all of which contain gluten
- Added or concentrated sugars
- Pasteurized milk products
- Over-processed vegetable & seed oils, partially-hydrogenated fats, and hydrogenated fats
- Processed foods containing preservatives, emulsifiers, chemicals, and unhealthy fats
- GMO and non-organic foods
- All plant foods that are high in phytates, oxalates, and lectins