

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

(continue for at least 3 months)

Updated 2/23/22

**Colostrum-6 or MegaIgG2000,**

**TerraFlora Deep Immune\***

**MegasporeBiotic\***

**MyoMax**

- Eat one tablespoon of Colostrum-6 mixed with a little water to make a “custard consistency” in the AM and another in the PM – on an empty stomach. (If you are lactose intolerant or cannot take dairy products, take 4 caps of MegaIgG2000 daily with or after food anytime)
- During or after eating food, take 2 caps of TerraFlora Deep Immune\* in the morning.
- Take 2 caps of MegasporeBiotic\* in the evening just before bed but after you have brushed and flossed.
  - \* When taking MegasporeBiotic in the evening, 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, gargle, 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.
- Swallow 1 cap of MyoMax (300 mcg) anytime during the day with or after eating.



**Direct Ordering Information from Anovite:  
for Colostrum-6**

Heal gut lining with desiccated [Colostrum-6 from Anovite](#) (If sensitive to dairy, then slowly increase a daily dose of ½ teaspoon once a day until 1 tablespoon twice a day. If you still have sensitivity issues, then use [Mega IgG 2000 from Microbiome Labs](#). Personally, I take 2 tablespoons of Colostrum-6 twice a day on an empty stomach. For me, a **2-pound tub is enough for 1-2 months**. Anovite is a multi-level marketing company, but you can purchase this product as a regular customer.)

**Direct Ordering Information from Microbiome Labs:  
for MegaIgG2000 (if you can't take Colostrum-6), MegasporeBiotic, and MyoMax:**

**Microbiome Labs:**

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

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

1 bottle **MegaIgG2000** IF YOU ARE NOT TAKING Colostrum-6

1 bottle **MegasporeBiotic**

1 bottle **MyoMax**

**Direct Ordering Information from Enviromedica:  
for TerraFlora Deep Immune**

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

1 bottle TerraFlora Deep Immune

**Change Your Lifestyle of Eating**

Follow the guidelines of my [Better Belly Blueprint](#) way of eating, available on Amazon for download to a Kindle App: <https://www.amazon.com/Better-Belly-Blueprint-strengthen-immune-ebook/dp/B08DX9N9RB>