



## Protocols For Correcting Digestive Terrain

### Option 1

Dr. Amin's Parasite Program

Use alone as complete program

Freedom: morning

Restore: between meals

Cleanse: before bed

Start with 1 capsule each, increase to 2 capsules each as directed

### Option 2

Thunder Pearls (Su He Tang Jiawei)

Use alone or integrate with all or parts of option 3

2 capsules 2 times per day, between meals

### Option 3

First in morning before meal:

½ teaspoon slippery elm powder

Or

½ teaspoon Fiber Smart

In 8 oz water

With:

2 droppers gotu kola (brahmi) tincture

Between breakfast/lunch, lunch/dinner:

Thunder Pearls (can be taken for extended time)

Or

Intestinal Tract Defense

15 – 30 drops in aromatic tea (ginger, mint, tulsi, etc)

(not more than 4 weeks continuously)

Or

Wormwood / Black Walnut (not more than 4 weeks continuously)

15 – 30 drops in aromatic tea (ginger, mint, tulsi, etc)  
(not more than 4 weeks continuously)

With lunch and dinner:

Turmeric Supreme, or similar product, 1 capsule

And/or

Duanwood Reishi, or similar product, 1 capsule

Before bed:

¼ teaspoon triphala in small amount warm water