

# Heal your Gut – Heal your Brain!

Spring Cleanse & Detox 2011  
with Dr. Maria Maricich

Inflammation, hidden food sensitivities and lifelong exposure to toxins can cause intestinal disruption and 'leaky gut.' The subsequent result of leaky gut is quite often 'leaky brain.' The symptoms of leaky brain include brain chemical imbalances, hormone imbalances, memory loss, fatigue, neurological complications and many others. Healing these imbalances can have a profound effect on your overall health.

There are many ways that we can begin to address the causes of these debilitating symptoms. Below are descriptions of different cleanse and Detox options depending on how deep you would like to go in healing your gut and brain. Anyone interested in cleansing their digestive system, liver and other organs can also benefit from all of these choices! We can tailor any of these plans to fit your specific needs, lifestyle, symptoms, etc. Please contact us when you decide to start one of these programs or to schedule an appointment where we can help you decide which plan is right for you!

**Basic Detox:** A series of 6 homeopathic remedies that are taken alternately throughout the week. Each one addresses a different organ system to help thoroughly cleanse the entire body. No diet changes are required for this Detox program. Of course, simple cleansing choices can greatly improve any detoxification regimen, such as choosing a highly allergenic food or alcohol to cut out of your diet or adding more fiber to your daily intake. Total cost: \$130

**Clearvite:** A strict elimination diet (2-3 weeks) and protein and supplement powder that is added to your daily meals. Following the protocol to eliminate the most common allergenic foods can not only give your gut a chance to heal and reduce inflammation, it can help you identify foods to which you might be sensitive. (Allergenic foods to be eliminated include dairy, gluten, tomatoes, corn, alcohol, sugar, eggs, caffeine, soy, peanuts, beef, pork, shellfish and processed meats.) This will help you to begin a lifelong dietary change that can positively affect your overall health. Some symptoms of undiagnosed food sensitivities can include digestive upset, skin issues, memory and other brain dysfunction, depression, and so much more. Use this program to help you identify some of the underlying causes of these symptoms. Total cost: \$56-112.

**Repairvite:** A strict elimination diet (at least 3-6 weeks) and supplements. This program is very similar to, but a step up from, the Clearvite program and is formulated to specifically address long-term gut healing. You must eliminate all allergenic foods as listed above and also all nuts, beans, potatoes, peppers and grains. This still leaves many healthy and delicious food choices that do not promote inflammation in the gut: most vegetables, fermented foods, meats, fruits, coconut (oil, butter, yogurt, milk, etc.), olives, and more! Successful completion of this program gives your gut a clean slate and also helps to identify problem foods that would be prudent to avoid in the future. During this program, it is also beneficial to address potential

problems with parasites, fungus or bacteria that could be the cause of problems in the gut. Total cost: \$39-98.

Of course, the programs described above are only a sampling of the available options for full body cleansing this spring and can be tailored to fit your specific needs and lifestyle. Please contact our office for more details!