

The Well-Balanced Life

30-Day Post-Antibiotic Gut Support and lifestyle modifications



by DR. ANGELA SCOPEL, D.C & DIANA MURRAY, FDN-P

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Dr. Angela Scopel-Levick is a licensed Chiropractor (D.C.) in the states of Tennessee, Texas, and Virginia. Diana Murray is the owner of Nature's Elite, LLC, and is a certified Functional Diagnostic Nutrition Practitioner (FDN-P). Diana Murray is also affiliated with Nature's Elite, LLC.

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We highly recommended speaking with your provider before beginning any supplements for verification of dosage based on your child's current age or weight. This content is for informational purposes only and should not be considered professional medical advice.

Note: Healing cannot take place in an inflamed gut. It is highly recommended that you follow an anti-inflammatory diet during this healing period. Our **Everyday Nutrition Guide** highlights how to maintain an anti-inflammatory diet conveniently. We provide you with a printable swap list, snack list and meal prep ideas for the busy seasons of life. If you have picky eaters at home, be sure to check out our **Kids and Teens Nutrition Guide**.

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Replenish Lost Bacteria: We suggest using whole food & supplementation to replenish lost bacteria.

A. Option A (powder formula for littles):

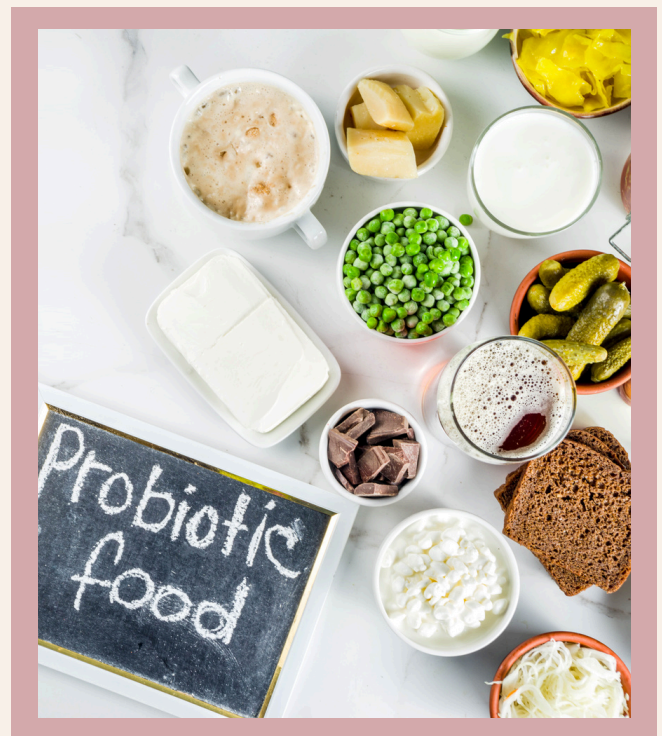
Designs for Health Probiomed

Infant stick powder: Mix one stick pack (1 gram) into breast milk or infant formula.

B. Option B (chewable for kids) Designs for Health Probiomed Kids: take one chewable daily with meals.

C. Option C (adults): Klaire Labs Ther-biotic Abx support: Take 1 tablet twice daily with meals.

Consider fermented foods, such as yogurt, kefir, and kimchi



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Repair of gastrointestinal mucosa, decrease inflammation, and promote regularity: We recommend avoiding processed foods during this period.

A. Option A (littles): Continue to breastfeed or for formula fed babies at 6 months of age or greater give Pure Encapsulations Sun-butyrate 1-3 times daily according to weight.

B. Option B (kids): Davinci Labs Gi Benefits Powder: mix with cold water or organic juice once daily. Dose by weight, as your child may not require a full scoop.

C. Option C: (adults): Designs for health GI revive Powder: Mix 8 grams (approx. one scoop) in water or other liquid per day. It is noted: start with ½ scoop for sensitive stomachs and work up to a full dosage over the course of 1-2 weeks. ** For extremely sensitive stomachs**: Swap out the GI revive for ION gut support: Take 5 ml (one teaspoon) three times a day (before meals if you can). Sensitive Usage: Starting with 1/8 teaspoon, twice a day, and increasing slowly as tolerated can be a good introduction.

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Prebiotic support to feed the probiotics: Probiotics alone are not enough. To help colonize the good bacteria you need to feed them. Be sure to eat a diversity in color to feed your good bacteria.

A. Option A (littles): Prebiotics are the third largest component of human breast milk, therefore continue to breastfeed. For formula fed babies the Designs for Health Probiotic Infant stick contains prebiotics in the form of FOS.

B. Option B (kids): Designs for Health Chocolate Superfood Powder: Mix 8 grams (appx one scoop) in water per day. Chocolate Superfood Powder may also be blended with milk or other non-dairy milk substitutes.

C. Option C (adults): Designs for Health Phytobiome: Take one capsule daily with each meal. Pair with Designs for health PaleoFiberRS: take 1/4 scoop for one week, then bump up to 1/2 scoop for one week, then increase to 3/4 scoop for one week and then round it out with 1 full scoop for one week. It is recommended that you stay on the full scoop for an additional 30 days to complete a 30 day course at the full dosage. Fiber can be added to water, mixed in a smoothie or mixed in food such as yogurt, applesauce or oats.

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Immune Support: We highly suggest getting outside for 20 minutes every day in direct sunlight and incorporating citrus fruits.

A. Option A (littles): Sovereign Silver: 1 tsp daily

B. Option B (kids): Designs for Health organic Immunoberry liquid or your homemade elderberry syrup. Take 2.5 ml (2.5 droppers) per day. Pair with Biotics Research Bio-DK-mulsion: take 3,000 IU's daily in winter seasons or if your child does not get outside often.

C. Option C (adults): Designs for Health Immunitone Plus: take four capsules per day with meals. Pair with Biotics Research Bio-DK-emulsion: take 5,000 IU's daily in winter seasons or if you do not get outside often.



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INSTAGRAM & FACEBOOK

@thewell.balancedlife

WEBSITE

www.natureseliteten.com

DESIGN

Olivia Finchum