

# Intestinal Kit



## Rebuild a Healthy Intestinal System

The Intestinal Kit will provide the foundation for achieving optimal intestinal health. This program is adapted from the European Biological Medicine approach of natural healing used by Dr. Thomas Rau, MD and the team at the Paracelsus Clinic in Switzerland. This world leading clinic has achieved remarkable results in treating difficult chronic disease, and their approach always starts with evaluating and treating the intestinal system.

This Intestinal Kit program is a two phase protocol that takes approximately 40 days to complete. The first phase is designed to help regulate the body's internal environment, which supports healthy flora and rebuilding of the intestinal system. The second phase is designed to rebuild the intestinal lining, restore healthy flora and support the gut-associated immune system.

Successful regeneration and restoration of intestinal health can be enhanced through specific dietary changes. Your health care



practitioner may recommend additional food sensitivity testing, stool analysis, and dietary modifications. The clinical experience at Paracelsus shows intestinal restoration can be aided by: eliminating refined sugar, reducing meat and dairy intake, and increasing vegetables and healthy fats in the daily diet. Changing long established habits is never easy however, commitment to this transformation will achieve significant health benefits.



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This kit contains a selection of natural remedies manufactured by Sanum Kehlbeck, Germany, and distributed by Biomed International Products Corp.

*Only sold through health care professionals.*



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# Intestinal Kit

A convenient kit containing  
selected Pleo Sanum remedies

**RESTORE AND REGENERATE**



810-400-HT001

## Who Needs to Restore Gut Health?

Everyone can benefit from improving their gut health, especially if dealing with chronic conditions. A healthy gut leads to a healthy mind and body.

Unfortunately, an unhealthy gut and poor bacterial flora is more common than we think. Damage to the intestinal system can be attributed to the western diet and lifestyle, in addition to other factors including: type of delivery at birth, duration of breast feeding and types of food eaten in early life, food allergies, dysbiosis (candida and yeast), antibiotics and other medications, chronic stress, infections, heavy metals, over-acidity, processed and GMO foods, and exposure to toxins.

## Why is the Intestine so Important?

A healthy gut and balanced intestinal flora contribute to both good digestion and a strong immune system. This is of the upmost importance for sustained health and recovery from chronic disease.

The intestinal mucosal lining is the largest protective barrier between our blood and the outside world! It is responsible for nutrient absorption, housing healthy intestinal flora and maintaining 80% of our gut-associated lymphoid tissue (Peyer's Patches) for immune defence in the entire body. A healthy intestinal system is the foundation for overall health.

*"We treat humans, not symptoms or diagnoses. We support the regulatory forces in the human, which brings healing from the inside."*

~ Dr. Thomas Rau

### This Kit Contains:

**Pleo Alkala Powder & pH papers (in box)**

**Pleo Sanuvis Tablets**

**Pleo Citro Tablets**

**Pleo Pef Drops 5X**

**Pleo Rebasan Caps 4X**

**N-A-G (N-acetyl glucosamine) Caps**

**Additional Suggested Supplements:**

*(Not included in kit)*

- Probiotic 7-in-1 or Lactobacillus Sporogenes
- Pleo Oku drops or tabs
- Absinthium

## Is Your Flora Essential for Health?

Our gut is home to trillions of co-evolved friendly microorganisms that are essential for digestion, absorption of vitamins and nutrients, detoxification, and regulation of our immune system. When the healthy intestinal flora population is altered, opportunistic pathogenic microorganisms (which can be detected in stool tests) can create unfavourable changes to health. In the last 20 years, the Paracelsus Clinic has found zero cancer patients with 'normal' flora, and this conveys a clear message on the importance of intestinal system in overall health.

## Healing the Gut is Important if You Suffer From Any of the Following Conditions:

- Digestive disorders
- Allergies, asthma
- Skin conditions
- Immune disorders
- Inflammation of any kind
- Joint disorders
- Chronic sinusitis
- Fatigue
- Constipation & Diarrhea
- Cardiovascular conditions
- Metabolic conditions
- Malignancies
- Depression
- And many more

## How to Use pH Papers

Urinary pH testing can determine if there is excess acid (H+) stored in your tissues. While your health care practitioner can give you specific instructions, here are guidelines for urinary pH testing:

Establish a urinary pH baseline by testing the pH of your urine, using first morning urine and urine from three other times throughout the day. This can be done by either collecting a small amount of urine in a cup and dipping the pH paper into the urine, or by holding the pH paper directly in the urine stream for a few seconds.

Compare the colour of the pH paper to the pH colour chart and record the results.

First morning urinary pH: 6.2-6.8 = normal, 5.0 - 6.2 = tissue acidity.

Rest of day urinary pH: 6.8-7.4 = normal, 5.0 - 6.8 = tissue acidity.

Pleo Alkala contains alkaline salts to restore healthy pH levels.

Pleo Sanum

# Intestinal Kit Protocol



This program is intended to be followed under the supervision of your health care practitioner. Some occasional changes to bowel movements may be expected. Your practitioner will advise you on how to maintain intestinal health after this program has concluded.

**LEGEND:** ✓ = 1 dose per day.  
 ✓✓✓ = 3 doses per day.

## Intestinal Kit Protocol 2 PHASE PROGRAM

REMEDY	PHASE/DOSE	MON	TUES	WED	THURS	FRI	SAT	SUN
	<b>Phase 1 = 20 Days</b>							
<b>Pleo Alkala</b>	¾ scoop in the morning, in warm water on an empty stomach (30 min before a meal or 2 hours after). According to urinary pH testing.	✓	✓	✓	✓	✓	✓	✓
<b>Pleo Citro</b>	2 tabs in the morning	✓	✓	✓	✓	✓	✓	✓
<b>Pleo Sanuvis</b>	2 tabs in the evening	✓	✓	✓	✓	✓	✓	✓
	<b>Phase 2 = 20 Days</b>							
<b>Pleo Alkala</b>	¾ scoop in the morning, in warm water on an empty stomach (30 min before a meal or 2 hours after). According to urinary pH testing.	✓	✓	✓	✓	✓	✓	✓
<b>Pleo Citro</b>	2 tabs in the morning	✓	✓	✓	✓	✓	✓	✓
<b>Pleo Sanuvis</b>	2 tabs in the evening	✓	✓	✓	✓	✓	✓	✓
<b>Pleo Pef</b>	10 drops in the morning	✓	✓	✓	✓	✓		
<b>Pleo Rebasan</b>	1 capsule at bedtime	✓	✓	✓	✓	✓	✓	✓
<b>N-A-G</b>	2 capsules with meals	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓
<b>Additional Suggested Remedies (not included in kit):</b> Your practitioner may suggest these additional remedies based on detoxification, excretion and specific rebuilding of intestinal flora with probiotics.								
<b>Probiotic 7-in-1</b>	1 capsule	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓
<b>Lactobacillus Sporogenes</b>	1 capsule	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓
<b>Absinthium</b>	25 drops before meals	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓

*Your practitioner may recommend dietary adjustments to remove all potential allergens - (eggs, cow dairy, citrus, wheat, gluten and nuts) and any confirmed food allergens during this program.*

## The Healing Power of Food: Nourishing Your Internal Environment.

Our cells are in a constant state of renewal. Every seven years, we are living in a completely new body of cells. Biological medicine approaches embrace this regeneration process and optimize internal conditions within the body to support these new cells, in addition to their normal functioning in a properly regulated environment.

Eating for restoration and regeneration is a purposeful way of eating to restore and maintain long term health. A restorative diet is an important factor in the treatment of intestinal health and chronic illness. Removing all potential allergens and acidifying foods from what you eat on a daily basis allows for a rapid healing of the intestinal system, mucosal lining, bacterial flora and Peyer's patches (immune system).

Dr. Thomas Rau, MD, recommends strictly adhering to dietary modifications for at least six weeks. This allows time for the natural regeneration cycle of the body's cells, the intestinal tract, and the intestinal flora to occur. Adding high-quality probiotics and fermented foods (sauerkraut, miso or kimchi) will help reintroduce good bacteria to your gut.

Your practitioner may recommend dietary changes. Typical suggestions may include removing common allergen or acid-forming foods from your diet such as: dairy products, eggs, red meat, wheat or gluten-containing foods, soy, highly processed products, citrus, certain nuts, sugar, soda pop, black tea and/or coffee.

## Eating for Restoration and Regeneration according to Dr. Thomas Rau, MD

### Foods Permitted

- Chicken, turkey, fish (2 - 3 x weekly)
- Goat and sheep dairy
- Whole grain (spelt, quinoa, amaranth)
- All vegetables, leafy greens
- Avocado
- Fruit (before 12 noon)
- Fresh squeezed juice
- Seeds (nuts if not allergic)
- Oils (olive, sunflower, flax, grape seed, coconut)
- Rice, beans and legumes
- Organic soy and seaweeds
- Lemon juice, mild vinegars
- Fresh spring water
- Himalayan/sea salt, herbs, spices

### Foods to Avoid

- Meats (beef, pork)
- Dairy (specifically cow)
- Eggs (specifically chicken)
- Shellfish and predatory fish
- Nuts (hazel, peanut, walnut)
- Citrus fruits and commercial fruit juice
- Histamine rich foods (rabbit, venison, sardines)
- Refined sugars, processed foods, preservatives, soda
- Yeast containing foods
- White flour products

*"We must respect the truth of what Hippocrates, the first great doctor, said about health: Let food be thy medicine." – Dr. Thomas Rau, M.D.*

More information about diet, gut health and links to disease can be found in Dr. Rau's book – *The Swiss Secret*.

