

PROGRAMME FOR DOGS AND CATS

Gut Restoration Programme

A step by step programme that cleanses the gut, repairs the gut wall and rebuilds the microbiome. The order is deliberate: each phase makes the next one possible.

Which problems is it for?

For chronic and recurring digestive problems, such as:

Recurring diarrhoea

Chronic gut inflammation (IBD)

Irritable bowel

Leaky gut

Small intestinal bacterial overgrowth (SIBO)

Stomach problems

Recovery after antibiotics

Skin and itch problems from the gut

Why the gut is the foundation

The gut is connected to almost every organ. Best known are the gut and skin axis and the gut and brain axis, but liver, lungs, immune system, joints, hormones and metabolism are also influenced through the microbiome. That is why this programme is often also the starting point for other chronic problems.

The programme at a glance

Foundation

ONGOING

Food: fresh and varied

Phase 1

WEEKS 1 TO 8

Cleanse

Phase 2

WEEKS 8 TO 16

Restore

Phase 3

WEEKS 16 TO 24

Build, only on advice

The foundation: food

No supplement can make up for what the wrong food does every day. Without a change in diet, the harmful biofilm often returns after the programme. So start with the food, and keep it up after the programme too.

Dog

Around 80% varied meat or fish and 20% ground or lightly steamed vegetables, such as courgette, broccoli, carrot and pumpkin. Change the protein source daily. Choose fresh meat (raw or carbohydrate free) or high quality wet food.

Cat

Cats are strict carnivores: around 95% meat and at most 5% cooked, finely blended vegetables. Variety in protein source matters for cats too, to build a diverse microbiome.

Best avoided: kibble and poor quality wet food as the main food, always the same protein source, grain or starch rich food and heavily processed treats.

Is your animal on a therapeutic diet prescribed by the veterinarian? Then only change the food in consultation.

Harmful bacteria, parasites and yeasts hide behind a protective layer called biofilm. While it is intact, other products barely reach them. In this phase the biofilm is broken down, the waste it releases is cleared and inflammation is reduced.

Biofilm Balance	Enzymes, NAC and lactoferrin break down biofilm and inhibit released pathogens.
Green Detox	Chlorella, spirulina and alfalfa bind released waste.
Liposomal Curcumin	Reduces low grade inflammation in the gut and the body.
Liposomal Vitamin C	Antioxidant that protects cells against damage from inflammation.
Prebiotic Fibers	Feeds beneficial gut bacteria, which occupy the space that becomes free.

Temporary reaction. In the first one to two weeks your animal may have some extra wind or softer stools. This is usually short and a sign the phase is working. If it persists, contact your practitioner.

Now that the gut has been cleansed, the gut wall and the microbiome are rebuilt.

L-Glutamine	Main fuel for the gut wall cells and their repair.
Shilajit	Strengthens gut barrier and mucus layer, and energy in the gut cells.
Liposomal Vitamin B Complex	Supports the gut's nervous system and energy, and corrects shortfalls common in chronic gut problems.
Water Kefir Probiotics	Fermented water kefir with more than 50 strains of bacteria and yeasts for a diverse microbiome.

Only on your practitioner's advice, when the gut recovers well but energy and resilience lag behind.

Longevity Support, Liposomal Co-enzyme Q10, Liposomal Glutathione and Myco Immune Complex support cell energy, protection against oxidative stress and resilience.

How to use

The therapeutic dose twice daily throughout the programme. The dose depends on weight and situation; your practitioner notes it below. No improvement after eight weeks? Ask about a personal adjustment.

See the veterinarian straight away

If there is blood in the stool, persistent vomiting, lethargy, refusal to eat, rapid weight loss or fever.

PERSONAL ADVICE FROM YOUR PRACTITIONER

Animal's name

Start date

Dose

Additional consultation with practitioner, if needed

Additions from other programmes, if any