



Stanford
HEALTH CARE

10 Week Gut Restoration Program

Dates:

Wednesdays, 11:00–11:40 AM
May 3 through July 5, 2023

TOPICS

- Inflammation
- Leaky Gut
- Microbiome Support
- Food Sensitivities
- Elimination Diets
- Nutrition and Lifestyle for Gut Health
- Constipation
- IBS
- GERD
- Crohns/Ulcerative Colitis
- SIBO

DESCRIPTION

Gut health is the foundation of good health. If you suffer from gastrointestinal issues, autoimmunity, inflammation, anxiety, depression, thyroid issues, cancer, cardiovascular disease etc, balancing your gut is the first step to bringing your health back into balance.

In this 10 week program, you will work with Dr. Payrovi to balance the GI tract at each level using key foods, lifestyle, and specific supplements as part of the protocol for healing leaky gut and the GI tract as a whole..

The program includes:

- 3–6 week elimination diet followed by re-challenge to identify food sensitivities
- Optimizing stomach acid, pancreatic enzymes, and bile using key foods
- Building up the gut microbiome
- Protocols for constipation, reflux, IBS, Crohns/Ulcerative Colitis, and SIBO

This is a unique opportunity to get implementation support from Dr. Payrovi within a supportive group. This is a big protocol that's complex and expensive to do on your own.



TO REGISTER
PLEASE CALL:

**Stanford Center for
Integrative Medicine**

 (650) 498-5566

Each session is billed to your insurance as a shared medical appointment with a Stanford physician specialist.



SUSAN PAYROVI, M.D.

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Susan Payrovi M.D. is board certified in Anesthesiology, Hospice & Palliative Medicine, and Integrative Medicine. She also holds certifications in Functional Medicine and Medical Acupuncture.