



Rebuild a Healthy Intestinal System

The Intestinal Kit will provide the foundation for achieving optimal intestinal health. The Intestinal Kit and specific dietary changes (as recommended by your health care practitioner) are two simple tools to restore your gut health. We respect that changing long-established habits is not easy, and while this transformation requires commitment, the achievable health benefits are significant.

This Intestinal Kit program is adapted from the Swiss Biological Medicine approach of natural healing used by Dr. Thomas Rau, MD and the team at Paracelsus Clinic in Switzerland. This world-leading natural medicine center has achieved remarkable results treating difficult chronic disease and their programs always start with evaluating and treating intestinal health. The Intestinal Kit contents are conveniently assembled in a six week/two phase program. The first phase helps regulate the body's internal environment to allow rebuilding of the intestinal mucosa. This sets up a successful restoration of healthy flora during the second phase.

Your health care practitioner may recommend individualized sensitivity and/or stool testing and dietary modification. Paracelsus clinical experience shows intestinal regeneration and restoration results are aided by: eliminating toxins and refined sugar, reducing meat and dairy intake, and by adding individualized remedies, supplements and some raw vegetables to the diet. More information about diet, gut health and disease links can be found in Dr. Rau's book - *The Swiss Secret*.

The root of every illness lies in the gut. ~ Dr. Thomas Rau, MD

BIOMED

This kit contains a selection of Pleo Sanum remedies manufactured by SANUM-Kehlbeck GmbH, and distributed by:

Biomed International

102 - 3738 North Fraser Way, Burnaby, BC, V5J 5G7 Canada

1-800-665-8308 | biomedicine.com

Available at selected quality health stores.

See individual product labels for specific consumer information.

*These statements have not been evaluated by Health Canada.
These products are not intended to diagnose, treat,
cure or prevent any disease.*

The Intestinal Kit is a valuable tool to take back control of your health.

The image shows the front cover of the 'Intestinal Kit' product box. The top half features a photograph of three small green sprouts with two leaves each, growing out of a bed of green moss. The background is a soft, out-of-focus green. The bottom half of the box is a solid blue color. The 'BIOMED' logo is in the top right corner of the blue section. The title 'Intestinal Kit' is written in large white letters in the center. Below the title, the text 'A convenient kit containing selected Pleo Sanum remedies.' is written in a smaller white font. At the very bottom of the blue section, the phone number '800-400-HT001' is printed in white.

BIOMED

Intestinal Kit

A convenient kit containing selected Pleo Sanum remedies.

800-400-HT001

Who Needs to Restore Gut Health?

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

Unfortunately an unhealthy gut and poor bacterial flora is a common condition due to our western lifestyle and diet. Appreciation for this health influence has heightened and many experts point to a number of gut-damage associations: type of delivery at birth, duration of breast feeding and types of foods eaten in early life, detected and undetected food allergies, dysbiosis (candida and yeast), antibiotics, chronic stress, infections, heavy metals, organic toxins, over-acidity, processes foods, and medical interventions such as surgery and medications.

Why are the Intestine and Bacterial Flora so Important?

A healthy gut and balanced intestinal flora contributes to both digestion and a strong immune system. Gut health is of the utmost importance for sustained health and recovery from chronic disease.

The Intestinal Mucosa – Think of our intestinal mucosa lining as our largest protective barrier between our blood and the outside world! The intestine is entirely responsible for the selective exchange of nutrients and waste with the outside world. Damaged mucosa tissue allows access of invasive molecules and organisms

into the blood. It is also the most significant defense and regulatory system housing important immune cell factories (the Peyer's Patches) to produce 70 - 80% of the defense cells available throughout the body.

Bacterial Flora - A healthy intestinal flora is like a healthy lawn. When a lawn is strong, weeds have trouble getting a foothold. Our gut is home to trillions of co-evolved friendly microorganisms that are essential for digestion and the accessibility of food, vitamins and nutrients, detoxification, and the regulation of our immune system. When the healthy intestinal flora population is altered the 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 we think this conveys an important health story.

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
- Cardiovascular conditions
- Metabolic conditions
- Malignancies
- Depression
- And many more

This Kit Contains:

1 Pleo Alkala Powder

- Correction of acid-base balance, decrease inflammation.

1 Pleo Sanuvis Tablets

- Stimulates mitochondrial respiration, reduces lactic acid buildup and inflammation.

1 Pleo Citro Tablets

- Supports energy production (cellular metabolism) and corrects acid-base balance.

1 Pleo Pef Drops 5X

- Controls yeast and chronic fungal conditions.

1 Pleo Rebasan Caps 4X

- Peyer's Patches, stimulates intestinal immune cell production, rebuilds a well functioning immune system.

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

- Repairs and rebuilds mucous membranes of the intestinal lining.

Additional Suggested Supplements: (Not included in kit)

- Probiotic 7-in-1
- Bio Fort
- Lappa
- L-Glutamine
- Pleo Oku

"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.

Pleo Sanum

Intestinal Kit Protocol



This program is intended to be followed under the supervision of your health care practitioner. They will discuss pertinent aspects of your medical history. Some occasional loose bowel movements may be expected. Your practitioner will advise you how to maintain intestinal health after this program is concluded.

LEGEND: ✓ = 1 dose per day.
 ✓✓ = 2 doses per day.

Intestinal Kit Protocol 6 WEEK/ 2 PHASE PROGRAM

REMEDY	PHASE/DOSE	MON	TUES	WED	THURS	FRI	SAT	SUN
	Phase 1 = Days 1 - 14							
Pleo Alkala	1/4 - 1/2 scoop, according to urinary pH testing, in warm water completely away from food, 30 minutes before a meal or on an empty stomach.	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓
Pleo Citro	2 tabs in the morning	✓	✓	✓	✓	✓	✓	✓
Pleo Sanuvis	2 tabs in the evening	✓	✓	✓	✓	✓	✓	✓
N-A-G	2 capsules	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓
	Phase 2 = Days 15 - 40							
Pleo Alkala	1/4 - 1/2 scoop, according to urinary pH testing, in warm water completely away from food, 30 minutes before a meal or on an empty stomach.	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓
Pleo Citro	2 tabs in the morning	✓	✓	✓	✓	✓	✓	✓
Pleo Sanuvis	2 tabs in the evening	✓	✓	✓	✓	✓	✓	✓
Pleo Pef	7 drops	✓✓	✓✓	✓✓	✓✓	✓✓		
Pleo Rebasan	1 capsule at bedtime	✓		✓		✓		✓
N-A-G	2 capsules	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓
Additional Suggested Remedies (not included in kit):								
Your practitioner may suggest these additional remedies based on detoxification, excretion and specific rebuilding of intestinal flora with probiotics.								
Probiotic 7-in-1	1 capsule	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓
Lappa	20 drops	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓

Your practitioner may recommend dietary adjustments to remove all potential allergens (eggs, cow dairy, citrus, wheat, gluten and nuts) and any confirmed personal 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. Natural 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 make recommendations for dietary changes. Typical suggestions may include removing common allergen or acid-forming foods from your diet including: dairy products, eggs, wheat or gluten-containing foods, soy, highly processed products, certain nuts, sugar, and coffee or tea just to name a few.

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

~ Dr. Thomas Rau



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

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