



HILGARTNER

HEALTH *and* WELLNESS

Do You Suffer From Any of these Symptoms?

- Abdominal Pain
- Acne
- Aggressive Behavior
- Allergies, Food or Environmental
- Anxiety
- Arthritis
- Asthma
- Bed-Wetting
- Bloating and Weight Gain
- Chronic Joint Pain
- Chronic Muscle Pain
- Confusion or Foggy Thinking
- Constipation
- Depression
- Diarrhea
- Fatigue
- Indigestion or Gas
- Mood Swings
- Nervousness
- Poor Immunity
- Poor Libido
- Poor Memory
- Recurrent Bladder Infections
- Recurrent Vaginal Infections
- Shortness of Breath
- Skin Rashes
- Just Feeling "Toxic"

If so, you may be suffering from a condition known as *Leaky Gut Syndrome or Dysbiosis.*

These symptoms are often associated with conditions such as: Irritable Bowel Syndrome, Crohn's Disease, Celiac Disease, Chronic Fatigue, Inflammatory Joint Disease, Liver Dysfunction, and Rheumatoid Arthritis...to name a few.

Your gut, known as your Gastrointestinal Tract, has three primary functions:

- *Digestion of foods and conversion into vitamins*
- *Absorption of nutrients*
- *Prevention of toxins and pathogens from entering the body*

Your gut normally has approximately over 10,000 species of bacteria, as well as many species of yeast and other organisms known as your "gut flora", living in it. This is known as your intestinal Microbiome. These "friendly" bacteria are vital for good digestion and the health of the intestines in general.

When the gut flora is in a healthy balance it is called "orthobiosis," which is a term introduced in the early 1900s by the great microbiologist Elie Metchnikoff. When your gut is out of balance you are said to have "dysbiosis." Metchnikoff thought dysbiosis so concerning that he coined the expression "**Death begins in the GUT!**" Recent science is now proving the validity of his statement.

Illness occurs when the amount of friendly bacteria is reduced and other organisms increase their numbers, becoming the majority. There are a number of factors that

can disrupt the balance of organisms in the intestines leading to overgrowth of the less desirable species. The most important factors are:

- Antibiotic use (Even just one dose has been shown to alter gut flora)
- Use of the birth control pill
- Use of other hormones, especially immune suppressants like steroids
- Diet, especially one high in sugar and simple carbohydrates
- Alcohol
- Stress

When these factors cause enough stress to your system they alter the normal balance of microbes in your gut leading to changes in the lining of your bowel and increasing the permeability of the intestinal tract. This is condition known as Leaky Gut.

Not all of the hundreds of species of organisms that make up the gut flora are “friendly.” When the natural yeast or fungi found in the body grows out of control, it can result in a condition called Candidiasis, an infection caused by a species of Candida fungi, especially *Candida albicans*.

The growth of Candida is usually controlled by the presence of the native bacteria and by the body's immune defenses. If the population of native bacteria is decreased by antibiotics, or if the immune defenses are weakened by illness, malnutrition, or certain medications, Candida fungi can multiply enough to cause symptoms by spewing toxins into the bloodstream and liver.

Candida overgrowth, even in low to moderate levels, can affect many different parts of the body, causing mild symptoms to overwhelming illness, depending on your underlying health.

The toxins produced by Candida have been shown to alter the function of the perception centers of the brain. *If you have a sweet tooth, chances are, you have an overgrowth of Candida yeast in your gut.* Once you have Candida overgrowth, it can be extremely difficult to eliminate.

To help our patients achieve profound healing for many of the problems they suffer from, Dr. Lolin Hilgartner has developed a **6-Week Gut Restoration Program**.

During this comprehensive program, you will be guided through the specific details for the Microbiome diet to restore proper balance and function of the ecosystem of your gut.

This is not a calorie-restricted diet and involves no pre-prepared foods or shakes.

The 6-Week Gut Restoration Program Includes:

- Weekly lectures focused on sound nutritional therapies and lifestyle choices designed to help you heal your gut, restore your health and prevent future problems.
- Personal and group support from Dr. Lolin Hilgartner.
- Detailed Gut Restoration Manual.
- All supplements to successfully complete the program.
- Individualized Metabolic Profile.

- Pre and Post Body Fat Analysis.

This will be a small (no more than 20) fun, personal class environment that encourages participation and learning on all levels.

By restoring the health and function of your gut, you will:

- Gain More Energy
- Gain Mental Clarity
- Improve Brain Function
- Improve Your Immunity
- Improve Digestion and Absorption of Nutrients
- Improve Sleep
- Reduce Anxiety and Depression
- Eliminate Joint Pain and Body Aches
- Clear Up Skin Problems
- Reduce/Eliminate Gas and Bloating
- Eliminate Indigestion and Reflux
- Feel Younger and More Alive

AND not only will YOU benefit from attending this program, YOUR FAMILY will benefit as you share what you learn and prepare healthful meals to optimize their health potential.

The 6-Week Gut Restoration Program begins

Saturday, March 5, 2016

7:00 PM -9:30 PM at our office

Class 2: Tuesday, March 15: 7:00-9:00 PM, at our office

Class 3: Tuesday, March 22: 7:00-9:00 PM, at our office

Class 4: Tuesday, March 29: 7:00-9:00 PM, at our office

Class 5: Tuesday, April 5: 7:00-9:00 PM, at our office

Class 6: Tuesday, April 12: 7:00-9:00 PM, at our office

Tuition for the 6 Week Intensive is \$1127.

Sign up for Early-Bird Registration by February 25, 2016

Receive a 25% discount, pay only \$847.

Register with friends or family members and they only pay \$767 each.

CLICK TO REGISTER