

Tired of constipation, bloating, & chronic health issues?

Join the Gut Restoration Program!

- Option 1: Tuesdays, Jan 9–Apr 2 (11–1230 pm)
- Option 2: Wednesdays, Mar 13–Jun 5 (12–130 pm)

TOPICS

GENERAL SERIES (FIRST 60 MINS)

- Gut inflammation
- Leaky gut repair
- Gut microbiome support
- Food sensitivities
- Elimination diet
- Nutrition & lifestyle for gut health
- Constipation
- IBS
- GERD, reflux, heartburn
- Crohns disease & ulcerative colitis
- SIBO(Small Intestinal Bacterial Overgrowth)
- Fasting

ADD ON TOPICS (FULL 90 MIN))

- FODMAP diet
- Andi-Candida diet
- SIBO treatment protocol
- MCAS (Mast Cell Activation Syndrome)
- Low Histamine Diet
- Implementation support of above protocols and diets

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

The program includes:

- 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 with key foods
- Protocols for constipation, GERD/reflux, IBS, Crohns/Ulcerative Colitis, SIBO, and fasting


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.



Credit: Jessica Fortner

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.

Clinical Assistant Professor of Anesthesiology, Perioperative, and Pain Medicine

Dr. Payrovi is triple board certified in Anesthesiology, Hospice & Palliative Medicine, and Integrative Medicine.

She also holds certifications in Functional Medicine, Mind Body Medicine, and Medical Acupuncture.