

Revive & Thrive Protocol

The Revive and Thrive Protocol is often likened to a "weed seed and feed" program. Our microbiome—a complex ecosystem of microorganisms within the body—significantly influences our physiology, affecting both health and disease. This program's primary goal is to replenish and sustain beneficial bacteria in the gut microbiome while eliminating harmful bacteria, or "weeds."

By suppressing these harmful bacteria and introducing beneficial strains (seed), followed by supporting their growth (feed), the protocol aims to reduce inflammation, restore the gut lining, prevent infections, and maintain a healthy microbial balance. This balance is crucial for overall health and represents one of the most important steps your patients can take to achieve or maintain optimal well-being.

Here are the key functions impacted by our microbiome.

Digestive Health: The microbiome plays a critical role in digestion by breaking down complex carbohydrates and aiding nutrient absorption. A balanced microbiome helps prevent digestive disorders, such as irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD).

Immune Function: Approximately 70% of the immune system resides in the gut. The microbiome educates and modulates the immune response, helping to defend against pathogens while preventing overreactions that could lead to autoimmune conditions.

Mental Health: Emerging research highlights the gut-brain connection, showing that gut health influences mood and mental states. The microbiome produces neurotransmitters like serotonin and communicates with the brain through the vagus nerve, impacting conditions such as anxiety and depression.

Metabolism and Weight Management: The microbiome regulates metabolism by influencing how we extract energy from food. Dysbiosis (an imbalance in microbiota) has been linked to obesity and metabolic disorders, emphasizing the microbiome's role in weight management.

Chronic Disease Prevention: A healthy microbiome helps reduce inflammation, which is a contributing factor in chronic diseases such as diabetes, cardiovascular disease, and certain cancers. Maintaining microbial balance can mitigate these risks.

Nutritional Synthesis: The microbiome synthesizes essential vitamins (like B vitamins and vitamin K) and short-chain fatty acids, which are vital for gut health and systemic wellness.

Skin Health: The microbiome also extends to the skin, where it helps protect against infections and inflammatory skin conditions. A balanced gut microbiome can influence skin health positively.

The Revive and Thrive Protocol is comprehensive while being very simple ensuring full Patient compliance

The Program consists of 2 Boxes of Colicron *Duo* and 2 Boxes of Colicron.

Program

Day 1 – 30

1 Colicron Duo tablet AM. 800mg Berberine: 200mg Quercetin.

Each tablet from Colicron *Duo* is designed to:-

- Reduce the number of harmful species in the microbiome.
- Support and improve the growth of beneficial bacteria in the microbiome.
- Reduce inflammation in the gut helping to alleviate conditions such as IBS. And IBD.
- Improve the intestinal gut barrier function reducing permeability – leaky gut.
- Reduce oxidative stress.
- Improve outcomes for conditions such as metabolic syndrome
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**1 Colicron Duo Capsule PM. 10 Billion CFU's Lactobacillus Rhamnosus GG.
100mg Palmitoylethanolamide (PEA).
100mg Undaria (Wakami Edible Seaweed).
100mg Hericium Erinaceus (Lion's Mane Mushroom)**

Each Capsule from Colicron *Duo*

- Acts as a Pre and Probiotic
- Is anti-inflammatory
- Improves gut permeability
- Helps prevent diarrhea
- Acts as an analgesic
- Repairs gut lining and tissue
- Regulates intestinal transit

Day 31- 90

1 Colicron Capsule per day. 45 billion CFU's from 9 specific researched Probiotic strains.

Colicron is a combination of 3 different species and 9 different strains of Probiotics each strain has been clinically researched. There are 5 Billion Colony Forming Units (CFU's) per strain giving a total of 45 Billion CFU's per capsule. Three key additional ingredients are included in the formula:-

Palmitoylethanolamide (PEA) is a cannabimimetic mediator, which offers analgesic and anti-inflammatory properties in addition to regulating intestinal transit. PEA is degraded by the NAAA enzyme

Undaria (Wakami Edible Seaweed) is a source of fucoxanthin. Fucoxanthin is hydrolyzed in the gastrointestinal tract to form fucoxanthinol. Fucoxanthinol binds to the NAAA enzyme, reducing its activity and its ability to degrade PEA.

Hericium Erinaceus(Lion's Mane Mushroom) An edible and medicinal fungus which in addition to its the ability to modulate the immune system and repair the gut is a prebiotic. Insoluble Beta-glucans act as prebiotics and improve intestinal permeability and stimulate fibroblasts, which play a crucial role in tissue repair and regeneration.

Colicron is produced using a freeze dry process followed by a unique internal and external coating which is used to protect the probiotics. An external polysaccharide coating protects the probiotics from both heat and humidity changes in the environment. A second internal coating protects the Probiotics during transit through the GI Tract. In the gut the probiotics face harsh conditions from acid pH, digestive enzymes, and bile salts, the internal coating protects the

Probiotics. When the probiotics reach the intestines, they reactivate themselves, proliferate, and adhere to the intestinal mucosa. There are two clinical trials on Pub Med using Colicron for treatment of Irritable Bowel Syndrome (IBS).

Each Capsule from Colicron

- Acts as a Pre and Probiotic
- Is anti-inflammatory and an analgesic.
- Repairs and improves intestinal permeability.
- Promotes the development and function of immune cells, enhancing the body's defense against infections.
- Restores and maintains a healthy balance of gut microbiota, especially after disturbances caused by factors like antibiotics, illness, or poor diet.
- Positively affect mood and mental well-being.
- Influence metabolic processes, aiding in weight management and reducing the risk of metabolic disorders like diabetes.

Upon completing the Revive and Thrive Protocol, your patients will experience enhanced gut permeability - repaired leaky gut, reduced inflammation, and the elimination of harmful bacteria. Additionally, they will replenish their microbiome with an impressive 3 trillion probiotics from nine clinically tested species—equivalent to 3,000,000,000,000 or 3×10^{12} .

It is important to note that your patients cannot achieve or sustain true health while in a state of dysbiosis.

Consider starting the Revive and Thrive Protocol during the month of December – it does not require a change in eating habits and then add the Two-Week Turnaround to start in early January.

Order at www.alivedalabs.com for the Practitioner offer price of \$85.00