

MEETAB INTESTINE PROTOCOL

GOAL

To help patients who are suffering from gastrointestinal disorders

HOW?

By acting not only on the microbiota but also repairing the gastrointestinal mucosa by reducing inflammation and restoring its proper permeability.

STAGES:

Stage 1: RECONSTRUCTION OF THE MUCOSA



Stage 2: INTESTINAL CLEANSIN



Stage 3: MAINTENANCE



1. Gastrointestinal disorders in Italy

About 75 percent of Italians suffer from a gastrointestinal disorder (Gastroesophageal reflux, gastritis, colitis, bloating, constipation, dysentery).

Currently, drugs and some general dietary advice have been offered as remedies: only in part, nutrition and supplements are taken into consideration.



COMUNICATO STAMPA

3 ITALIANI SU 4 SOFFRONO DI DISTURBI GASTROINTESTINALI, IN AUMENTO CON IL COVID-19

***DISTURBI GASTROINTESTINALI E PANDEMIA DA SARS-COV-2:
IL PROF. ATTILIO GIACOSA E ASSOSALUTE-FEDERCHIMICA FANNO IL PUNTO***

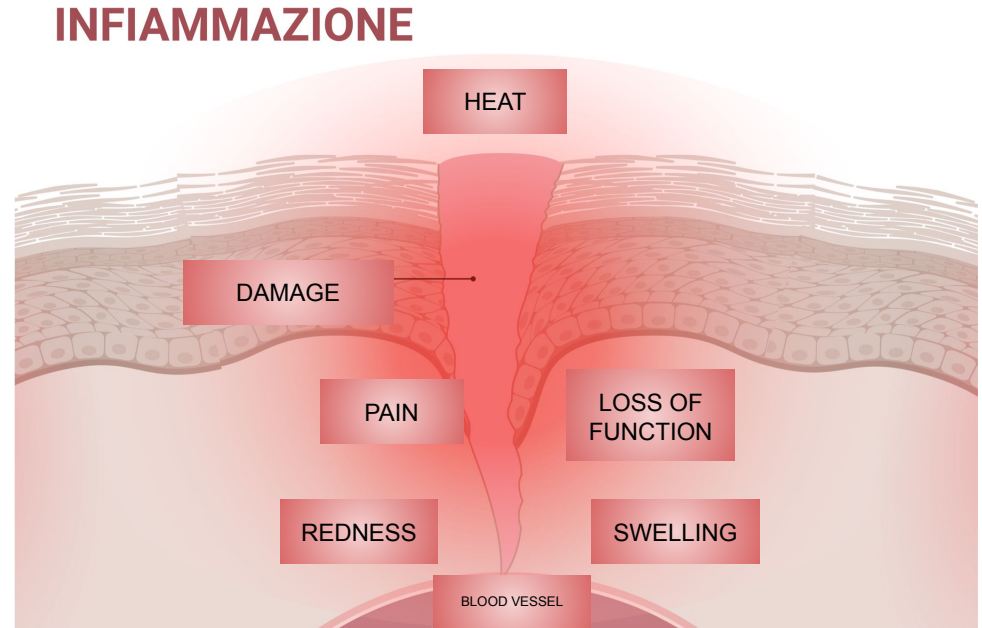
***ATTENZIONE ALLE ABITUDINI ALIMENTARI E AGLI STILI DI VITA ANCHE DURANTE
LE FESTIVITA'***

Milano, 24 novembre 2021 – Tre italiani su quattro dichiarano di soffrire abitualmente di almeno un disturbo gastrointestinale: una tendenza in aumento, dal 47,8% del periodo pre-pandemico (2019) al 56,0% di quest'anno (2021), e che vede protagonisti i **giovani nella fascia di età 25-34**. È quanto emerge da una ricerca condotta da Human Highway per **Assosalute, Associazione nazionale farmaci di automedicazione, parte di Federchimica**, presentata oggi in occasione dell'evento stampa *"Disturbi gastrointestinali e Covid-19: quali impatti?"*, con la partecipazione del **Prof. Attilio Giacosa**, gastroenterologo e docente presso l'Università di Pavia.

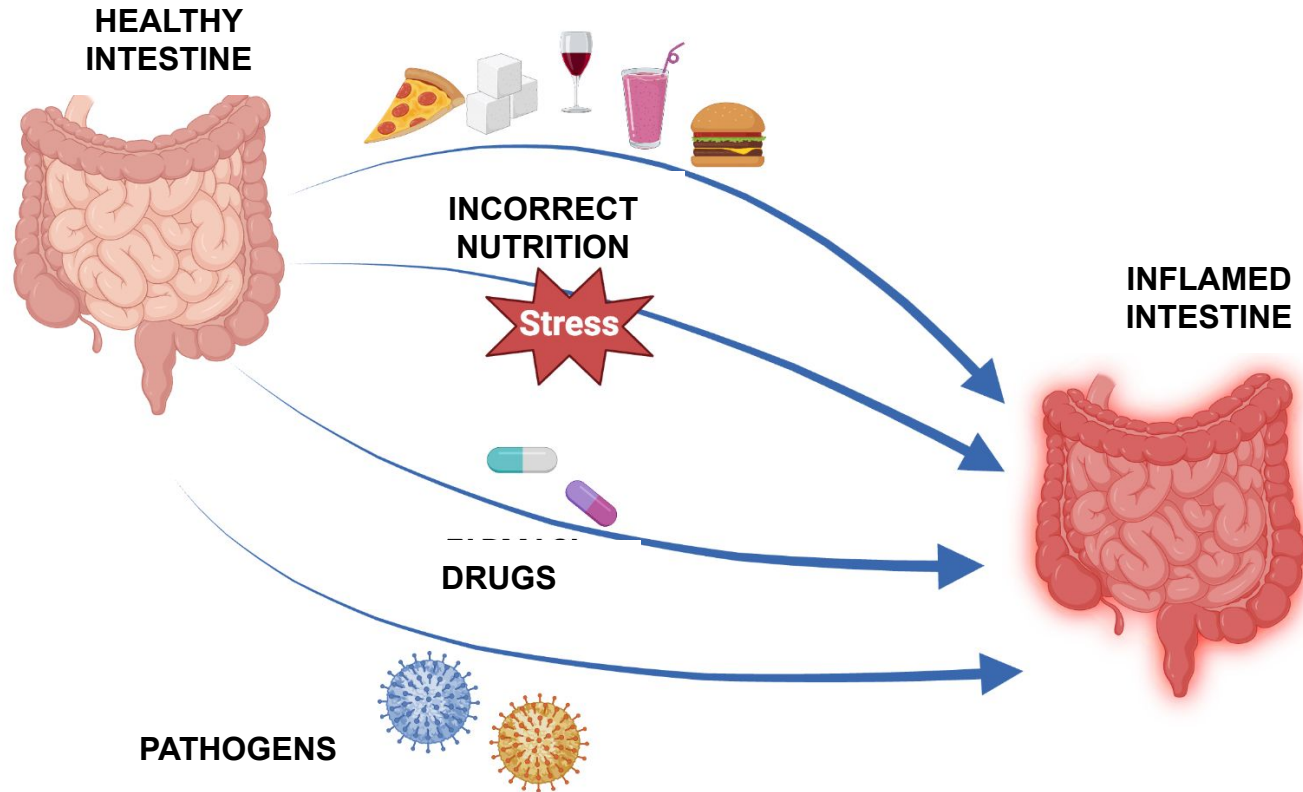
2. Gastrointestinal inflammation: causes and effects

The main function of inflammation is to repair a damaged tissue.

Inflammation becomes a problem when it becomes chronic due to the lack of nutrients.

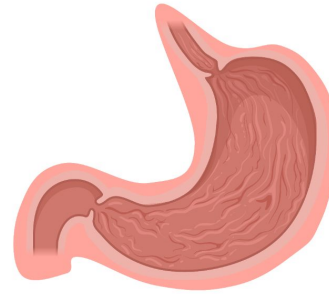


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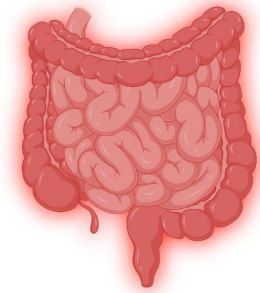


3. Treatments currently in use

To relieve the patient's pain, the practitioner often cures the inflammation with medications.



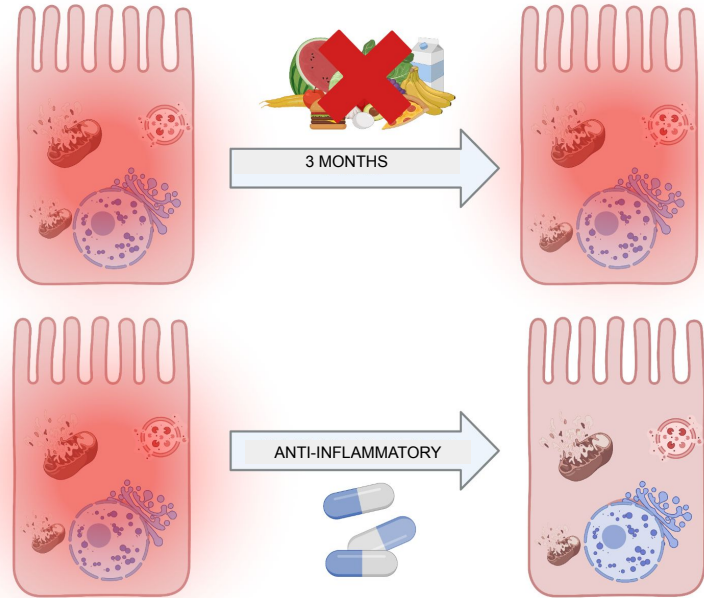
PROTON
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ANTI-INFLAMMATORY

3. Treatments currently in use

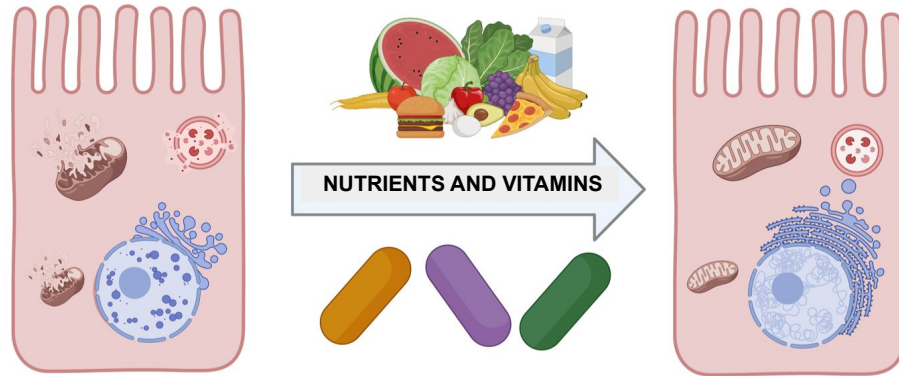
The use of medications makes it possible to alleviate the symptoms of inflammation BUT it does NOT ALLOW TISSUE REPAIR.



4. Does “chronic” mean forever?

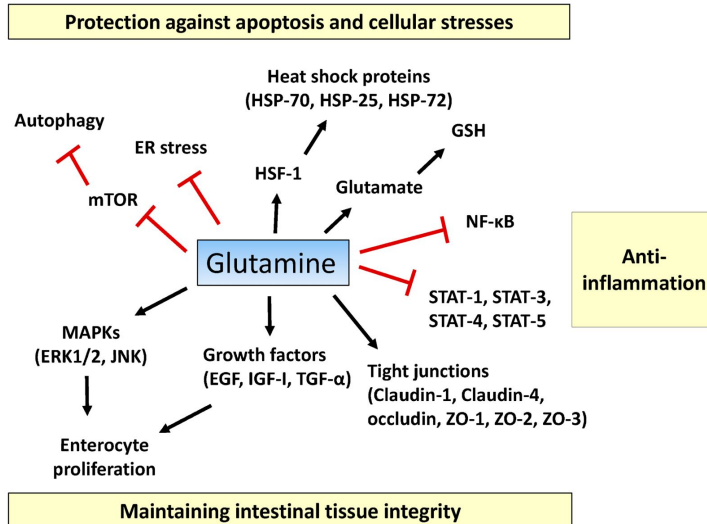
Often, the cause of chronic disorders is the lack of nutrients and/or the presence of toxic substances.

In the case of gastrointestinal disorders, it is necessary to provide the mucosa with substances that help with the repair, particularly glutamine.



5. Glutamine: intestinal panacea

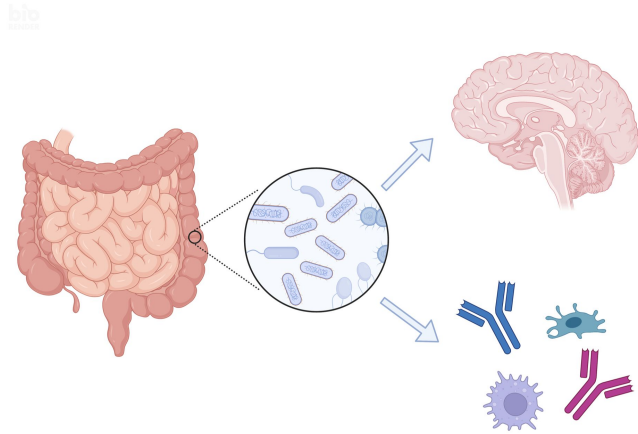
Glutamine has several functions in the intestine: it is involved in cell proliferation, has an anti-inflammatory role, and plays a role in the modulation of intestinal permeability.



6. Probiotics: correction of dysbiosis

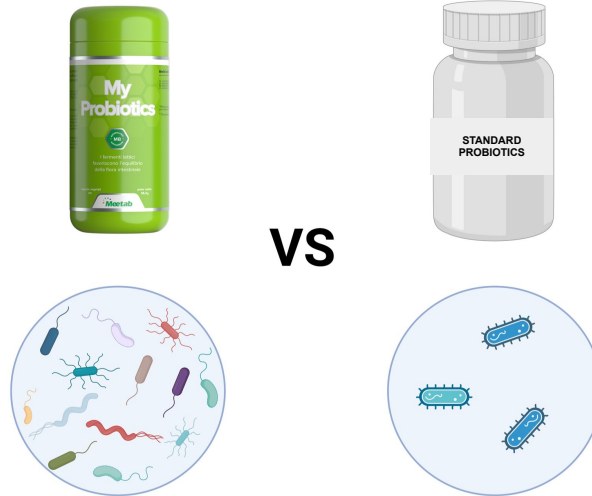
Gastrointestinal problems also lead to an alteration of the microbiota (dysbiosis) that we need to correct through the intake of probiotics.

Probiotics not only affect the intestinal function but also that of the immune system and the nervous system (gut-brain axis)



6. Probiotics: correction of dysbiosis

To correct the dysbiosis, it is necessary to take a supplement that contains many different breeds and in sufficient quantities.



7. Plants and spices: gut cleansing

Plants and spices help fight pathogens and mitigate the effects of dysbiosis.



8. Consolidate the results obtained

The repair of gastrointestinal mucosa and dysbiosis takes more or less time, so it is recommended to:

- continue with the treatment for at least 2 months
- take a multivitamin to make up for accumulated deficiencies



9. Clinical Case.

45-year-old woman, irritable bowel syndrome. Frequent diarrhea, abdominal bloating.

APPLICATION OF THE INTESTINE PROTOCOL:

STAGE 1. REPAIR OF INTESTINAL MUCOSA My Gastro + My Probiotics.

Duration: 20 days

Initial slight increase in intestinal bloating (effect of probiotics, by microbiota readjustment), improvement in stool consistency, improvement in abdominal discomfort

STAGE 2. INTESTINAL CLEANSING My Gastro+ My Probiotics + My Gut Life Duration: 20 days

Progressive reduction in abdominal bloating, steady improvement in stool consistency.

STAGE 3. MAINTENANCE My Gastro + My Total Health Duration: 60 days

Sporadic bloating (related to consumption of certain foods), regular bowel movements, overall improvement in physical well-being.

9. Clinical Case.

45-year-old woman, irritable bowel syndrome. Frequent diarrhea, abdominal bloating.

DIET:

Sugar consumption reduction and overall consumption of carbohydrates reduction.

High-fiber vegetables consumption reduction.

Increased consumption of protein, especially fish, red meat, eggs

Increased consumption of olives, oil and clarified butter

Increased consumption of water