Welcome to your Happy Gut Life!

My own journey to gut health has inspired my work with patients over the past 15+ years. When I welcome you to the program, I do it with a sympathy for where you are now health-wise, as I have been there, and I am excited to know the wellness which can be yours.

I created my Happy Gut 28-day Gut C.A.R.E. Program, as a cleansing program to help you lose weight, gain energy, and eliminate pain. While the program has healed the gut and resulted in total body wellness for my patients, as a benefit, the program has also produced quantifiable weight loss results for patients. This manual will help you stay on the program and keep notes on your progress.

We look forward to helping you reach your goals!

In health,
Dr. Vincent Pedre
Integrative Physician and Author

Health disclaimer
The views and nutritional advice expressed by Dr. Pedre Wellness and Happy Gut are not intended to be a substitute for the very important dialogue that occurs between a patient and a doctor in conventional medical care. If you have a severe medical condition, do not start the Gut C.A.R.E. Program before consulting with your physician or healthcare practitioner. We make no claim to “cure” disease, but simply help you make the best choices through diet and cleansing that help your body heal itself.

No material or product in the Gut C.A.R.E. Program is intended to suggest that you should not seek appropriate medical care for any health concerns you may have. We encourage you to always work with a qualified health professional (such as a Functional Medicine practitioner, naturopath or health coach) when you embark on a journey of detoxification, cleansing and complementary medicine.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to treat, diagnose, cure or prevent any disease. Before embarking on the Gut C.A.R.E. Program, www.happygutlife.com/terms.

* Weight loss results may vary from person to person.
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The Happy Gut Diet, powered by Gut-C.A.R.E., in all senses of the word, is "a gut reboot system". It is how you are going to restore and repair the normal activity of your gut. It will help reestablish balance in an imbalanced system. By fixing your gut—your primary organ of assimilation of nutrients and barrier to the outside world—you will feel the benefits throughout your entire body.

Why 28 Days?

If you've been eating a diet that is making you and your gut sick, it takes a minimum of two weeks for your body to begin to heal from all the inflammatory foods you were eating. That means that it can take two weeks for you to start to feel the positive effects of the dietary changes that are part of the Happy Gut Cleanse Program. For some the changes are noticeable within a few days, but for others it may take a little longer.

The second two weeks of the 28-Day Gut C.A.R.E. Program is your gut-stabilizing phase; this is when the healing really takes place.
How to C.A.R.E. for your Gut

CLEANSE
Remove gut irritants, infections, food sensitivities, and toxins in food.

ACTIVATE
Reactivate healthy digestion by replacing essential nutrients and enzymes.

RESTORE
Reintroduce beneficial bacteria for a healthy gut flora.

ENHANCE
Repair, regenerate, and heal the intestinal gut lining.

As part of the Gut C.A.R.E. Program, we have developed a series of complementary supplements to fast track you along the path to wellness. For the morning breakfast smoothies, you’ll find a gut-healing, fructose-free, hypoallergenic, vegan protein powder designed to support your gut health and promote balanced detoxification. A high potency probiotic helps promote a healthy gut microflora. With each meal, we have included a carefully selected series of easy-to-swallow encapsulated supplements to support digestive and total body wellness. The entire program will help you achieve and maintain a healthy weight.
HAPPY GUT overview
Three phases to a happy gut life

PHASE I
Gut C.A.R.E. Program
28 Days
You will follow a simple 28-day routine: Gut Cleanse Shake for breakfast and a gut-healthy meal for lunch and dinner from the Happy Gut Diet. At each meal you will take your Gut C.A.R.E. supplements.

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PHASE II
Reintroduction Phase
21 Days
Towards the end of the Gut C.A.R.E. Program, you have two options:
1) continue on the program for longer, or
2) start the Reintroduction Phase.

The Reintroduction Phase is used to identify which foods continue to be problem foods for you. It will help guide your diet into the next phase.

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PHASE III
A Happy Gut For Life
Unlimited days
Our guiding principles will help you continue living with a happy gut and happy body for life. These will help you maintain the positive changes you have achieved. Use our Tips for Success as the template for your life eating plan.
Your CLEANSE SHAKE and SUPPLEMENTS

**Gut CLEANSE SHAKE:** The Gut Cleanse Shake is a comprehensive, fructose-free, vegan friendly low-allergy–potential dietary supplement designed to support gastrointestinal (GI) function and balanced detoxification. It features a proprietary amino acid and pea/rice protein blend; Aminogen®, to facilitate protein absorption; phytonutrients; mineral amino acid chelates; and activated B vitamins, including Quatrefolic® and methylcobalamin. Targeted nutrients help support gut repair and digestion.

**CLEANSE:** Cleanse is a potent mixture of anti-microbial herbs that support a healthy gut microflora and help reduce the presence of pathogenic bacteria and yeast. Cleanse features a concentrated 4:1 extract of Oregon grape root, which supplies berberine — a plant alkaloid that influences the activities of microorganisms in the gastrointestinal tract, supports immune function, and may support the natural inflammatory response. Zinc is included in this formula for its immune-supportive effects.

**ACTIVATE:** Activate is a broad-spectrum, digestive enzyme formula suitable for vegans and designed to support the digestion of fats, proteins, carbohydrates, and fiber. The Gut Activate enzymes work in a wide pH range. They give your gut a much-needed rest to allow for repair to take place.

**RESTORE:** Restore is a vegetarian, dairy- and gluten-free, four-strain probiotic totaling 100 billion count per capsule. Each vegetarian capsule is sealed in nitrogen-purged aluminum blister packs to serve as protection from factors that compromise the stability of probiotics, such as heat, moisture, and oxygen. It includes the extensively studied HN019 strain of Bifidobacterium lactis. These live microorganisms help maintain a healthy intestinal flora and produce important B-vitamins.

**ENHANCE:** Enhance features four specialized ingredients – L-Glutamine, arabinogalactan, licorice extract, and aloe vera – for enhanced gastrointestinal support. Glutamine serves as the predominant fuel and nitrogen source for the mucosal lining of the gastrointestinal (GI) tract. Arabinogalactan from the North American larch tree is a naturally occurring prebiotic that provides excellent support for GI health.

**RELAX:** Relax is designed to support gastrointestinal (GI) regularity and promote relaxation. GI regularity plays a key role in detoxification, providing a major route for elimination of toxins. Magnesium citrate is present to support muscle relaxation and bowel elimination. Cape Aloe is added to support normal GI transit time. Triphala, a balanced blend of three astringent fruits used extensively in Ayurvedic medicine, is included to support all phases of digestion, assimilation, and elimination.
Why cleanse your gut? The gut is the biggest organ of detoxification, elimination and absorption. The common foods we eat on a daily basis can bog down this system, making you feel tired, mentally foggy, and weaken your immune system. By following the Gut C.A.R.E. Program protocol, you will clean out your gut, improve energy, feel mentally clearer, and lose unwanted pounds.

What can I expect on the first week of the cleanse? During the first week of the program, you may experience detox reactions from not eating foods that were telling your brain it wanted more of them, even while they were causing pain and inflammation and zapping you of energy. You may get headaches, mental fog, fatigue, achiness, joint pain, and general malaise. It seems counterintuitive that getting rid of these foods will actually make you feel worse at first, but that is often the case. Your body will experience withdrawal symptoms, similar to detoxing from an addictive substance. For a few days, your cravings for those foods may also increase. This is all normal, and they will pass within a few days.

Yikes! The Gut C.A.R.E. Program cuts out coffee, but I drink 2 – 3 cups daily. How can I prevent withdrawals? If you drink more than 1 cup of coffee daily, you may experience withdrawal headaches if you stop cold-turkey on the day you begin the 28-Day Gut C.A.R.E. Program. In order to prevent this, cut the amount of coffee you drink by ½ cup every 2 – 3 days (you can fill up the difference with decaf, but not recommended) prior to starting the program. Once you have reduced your coffee intake to 1 cup or less, you can transition to green tea or matcha green tea powder (higher caffeine content) for its anti-cancer, anti-oxidant metabolism-boosting effects. For withdrawal symptoms, drink lots of water and take magnesium glycinate.

Other Energy-boosting options:
Green, greens and more greens: Add greens to your morning smoothie as a way to revitalize. Blended greens release all their intracellular enzymes and nutrients that your body needs.
Spirulina: This powdered blue-green algae is a superfood, full of vitamins and minerals.
Maca: This South American root can be added as a powder to your morning smoothie.
Bone broth: Rich in minerals and cytokines, it is an immune-booster and gut healer.
What are healthy snacks I can have between meals if I am hungry? From the approved list of foods, you can make your own trail mix with nuts and seeds (no dried fruit). Another great option that can cut your cravings for chips or sweets is 1 teaspoon – 1 tablespoon of coconut oil. The coconut oil supplies your liver with much-needed fats that it uses to create ketones to fuel your brain between meals, thus reducing any cravings. For more options, see pages 17,19.

What do I do when I hit the road or am eating out? Try to stick to the approved list of foods as best you can. When ordering at a restaurant, choose the broiled, baked or steamed options. Ask what types of oils they use, and if they use any butter in their cooking. Ask to have your food prepared with olive oil or coconut oil, instead of butter. Make sure you ask if items contain gluten or dairy, as these are often hidden in soups, sauces and dressings. Remember most soy sauces are not gluten-free. Ultimately, the Happy Gut Diet and Gut C.A.R.E. Program are an investment in yourself, so carve out those 28-days to fully immerse yourself in the program.

What if I am vegan or vegetarian? Can I still do the Happy Gut Cleanse? If you are vegan or vegetarian, you can still do the cleanse, but you may need to make slight adjustments in the diet to meet your protein needs. You can get protein from nuts and seeds, but to meet your daily requirements, you may need to allow some legumes in your diet. Take time to soak beans overnight for 12 hours, then rinse and wash them to reduce the phytic acid (anti-nutrient) content of the beans and make them less gas-producing. The same can be done for lentils, but they only require soaking for about 90 minutes. Eat fermented soy products, like tempeh, miso and pickled tofu, but avoid other processed soy, like regular tofu.

What if I am very active physically or training for an athletic event, like a marathon? Can I still do the Happy Gut Cleanse? You can still do the Happy Gut Cleanse, but you will need to adjust your nutrient intake to meet the demands of your athletic training. You may need more protein, and you may give yourself a higher allowance of some starchy vegetables, like sweet potatoes, butternut squash, and brown rice, to fuel your glycogen stores for training. Time the eating of these foods for the day before intense training so that your muscles are properly fueled.

Do I have to do the Reintroduction Phase after the Gut C.A.R.E. Program, or can I go back to my regular eating? Although it would be easier and less time-consuming to return to your regular eating habits after completing the Gut C.A.R.E. Program, we think you’ll live much happier if you take the time to reintroduce the foods one by one and figure out which ones are problematic for you. If you start eating all the foods in the “out” list all at once and old symptoms return, you will have no way of knowing which foods continue to be problematic for you. We want you to be able to take away a lifelong plan after the 28 days, and this is the best way to do so. Knowledge is power, and knowing which foods are your problem foods will help you make the right choices for total body wellness.
What if I have a medical condition? Can I do the Gut C.A.R.E Program? We cannot answer specific questions about conditions; instead, consult with your doctor or find a Functional Medicine practitioner near you by going to www.functionalmedicine.org.

You should NOT do the Gut C.A.R.E. Program if you:
- Have an allergy to any ingredient listed in any of the supplements
- Are pregnant or breastfeeding
- Have active cancer
- Have chronic liver or kidney disease
- Have type 1 diabetes
- Are taking anti-coagulant medication (i.e. blood thinner)
- Are under the age of 18

If you have a chronic condition and are taking any prescription medications, please consult with your doctor before starting the program and do not stop your medications to do the Gut C.A.R.E. Program.

Any cleansing program has the potential to improve liver detoxification, which can then affect the therapeutic levels of medications. Maintaining steady levels is particularly important if you are taking blood thinners, anti-arrhythmic drugs, anti-epileptic agents or while on chemotherapy. It is again important to discuss this cleansing program with your healthcare practitioner if you have any of these underlying conditions or take these types of medications.
**Gut C.A.R.E. questions for you**

While on the cleanse, we encourage you to nurture:

**Gratitude: What are you grateful for?**
When embarking on this gut and body cleanse, you cannot forget about cleansing your mind. We are often just as toxic in our thoughts as we may be in our bodies. Negative, self-defeating thoughts work against you, so let’s turn them around. Let’s cleanse your mind of those thoughts. The best way to enter the positive space is to start with gratitude. No matter how bad things may seem, there is always room for gratitude. Finding the gratitude in your daily life will begin to fill it with positivity in all aspects.

**Kindness: How can you bring the “kind” back into your life?**
Think about why you started this cleanse. What is it that motivated you to change? How bad did your symptoms get before you noticed and wanted to do something about them? How can you be kinder to yourself? Do you need to lighten your load? Sometimes being kind to ourselves means making more space to grow. How can you create that space for yourself? What do you need that you are missing? Do you need community? Find the places where you can restore kindness into your life.

**Sweetness: Where is the “sweet” in your life?**
When you crave sweets or sugar, have you ever stopped to think where the sweetness is missing in your life? Fulfilling your desire for sweetness through foods is just one way to give yourself the “sweet” you are missing. Non-food sweetness is found through self-nurturing. Have you honored yourself lately? Do you fill your time with to-do’s, rather than wants? Have you stopped doing the things that you like? Find the sweet in your life through the things you enjoy, rather than the foods that leave you feeling bad each time. In the end, sugar never fully satisfies the desire for sweetness.
How can I bring more relaxation into my life? One of the best ways to relax is to learn to meditate. There are many different styles of meditation, but at its most basic form, meditation is about connecting with your breath while bringing your thoughts and awareness to the present moment. Try this Meditation: Sit in a comfortable position with the back straight, shoulders relaxed, and the belly soft (to allow room for your diaphragm to expand as you inhale). Sit on the floor or on a bolster pillow with your legs crossed, or sit in a chair. Allow your body to relax so that you can focus on the breath and clear the mind. Breathe in for four seconds, hold for one second, then breathe out for eight seconds. Focus on your breath. Free your mind of thoughts. Surrender. Start with at least 5 minutes. Extend the time to 15 minutes as you become more comfortable with sitting in meditation.
MEDITERRANEAN CHICKPEA SALAD
Chickpeas are terrific for providing water-soluble fiber—a gut-balancing prebiotic. (Serves 6)

2 cups organic, canned chickpeas (choose BPA-free lined can like Eden® Organic Garbanzo beans)
1 pint of organic cherry or grape tomatoes, halved
4 green onions, chopped
1 lemon, juiced
¼ cup olive oil
1½ cups small pitted black olives
¼ cup chopped cilantro*
¼ teaspoon ground black pepper
½ teaspoon sea salt
(Chopped parsley for garnish)

* Any herbs, such as basil, oregano, and parsley, may also be used.
Toss all ingredients in a medium bowl. Garnish with chopped parsley before serving.

DR. PEDRE’S SCALLION VINAIGRETTE
I love this vinaigrette on top of almost everything. Terrific on salads, meats, and roasted veggies. (Makes 1 cup)

1 to 2 whole small scallions, diced into 1/8 inch slices
2/3 cup cold-pressed extra virgin olive oil
1/3 cup Bragg’s Organic Apple Cider Vinegar
2 teaspoons fresh-squeezed lemon juice (juice of about ½ lemon)
½ teaspoon Himalayan sea salt (to taste)
¼ teaspoon freshly ground black pepper (to taste)
Dried basil or Herbs de Provence, to taste (optional)

1. Place the diced scallions in a large measuring cup or a mason jar.
2. Using a wooden spoon or a pestle, crush the scallions to release their juices and flavor.
3. Add the remaining ingredients, in the order listed, to the crushed scallions. Mix vigorously with a spoon or whisk, or by placing the lid on a mason jar, and shaking vigorously to distribute the oil, vinegar, and other ingredients evenly.
4. Serve on salads or use as a dressing on meat dishes.
Join Our Happy Gut Life Community!

Share your recipes and success stories as you heal your gut!

Buy the book and sign up for special offers here:

www.happygutlife.com

Dr. Pedre and Happy Gut are on Social Media:
Facebook: DrVincentPedre
Twitter: @DrPedre
Pinterest: HappyGut

#HappyGut #GetaHappyGut #HappyGutLife

Resources, recipes, specific information and so much more on how to promote total wellness through a healthy gut can be found in Dr. Pedre’s book, Happy Gut—the Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain, published by HarperCollins.

Available on Amazon, Barnes and Noble, and many other outlets.