

Sources

HCl & Enzymes:

<https://pubmed.ncbi.nlm.nih.gov/17509031/>

<https://pubmed.ncbi.nlm.nih.gov/22525304/>

<https://pubmed.ncbi.nlm.nih.gov/18702653/>

A growing number of studies show correlations between PPIs—and lower stomach acid—and lower nutrients status for many vitamins and minerals:

- Vitamin B12 ([39](#), [40](#), [41](#), [42](#))
- Iron ([43](#), [44](#), [45](#), [46](#))
- Magnesium ([47](#), [48](#), [49](#), [50](#))
- Calcium ([51](#), [52](#), [53](#))
- Folate ([54](#), [55](#))
- Vitamin C ([56](#))
- Zinc ([57](#))

<https://chriskresser.com/get-rid-of-heartburn-and-gerd-forever-in-three-simple-steps/>

<https://chriskresser.com/how-to-cure-gerd-without-medication/>

<https://kresserinstitute.com/wp-content/uploads/Treating-the-Top-Five-Chronic-Conditions.pdf>

IBguard:

Singh, Rajinder, Muftah AM Shushni, and Asma Belkheir. "Antibacterial and antioxidant activities of *Mentha piperita* L." *Arabian Journal of Chemistry* 8.3 (2015): 322-328.

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=https%3A%2F%2Fwww.sciencedirect.com%2Fscience%2Farticle%2Fpii%2FS1878535211000232&btnG=#d=gs_qabs&u=%23p%3DxIZhkfHfgwAJ

<https://www.ibgard.com/ibgardr-difference>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4965625/#!po=82.6923>

<https://practicalgastro.com/2020/07/01/three-year-safety-data-analysis-indicates-no-pattern-of-heartburn-with-ibgard-an-advanced-technology-peppermint-oil-in-contrast-to-the-heartburn-issues-with-older-technologies/>

Sources

Cash, Brooks D., Michael S. Epstein, and Syed M. Shah. "A novel delivery system of peppermint oil is an effective therapy for irritable bowel syndrome symptoms." *Digestive diseases and sciences* 61.2 (2016): 560-571.

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Cash+BD%2C+Epstein+MS%2C+Shah+SM.+IBgard%2C+a+novel+targeted+delivery+system+of+peppermint+oil%2C+results+in+significant+improvement+in+the+Total+IBS+Symptom+Score+and+individual+IBS+symptoms.+Results+from+the+U.S.-based%2C+4-week%2C+randomized%2C+placebo-controlled%2C+multi-centered+IBSREST+trial.+Presented+at+Digestive+Disease+Week%3B+May+16-19%2C+2015%3B+Washington%2C+DC.+Abstract+Mo129&btnG=#d=gs_qabs&u=%23p%3DrU8LBSH1OmAJ

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4965625/#_ffn_sectitle

Efficacy of Garlic as Anti-bacterial:

adare, O. S., et al. "In vitro evaluation of the synbiotic effect of probiotic Lactobacillus strains and garlic extract against Salmonella species." *LWT* 153 (2022): 112439.

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=In+vitro+evaluation+of+the+synbiotic+effect+of+probiotic+Lactobacillus+strains+and+garlic+extract+against+Salmonella+species&btnG=#d=gs_qabs&u=%23p%3D6PJJoVeqwIJ

Journal 'Nature'

<https://www.nature.com/articles/s41598-018-25154-9>

Ross, Z. M., et al. "Antimicrobial properties of garlic oil against human enteric bacteria: evaluation of methodologies and comparisons with garlic oil sulfides and garlic powder." *Applied and environmental microbiology* 67.1 (2001): 475-480.

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Antimicrobial+Properties+of+Garlic+Oil+against+Human+Enteric+Bacteria%3A+Evaluation+of+Methodologies+and+Comparisons+with+Garlic+Oil+Sulfides+and+Garlic+Powder&btnG=#d=gs_qabs&u=%23p%3DsNnBQ425e3QJ

Sources

Zhu, Xing-Yang, and Yi-Rong Zeng. "Garlic extract in prosthesis-related infections: a literature review." *Journal of International Medical Research* 48.4 (2020): 0300060520913778

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Garlic+extract+in+prosthesis-related+infections%3A+a+literature+review&btnG=#d=gs_qabs&u=%23p%3D9dV6_Ktz8bgJ

‘Ecophage’ Reserch Citation from <https://shop.bodyecology.com/products/ecophage>:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3916379/>

Citations:

- Nale, Dr Janet & Clokie, Martha. (2018). PHAGES AS ANTIBACTERIAL AGENTS: LABORATORY TRAINING IN DEVELOPING COUNTRIES. 89-93. https://www.researchgate.net/publication/327282103_PHAGES_AS_ANTIBACTERIAL_AGENTS_LABORATORY_TRAINING_IN_DEVELOPING_COUNTRIES
- Nale, Dr Janet, Chutia, Mahananda, Carr, Philippa, Timothy Hickenbotham, Peter, Clokie, Martha. 8/22/2016. ‘Get in Early’; Biofilm and Wax Moth (*Galleria mellonella*) Models Reveal New Insights into the Therapeutic Potential of *Clostridium difficile* Bacteriophages. *Frontiers in Microbiology*. VL - 7, DO - 10.3389/fmicb.2016.01383. <https://www.frontiersin.org/articles/10.3389/fmicb.2016.01383/full>
- Abedon ST, Kuhl SJ, Blasdel BG, et al. Phage treatment of human infections. *Bacteriophage*. 2011;1(2):66-85.
- Bruynoghe R, and J. Maisin. Essais de thérapeutique au moyen du bacteriophage. *C. R. Soc. Biol.* .1921;85:1120-1.
- Pelfrene E, Willebrand E, Cavaleiro Sanches A, et al. Bacteriophage therapy: a regulatory perspective. *Journal of Antimicrobial Chemotherapy*. 2016;71(8):2071-4.
- Supplier Internal Study. A Probiotic-Enhancing Prebiotic. Data on File. 2016.
- Supplier Internal Study. Bacteriophage Cocktail Mice Clinical Trials. Data on File. 2016.

<https://chriskresser.com/how-the-gut-microbiome-influences-everything-about-your-health/>

Sources

SBO (Soil Based Probiotics) Probiotics:

https://mysolluna.com/2017/07/19/why-you-need-soil-based-probiotics-sbos/?_ga=2.23980541.674618648.1647304925-264663639.1647304923&_gac=1.179836118.1647304925.Cj0KCQjwz7uRBhDRARIsAFqjulk5HR3QqIF8xoljR8nZTRI4QFDeTdsaT4k-P3JpSCJr9mvQYDIgXkkaAgVREALw_wcB&_gl=1*zedk0x*_ga*MjY0NjYzNjM5LjE2NDczMDQ5MjM.*_ga_88WLBCKNJH*MTY0NzMwNDkyMS4xLjEuMTY0NzMwNDk0Ny4zNA..

- [1] [What Is Gut Microbiota?](#)
- [2] [Micronutrients, Agriculture and Nutrition: Linkages for Improved Health and Well Being](#)
- [3] [How Modern Life Depletes Our Gut Microbes](#)
- [4] [The Gut Microbiota of Rural Papua New Guineans: Composition, Diversity Patterns, and Ecological Processes](#)
- [5] [NIH Human Microbiome Project defines normal bacterial makeup of the body](#)
- [6] [Human microbiome project: Diversity of human microbes greater than previously predicted](#)
- [7] [Germs Are Us](#)
- [8] [Ecological and Evolutionary Forces Shaping Microbial Diversity in the Human Intestine](#)
- [9] [Cesarean versus Vaginal Delivery: Long term infant outcomes and the Hygiene Hypothesis](#)
- [10] [Reduced anxiety-like behavior and central neurochemical change in germ-free mice](#)
- [11] [The microbiome regulates amygdala-dependent fear recall](#)
- [12] [Gut Microbiota and Its Possible Relationship With Obesity](#)
- [13] [Getting To Know “Friendly Bacteria”](#)
- [14] [The microbiome: A key regulator of stress and neuroinflammation](#)
- [15] [The impact of a consortium of fermented milk strains on the gut microbiome of gnotobiotic mice and monozygotic twins](#)
- [16] [Spore-forming bacteria and their utilisation as probiotics](#)
- [17] [Anti-candida effect of bacillomycin D-like lipopeptides from Bacillus subtilis B38](#)
- [18] [Probiotic Bifidobacterium longum NCC3001 Reduces Depression Scores and Alters Brain Activity: A Pilot Study in Patients With Irritable Bowel Syndrome](#)
- [19] [The Intestinal Life Cycle of *Bacillus subtilis* and Close Relatives](#)
- [20] [The use of bacterial spore formers as probiotics](#)
- [21] [Study of the antifungal activity of Bacillus vallismortis ZZ185 in vitro and identification of its antifungal components](#)

Sources

- [22] [Prescript-Assist probiotic-prebiotic treatment for irritable bowel syndrome: a methodologically oriented, 2-week, randomized, placebo-controlled, double-blind clinical study](#)
- [23] [Prescript-assist probiotic-prebiotic treatment for irritable bowel syndrome: an open-label, partially controlled, 1-year extension of a previously published controlled clinical trial](#)

Bifidus Power Blend Research

1. Grimm, Verena, Christina Westermann, and Christian U. Riedel. "Bifidobacteria-host interactions—an update on colonisation factors." *BioMed Research International* 2014 (2014).
2. Martinez, Fabio Andres Castillo, et al. "Bacteriocin production by *Bifidobacterium* spp. A review." *Biotechnology Advances* 31.4 (2013): 482-488.
3. Lau, Amy Sie-Yik, Jin-Zhong Xiao, and Min-Tze Liong. "Bifidobacterium for Infants: Essence and Efficacy." *Beneficial Microorganisms in Medical and Health Applications*. Springer International Publishing, 2015. 39-72.
4. Saez-Lara, Maria Jose, et al. "The role of probiotic lactic acid bacteria and bifidobacteria in the prevention and treatment of inflammatory bowel disease and other related diseases: a systematic review of randomized human clinical trials." *BioMed Research International* 2015 (2015).
5. Shin, Hea Soon, et al. "Hypocholesterolemic effect of sonication-killed *Bifidobacterium longum* isolated from healthy adult Koreans in high cholesterol fed rats." *Archives of Pharmacal Research* 33.9 (2010): 1425-1431.
6. Childs, C. E., et al. "*Bifidobacterium longum* bv. infantis CCUG 52486 combined with gluco-oligosaccharide significantly reduces the duration of self-reported cold and flu-like symptoms among healthy older adults after seasonal influenza vaccination." *Proceedings of the Nutrition Society* 72.OCE1 (2013): E10.
7. Bercik, P., et al. "The anxiolytic effect of *Bifidobacterium longum* NCC3001 involves vagal pathways for gut–brain communication." *Neurogastroenterology & Motility* 23.12 (2011): 1132-1139.
8. Spaizer, Samuel J., et al. "*Lactobacillus gasseri* KS-13, *Bifidobacterium bifidum* G9-1, and *Bifidobacterium longum* MM-2 Ingestion Induces a Less Inflammatory Cytokine Profile and a Potentially Beneficial Shift in Gut Microbiota in Older Adults: A Randomized, Double-Blind, Placebo-Controlled, Crossover Study." *Journal of the American College of Nutrition* 34.6 (2015): 459-469.
9. Guglielmetti, Simone, et al. "Randomised clinical trial: *Bifidobacterium bifidum* MIMBb75 significantly alleviates irritable bowel syndrome and improves quality of life—a double-blind, placebo-controlled study." *Alimentary Pharmacology & Therapeutics* 33.10 (2011): 1123-1132.
10. Kim, Ji Yeun, et al. "Effect of probiotic mix (*Bifidobacterium bifidum*, *Bifidobacterium lactis*, *Lactobacillus acidophilus*) in the primary prevention of eczema: a double-blind, randomized, placebo-controlled trial." *Pediatric Allergy and Immunology* 21.2p2 (2010): e386-e393.
11. Bartosch, Sabine, et al. "Microbiological effects of consuming a synbiotic containing *Bifidobacterium bifidum*, *Bifidobacterium lactis*, and oligofructose in

Sources

- elderly persons, determined by real-time polymerase chain reaction and counting of viable bacteria." *Clinical Infectious Diseases* 40.1 (2005): 28-37.
12. Tabbers, M. M., et al. "Is Bifidobacterium breve effective in the treatment of childhood constipation? Results from a pilot study." *Nutrition Journal* 10.1 (2011): 1.
 13. Kondo, Shizuki, et al. "Antiobesity effects of Bifidobacterium breve strain B-3 supplementation in a mouse model with high-fat diet-induced obesity." *Bioscience, Biotechnology, and Biochemistry* 74.8 (2010): 1656-1661.
 14. Mortaz, Esmail, et al. "Anti-Inflammatory Effects of Lactobacillus Rahmnosus and Bifidobacterium Breve on Cigarette Smoke Activated Human Macrophages." *PLoS One* 10.8 (2015): e0136455.
 15. Groeger, David, et al. "Bifidobacterium infantis 35624 modulates host inflammatory processes beyond the gut." *Gut Microbes* 4.4 (2013): 325-339.
 16. Smecuol, Edgardo, et al. "Exploratory, randomized, double-blind, placebo-controlled study on the effects of Bifidobacterium infantis natren life start strain super strain in active celiac disease." *Journal of Clinical Gastroenterology* 47.2 (2013): 139-147.
-

Probiotic Strains Research Sources:

Spore Probiotics:

<https://pubmed.ncbi.nlm.nih.gov/16117982/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770835/>

https://mysolluna.com/2017/07/19/why-you-need-soil-based-probiotics-sbos/?_ga=2.23980541.674618648.1647304925-264663639.1647304923&_gac=1.179836118.1647304925.Cj0KCQjwz7uRBhDRARIsAFqjulk5HR3QqIF8xoljR8nZTRI4QFDeTds aT4k-P3JpSCJr9mvQYDIgXkkaAgVREALw wcB&_gl=1*zedk0x*_ga*MjY0NjYzNjM5LjE2NDczMDQ5MjM.*_ga_88WLBCKNJH*MTY0NzMwNDkyMS4xLjEuMTY0NzMwNDk0Ny4zNA

<https://www.amymyersmd.com/article/soil-based-probiotics-sibo/>

1. Blastomyces gilchristii

Sources

Verdict: blastomyces gilchristii is a fungi which is mold spores are converted into a pathogenic yeast once the spores are inhaled.

Eradication: GI Synergy (contains 3 products in 1 - one of which is called Paristonal which is a product that fight fungal overgrowth)

Probiotics to fight fungal infections:

Lactobacillus acidophilus, Lactobacillus casei, Saccharomyces boulardii, Lactobacillus rhamnosus

Products:

Vital-Immune Biotic

<https://klaire.com/v171-10-vital-immune-biotic-tm>

GI Distress Relief Probiotic: (1 bottle)

<https://bit.ly/3u4f709>

Lactoprime Plus: (1 bottle)

Klaire Labs: Register as patient. Use Code: 78G) <https://bit.ly/3ymwYSO>

Research:

<https://www.frontiersin.org/articles/10.3389/fmicb.2022.814831/full>

<https://journals.asm.org/doi/10.1128/JCM.02078-20> Campylobacter (C. jejuni, C. coli and C. lari only)

L. salivarius and L. reuteri

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8150830/>

2. Campylobacter (C. jejuni, C. coli and C. lari only)

L. salivarius and L. reuteri

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8150830/>

Sources

3. Candidiasis Albicans

Lactobacillus acidophilus, Lactobacillus casei, Saccharomyces boulardii

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4603435/>

<https://pubmed.ncbi.nlm.nih.gov/6762128/>

<https://pubmed.ncbi.nlm.nih.gov/8228371/>

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0012050>

<https://pubmed.ncbi.nlm.nih.gov/17885943/>

4. Overgrowth of Citrobacter

L. plantarum, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum, Lactobacillus helveticus, Lactobacillus rhamnosus

<https://pubmed.ncbi.nlm.nih.gov/22430833/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609747/>

5. Clostridiodes difficile (C. Diff):

Saccharomyces boulardii, Lactobacillus rhamnosus

Na, Xi, and Ciaran Kelly. "Probiotics in Clostridium difficile infection." *Journal of clinical gastroenterology* 45.Suppl (2011): S154.

[https://scholar.google.com/scholar?](https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs_qabs&u=%23p%3DyL1_mJJXCK4J)

[hl=en&as_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs_qabs&u=%23p%3DyL1_mJJXCK4J](https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs_qabs&u=%23p%3DyL1_mJJXCK4J)

Na, Xi, and Ciaran Kelly. "Probiotics in Clostridium difficile infection." *Journal of clinical gastroenterology* 45.Suppl (2011): S154.

Sources

https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Probiotics+in+Clostridium+difficile+Infection&btnG=#d=gs_qabs&u=%23p%3DyL1_mJJXCK4J

6. Enterotoxigenic E. coli (ETEC) LT/ST

Lactobacillus Plantarum, Saccharomyces: *Pediococcus acidilactici* and *S. cerevisiae boulardii*, Lactobacillus rhamnosus, L. reuteri, *Lactobacillus johnsonii*, bacillus licheniformis

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5510153/#!po=69.9219>

7. Escherichia coli (E. coli) O157:H7

L. rhamnosus, L. acidophilus, bifidobacterium breve, Saccharomyces boulardii, Bifidobacterium animalis, Lactobacillus reuteri, Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus rhamnosus, Bifidobacterium longum Bifidobacterium infantis

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6069398/>

<https://pubmed.ncbi.nlm.nih.gov/10424093/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1201237/>

8. Enterobacter hormaechei

Here's the verdict: enterobacter hormaechei is a bacterial pathogen related to Enterobacter cloacae.

Eradication: GI Synergy (antibacterial herbs)

Probiotic Strain Needed: Lactobacillus Plantarum

Products:

Lactoprime Plus

Sources

<https://klaire.com/k-lpp-lactoprime-plus>

Research:

<https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/enterobacter-hormaechei>

<https://www.liebertpub.com/doi/abs/10.1089/jmf.2018.4329>

<https://bmcvetres.biomedcentral.com/articles/10.1186/s12917-019-2207-z>

9. Enterococcus (faecium ...)

L. rhamnosus

<https://journals.asm.org/doi/10.1128/AEM.01243-16>

10. Klebsiella pneumoniae, Klebsiella

Bifidobacterium longum, L. plantarum, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum

<https://www.sciencedirect.com/science/article/pii/S1286457915002312>

<https://pubmed.ncbi.nlm.nih.gov/19462517/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609747/>

11. Methanobrevibacter Smithii (M Smithii)

L. plantarum, Lactobacillus reuteri, L. salivarius, L. casei, L. acidophilus, B. animalis subsp. lactis and B. bifidum

Sources

<https://pubmed.ncbi.nlm.nih.gov/28429333/>

<https://www.scientificwellness.com/blog-view/probiotic-for-methane-dependant-constipation--635>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609747/>

<https://www.nature.com/articles/s41598-021-84641-8>

12. Overgrowth of *Prevotella Copri*

Lactobacillus acidophilus, *Lactobacillus casei*, *Bifidobacterium bifidum*

Guerreiro, Catarina Sousa, et al. "Diet, microbiota, and gut permeability—the unknown triad in rheumatoid arthritis." *Frontiers in Medicine* (2018): 349.

<https://www.frontiersin.org/articles/10.3389/fmed.2018.00349/full>

https://scholar.google.com/scholar_lookup?author=B.+Zamani&author=HR.+Golkar&author=S.+Farshbaf&author=M.+Emadi-Baygi&author=M.+Tajabadi-Ebrahimi&author=P.+Jafari+&publication_year=2016&title=Clinical+and+metabolic+response+to+probiotic+supplementation+in+patients+with+rheumatoid+arthritis%3A+a+randomized,+double-blind,+placebo-controlled+trial&journal=Int+J+Rheum+Dis&volume=19&pages=869-79#d=gs_qab&s&t=1656476603882&u=%23p%3DJfnBolQAfsoJ

13. Overgrowth of *Proteus spp*

Lactobacillus casei, *Lactobacillus reuteri*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7355612/>

14. *Streptococcus spp.*

Sources

Lactobacillus rhamnosus GG,[10] Lactobacillus reuteri, Bifidobacterium

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6519182/#!po=9.57447>

15. Salmonella:

Saccaromyces Boulardii, Bacillus Subtilis, Lactobacillus Plantarum

<https://pubmed.ncbi.nlm.nih.gov/10424093/>

<https://www.sciencedirect.com/science/article/abs/pii/S0034528811003419>

<https://www.sciencedirect.com/science/article/pii/S0023643821015929>

16. Overgrowth of Shigella (S. boydii, S. sonnei, S. flexneri, and S. dysenteriae)

Lactobacillus reuteri

<https://www.spandidos-publications.com/10.3892/etm.2020.8469>

17. Overgrowth of Shiga-like Toxin producing E. coli (STEC) stx1/

Bifidobacterium, Pediococcus, and Lactobacillus

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4364364/#!po=11.6162>

18. Overgrowth of Parasites

Probiotics strains to fight overgrowth:

L. reuteri, Lactobacillus casei ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3182331/>

Sources

19. Tryanosoma Cruzi

Here is the verdict: It's a Parasite. Tryanosoma cruzi is a flagellate protozoan.

Eradication Plan: Do the Parasite protocol and recipe plan. Weeks 1-4 you will follow the eradication supplements based on if you have SIBO or not. Then in weeks 5-8 you will swap out GI Synergy for the parasite supplement (either R.U.G. or SCRAM and follow the directions on the back of the bottle, slowly increasing pills as instructions on back of bottle)

Probiotic strains needed:

Lactobacillus casei

(Product: Vital ImmuneBiotic from Klaire Labs)

<https://klaire.com/v171-10-vital-immune-biotic-tm>

Research:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7758234/>

20. Vibrio cholerae, cholera toxin gene (ctx)

Lactobacillus rhamnosus, Bifidobacterium longum

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3763660/>

21. Serratia marcescens

Lactobacillus acidophilus, Lactobacillus plantarum

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5825935/>

***Medical Disclosure:

ALL HEALTH, FITNESS, NUTRITIONAL INFORMATION AND WELLNESS INFORMATION PROVIDED BY OPTIMIZED HEALTH IS DESIGNED FOR EDUCATIONAL PURPOSES ONLY. THIS INFORMATION SHOULD NOT BE RELIED UPON AS A SUBSTITUTE FOR, NOR DOES IT REPLACE, PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. IF YOU HAVE CONCERNS OR QUESTIONS ABOUT YOUR HEALTH, YOU SHOULD ALWAYS CONSULT WITH A

Sources

PHYSICIAN OR OTHER HEALTH-CARE PROFESSIONAL. DO NOT AVOID, DELAY OR DISREGARD OBTAINING MEDICAL OR OTHER HEALTH RELATED ADVICE FROM YOUR HEALTH-CARE PROFESSIONAL BECAUSE OF SOMETHING YOU MAY HAVE READ ON THE OPTIMIZED HEALTH WEBSITE, SOCIAL MEDIA OR IN THIS PROGRAM. THE USE OF ANY INFORMATION PROVIDED ON OPTIMIZED HEALTH'S WEBSITE OR IN THIS PROGRAM IS SOLELY TO BE USED AT YOUR OWN RISK.

NOTHING STATED OR POSTED IN THE PROGRAM, SOCIAL MEDIA OR WEBSITE ARE INTENDED TO BE, AND MUST NOT BE TAKEN TO BE, THE PRACTICE OF MEDICAL CARE OR COUNSELING CARE. FOR PURPOSES OF THIS AGREEMENT, THE PRACTICE OF MEDICINE AND COUNSELING INCLUDES WITHOUT LIMITATION, PSYCHIATRY, PSYCHOLOGY, PSYCHOTHERAPY, OR PROVIDING HEALTH CARE TREATMENT, INSTRUCTIONS, DIAGNOSIS, PROGNOSIS OR ADVICE.