

# A is for Amino

[Home](#) [StomachPH](#) [Gut](#) [Gut Health Protocol](#)

Gut

## Gut Health Protocol



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### The Gut Health Protocol: Trio Protocol + Moses Rule with Timeline and Costs.

*Disclaimer: Neither this Protocol, nor any article in the Gut Health Guide, makes any claims as to diagnosis, treatment or cure of any disease or illness. This information, guide, and protocol exist only to help raise the overall health of our gut through nutritional means. Without Amino Acids, Fatty Acids, Vit and Minerals and without the key knowledge of what is happening in your cells at night and at day time. You will not get the expected results. #Get the Knoweldge and go heal yourself!*

**When Active (day time)**  
Reduce Refined Plants  
Glucose Sources (This is the primary source of what we refer to as sugar.)

**When restoring (night time/resting)**  
Consuming sources of amino acids 3 to 4 hours prior to sleep will supply your body with essential repair molecules.  
Vegan Protein Powder  
Source of fatty acids, amino acids, and minerals.

**moses rule**

Supplements shown: GRASSFED BEEF LIVER, Cod Liver Oil, VITAMIN B12, PERFECT AMINO, GUT RESTORE.

This protocol follows a structured timeline of **21 to 30 days**, with an expected **cost of USD 600.00** for a 30-day supply from [Body Health](#). Below is a complete breakdown of the phases, timeline, and supplement schedule.

It would be good to contact me for the experience and some tips on how to get started. I also provide support on a weekly schedule to follow up for the 30 days at a rate of USD \$50.00 per week.

## Trio Protocol & Timeline

### Phase Breakdown (Moses Rule):



1. **Sunshine/Day time** is for plants ( source of glucose molecules) - The more you eat whole plants, maybe starting with an apple or berries in the morning, this will be good. The Apple or Berry is to provide fiber to

the gut, however there are many other source of fiber that you can just add to your tea or water eg. inuline fiber sold on amazon.com

Inuline Link on Amazon.com <https://a.co/d/91ynPMM>

## 2. Evening Feeding for Nighttime:



Focus on **Amino Acids, Fatty Acids, Fat-Soluble Vitamins (A, D, E, K), and Minerals** sourced from animal products. These nutrients are naturally abundant in meats, eggs, fish, liver (e.g., beef liver, chicken liver), and bone-based soups (e.g., fish soup, turkey soup, bone broths).

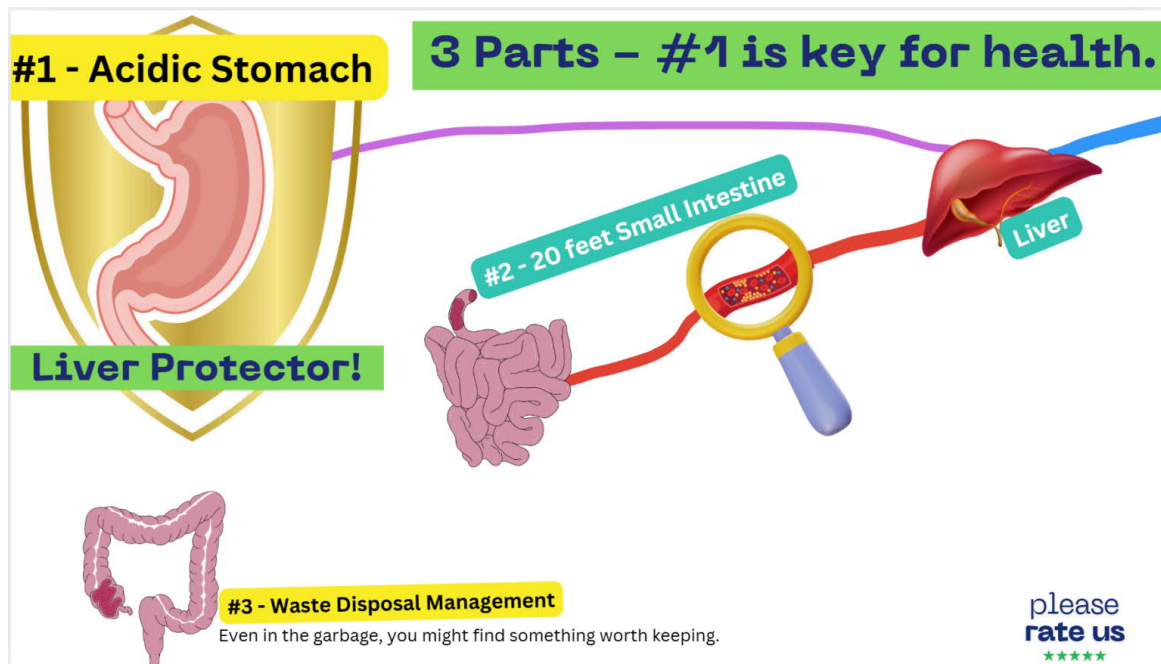
Animal-based foods provide these essentials **without glucose**, making them ideal for evening consumption. Eating **meat** and **eggs** 3 to 4 hours before bedtime supports recovery and helps maintain energy balance, with eggs offering additional healthy fats.

## For Plant-Based Eaters:

Obtaining the same nutrients can be more complex and may require supplementation. While plant-based options like tofu, quinoa, edamame, beans, and peas provide amino acids, their profiles for the **Essential Amino Acids** and their **Fatty Acid Contents** vary compared to animal proteins like eggs or whey. Careful planning or the use of plant-based protein powders may be necessary to ensure adequate intake of essential amino acids.

Havig done the research, there are many thing that we can do to increase the Amino Acid Extraction from Plants. Contact for consultation USD\$50.00 per hour on these matter!

# A Protocol to Help your Stomach, Small Intestine and Large Intestine.



## FEEDING and FOOD

As outlined before - it is difficult to control what you eat, but if you have to heal, you need to make some reductions.

**RULE 1:** ( Eat your belly full with whole foods)

Eat **whole plant-based foods** during the day whenever possible. Always review the **Trio Protocol** and **Moses Guideline** before consuming any food. You can eat **eggs** or **meat** at any time throughout the day with your meals. However, when it comes to the **evening**, **only meat** should be consumed.

**RULE 2:** ( Make Sure you eat as much in the evening time as possible, don't scheme, **eat 3 or 4 eggs** and your meats).

Get all the meats - Sea meat/Fish( Omega 3), land meats/beef, goat, lamb (Omega 6) and air meat ( That is ruminant meat, sea food and bird eg. turkey, eggs etc)

The schedule for supplements is for your stimulation items, apart from the amino acids. Taking them according to the schedule is fine. However, if your stomach is experiencing significant issues, make sure to take the Amino Acids about 7 to 10 hours before bedtime.

**REMEMBER:** No plant-based foods or any products from plants should be consumed in the evening or night. This means **no glucose** should enter the stomach during these times.

If you're struggling with cravings during the protocol, consider adding **more eggs in the evening**, or drink **actual milk**, and mix **turmeric** or **kefir** with **L. reuteri** yogurt.

#### SUPPLIMENTS:

The protocol is based on the dependance on **Body Health** products. Which you can purchase from my link when you have your consultation and develop the right mindset about Healing. **#There is a lot of fear and unknowing which must be understood** in the context of "CAIN & ABLE" or "Country Mouse and Town Mouse"



**GUT HEALTH ULTIMATE PACKAGE**

★★★★★ 11880 reviews

**\$393.18** ~~\$578.21~~  
You Save 20% (\$115.64)

4 interest-free installments, or from \$41.76/mo with [shop Pay](#)  
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This package is intended to be used with the [Gut Health Protocol](#) for best results.

This package includes:

- 1 Bottle of Gut Defense
- 1 Bottle of PerfectAmino 120 servings in either Tablet or Powder Form (Lemon Lime and Mocha Powder flavors come in two 60 serving bottles)
- 2 Bottles of Gut Restore
- 1 Bottle of Digestive Enzymes
- 1 Bottle of Probiotic
- 1 Bottle of Greens
- 1 Bottle of Relief
- 1 Bottle of Multi Complete
- 1 Bottle of Eliminate (optional)

Phase	Duration	Supplements & Dosage	Key Focus
Phase 1	Days 1 - 7	Gut Defense: 1 capsule/day (before lunch)	Initial detox & microbial kill-off
Phase 2	Days 8 - 14	Gut Defense: 2 capsules/day (before lunch & dinner)	Gradual increase in antimicrobial action
Phase 3	Days 15 - 21	Gut Defense: 3 capsules/day (before each meal)	Biofilm breakdown & deep detox
Phase 4	Days 22 - 30	Continue with 3 capsules/day of Gut Defense, adjust as	Maintenance & microbial balance

Phase	Duration	Supplements & Dosage	Key Focus
		needed for reactions.	

## Supplement Schedule (Daily Routine)

Time	Supplement	Dosage	Notes
<b>Morning</b>	Perfect Amino	2 servings (before food)	Supports gut repair & feeds microbiome
<b>Mid-Morning</b>	Gut Restore	1 scoop (away from food)	Repairs gut lining, reduces bloating
<b>Before Meals</b>	Gut Defense	1-3 capsules (per phase)	Kills microbes, breaks biofilms
<b>With Meals</b>	Digestive Enzymes	1-2 capsules	Enhances digestion
<b>Bedtime</b>	Gut Restore + Probiotic	1 scoop + 2 capsules	Restores microbiome & calms gut
<b>Mid-Day</b>	Perfect Amino	1 serving (optional)	Additional gut repair support

## Expected Costs

- **Complete Package for 30 Days:** USD \$600 (from Body Health).
  - **Includes:**
    - Gut Restore
    - Gut Defense
    - Digestive Enzymes
    - Probiotic
    - Perfect Amino
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## Key Notes:

- **Duration:** 21-30 days initially, with potential continuation based on individual needs.
- **Reactions:** Use **Relief** (5 capsules as needed) to manage detox symptoms.
- **Continuation:** For full microbial eradication, consider extending the protocol up to **4 months**.

## RULE 3:

At all times, please ensure you are taking a **magnesium supplement**. This is essential for supporting various bodily functions, including muscle relaxation, nerve function, and overall health.





Toniiq 3,000mg Ultra High Strength Magnesium Glycinate - 20% Purified to Contain 600mg of Elemental Magnesium - Chelated and Bioavailable Magnesium Supplement - 240 Veggie Capsules

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4.5 ★★★★★

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-10% \$22<sup>47</sup> (\$0.09 / Count)

One-Time Price: \$24.97

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Size: 240 Count (Pack of 1)

<b>Brand</b>	Toniiq
<b>Item Form</b>	Capsule
<b>Primary Supplement Type</b>	Magnesium
<b>Unit Count</b>	240.00 Count
<b>Flavor</b>	Unflavored

[🔗](#) Last updated on December 5, 2024



**imi**

"I'm Imi Chitterman, and I invite you to join me on this phase of my journey here on Earth."

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