

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

5620 WILBUR AVE., SUITE 220
TARZANA, CALIFORNIA 91356
PHONE: 818.345.2828
FAX: 818.345.2848

MICHAEL HIRT, M.D., A.P.C.
DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE
DIPLOMATE AMERICAN BOARD OF NUTRITION

Gutsy

Bold Intestinal Support

WHAT IT IS:

- A natural source of butyrate, a molecule that is necessary for intestinal health and healing.

WHY YOU NEED IT:

- Important for patients with leaky gut and food intolerances
- Supports patients with Irritable Bowel Syndrome, gas, bloating, constipation
- Great for patients needing improved regularity
- Promotes a healthy inflammatory response in the intestines
- Supports healthy gut flora and biome
- Targets patients looking for overall health enhancements by improving crosstalk between the gut and your brain, skin, kidney and lungs.
- Important support for maintaining a healthy immune system and for patients with autoimmune diseases, like Lupus, Hashimoto's, Rheumatoid Arthritis, colitis, Crohn's disease
- Good for patients with neuro-degenerative disorders (like Parkinson's, MS, dementia) and psychiatric disorders (anxiety, depression)
- Designed for patients needing to rebuild or improve their gut microbiome.

HOW IT HELPS:

Gutsy contains three molecules of butyrate bound together in a proprietary formula that create a very hardy supplement. Unlike Gutsy, most butyrate supplements are destroyed by the stomach acid, and therefore, are not very reliable. Importantly, Gutsy

resists digestion and can deliver its full effectiveness in the colon where it is most needed.

Butyrate is a type of fat that is normally produced by the healthy bacteria that live in our colons. Poor diets and the use of prescription antibiotics dramatically reduce the amounts of healthy bacteria which in turn limits the amounts of butyrate produced in the colon. The cells that line our colons predominantly depend on butyrate as a source of energy and health. Without enough healthy bacteria making enough healthy butyrate, your colon starves of nutrition and stops working as designed.

When your colon stops working, patients can experience symptoms of gas, bloating, constipation, poor motility, and increased gut inflammation. Additionally, a healthy gut is necessary for a healthy body. Gut health is directly connected to the good health of your skin, lungs, kidneys, brain, and mood.

How cranky do you get when your gut isn't working right?

By delivering more butyrate to the colon, Gutsy directly feeds and supports the cells line your colon as well as promotes a healthy balance of beneficial bacteria in the colon. When your gut has plenty of fuel and healthy bacteria, it will be more likely to function optimally with better motility, bowel movements, and inflammation levels. Butyrate also reduces colonic oxidative stress, inflammation, and genetic damage that can result in cancer.

In summary, the ingredients of Gutsy help your colon work better, move better, and communicate better with the rest of your body.

Now doesn't that sound nice?

It does to me, and so Gutsy is part of my daily supplement regimen.

Usual dosage: Take one Gutsy soft gel, once or twice daily for healthy gut, brain, skin, kidney, and lung maintenance. Take one to two capsules up to three times daily for active support of acute and chronic gut disorders.