

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

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BUG-OUT

Good for you, Bad for bugs

WHAT IT IS:

- Herbal extract to support natural defenses against viruses, bacteria, fungi, and parasites

WHY YOU NEED IT:

- Targets patients with acute infections, chronic infections and related inflammation
- Supports patients with Epstein Barr Virus, Covid, Cold and Flu viruses, Pneumonia, Lyme disease, parasites, and related infections.
- Important for patients with fatigue, brain fog, aches and pains, insomnia, persistent rashes, muscle aches, joint pains, and chronic inflammation-related symptoms.
- Great for patients looking to avoid infections when traveling, at parties/gatherings/celebrations, at work, or at home.
- Valuable for patients with Irritable Bowel Syndrome symptoms of excessive gas, flatulence, stomach pain (gastritis), Crohn's disease, and gall bladder symptoms.

HOW IT HELPS:

Bug-Out contains a proprietary extract of *Artemisia absinthium*, best known as the flavoring agent of the alcoholic beverages absinthe and vermouth. This bitter herb has also been used medicinally for centuries to treat pain, inflammation, skin disorders, digestive disorders, and intestinal worms.

Researchers have shown that the ingredients in Bug-Out help to modulate the inflammatory proteins (called cytokines) that get inflammation started. In this way, Bug-Out can support the body's ability to neutralize inflammatory symptoms like pain, redness, warmth and swelling. *Artemisia* has been clinically studied in patients with common arthritis (osteoarthritis) and autoimmune arthritis (such as Rheumatoid Arthritis).

In a 2017 Journal of Helminthology study, extracts from Artemisia were able to kill human tapeworms in vitro. The ingredients of Bug-Out have also been shown to have powerful anti-bacterial, anti-viral, and anti-fungal activity.

Medicinally, the extracts of Bug-Out have been used extensively in the support of patients with GI symptoms that include indigestion, flatulence (excessive gas), gastritis, and gallbladder disease. To do so, Bug-Out stimulates the secretion of saliva, stomach mucus, important intestinal digestive secretions, and bile from the gallbladder. Similarly, Bug-Out supports patients with chronic constipation.

A 2020 review of Artemisia in Phytotherapy Research supported the role of Artemisia in the treatment of Crohn's disease by reducing inflammation and stimulating intestinal secretions.

Bug-Out is powerful plant medicine that deservedly has a place on my home supplement shelf and in my travel bag.

Usual dosage: Take 2 capsules of Bug-Out twice daily. Take for three weeks, then cycle off for one week. During active Cold, Flu, Covid or Pneumonia, Bug-Out may be taken three times daily for 10 days.