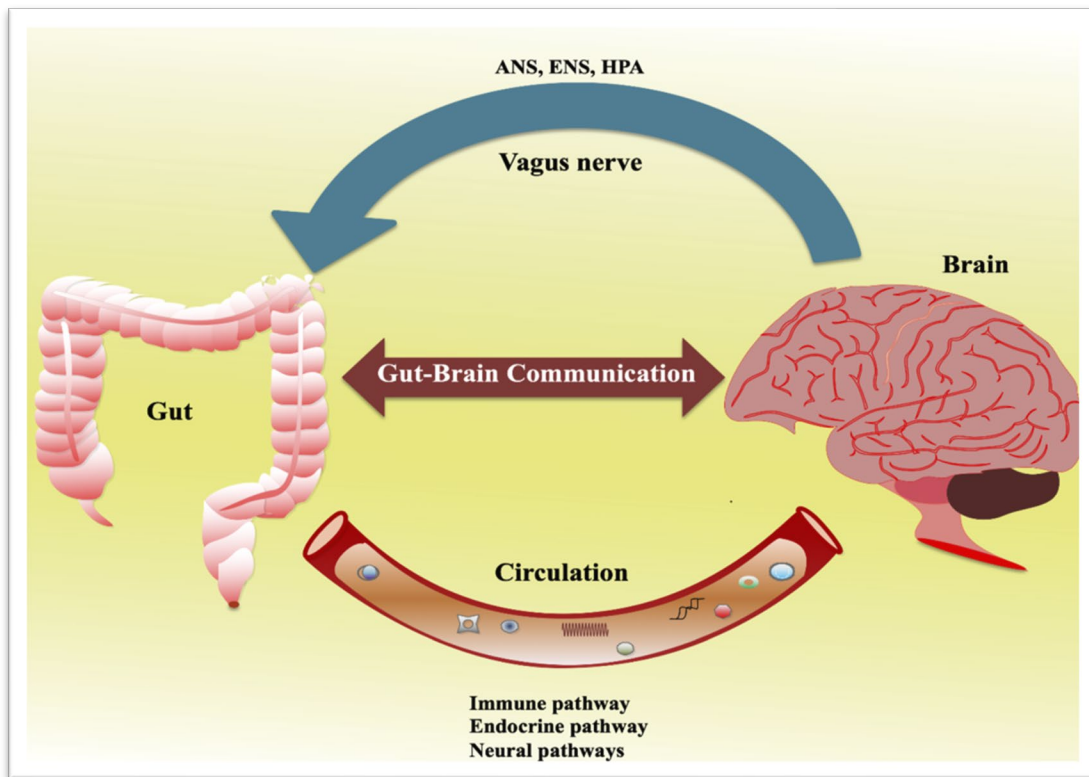


The Gut Longevity Link



The Gut: Your Control Center for Whole-Body Health

The gut isn't just another organ. It's the control center for inflammation, immune function, and even brain health.

In fact, research shows that **85% of longevity patients have suboptimal gut function—even if they don't have obvious digestive symptoms.**

When the gut barrier is compromised, it sets off a cascade of health problems:

- **Systemic inflammation** increases your biological age.
- **Nutrient absorption** declines, making other treatments less effective.
- **Neurotransmitter production** (like serotonin and dopamine) is disrupted, affecting mood and cognition.
- **Immune dysregulation** speeds up tissue damage throughout the body.

This means that gut health isn't optional—it's foundational for long-term wellness and healthy aging.

The Comprehensive Gut Optimization Protocol

Leading longevity clinics, such as Confidia Health Institute, are moving far beyond probiotics alone. They use a systematic, multi-layered approach to restore gut health at its root.

1. Restore Gut Barrier Integrity

- **Guttides™** combines two peptides, BPC-157 and KPV, to repair the intestinal lining.
- It reduces gut inflammation and restores tight junctions—the "gates" that keep the gut barrier strong.

2. Optimize Microbiome Metabolism

- **nuButyrate™** delivers tributyrin directly to the colon.
- This feeds beneficial bacteria, strengthens barrier function, and calms immune overactivation.

3. Reduce Intestinal Inflammation

- **DHH-B** provides natural anti-inflammatory and calming effects by modulating GABA-A receptors.
- It's especially helpful for gut dysfunction driven by stress and anxiety.

Clinical Results Patients Are Experiencing

Patients following this protocol often see profound improvements, including:

- Increased levels of *Faecalibacterium prausnitzii*, a key butyrate-producing gut bacteria.
- Significant reductions in intestinal permeability ("leaky gut") markers.
- Better insulin sensitivity and metabolic balance.
- Improved mood and sharper cognitive function through the gut-brain axis.

Patient-Friendly FAQ

1. If I don't have digestive issues, do I still need gut support?

Yes. Many patients have "silent gut dysfunction" that impacts inflammation, brain health, metabolism, and immunity—without stomach symptoms.

2. How is this different from just taking probiotics?

Probiotics can help, but they don't repair the gut lining or address deeper inflammation. This protocol strengthens the barrier, feeds beneficial bacteria, and directly calms inflammation.

3. How soon will I see results?

Most patients start noticing improvements in energy, mood, or digestion within 2–4 weeks. Deeper results, like reduced inflammation and improved metabolic health, build over 6–8 weeks.

4. Is this safe?

Yes. The ingredients—BPC-157, KPV, tributyrin, and DHH-B—are well studied for safety and effectiveness in gut and immune health.

5. Who is this protocol best for?

It's designed for patients with autoimmunity, metabolic dysfunction, brain fog, mood imbalances, stress-related gut problems, or anyone seeking to optimize their healthspan.

Take the Next Step with Total Body Health

If you're ready to strengthen your gut at the source—not just mask symptoms—this comprehensive protocol is available through Dr. Kevin Greene and Total Body Health.

Dr. Greene and his team specialize in root-cause, functional medicine, helping patients restore balance, reduce inflammation, and unlock whole-body resilience.

 **Ask Total Body Health about the Comprehensive Gut Optimization Protocol today—and start healing from the inside out.**

Total Body Health

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