

Guttides



Healing From the Gut Up: Why Your Gut Might Be the Root of It All

When your gut isn't working properly, it's not just about stomach issues.

A struggling gut can send ripple effects throughout your whole body, weakening your immune system, triggering inflammation, and even affecting your mood and brain function.

More Than Digestion: Your Gut as a Control Center

Most people think of the gut as just the place where food is digested. But in reality, your gut is deeply connected to your immune system and your brain.

Here's what it helps control:

- Inflammation – the process behind pain, fatigue, and chronic illness
- Immune tolerance – teaching your body what to fight and what to leave alone
- Neurotransmitters – chemicals like serotonin and dopamine that impact mood, focus, and energy

When this gut-brain-immune connection breaks down, you don't just get digestive issues, you can also develop brain fog, joint pain, autoimmune flare-ups, fatigue, or unexplained weight struggles.

Why Many People Stay Stuck

You've probably heard about probiotics or elimination diets. These can help, but they often don't fix the root problem.

That's because the gut isn't just about food, it's about restoring balance to the entire body.

A New Solution: Guttides™

Researchers and forward-thinking practitioners are now looking at a unique dual-peptide approach called Guttides™. It combines two naturally occurring compounds: BPC-157 and KPV.

Think of them as a one-two punch for healing:

BPC-157: The Repair Peptide

- Speeds up tissue healing
- Helps grow new blood vessels
- Strengthens the gut lining so it can protect you better
- Supports the brain-gut connection

KPV: The Inflammation Calmer

- Targets inflammation right in the gut (without shutting down your whole immune system)
- Blocks harmful signals that drive chronic inflammation
- Just three amino acids—but surprisingly powerful

What This Could Mean for You

By supporting the gut-brain-immune axis, Guttides™ may help with:

- Autoimmune flare-ups and chronic inflammation
- Stubborn weight issues and metabolic challenges
- Brain fog and memory problems linked to inflammation
- Unexplained, long-lasting pain
- Recovery after illness, injury, or even tough workouts

Real-Life Uses Already Emerging

Practitioners are using this approach to support:

- Post-COVID recovery (gut and immune balance)
- Faster healing after surgeries or cosmetic procedures

- Athletic recovery and performance
- Food sensitivities and leaky gut
- Chronic fatigue and fibromyalgia symptoms

The Bottom Line

If you've been struggling with complex health issues, your gut may be playing a bigger role than you realize.

Every patient with long-standing health challenges has some level of gut involvement. The key is addressing it in a whole-body way, not just with one-off fixes.

Guttides™ combines healing and inflammation control in a way that helps reset the entire system.

Because real healing starts from the gut up.

Patient-Friendly FAQ

1. Do I need to have stomach issues for this to help me?

Not at all. Many people with brain fog, fatigue, pain, or autoimmune issues don't notice major digestive symptoms—but the gut is still part of the problem.

2. How long does it take to notice results?

Every person is different, but many patients start to feel improvements in energy, recovery, or inflammation within weeks. More complex cases may take longer.

3. Is Guttides™ safe?

BPC-157 and KPV are naturally occurring peptide sequences, meaning they are similar to compounds already found in the body. Practitioners use them because they tend to be well-tolerated, with a strong safety profile. Always talk with your healthcare provider before starting.

4. Can this help if I've already tried probiotics or elimination diets?

Yes. Those approaches can be helpful, but they don't always repair the gut lining or stop the cycle of inflammation. Guttides™ works on a deeper level.

5. Is this only for people with chronic illness?

Not at all. Some athletes use it to recover faster. Others use it after surgery or illness. And many people use it as part of a long-term health optimization plan.

Take the Next Step

If you're ready to move beyond band-aid solutions and finally support your health at the root level, Guttides™ is available through Dr. Kevin Greene and Total Body Health.

Dr. Greene and his team specialize in whole-body, functional approaches to healing— helping patients restore balance, rebuild resilience, and unlock their body's ability to heal from the gut and up.

At Total Body Health, our mission is to transform healthcare by focusing on the root causes of illness, not just the symptoms. We believe true healing happens when the mind, body, and spirit are in balance.

Ask Total Body Health about Guttides™ today and start your journey toward whole-body wellness.

Total Body Health

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