

The Promedics Weed & Feed Protocol is a novel way to clean out pathogenic bacteria and cultivate beneficial bacteria. This a great approach for people with inflammatory bowel disease, eczema, autoimmune conditions, and candida.

PREP - 24 HOUR FAST
Exclude all food and beverages other than purified water for 24 hours.
Vegetable juices and broths are acceptable in moderation (no more than 470 mL of juice during the day and ideally diluted with some water) during the fast.
If the patient can't last without food, then they can include 1-2 servings of low glycemic vegetables (raw or steamed).
1 WEEK
WEEKEND WEEDING
2 MediHerb Garlic tablets twice a day (broad spectrum antimicrobial)
2 MediHerb Goldenseal tablets twice a day (broad spectrum antimicrobial)
Diet - For the first weekend weeding if possible continue with fast. If not possible then eat light meals of vegetables and salads at this time. Avoiding alcohol and caffeine are a must.
WEEKEND FEEDING
2 MediHerb Vitanox tablets (inhibit pathogenic bacteria growth and decrease die off side effects)
3 - 4 MediHerb Slippery Elm capsules three times a day with 250ml of water (prebiotic, demulcent, GI tissue healer)
1 Klaire Ther-biotic Complete capsule (take 2 hrs away from Vitanox tablets) (probiotic)
Diet - Gradually introduce clean, fresh foods, and daily green tea. Avoid foods containing yeast, sugar, starches (including fruit), alcohol, and caffeine. Add in high fructooligosaccharides (FOS) foods to work as a prebiotic to feed those beneficial bacteria. Foods high in FOS are Jerusalem artichokes, globe artichoke, onions, bananas, asparagus, leeks, garlic, wheat, and barley.

IBS LIQUID FORMULA	
Ginger	10 ml
Meadowsweet	20 ml
Corydalis	20 ml
Gentian	10 ml
Chamomile	20 ml
Cramp Bark	20 ml
	100 ml
Take 5 ml TID Combine as needed with the above protocols.	

Length - 6 - 12 weeks (24 hour fast only necessary before start the 1st weekend weeding)

ADD-ONS

For Candida

NutriBiotic liquid concentrate: 10 drops a day in 150-175ml for week 1, 10 drops twice a day for week 2, and 10 drops three times a day for week 3. After 3 weeks discontinue and remain on original weed and feed.

For Sugar or Carb cravings

MediHerb's Gymnema tablets - 1 tablet 20 minutes before 2-3 meals a day.

For SIBO Treatment

Weeding - add Andrographis 2-3 capsules, twice a day Instead of Weekend feeding treat for 10 days, then switch to 10 days of Feeding. Use the above protocol.

Length

3 cycles recommended for best results.