

# EASIER JOURNEY TO BETTER HEALTH: REDUCE LECTINS, ELIMINATE GLUTENINS & GLIADINS

[Steve Yager](#) Oct 10, 2020



I wish had known all along that our food desires are dictated by our gut bugs.

Our gut bugs communicate directly with our Cerebral Cortex and tell us what foods to crave.

After following this protocol of getting rid of the bad gut bugs and replacing them with good gut bugs, I actually crave healthy foods.

The human body is not designed to process gliadin, glutenin, and lectins.

Instead of using the Immune System and the body's ability to regenerate cells to keep the body healthy, the body uses an enormous amount of its resources to combat these three proteins because the body thinks they are viruses or harmful bacteria.

This causes the body to neglect processes that should be performed daily because there are not enough resources left over to perform these tasks.

This is an invitation to disease.

I have found that a healthy Transition may require these products to be used in this order:

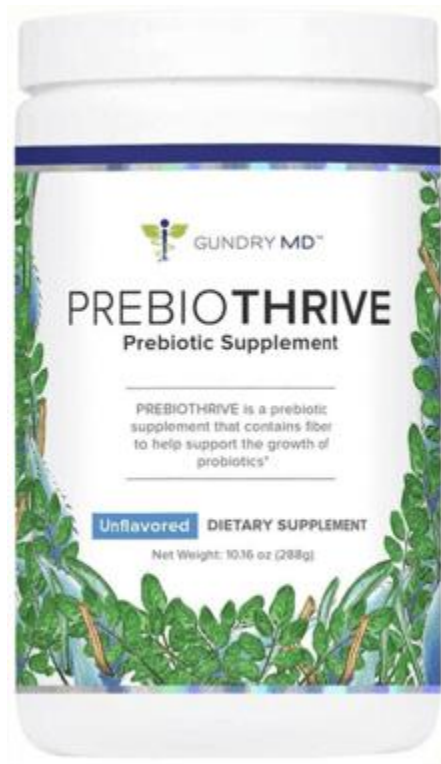
## FIRST 30 DAYS:

**Dr Gundry Total Restore:**

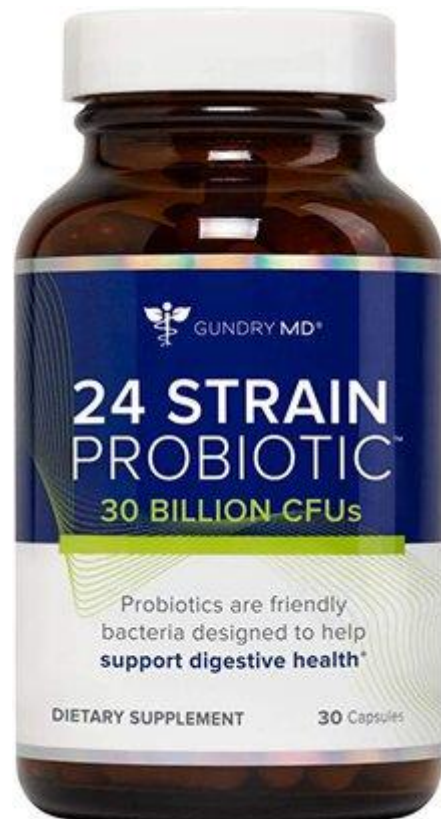


## NEXT 30 DAYS:

### Dr Gundry PreBiotics:



### Dr Gundry ProBiotics:



## FINAL 30 DAYS:

### Dr Gundry Bio Complete 3:



### Brownstein Total Liver Care:



# NIGHTSHADE SUBSTITUTIONS

Nightshades are a botanical family of plants, scientifically known as Solanaceae. There are more than two thousand plant species in the nightshade family, many of them are inedible and poisonous. This chart contains substitutions for some of the most common nightshades.



White Potatoes



Cauliflower



Sweet Potato



Eggplant



Mushrooms



Bell Peppers



Celery



Radishes



Tomatoes



Beets



Carrots



Cayenne Pepper  
Red Pepper Flakes  
Paprika



Ground Black pepper



Ground White Pepper

## ESSENTIAL READING:

