

# GUT CLEANSE EXPLAINED



## Did you know

that millions of people in the United States suffer from digestive problems such as chronic bloating, gas, and discomfort?

A gut cleanse can help reset the gut, while fostering a balanced microbiome and defending against unwanted microorganisms.

While there are many types of cleanses, **natural herbs** are the go-to method for a powerful yet gentle approach to gut health. Cleansing herbs have been used for centuries to help expel unwanted visitors, soothe the stomach, and support digestive health.

## 7 Health Benefits of an Herbal Cleanse



### 1. Supports Gut Defenses

Herbs such as wormwood leaf, clove bud, and black walnut hull help to defend against unwanted microorganisms.



### 2. Provides a Gut Reset

An herbal cleanse provides a gut reset, helping to reduce bacteria that cause distress, supporting a healthy gut.



### 3. Enhances Digestive Detox

Cleansing herbs such as wormwood and clove help to expel unwanted visitors from the body, so you feel your best.



### 4. Balances the Gut Microbiome

Ginger root is an herb that supports healthy bacteria in the gut, and is known to ease digestive discomfort.



### 5. Improves Energy Levels

With an herbal cleanse, as you eliminate unwanted microorganisms, your energy may be restored to higher levels.



### 6. Supports Immune Function

Since over 70% of the immune system resides in the gut, supporting gut health also supports healthy immune function.



### 7. Improves Nutrient Absorption

As herbs help to reduce unwanted microorganisms, your gut can fully absorb vital nutrients from your food.



## Signs You May Need a Gut Cleanse

### How can you tell if you could benefit from a gut cleanse?

Your body may show a variety of signs that point to unwanted microorganisms being present in the gut. It's actually quite common: the Centers for Disease Control estimates **60 million people in the US have some form of parasites.**

### Common Signs There Are Microorganisms in the Gut

Teeth Grinding — Fatigue  
Constant Hunger — Itchiness  
Feeling Bloating — Difficulty Sleeping  
Digestive Problems — Nutrient Deficiencies  
Muscle or Joint Discomfort



## Top Herbs for a Gut Cleanse

Nature provides a range of protective plants to help our gut defenses. These potent herbs work to defend the gut and support digestive health. While each one has individual benefits for the gut, they are even more powerful together.



### Clove Bud

Contains eugenol to combat microorganisms, and supports digestive health.



### Ginger Root

Powerful antioxidants called gingerols soothe digestion and support the microbiome.



### Black Walnut Hull

Known for its cleansing properties due to juglone, supporting a healthy gut environment.



### Barberry Root

Berberine in barberry helps to support the microbiome, and supports a healthy gut lining.



### Wormwood Leaf

An herb used for centuries to help protect against gut invaders and support gut health.



### Sweet Wormwood Leaf

Contains artemisinin which is highly effective against unwanted microorganisms.



## What to Look for in an Herbal Cleanse

Not all herbal cleanses are the same. Some herbal formulas have only a few cleansing herbs but are missing others. Or, you have to take multiple products, or follow a complicated protocol. Here's what to look for so you can have a complete herbal cleanse.



### High-Potency Herbal Blend

Many herbal formulas have only a small amount of cleansing herbs so you have to take a spoonful or more of bitter herbs in every serving to get any benefit. Look for a concentrated formula that delivers a lot of extract (100+ mg) in a small serving.



### Organic, Clean Ingredients Only

When cleansing, you want to introduce healthy, beneficial herbs, not pesticides, preservatives, or toxic additives. Check to make sure the formula uses organic or wildcrafted herbs, and is free of artificial ingredients so you just get goodness.



### Kid-Friendly, Taste-Tested

With their tendency to put everything in their mouths, kids are even more vulnerable to gut invaders. Make sure it's kid safe, and check on the taste profile. Cleansing herbs are renowned for their bitter taste, so a better flavor means kids will take it.



## Shield Your Gut with Para-Shield

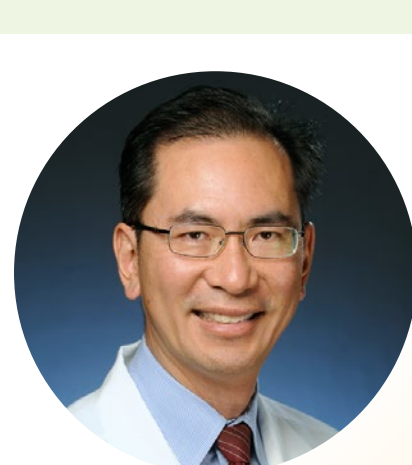
**M**aintaining a healthy gut can be a challenge in today's world. Shield your gut with Para-Shield, a natural herbal cleanse to support gut defense. Para-Shield's exclusive herbal blend provides a natural way to reset the gut, enhance your gut detox, and support digestive balance.

Para-Shield is a concentrated formula that delivers a powerful yet gentle blend of cleansing herbs, so you need just a few drops daily to soothe and cleanse the gut. And with a pleasant flavor of yuzu, clove, and ginger, the drops are easy to take and kid-friendly (ages 3+).

In just a few weeks of using Para-Shield, you may notice less digestive discomfort, and more energy. Para-Shield is made with organic and wildcrafted herbs, is non-GMO, and is gluten-free.



**Gentle and safe for the whole family (ages 3+), Para-Shield is a natural way to protect your gut and support overall well-being.**



### Alexander Lee MD, AGAF

A healthy gut is essential for optimal health. Para-Shield naturally detoxifies the gut, modulates unwanted gut organisms, balances the gut microbiome, supports intestinal immunity, and strengthens gut defense, while soothing the digestive tract. This product would benefit not only those with digestive issues, but everyone seeking to optimize their overall health.



\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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