

Are you suffering from any of the following diseases and conditions?

- Asthma (pulmonary and skin)
- Chronic digestive conditions and symptoms - GERD, IBS, IBD
- Autoimmune disease conditions - SLE, Rheumatoid arthritis
- Chronic pain and fatigue sufferers with no known or identified disease diagnosis.
- Chronic sufferers and survivors of the impact of COVID-19 infection.
- Chronic Skin conditions- Eczema, psoriasis, atopic dermatitis



Gut Immune System Rejuvenation and Restoration Program



Then, Go2Health's Gut Immune System Rejuvenation and Restoration Program maybe the better option for you.

Go2Health's Gut Immune System Rejuvenation and Restoration Program utilizes the integration of evidence-based culinary medicine method, nutrition science and functional medicine, together with the different biological determinants of your health such as exercise, sleep, meditation, nature, breathing and movement as medicine.



“A huge proportion of your immune system is actually in your GI tract,”

says Dan Peterson, assistant professor of pathology at the Johns Hopkins University School of Medicine. The immune system is inside our body.

Keeping a delicate balance in the immune system by eliminating invading pathogens, while still maintaining self-tolerance to avoid autoimmunity, is critical for the body's health. The gut microbiota that resides in the gastrointestinal tract provides essential health benefits to the body, particularly by regulating immune homeostasis. Alterations of these gut microbial communities can cause immune dysregulation, leading to autoimmune disorders.



The Functional Medicine Approach to Rejuvenating and Restoring GUT Immune System Health Program

- Functional Medicine addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership. It is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century.
- By shifting the traditional disease-centered focus of medical practice to a more patient-centered approach, Functional Medicine addresses the whole person, not just an isolated set of symptoms.
- Functional Medicine practitioners spend time with their patients, listening to their histories and looking at the interactions among genetic, environmental, and lifestyle factors that can influence long-term health and complex, chronic disease. In this way, Functional Medicine supports the unique expression of health and vitality for each individual.
- Functional Medicine is a personalized, systems-oriented model that empowers patients and practitioners to achieve the highest expression of health by working in collaboration to address the underlying causes of disease.
- Functional Medicine offers a powerful new operating system and clinical model for assessment, health management, and prevention of chronic disease to replace the outdated and ineffective acute-care models carried forward from the 20th century.
- Functional Medicine incorporates the latest in genetic science, systems biology, and understanding of how environmental and lifestyle factors influence the emergence and progression of disease.
- Functional Medicine enables physicians and other health professionals to practice proactive, predictive, personalized medicine and empowers patients to take an active role in their own health.



GENOMICS & METABOLIC TESTING

We have a wide array of functional testing to help our patients and their doctors to come up with better patient outcomes through precision medicine. Most commonly used tests as follows:

1. Comprehensive Nutrient Evaluation
2. GI Effects Comprehensive Stool Profile



To Build your Gut Immune System Health we at Go2Health have designed a health program that will follow these biological systems principles and therapeutic interventions:

- Maintain and Protect Barrier Functions
- Create a commensal friendly environment
- Maintain appropriate Hygiene Practices
- Avoid Antigens and Allergens
- Build micronutrient and antioxidant reserve
- Maintain and build cellular (mitochondrial energy)
- Maintain adequate detoxification capacity
- Diminish stress induced immune suppression
- Reduce chronic inflammatory triggers and mediators
- Use immune modulating agents to create balance and strengthen immune function.

Go2Health Methodology - The 3 E Methodology:



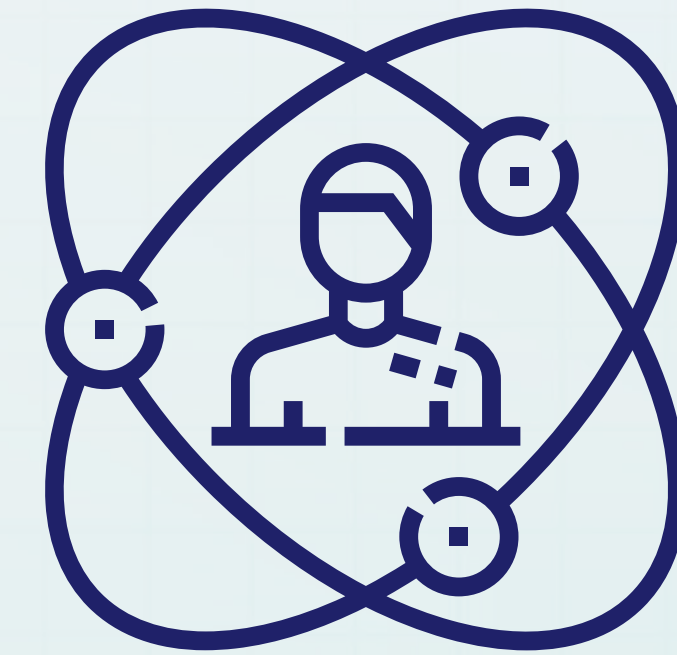
EXPLAIN

the Functional Medicine physician provides information and guidance as to the different biochemical properties of foods and its therapeutic benefit to the biological design of the body and how it will help restore the body's physiologic resiliency.



EXAMPLE

the Functional Nutritionist provides the specifics and details of the selected food types, classifications and ingredients. He is creates the Master List of foods that are beneficial and most appropriate for the client's identified deficits and imbalances.



EXPERIENCE

based on the inputs of the FM physician and Nutritionist, the Culinary Medicine Chef creates healthful and tasteful recipes that provides the target nutrient densities and richness needed by the client's body systems.

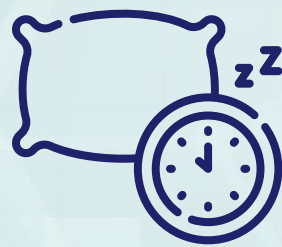
Go2Health Gut Immune System Rejuvenation and Restoration Program

LIFESTYLE ASSESSMENT



1. Comprehensive Health Protocol
2. Gut restoration protocol

MIND BODY MEDICINE



1. Meditation Training
2. Massage Therapy
3. Healing Oils/Aroma Therapy
4. Sleep Optimization

CONSULTATIONS



1. Functional Medicine Doctor
2. Functional Medicine Nutritionist
3. Fitness Professional
4. Yoga Instructor
5. Online & Onsite Consultation

THERAPEUTICS



1. Health Retreat
2. Nutrition Intervention
 - Cooking Demo
 - Kitchen Raid
 - Menu Planning
 - Food Delivery
3. Exercise
 - Body Composition Analysis
 - Functional Movement Screening
 - Senior Fitness Test
 - Exercise Prescription

INTEGRATIVE TREATMENT

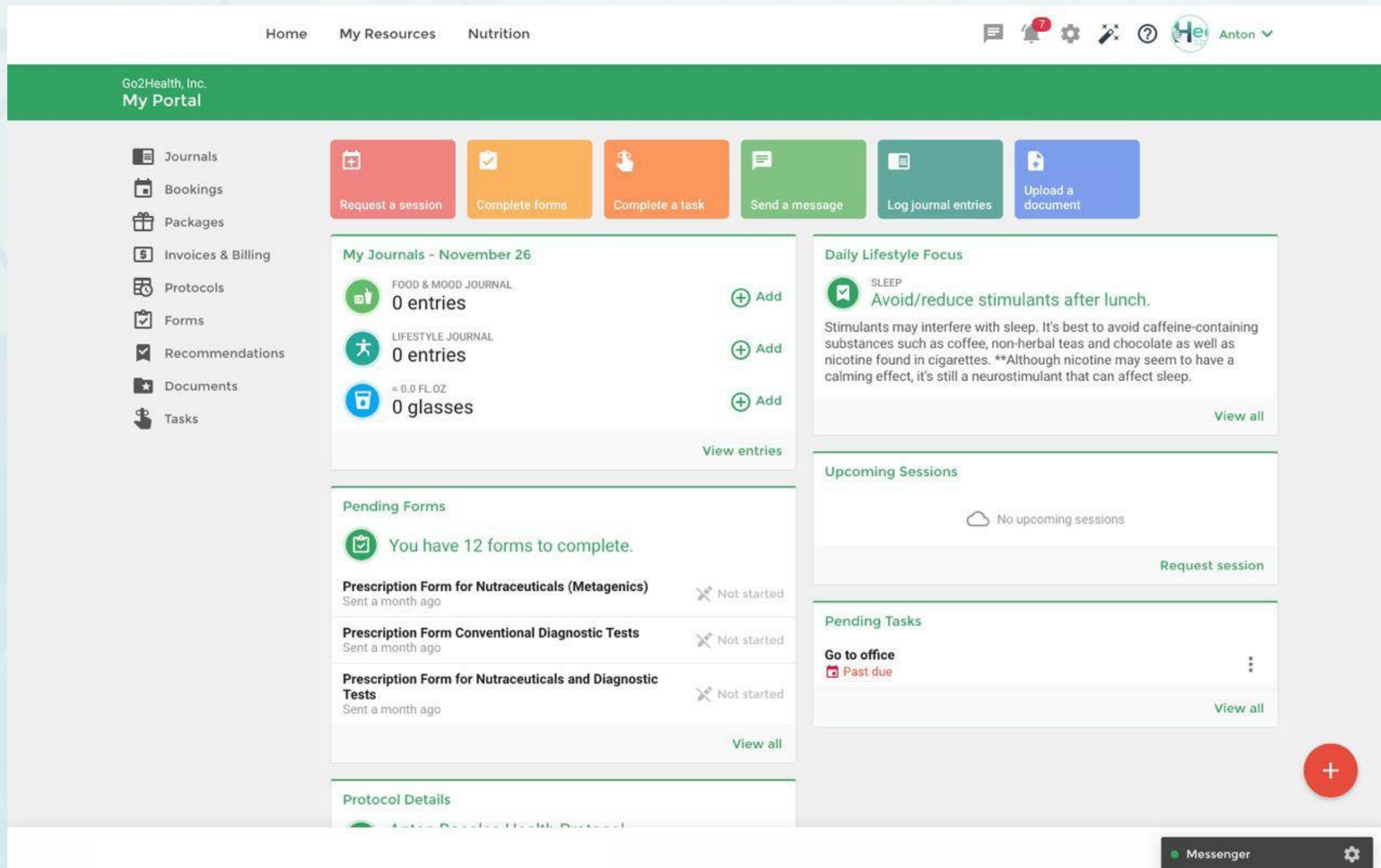


1. Ozone Therapy
2. IV Nutrients
3. Hyperbaric Oxygen Therapy
4. Peptides/Cell Treatment
5. Oral Nutraceuticals
6. Acupuncture
7. Chiropractic Treatment
8. IV laser Therapy

DIAGNOSTIC TESTS



1. Comprehensive Nutrient Evaluation
2. Comprehensive Stool Analysis



Go2Health Digital Platform:

Go2Health utilizes an online client management platform where both the client and the health practitioners have direct access to each other (thru online messaging and email notifications). Coordination, daily reports and updates, records and files, are managed with ease and real-time.



Your Go2Health Health Care Team

- Functional Medicine Certified Doctor
- Functional Medicine Trained Nutritionist and Dietician
- Culinary Medicine Chef
- Mind-Body-Medicine Doctor
- Yoga Instructor
- Physical Therapist
- Acupuncturist



Detailed components of our program:

- **Program briefing**
Discuss with the client the program contents and methodology
- **Program signup**
Client acceptance of the program proposal.
- **Initial consult**
Initial consultation with Doc Oyie regarding the current status of the client's health to create a personalized program
- **Program Kick-off**
Introduction of the health care team and the program's objectives and components to the client and his family, and brief presentation on the client's background and expectations
- **Diagnostics tests**
Client may undergo various diagnostic tests as recommended by the FM Doctor
- **Program Introduction – part of the client meetings**
 - Healthcare team (FM Doctor, ND, Chef) will now discuss the program that they have created for the client together with their family.
 - Prescription of Supplements
- **Kitchen raid**
Healthcare team will assess the kitchen (including the pantry of the client to let them know what is allowed and what isn't)
- **Physical Fitness assessment – free**
Fitness assessment by a PT in order to know the current status of the client's physical health and create a fitness prescription
- **Meditation – free one session**
- **Mind Body Medicine**
- **Yoga session – free one**
Regular physical activity (or as recommended by the PT and the FM Doctor)



- **Daily activities:**

- Daily online consultation

- Daily online sessions of the patient with FM Doctor, ND, and Patient coordinator to discuss daily concerns and feedback

- Daily recipes

- Patients are given recipes carefully designed by the healthcare team based on the food preferences of the patient and needs of the patient's body/condition

- Food journal, food pictures, food analysis

- Daily food journals are recorded (before and after photos of the food) in order to assess how much food was consumed by the patient.

- Online Cooking demo/instructions

- Cooking demo of the Chef to teach the patient the basic and necessary skills that they will be needing in most of the recipes

- Online Digital Platform by Go2Health

- System enrollment
 - Automated forms, questionnaire
 - Picture and docs uploading
 - Programs creation - with daily tasks for the patient

- Follow-up diagnostic test to monitor improvements

- Activities are created to provide an all around experiential program

- Videos to watch – additional info/knowledge
 - Articles to read – encouragement
 - Video greetings/messages from families and friends
 - Weekly webinars

- **End of Program**

- E-book containing the health protocol, food journal, recipes with cooking guide, food plan
 - Tshirt
 - Culminating activity – turnover of ebook, tshirt, recommended future recipes and food selection



go2Health!

An Online Functional Medicine
Consultation Clinic

Gut Immune System Rejuvenation and Restoration Program

Let's start your health journey today!

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