



LIVINGOOD DAILY

ANTIBIOTIC + MEDICAL TESTING DETOX GUIDE

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ANTIBIOTICS, CONTRAST MATERIALS, + ANESTHESIA

WHAT HAPPENS TO THE GUT DURING ANTIBIOTICS?

The organs in your body are full of good microorganisms and bacteria that aid in digestion, immune support, nutrient absorption, and waste elimination. The objective of an Antibiotic is to destroy the bad bacteria that can cause illness. However, antibiotics are not selective so **they also remove all the good bacteria.**



WHAT ARE CONTRAST MATERIALS?

Contrast materials are used for imaging exams such as x-rays, ultrasounds, CT Scans, or MRIs. They are used to improve the diagnostic value of those images. Unfortunately, many of these substances are **highly toxic**. So it is important to get them out of your system as soon as you can!

TYPES OF CONTRAST MATERIAL

- 1 Barium-Sulfate** is going to be the most common contrast material. It is going to come in liquid, tablet or powder form and consumed orally. Used generally for X-rays and CT imaging.
- 2 Iodinated dye** contains iodine and is common for X-rays and CT Scans. The Iodine can aid in seeing hollow spaces such as blood vessels and organs.
- 3 Gadolinium** is a key component for MRIs and contains metal. It alters the magnetic properties of nearby water molecules which enhances imaging quality.
- 4 Saline and gas** can also be used. Microbubbles and microspheres have been used for ultrasound imaging. Common in Heart exams.

EFFECTS OF ANESTHESIA

Anesthesia is used to control pain generally during surgeries or for injuries. It affects the **functionality of the nervous system**. It also decreases liver and kidney function.

TYPES OF ANESTHESIA

Local Anesthetic: Applied to one area. Ex. Pain relief for stitches

General Anesthetic: Gas inhalation or intravenous medications or a combo of both. Makes patients unaware of stimulation and their surroundings

Regional Anesthetic: Effects a whole region of the body, ex. Epidural

BENEFITS OF BIOTICS



PREBIOTICS

Prebiotics are a source of **food for probiotics** and are made from soluble fibers. Soluble fiber is fermented by your gut bacteria becoming a food source for our microbiome. Some food sources of prebiotics are onions, leeks, chives, garlic, and jicama.



PROBIOTICS

Friendly microbes in our intestines that are made of the **beneficial types of yeast and bacteria** found in our gut. It is important to get a good dose of probiotics during and following the course of antibiotics as they wipe out both the bad and the good bacteria. Research shows that use of probiotics during antibiotic treatment decreases the level of antibiotic resistance.



POSTBIOTICS

Bioactive compounds the probiotics produce when they consume prebiotics. Many of the health benefits linked with pre/pro biotics come from the production of postbiotics. Research shows many health benefits, such as lower GI and colon support, a boosted Immune System, decrease in digestive issues, and lowering the risk of heart disease.

▶ ANTIBIOTIC RECOVERY PROTOCOL

Detox: [3-Day Collagen Cleanse](#)

Livingood Daily Pre + Pro + Post Biotics Blend (Pre, during, and post antibiotic)

- 7 days pre, 14 days during, and 39 days after (60 days total)

Bonus: [GI Support](#) and [Omegas + Turmeric](#)

▶ CONTRAST DYES/ANESTHESIA DETOX PROTOCOL

Livingood Daily Detox Bundle

- Start 7 days before scan/anesthesia.
- Continue for 7 days after (14 days total)
- **Directions:**
 - In the AM, take 4 capsules of Livingood Daily Liver + Gallbladder Cleanse or Support.
 - Follow up in the PM with 4 capsules of Livingood Daily Colon Cleanse or Support.

Livingood Daily Pre + Pro + Post Biotics Blend

- Pre, during, and post scan/anesthesia.
- 7 days pre, 14 days during, and 9 days after. (30 days total)

3-Day Green Juice Cleanse

- Immediately after post scan/anesthesia.



FEATURED PRODUCTS

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