

Food Sensitivities and Intolerances Protocol

Food sensitivities and intolerances are clinically characterized by delayed, dose-dependent symptoms occurring hours to days after ingestion, rather than immediate allergic responses. Patients commonly present with gastrointestinal symptoms (bloating, gas, diarrhea, constipation), but may also exhibit systemic manifestations such as fatigue, headaches, brain fog, joint pain, skin issues, or mood changes. Although evaluating diagnostic differences is challenging, this primary protocol stabilizes the microbial, gastrointestinal and immune function. Tracking symptom improvements patterns may be monitored through food elimination and reintroduction following later in the protocol.

PRODUCT	DOSING/INSTRUCTIONS
EnzyGenic	1 capsule with each meal
Terra μ Biomic	2 capsules a day within 4 hours of Terra Superfood
Terra Superfood	1 scoop per day mixed in 8 oz of liquid
MucosaGenic	1 capsule twice daily (morning and evening)
CLNZ	1 capsule twice daily (morning and evening)

**Unless otherwise specified, products without designated dosing times may be taken with or without food based on patient tolerance.*

- **EnzyGenic:** Broad-spectrum enzyme supporting digestion of allergenic proteins, food sensitivities, and dietary components that cause gastrointestinal distress.
- **Terra μ Biomic:** Premier SBO probiotic enhancing gut communities and lining integrity while revitalizing the gut-immune axis and facilitating detoxification.
- **Terra Superfood:** Prebiotic blend of fruits, vegetables, and herbs promoting immune stability through the microbiome's influence on foreign particles.
- **MucosaGenic:** Restores compromised intestinal barriers to prevent allergens from entering the bloodstream and supports histamine reduction via increased DAO.
- **CLNZ:** Supports intestinal detoxification and lymphatic drainage, assisting the removal of reactive species, mycotoxins, and exogenous chemicals.

Last Updated: 3/27/26



Food Sensitivities and Intolerances Protocol: Additional Support Products to Consider

PRODUCT	MECHANISM/FOCUS	CLINICAL CUE	WHEN TO USE
DetoxiGenic 2 capsules daily	Boosts allergenic detox via gene support, glutathione delivery, and antioxidant production.	Active food sensitivities, chronic inflammation, or post-viral recovery.	Add when detox pathways are overwhelmed or for advanced antioxidant defense.
D - Digest 1 capsule with each meal	Supports gastric phase digestion by promoting stomach activation and signaling the digestive cascade.	Early fullness, protein discomfort, or bloating soon after eating.	Use when symptoms suggest low stomach acid or impaired enzyme/bile release.
BindGenic 2 capsule before bedtime away from food, supplements, or pharmaceuticals	Non-antimicrobial binder that adsorbs endotoxins, mycotoxins, and heavy metals in the gut.	Mold exposure, environmental toxin overload, or detox reactions	Use temporarily during detox or microbial protocols to prevent toxin reabsorption.
Metabolic μBiomic 2 capsules per day with food	Restores gut microbiome to improve insulin sensitivity and strengthen the gut barrier.	Blood sugar dysregulation, low microbial diversity, or systemic inflammation.	Add for long-term metabolic resilience or post-gut reset to further diversity.
Metabolic Superfood 1 scoop per day in 8oz of liquid	GLP-1 support prebiotic optimizing glucose/lipid metabolism and gut barrier integrity.	Inflammation, metabolic syndrome, or issues with appetite control.	Within two hours of Metabolic μBiomic for synergistic GLP-1 support.

