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\*PROTOCOLS FROM THE DESK OF DR. ANTHONY MARTIN

## **BULLETPROOF LUNGS PROTOCOL**

### **Pathology:**

In order to have strong lungs, they must be protected from the three lung killers.

1. High Blood Sugar (high circulating insulin)
2. Leaky Gut Syndrome
3. Free Radical Damage

There are three steps to properly strengthening the lungs.

1. Eat a low insulin diet
2. Protect and build stronger microbiome
3. Increase antioxidant capacity.

### **Protocol:**

#### **Low Insulin Diet:**

Follow **Metabolic Reset**, or **low carb**

#### **Protect and Build microbiome:**

**Probiotic Complex**

#### **Increase antioxidant capacity:**

**Navitol**

#### **Two other KEY nutrients:**

**Vitamin D and DHA**

**OFFICE USE ONLY**

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\*All protocols from the desk of Dr. Anthony Martin are for internal use only at the Martin Clinic. This information is for educational purposes only and does not constitute health advice.