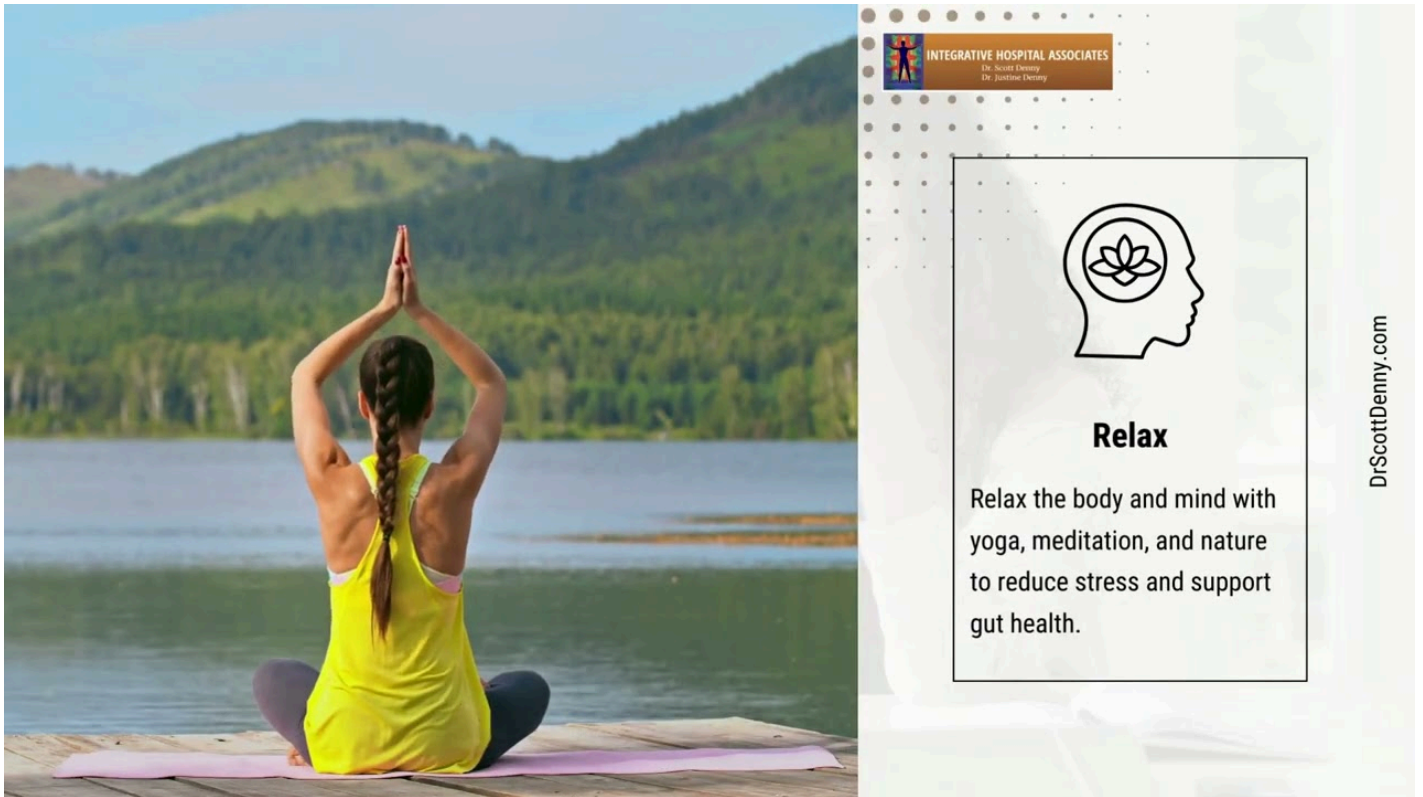




Optimizing Gut Health with Functional Medicine Principles



This video explores the [foundational "5 R's"](#) approach of functional medicine aimed at enhancing gut health. Through the stages of Remove, Replace, Re-inoculate, Repair, and Rebalance, viewers gain a comprehensive understanding of how to restore optimal digestive function. The video offers detailed guidance on eliminating harmful elements, replenishing essential nutrients, and fostering a balanced microbiome. By presenting a systematic plan to address gastrointestinal issues, it empowers individuals to take charge of their health and alleviate symptoms related to poor digestion.