

DIGESTIVE & GUT ISSUES CONDITION PROTOCOL

Supplementation Regimen:

- Optimal 1 Digest-A-Meal, 2 capsules with each meal and 1 capsule between meals, twice per day
- Flora Blitz 100 Pak: 1 packet morning and night for 2 months, then 1 packet morning

OPTIONAL (if issues persist):

- Soft Cleanse Pak: 1 packet morning and night for the duration of 1 box



Nutrition Regimen:

- Eliminate all white flour, fried foods, and carbonated drinks
- Limit added sugar intake to 50g daily
- Consume more raw foods

Exercise Regimen:

- Steady State, Low Volume Aerobics: 30 minutes daily (i.e. brisk walk)
- Full Body, Light Weight Strength Training: 30 minutes, 2 times per week