

AUTOIMMUNE CONDITION PROTOCOL

Supplementation Regimen:

- Optimal 1 Digest-A-Meal, 2 capsules with each meal
- Natural NSAIDs Pak, 1 packet, 1-2x daily between meals
- Flora Blitz 100, 1 packet daily

OPTIONAL:

- Essential Glutathione, 1 serving daily
- Optimal Fruit & Veggie Plus, 1 serving daily
- Opti-Metals Detox, 3 drops morning and night
- Soft Cleanse Pak, 1 packet morning and night

Maintenance Regimen:

- Optimal Health Pak, 1 packet morning and night
- Natural NSAIDs Pak, 1 packet daily



****NOTE: IF ON PRESCRIPTION MEDICATIONS, SUPPLEMENT WITH OPTIMAL HEALTH PAK DAILY TO REPLENISH ESSENTIAL NUTRIENTS.**

Nutrition Regimen:

- Plant-based diet
- Cut out the majority of processed foods, dairy products, artificial sweeteners, and gluten

Exercise Regimen:

- High Intensity Interval Training (HIIT): 20-30 Rounds - 20 seconds full out, 40 seconds off, 4 times per week
- Strength Training: 20 minutes, 2 times per week