

5 "R" PROGRAM

The first 4 "R's" should all be done at the same time.

Not intended to diagnose, treat, cure or prevent any disease

#1 REMOVE

Remove food intolerances and unfriendly bacteria

To remove bad bugs:

Candibactin AR: 2 capsules, 3 times a day for 10 days

Candibactin BR: 2 tablets, 4 times a day for 10 days

To remove "bad" foods:

An elimination diet is helpful to find which foods cause trouble in your body.

Note simple starches promote the growth of yeast, fungus and parasites

#2 REPLACE

Replace Digestive Enzymes

To improve digestion:

PrimeGest: 1-2 capsules with each meal

Using the digestive enzyme will help prevent bacterial or fungal overgrowth and help facilitate absorption of minerals and nutrients needed in the body.

#3 Repair

Repair is done by supplying key nutrients that can often be in short supply in a compromised gut.

To help Repair the Gut:

Glutamine Powder: 4 teaspoons, 5 times a day for 10 days

Optimal D3 5000: 2 soft gels a day for 10 days

#4 Reinoculate

Reinoculate the gut with specific prebiotics and probiotics to support a healthy and balanced population in the intestinal bacteria.

Probiotics are the friendly bacteria found in the gut.

Prebiotics feed the probiotics and stimulate growth of the probiotics already in the colon.

To reinoculate the gut:

Ultra Flora Spectrum: 2 capsules, 3 times a day for 10 days

Ultra Flora Synergy: 1 scoop mixed in water, 2 times a day for 10 days

#5 Retain/Rebalance

Lifestyle choices are to be paid attention to in this step. Sleep, diet, exercise and stress can all affect the GI tract. Balancing these areas of your life will help maintain the healthy gut. Continuation of a probiotic and healthy diet will help to retain that now healthy GI Tract.