

DIARRRHEA

CONDITION PROTOCOL

Supplementation Regimen:

Follow this protocol for 5 days, even after symptoms subside. It is important to re-establish bowel integrity and pH to eliminate the condition.

- 3 Flora Plus, 4 times a day
- 1 Digest-A-Meal, 3 times a day
- Optimal Complete Nutrition Powder, 2 servings a day, morning and afternoon

Maintenance

- 1 Digest-A-Meal, 3 times a day
- 1 Flora Plus, 3 times a day
- 1 Whole Food Vitamin Mineral



Nutrition Regimen:

- Whole grain cereals, bananas, rice, tapioca, root vegetables, such as carrots, potatoes, and all fermented foods. These foods help to add bulk to your bowels.
- Keep hydrated with lots of low-sugar, low sodium fluids.
- Continue to eat regular foods, such as soft starchy foods. Carrots, potatoes, and tapioca are good choices.
- Avoid irritating high fiber grains, gaseous foods, and milk if lactose intolerant.
- Eat nutritional yogurt, that has no sugar in it. Add fresh fruit for flavor.

Exercise Regimen:

- Exercise on a regular basis (minimum 30 minutes, 3 times a week) can improve your immune system along with supporting a healthy gastrointestinal system.
- Yoga has its own exercises to support regular digestion and reduce nervousness.

Additional Recommendations:

- If you are taking any of these drugs regularly, we suggest supporting your body's healing with:
- 3 Whole Food Vitamin, Morning & Night
- 1 Optimal Bone Plus, Morning
- 2 Optimal Bone Plus, Night