

# DIGESTIVE & GUT ISSUES

## CONDITION PROTOCOL

### Supplementation Regimen:

- Optimal 1 Digestion, 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