

# GUT-BRAIN CONDITION PROTOCOL

## Supplementation Regimen:

- Optimal 1 Digestion, 2 capsules with each meal and 1 capsule between meals, twice per day
- Flora Blitz 100 Pak: 2 packets daily for 9 days, 1 packet daily for the remaining 12 days
- BrainTap Pak: 1 packet daily



## 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