

Clean Gut Daily Protocol

FIRST THING IN THE MORNING

Drink a glass of warm water with 1-2 tsp of Apple Cider Vinegar and half a squeezed lemon.

BREAKFAST

A smoothie plus supplements.

Select from provided recipes or customize your own.

SUPPLEMENTS

- 1 herbal antimicrobial
- 1 saccharomyces boulardil
- 1 multiple-strain probiotic
- 2-4 multiple digestive enzymes
- 1 monolaurin
- 1 Methylate B Complex

LUNCH (main meal of the day)

A soup, entrée sized salad, and/or entrée from the suggested foods list or from the provided recipes.

SUPPLEMENTS

- 1 Methylate B Complex
- 2-4 multiple digestive enzymes

DINNER

A smoothie from approved foods list plus supplements. If you are not feeling like a smoothie, you can enjoy a large glass of a broth or bone broth + green salad with lemon and olive oil for dressing. Minimal food in the evening.

SUPPLEMENTS

- 1 herbal antimicrobial
- 1 saccharomyces boulardil
- 1 multiple-strain probiotic
- 2-4 multiple digestive enzymes
- 1 monolaurin

IMMEDIATELY BEFORE BED

Take magnesium

Additional recommendations may be made if any health related disease is actively present during the cleanse.



CULTIVATING LOVE, FREEDOM & PURPOSE