

4 SIMPLE STEPS FOR

PLUGGING YOUR LEAKY GUT



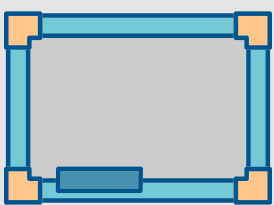
1 STRENGTHEN YOUR GUT LINING

- Choose one option:
- L- glutamine - 3 grams a day
- Vital Proteins Collagen - 2 scoops a day
- Bone broth soups - 2 cups a day
- Grass Fed Butter or Ghee



2 EAT CLOSEST TO NATURE

- Cut out all processed foods & fast foods
- Eliminate sugar sweetened drinks
- 3 cups of dark leafy greens a day



3 SOOTHE YOUR DIGESTIVE SYSTEM LINING

- Choose one of the following:
- Licorice Root Extract - DGL type - 1 capsule or chewable 20 minutes before a meal
- Aloe Gel - 1 tablespoon before a meal - twice a day
- Marshmallow Root Powder - 1 tsp a day



4 MAXIMIZE DIGESTION & ABSORPTION

- Do all of these:
- Chew 25 times per bite
- Take a digestive enzyme with each meal
- Take a probiotic that has 5 - 15 billion organisms a day

