

Dr.Zena Xanders & The Schwarzbein Principle

Healing Gut Protocol

Anti-inflammatory/Healing Phase
3-6 months

Use these supplements and shakes to help calm your intestines by decreasing inflammation.

In a blender mix the following:

- Bio-inflammatory Plus Shake Mix 2 scoops/shake (taper up)
Build up to 2 scoops. 1st week ½/ shake, 2nd week 1/ shake, 3rd week 1 ½/shake, 4th week 2/shakes
- Intestinal Repair Complex 1 teaspoon/shake \$42
- MSM Powder 1 teaspoon/shake \$21
(or capsules)
- Proflora Plus 1 capsule-opened/shake \$22
Open capsule and empty contents into shake
- Ultra Fiber Plus ½-1 scoop/shake \$25
- 6-8 oz filtered water
- 3-4 ice cubes
- Organic honey to sweeten if desired

Gut Shake Supplements Total: \$150

- Add UltraMarine fish oil capsules (\$26) 2-4 times/day if not on damaged metabolism protocol
- Drink 1- 2 times/day (Mid-morning and/or mid-afternoon)
- Drink a shake at least 2 hours after a meal and wait 1-2 hours before eating another meal
- Drink lots of water!!!

For more information, visit: www.keepthezestforlife.com