

The Flora Restoration Program

Stop all sugar intake while doing this program. That means no refined sugars and limit natural sugars (fruits and starchy veggies) while on the program. Sugars feed the unhealthy bacteria so removing them from the diet during this time will enhance the benefits of the Flora Program. Once you have replenished the healthy probiotic, you may reintroduce minimal amounts of healthy sugars but refined sugars should always be limited. In addition, go **gluten-free**. Remove all breads, pasta, cookies, rye, barley, grains and other sources from the diet. Always eat only organic and **non-GMO**. Look for the verified “Non-GMO” label on pre-packaged foods. Whenever possible, eat whole foods; not pre-packaged or processed foods.

You should continue to take all your other supplements while doing this program.

I recommend 10 days of each dose for a total of 20 days. For the 20 days you will need:

Flora-Fx - 2 bottles
Digest-Fx 1 bottle
Ultimate Enzymes – 1 bottle
Nightly Essense – 1 bottle

Directions:

Flora-fx 8 caps am for 10 days
Nightly Essense 4 caps pm for 10 days.

Then cut doses in half so you’ll take:

Flora-fx 4 caps am for 10 days
Nightly Essense 2 caps pm for 10 days

Then 2 caps of Flora-Fx each day and
1-2 caps of Nightly Essense each pm if available

All of these should be taken on an empty stomach so I recommend first thing in the morning 45 minutes to 1 hour before eating and then last thing at night at least 2 hours after food and at least 1 hour after any drink or other supplements. Ideally you should continue to take probiotics each day, even after you do the program.

In addition, take Ultimate Enzymes 2 before each meal and Digest-Fx 2 mid-morning and 2 mid-afternoon with a glass of water. Once you have completed the Flora Program it is a good idea to take several enzymes each day both with meals and between meals.

This program is for everyone as we generally don’t get probiotics in the foods we eat and supplementing is the only way to help re-establish all the healthy gut bacteria. People who have problems with absorption, immune function, allergies, autoimmune disorders, bowel problems, skin problems and so on, generally see improvement very quickly once they start the program. Most people have these problems to a certain degree and many don’t realize it. It is good practice to complete this program every 4-6 months to help maintain a healthy balance of good and less desirable gut bacteria.

The most impressive things I notice are people who have food allergies, especially lactose intolerance and those who are not seeing the results they expect to see taking supplements, see dramatic improvement once their GI

systems are tuned up using this program. This program is very helpful for any and all who wish to improve immune function. Research confirms that roughly 70-80 % of overall immune function is dependent on a healthy gut. It is important to maintain vibrant intestinal flora.