

Improving GI Track

This program is for people who have problems with absorption, immune function, allergies, autoimmune disorders and so on. Most people have these problems to a certain degree and don't even know it. The most impressive thing I see is people who are not seeing the results they expect to see taking the 90 essential nutrients, see dramatic improvement once their GI systems are tuned up using this program.

Days 1 through 5

Flora-fx or ProBacillus Plus 8 caps am and 8 caps pm for 5 days or you can take Flora-fx or ProBacillus Plus 8 caps am and Nightly Essense 4 caps pm for 5 days (the Nightly Essense is more expensive but much better in my opinion and that is why I give people a choice).

Days 5 through 10

Then Flora-fx or ProBacillus Plus 4 caps am and 4 caps pm or Flora-fx or you can take ProBacillus Plus 4 caps am and Nightly Essense 2 caps pm for 5 days

Daily Dosages after day 10

- 2 caps of Flora-fx or ProBacillus Plus am and 2 caps of Nightly Essense pm every day.
- Enzymes 2 before each of the two largest meals and 2 mid-morning and 2 mid-afternoon with a glass of water. (total of 8 a day)

This is usually just in the beginning and after a week or so, depending on the amount of raw food you eat, you can cut back.

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.