

BeRenewed - Gut Restoration

PROGRAM OPTIONS CHART

BERENEWED PROGRAM

Our BeRenewed Gut Restoration program will help you address all contributing factors and root causes of leaky gut, through a holistic, natural approach guided by the 5 R's to gut health.

- Remove** anything irritating the gut that might cause inflammation, such as certain foods/beverages, medications including NSAIDS, and certain supplements.
- Reduce** bad bacteria and fungal overgrowth that can cause holes to form in the gut. Also reduce or eliminate food sensitivities and allergies.
- Repair** the cellular wall of the gut to avoid foods, toxins, fungus leaking through to the bloodstream.
- Replace** good/healthy bacteria in the gut to improve overall health and immunity.
- Rebalance** the gut environment with healthy foods and lifestyle habits to reduce stress and improve overall digestion health.

Includes:

- A program manual including exercises to help enhance gut repair and relaxation
- A food log journal
- Supplement Packets for days 1-14 (D3K2 1 capsule, Curcumin 3 capsules, Intesti-mend 2 capsules)
- Supplement Packets for days 15-28 (D3K2 1 capsule, Curcumin 3 capsules, Intesti-mend 4 capsules)
- 1 bottle of Flora Plus (60 capsuls)
- 3 wellness coaching appointments for guidance, support, and success
- Links to the relaxation therapy tracks to help improve gut health

Cost: _____

BERENEWED CONTINUATION PACKAGE*

Includes (in addition to the list above):

- An additional 30 day food journal
- Supplement schedule card
- 2 bottles of Curcumin Complex
- 1 bottle of Intesti-mend
- 1 bottle of Vital-D
- 1 bottle of Flora Plus
- 1 additional wellness coaching appointment for Reintroduction

Cost: _____

*Optional

