

Be Renewed Continuation

SUPPLEMENTS SCHEDULE



Intesti-Mend:
2 capsules/day

Intesti-Mend is a whole food providing IgG and colostrum polypeptides. It also supplies protein, immune factors, growth factors, vitamins and minerals to ensure health and vitality naturally.*



Curcumin Complex:
2 capsules/day

Curcumin Complex has properties that may help reduce gut permeability.* It does this by contracting the proteins of the intestinal lining, squeezing the cells closer together which helps in the integrity of its tight junctures.* Through this mechanism it can tend to modulate gut barrier function which promotes overall gut health by helping in the composition and diversity of the gut bacteria.*



Vital-D:
5 drops/day

Vital-D plays an important role in the modulation of the immune system, crucial to healing the gut.*



Flora Plus:
Days 1-14 - 2 capsules/day
Days 15+ - 1 capsule/day

Flora Plus supports the re-population and growth of friendly bacteria in the gut to balance bad bacteria/yeast as well as maintain overall digestive health.*

BeBalanced Hormone Weight Loss Centers

800.361.8060 | www.bebalancedcenters.com

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

SHOPPING LIST

Protein:

Organic, Grass-Fed, Wild Caught Suggested
Beef, Buffalo, Venison, Veal
Turkey, Chicken breast
Uncured Bacon and Sausage
All Wild Caught Fish
Lobster, Scallops, Shrimp, Crab (non-imitation)

Fruit:

Organic Suggested
Apple
Orange
Grapefruit
Pears
Blueberries
Raspberries
Strawberries
Blackberries
Kiwi
Banana (green turning yellow)
Grapes
Peaches
All Melon
Avocado

Veggies:

Organic Suggested
Asparagus
Broccoli
Cabbage
Brussels Sprouts
Sweet Potatoes
Sauerkraut
Cauliflower
Celery
Cucumber
Lettuce
Onion
Radish
Spinach
Kale
Olives
Zucchini
Spaghetti Squash

Healthy Fats:

Organic Suggested
Avocado Oil
Coconut Oil
Olive Oil
MCT Oil

Seasonings:

Organic Suggested
No fruit-based and seed-based spices are allowed. Please be sure to check for fillers or any sugar as sugar is not allowed.
Basil Leaf
Bay Leaf
Chamomile
Chervil
Chives
Cilantro
Cinnamon
Cloves
Curry Leaf
Dill Weed
Fennel Leaf
Fenugreek Leaves
Galangal
Garlic
Ginger
Horseradish
Kaffir Lime Leaf
Lavender
Lemon Balm
Lemongrass
Mace
Marjoram Leaf
Onion Powder
Oregano Leaf

Parsley

Peppermint

Rosemary

Saffron

Sage

Savory Leaf

Sea Salt

Shallots

Spearmint

Tarragon

Thyme

Truffle Salt

Turmeric

Vanilla (alcohol-free)

Wasabi (additive-free)

Beverages:

Water (spring, distilled, or reverse osmosis)
Green Tea
White Tea
Herbal Teas
Dandy Tea
Buddha Tea Dark
Roast Yerba Mate (coffee substitute)
Coconut Milk
Kombucha drinks
Kefir soda water

Sweeteners:

If possible, we recommend that you avoid sweetener all together. However, if you choose to use it, we suggest using the lowest amount possible.
Stevia (limit to two drops/serving, maximum of 6 drops per day)
Raw Maple Syrup or **Honey** (limit to 1 Tbsp. per day)

Extras:

Coconut Milk Kefir
Coconut Milk Yogurt
Bone Broth