



Gut Healing Protocol

WWW.FULLCIRCLECOACHING.COM

DAILY FOR 4-6 WEEKS MINIMUM

Remove all grains, sugar, dairy and alcohol for this protocol to work more effectively.

After brushing teeth with non- fluoride toothpaste, drink 24 ounces of spring or filtered water with a pinch of real sea salt and 3-5 drops of [Doterra Lemon Essential Oil](#), 1 [DDR Prime Capsule](#) and 1 scoop of [Organifi greens](#) , 1 scoop of [Organifi reds](#), (see discount codes below).

Pre Breakfast

- [Chew 2 DGL](#), Swallow 2 [Capra Colostrum](#) with water, 2 [Masszymes](#)

With Breakfast Include

- 2 [BodyHealth Multicomplete](#), [Cymbiotika Liquid Vitamin D+K2](#) , [Biooptimizers P3OM Probiotic](#)

After Breakfast

- 1-5 capsule of 250 mg [Biooptimizers HCL Breakthrough](#)

Mid Morning

2 [Masszymes](#) on empty stomach, 1 TSP [Glutamine Powder](#) and 1 ounce of [Aloe Vera Gel](#)
- 1 TBSP [Collagen](#) stirred into coconut water or [Bone Broth](#)

Pre Lunch

- Chew 2 DGL, Swallow 2 Capra Colostrum with water

With Lunch Include

- 2 [BodyHealth Multicomplete](#) , 2- 4 [Omega 3 Fish Oil capsules](#)

After Lunch

-- 1-5 capsule of [Biooptimizers HCL Breakthrough](#)

Mid Afternoon

1 TSP [Glutamine Powder](#) and 1 ounce of [Aloe Vera Gel](#), 1 TBSP [Collagen](#) stirred into coconut water or [Bone Broth](#)

Also purchase: [Biooptimizer Microbiome Breakthrough Repair](#)



Pre Dinner

- Chew 2 DGL, Swallow 2 Capra Colostrum with water

After Dinner

- 1-5 capsule of Bioptimizer HCL and 1 Digestzen, 400-1200mg Magnesium if any loose stools skip a day until back to regular eliminations, 2 Massymes before bed

Optional - Organic herbal echinacea, ginger or peppermint tea with 1 TBSP Collagen

Discounts:

Bodyhealth -use code FULLCIRCLE20 – for 20% off

Kettle & Fire - use code FULLCIRCLE for 15% off

Organifi - use code: Fullcircle15 to receive 15% discount.

PaleoValley

Receive discount automatically at checkout

20% OFF Sitewide Link: <https://paleovalley.com/save20/?oid=41&affid=24>

