



## **Supplement Example Guide Weeks 1-4**

**Refer to respective bottles for daily supplement serving dosages.**

**We recommend you start your day with a 16 ounce glass of water or our Early Morning Alkalizing Drink.**

**We recommend you take a biofilm disrupter in the morning alone with only electrolytes between breakfast and lunch.**

**We recommend you take any digestive support supplements right before meals (Ketozyme, Thorne Bio-Gest)**

**We recommend you take your antimicrobials with meals.**

**We recommend you take your probiotics in the afternoon separate from antimicrobials.**

**We recommend you drink 3/4-1 gallon per day.**

**Scroll Down to Next Page for a SIBO Negative Example Day.**



## **Example Day ONLY - SIBO Negative Weeks 1-4**

### **Shortly After Waking:**

We recommend Drinking our Early Morning Alkalizing Drink & Following Supplement:

### **Take w/ Breakfast Shake:**

- Digestive Aids (Ketozyme)
- GI Synergy\*

### **Mid-Morning:**

Previous Clients have Benefitted from Drinking 1 Quart of Spring Filtered Water and taking:

- Biofilm Disrupter
- Electrolytes

### **Take w/ Lunch:**

- Digestive Aids (Ketozyme, Thorne Bio-Gest)
- Antimicrobials (IB Guard, Garlic Extract ...)

### **Afternoon:**

(Take w/ another Chocolate Breakfast Shake (if hungry) or just a handful of Macadamia nuts):

- Electrolytes
- Probiotics

### **Dinner:**

- Digestive Aids (Ketozyme, Thorne Bio-Gest)
- Antimicrobials (EcoPhage ...)

**!!! No eating 3 hours before bed !!!**

**Bentonite Clay (Scroll Down)**

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## **Bentonite Clay**

**Before Bed: Mix 1/2 - 1 teaspoon of Bentonite Clay in about 4 ounces of water, mix vigorously with a fork (there will still be some clumps) and drink immediately! This pulls pathogenic bacterial die off out of your body safely and smoothly.**

**<https://wellnessmama.com/health/bentonite-clay/>**

**\*Chris Kresser has his clients take 2 packets a day of GI Synergy (with Breakfast and Dinner)**

**<https://kresserinstitute.com/wp-content/uploads/Treating-the-Top-Five-Chronic-Conditions.pdf>**

**Research shows taking probiotics separate from antimicrobials may be best as the beneficial bacteria in the probiotics could be killed off by the antibacterial properties from the herbs, garlic, and peppermint essential oil etc in the recommended antibacterials etc.**

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