



Gut Checklist

Melanie Gordon BSN, RN - etxflowers@gmail.com Let's set up a Zoom meeting to be sure you have ALL the information and know where to source the highest quality products for your gut health.

Private message me on Facebook or email me for the Zoom link & to schedule your free 1:1 consult

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WHAT CAN HEAL THE GUT?

- ✓ Bone Broth - chicken, beef, fish, lamb
- ✓ Organic fruits & vegetables - fresh eliminate canned & over processed food
- ✓ Good Fats - coconut oil, avocados, olive oil, flaxseed oil
- ✓ Fermented food - Kombucha, Saurkraut, Kefir, Pickled veggies, homemade yogurt
- ✓ Probiotics & Prebiotics
- ✓ Enzyme supplements

WHAT CAN DAMAGE THE GUT?

- ✓ Antibiotics destroy Vit B1, B2, B12, Vit K, magnesium and potassium
- ✓ Antacids diminish calcium, folic acid & Vit B & D
- ✓ Diet high in processed foods, refined sugar and hybridized wheat
- ✓ Stress increases the hormone cortisol increasing inflammation in the gut & contributing to leaky gut.
- ✓ Exposure to toxic substances - triclosan in hand sanitizer destroys microbiome
- ✓ Aging - Inflammaging

Gut Cleanse Trio

Step 1 Cleanse with capsules that contain herbs & essential oils to support digestive health by eliminating toxins and enhancing the colons natural ability to function optimally

Step 2 - Daily Support with probiotics incorporating essential oils along with colon cleansing fibers such as psyllium, oat bran, flax and fennel to decrease the waste, improve nutrient absorption and help maintain a healthy heart.

Step 3 Daily supplement - multi-enzyme caplet specially formulated with essential oils to support gut health + time release technology to improve overall enzyme activity. It reduces normal, every day stress and assists with pancreatic function. It helps eliminate waste by supporting liver function.

01 Cleanse- follow directions on label (I take it twice a day). Plan to take it over a long weekend. 3 days should be sufficient to get things moving. Put it away until your next cleanse.

02 Daily Probiotic- mix in fresh juice or water. Be consistent this supplement fuels your gut microbiome with 6 gms of probiotics and 5 gms of soluble fiber.

03 Enzyme Supplement- One tablet daily according to label. Take it before your largest meal but don't skip it if you forget. Take it. This is one supplement I will not skip.



I am not a physician. The information I share is intended for educational purposes only. No product I discuss or recommend is intended to diagnose, prevent, treat or cure any disease.

