

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 6 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.
- Replace** good/healthy bacteria in the gut to improve overall health and immunity.
- Repair** the cellular wall of the gut to avoid foods, toxins, fungus leaking through to the bloodstream.
- Relax, Refocus, and Renew** the body and mind with meditation and exercises that support gut health.

Includes:

- A program manual including exercises to help enhance gut repair and relaxation
- A food log journal
- Supplement Packets for days 1-14
- Supplement Packets for days 15-28
- 1 bottle of Flora Plus
- 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 60 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

