

5-R GUT HEALTH PROTOCOL



CHEAT SHEET

REBALANCE
lifestyle through
sleep & movement

1



REMOVE
problematic bacteria,
toxins & foods

2



REPLACE
bile & HCL,
digestive enzymes

5



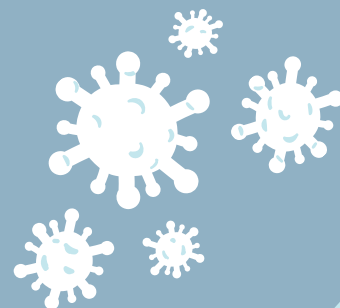
REPAIR
gut wall using
targeted nutrients

4



REINOCULATE
good bacteria to
restore microbiome

3



5-R GUT HEALING PROTOCOL



Reboot: Gut Health

Gut health is critical to our overall wellness and the affects of an unhappy gut is far reaching. Your gut plays a major role in your immune system, skin health, mental health, nutritional status, energy production and much more.

The Reboot: Gut Health package provides actionable insights to your gut health, so you can regain optimal health.

**Blog
Leaky Gut**

**Test
Gut Health**