2 PHASES of the GUT RESET

PHASE 1 – FIRST TWO WEEKS

- **CONTINUE TO PRACTICE ALL FACETS OF VYHC TO THE BEST OF YOUR ABILITY**
- **STRICLTY FOLLOW ALL DIET RECOMMENDATIONS & RESTRICTIONS IN THE GUT RESET PROTOCOL OUTLINE**
- **REMOVE TOXINS & PARASITES**
- **REPLACE HCL & ENZYMES**
- **REINOCULATE with PROBIOTICS & PREBIOTICS**
- **REPAIR LEAKY GUT**

REMOVE SUPPS
VP Vital Detox – morning and night
CFB Parasite Free – morning and night
VYHP Mag Glycinate – at bedtime
VYHP Colon Clean – at bedtime
REPLACE SUPPS
NF Betaine Hydrochloride – with every meal
VYHP Enzyme Complex – with every meal
REINOCULATE SUPP
VP Vital Flora Probiotics & Prebiotic Supplement – once per day
REPAIR SUPP
VP Gut Renew – morning on empty stomach
TN Curamed – once per day

PHASE 2 – LONG TERM SUPPORT

CONTINUE TO PRACTICE ALL FACETS OF VYHC TO THE BEST OF YOUR ABILITY
FOLLOW ALL DIET RECOMMENDATIONS & RESTRICTIONS AT LEAT 70% OF THE TIME
CONTINUE THESE SUPPLEMENTS FROM ABOVE

- CFB Parasite Free – complete bottle / repeat 1-2 times per year / and consider trying other parasite removing supplements like VYHP Paracide, YHP Candida Clean, and CFB Nano Silver
- VYHP Mag Glycinate – year round
- VYHP Colon Clean – as needed / try other colon support as needed
- NF Betaine Hydrochloride – once your gut is balanced, your natural acid levels should be good enough to discontinue use, but listen to your body
- VYHP Enzyme Complex - once your gut is balanced, natural enzyme production may improve, but many people take these year-round at least once per day for optimal digestion support especially as we get older
- VP Vital Flora Probiotics – year round
- VP Gut Renew – continue for 3 months and reassess / most don't need it long term / the gut can heal pretty fast
- GH Turmeric or TN Curamed – year round

CONSIDER ADDING THE BELOW SUPPLEMENTS

- PPN Cell Power and/or CFB Greens – to help with removing excess acid from the body and get pH balanced
- GH Liver Health, CFB Toxin Detox, or VYHP Liver Complex – at least once per year up to year round
- VP Vital Fiber or VP Fiber 35 – start slow if constipated / can be taken year round
- SN BerberTrim – to help with weight loss and metabolism / up to year round as needed
- NF Phosphatidyl Choline – take for 2 months to help liver dump unhealthy fat
- SOL Liposomal Multivitamin – year round
- VYHP Vit D + K – year round
- VYHP B Complex – year round
- SOL Vit C – year round
- NF Omega 3 – year round
- VYHP Multi Mineral – year round

MEDICAL ADVICE DISCLAIMER: *The information presented on this handout is for your information purposes only and not intended to diagnose or treat any disease. Always consult your doctor before starting a new health regimen. If your doctor knows about nutrition and wholistic health . . . even better.*