

"This program has truly improved
my quality of life and I am now
medicine free. "
- Matt, Indiana



STHEALTHY NUTRITION

THE
**GUT
RESTORATION
PROGRAM**

HOW TO IMPROVE
YOUR HEALTH IN JUST
28 DAYS

WITH DR. HILLARY LAMPERS

Do you have fatigue, inflammation, acid reflux, poor digestion, autoimmune disease, Lyme Disease, skin disorders, and fatigue? Then do this program before you try anything else!

Your microbiome and the health of your gut is the foundation for everything and must be addressed especially during times of illness! If your gut's aren't right, you won't be either!

The Gut Restoration Program was developed to help you recharge your gut health and can be done 1-2 times per year!

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StHealthy Nutrition

Gut Restoration Program

with Dr. Hillary Lampers

Welcome to the next 28 days

A healthy digestive system is key to long term health and vitality. It determines how well you digest, absorb, protect, and eliminate everything you eat and drink. It is what gives us “energy”, allowing our bodies to utilize nutrients to produce ATP. Vitamins, minerals, amino acids, glucose, fatty acids, are all products that must be utilized by our cells, and the first stage of this is making sure our digestive system is working at it’s best.

We believe that like a healthy garden, our digestive systems, must have the correct “soil”, which means we must feed it healthy, not toxic, and nutrient rich foods and drink. We must decrease our exposures to toxins in our environment, and we must improve our lifestyle habits such as exercise, sleep, and stress management. Our body is a complex multitude of systems, but they all work together in order to create life. The digestive system dictates to all the other systems how well they will be working.

An example of this is seen in the nervous system. Within our digestive track we have a very separate nervous system from our brain and spinal cord. This nervous system called the enteric nervous system, or our second brain, communicates with our central nervous system to dictate how well we are utilizing nutrients from our diet and how they are affecting brain health. Symptoms related to poor communication between these two systems can lead to conditions such as anxiety, depression, headaches, brain fog, poor concentration, and insomnia.

It is the digestive systems job to make sure that it lets in exactly what we need and eliminate exactly what we don't.

The largest part of our immunity lies within the digestive tract, so a healthy GI improves your ability to fight off infections, something very important especially in the winter. These are a few of the many reasons why we believe the digestive system is a foundational piece of good health.

Years ago we started bringing this program to our outdoor community and did an early Hunt Harvest Health Podcast in 2017 - #7- Get Your Gut Right. I've also discussed in depth in Hunt Harvest Health Podcast #107- The 4 Pillar's of Overall Health and how gut health and this program are essential for overall success!

The one question you may have is, "Do I really need to do this program?" Below is a list of symptoms that are commonly experienced with digestive dysfunction. You may or may not find yourself in this list, but it's likely that you are experiencing at least five of the symptoms, due to the common daily abuse of our digestive tracts. Many people at the new year are doing detoxes, but are not focusing on how to keep their system healthy throughout the year. This is why we love this program. It is not a straight detox, even though it does include eliminating certain foods that will take a burden off of your digestive system. It is also not a program that you will be doing endlessly. There is a very defined five step protocol, which will last 28 days. After the 28 days, if you know you had food sensitivities to any of the foods on the no eat list, you can begin to re-introduce them and see how your gut response to them after it's had the chance to improve. It's also a great tool to understand how important your digestive systems function is to all the other systems in your body.

So let's get started!

Who Can Benefit?

Below is a list of general signs symptoms, disorders, and diseases that could be related to poor digestive health. It is also important to know whether or not you have any of the symptoms or conditions below. The Gut Restoration Program can be used to improve your overall health for the better. You do not have to be ill to benefit.

General G.I. symptoms	Constipation, diarrhea, indigestion, low appetite, cramping, gas, and bloating. Pain in the stomach, acid reflex, ulcers, stomach pain better with carbonation, stomach pain better with milk, stomach pain with in an hour of eating,.
Skin	Rashes, hives, eczema, psoriasis, dandruff, dry skin, and acne.
Brain	Migraines, headaches, brain fog, low concentration, anxiety, depression, ADHD, behavioral issues, all symptoms worse when upset, worse with stress, insomnia, fatigue.
Infections/Sensitivities	Recent travel, parasitic infection, multiple food sensitivities, environmental sensitivities, history of antibiotic news, dysbiosis, chronic yeast infections, chronic urinary tract infections, chronic sinusitis, worse with alcohol, chronic use of NSAIDs, sensitive to smells, frequent colds, toe and fingernail fungus
G I conditions	Irritable bowel syndrome (IBD), irritable bowel disease (IBD) , including Crohn's disease and ulcerative colitis, acid reflux /Gerd, celiac disease.
Autoimmune conditions	Multiple sclerosis, lupus, autoimmune thyroid disease such as Hashimoto's or graves disease, Sjogren's syndrome, Rheumatoid arthritis (RA).

The Five Steps

The Gut Restoration Program (GRP) consists of 5 synergistic steps over a 28 day period.

Step 1.
Remove irritating foods

Step 2.
Take a probiotic

Step 3.
Boost digestive ability

Step 4.
Repair the gut lining

Step 5.
Liver Support and Lifestyle changes

Step 1. Remove Irritating Foods

The first and very important part of the GRP, is to remove irritating, allergenic, or intolerant foods. Many of the foods listed below, commonly irritate and fuel many of the digestive problems most common in society. Food is the foundational pieces of this program for a reason. Daily we consume foods that can have not so good effects on our digestive system, immune system, and other systems within the body.

Below are the foods that must be cut out for the 28 days (or 6-8 weeks if you have severe GI issues)

Foods to Avoid	
Gluten containing grains	Wheat, barley, rye, muesli, spelt, couscous, kamut, bulgar, durum, semolina, graham, oats not gluten free.
Dairy products	All cow, goat, and sheep dairy. This includes milk, cheese, cream, half-and-half, and fermented milk products like yogurt, sour cream, and Kiefer.
Soy	Soy beans, soy milk, soy bean oil, soy sprinkles, tofu, processed foods due to soy lecithin- this would include many protein bars etc.
Corn	Most in the US is GMO, and many react to it. Chips, corn flour, tortillas, thickeners, sauces, and anything containing corn.
Beans and legumes	Lentils, no beans, peanuts.
Nightshade family of vegetables	Tomatoes, white potatoes, bell peppers, Cayenne peppers, jalapeño peppers, eggplant, paprika. Also consider other potatoes if you know you are sensitive to potatoes.
Refined white sugar, boxed foods, and other sweeteners	White sugar, NutraSweet, Splenda, xylitol, honey, agave nectar, barley malt, rice syrup, high fructose corn syrup. Avoid all baked goods sodas and candy. (don't worry, we will tell you what sweeteners are best in a bit:) This also means boxed, refined, or processed foods of ANY kind.
Bad oils	sunflower, canola, soybean, corn, peanut, lard, Crisco, grapeseed, rice bran oil, safflower.
Alcohol	Beer, wine, hard liquor, spirits.

Foods that might not be so good for some, but OK for others. (if you have a multitude of symptoms or conditions on the list, cut all of these out too.)

Maybe's	
Chia	If you have any digestive bloating, avoid chia.
Thickeners	Carageenan, guar gum, xanthum gum, can cause inflammation of the gut. Most commonly found in gluten-free baking mixes, milk alternative such as almond milk.
Eggs	Egg sensitivity can be common, so if you are unsure and know that you have symptoms with eating eggs it's best to avoid them.
Tree nuts	Nuts, almonds, can make people bloat out or have belly pain, as well as eye or mouth itching. Avoid if you know this to be the case.
Citrus fruits	Citrus is acidic and can irritate GERD symptoms. Lemons, oranges, limes, tangerines, grapefruit.
Strawberries	Can be a common allergen.
Caffeine	Some people do not metabolize caffeine well if you experience heart palpitations, anxiety, or jitters with caffeine it's best to cut it out during this program and see how you feel. This can include coffee, green tea, black tea, and any other type of drink that includes caffeine.

Should you get tested for food allergies?

You may be wondering if getting tested for common food allergies would be beneficial. It could be beneficial to isolate foods that you may be reacting to, however we find that the best way is to eliminate foods and then re-introduce those foods at the end of this program. Conventional physicians and naturopathic or function medicine practitioners may differ on the type of allergies they will test for. Naturopathic physicians will run food allergy panels that are looking at a different immune cell that could determine if you are having more than just an "immediate" reaction to foods, but a finger prick or blood draw is required.

Foods to Include

Artichokes. Canned artichokes should be in olive oil not soy.

Bone broth. Use either poultry, beef, wild game, or fish. (look for recipe on our website) [Find recipe on our website](#)

Cabbage. Green and red. Sauerkraut that is fermented and not in a can or has been heated.

Coconut. This includes fresh coconut, coconut water, unsweetened unsulfured shredded coconut, coconut milk (in a can with no thickeners added) , coconut butter, and coconut oil. Coconut yogurt without sugar is a good alternative as well.

Fermented foods such as sauerkraut, fermented pickles, coconut yogurt, kimchi, fermented vegetables, and kombucha ([look for recipe on website](#)) , vinegars, mustards, olives. (if you battle with candida or reaction to histamines, avoid these foods)

Okra

Onions, leeks, and garlic (if you note bloating with these foods, consider cutting out)

Proteins, including non-soy products red meats, wild game, poultry, seafood, lamb, eggs, all preferably grass fed and or free range organic. Pork should be eaten very sparingly during this plan. Bone Broth + Protein.

Nutrient dense animal foods such as tallow, suet, organ meats.

Pumpkin, sweet potatoes, yams (I find many folks are intolerant to anything in the potato family, If you have not done food intolerance testing, consider cutting these out for the 28 days).

Turmeric/curcumin

Brown rice, quinoa, millet, wild rice, other non white rices.

All vegetables- greens, root vegetables, all fruits (except heavy citrus or strawberries) - PRUNES, mushrooms (unless allergic)

Spices, sea salt, (no cayenne peppers or other spicy peppers) black pepper is ok.

Extra virgin olive oil, grapeseed oil, avacado oil.

Stevia drops or powder, coconut nectar, coconut sugar. Raw honey, xylitol, and monkfruit are also acceptable. Sweeteners should always be used sparingly.

Water is King!

We are made up of primarily water. It is very important that during this program you drink adequate amounts of fresh filtered water every day. Our recommendation would be to drink 1 gallon of water per day. If you find this difficult to do you can also do a short now equation, by taking your weight in pounds, dividing it in half, and drinking that amount of water and ounces per day.

Example: if you weigh 200 pounds, you will be drinking 100 ounces of water per day.

Just like consuming more food throughout the day may seem difficult, we find that increasing water is more difficult for people, however most people are chronically dehydrated. If you are exercising daily, live at a higher altitude, or a warmer climate, you will need more water. Water is also essential for processing many of the nutrients we received from our food, so make sure to drink up!

Frequency of meals

This is not a calorie restricted plan- it's a nutrient dense plan. Depending on your body weight and size, frequency of eating throughout the day can be anywhere from 4-6 smaller meals per day. It is not meant for you to lose weight. However, when you increase your frequency of eating healthy, clean, whole foods, you will likely notice a decrease in water retention, some loss of fat, and improvement of lean muscle. I recommend that each person fast for at least 12 hours per day, and try to stop eating at least 2 hours before bedtime. If you don't eat from 8 pm to 8 am you've done 12 hours. If you have a hard time with this consistently, consider doing this 2-3 days per week, and work up. Body types are also very different. Some people do best with fewer meals. If you don't have a good relationship with food you may struggle with how often to eat, or if you suffer with considerable GI symptoms you may feel better with more fasting and less frequent meals. This plan can work with intermittent fasting and OMAD, it's just important that you make sure to be feeding yourself with healthy nutrient dense foods.

Listen to Your Body

It's very important to listen to your body during this process. If you are so out of touch with your diet, that you're not really sure how this will affect you, we encourage just to start with for smaller meals per day and see how you feel. Sometimes it can feel overwhelming to eat this much food throughout the day, but as your metabolism increases and your gut begins to heal, you will notice an increased appetite as well as an increase in energy. This should be the

end result of any healthy program: **increased energy, increased vitality, improved mental clarity, and better sleep.** Appropriate weight loss will accompany the above if done correctly.

Hormones

It is also important to note that hormones play a large role in metabolism, body composition, and weight loss. Men tend to lose weight easier due to their increased testosterone, where as women lose weight at a slower rate. Testosterone is one of the best metabolic enhancers, therefore man can have an easier time losing weight. However many men may be low in testosterone due to poor lifestyle choices, poor diet, poor sleep, and the lack of exercise. Therefore this program can help to naturally increase testosterone, in both men and women when done in accordance with proper weight-bearing exercise and sleep.

Food Preparation is the Key to Success!

Setting aside time to prepare your food for the following week is essential to success in this program. You need to set aside time, usually on the weekend to prepare what you were going to eat throughout the week. Spend time looking over recipes and figuring out meals and healthy snacks prior to heading to the grocery store. After you have set up your menu for the week, get your shopping done on one day, and then prepare foods that need to be cooked and available, on the next day. The foods that need to be pre-prepared usually are clean carbs like sweet potatoes, yams, rice, and quinoa. Lean proteins like your meat should be defrosted, and if need be prepared ahead of time. Vegetables that are hard to eat if not steamed cooked or previously prepared, should be cut, cooked, or frozen, so that they can easily be eaten when needed. Putting food in the meal size containers such as Pyrex tempered glass, or plastic that will not be heated, is a way to have meals ready. If you are cooking for the entire family, have vegetables such as celery carrots and cucumbers, sliced and ready to go in the fridge. Having snackable items such as nuts seeds and fruit handy and ready is another way to improve success. If you don't have food prepared it is more likely for you to make poor, convenient choices, that usually aren't on your approved food list.

Step 2. Take a Probiotic

As humans we have 100 trillion bacteria that live in our large intestine. The relationship between these bacteria and our digestive system means to serve us well. If you suffer from some of the previously explained conditions, not been eating properly, or had exposure to antibiotic or drug therapy, then supplementing with the probiotic is central to the GRP.

It is important to understand that not all probiotics are considered equal. Many of the labeled probiotics sold over the counter do not contain enough of the multitude of strains required by the digestive system to improve the microbiome.

While you are eating the GRP diet, you will also need to take a probiotic daily. For the duration of this program taking 3 billion CFU's daily with breakfast, and 3 billion with dinner. If this does makes you gassy bloated or have other abdominal symptoms, decrease the dose to 3 billion CFU's per day. If this dosage continues to be a problem you may have a gut problem called SIBO.

Our recommended probiotic is called **Immune Support Probiotic** and also include Beta glucans, vitamin C, Zinc, and Spinach leaf extract all supporting immune and cellular health.

Probiotic Dosage and Type

Immune Support Probiotic

Take 2 capsules per day- 1 with breakfast, 1 before bed.

FOR THE MORE SENSITIVE: If you experience gas, bloating, or other GI symptoms after starting, begin with one pill per day, then work up over a week.

Fiber, feeding your bacteria, and constipation

Beneficial bacteria and the large intestine also need to eat. Pre-biotics a group of foods and soluble fiber's that are used to feed our beneficial bacteria. Foods that contain these pre-biotics are foods such as artichokes, jicama, oats, garlic, leeks and onions, asparagus, and bananas. Making sure to eat fibrous foods and vegetables also helps to improve your bacteria. It's not uncommon however, when you start eating more fiber, and vegetable, to have transient constipation due to a decrease in consumption of beans, grains, caffeine, or other bulky foods. The best thing to do is to increase your water intake.

Step 3. Boost Digestive Ability

Boosting digestion requires the appropriate breakdown of proteins, starches, and fats into smaller compounds. These smaller compounds are what are absorbed into the blood through the small intestine, and are less irritating than the larger compounds. This digestive ability is essential and central to the healthy G.I. system. If you are eating the cleanest diet but you are not able to break the food down and absorb it, it's all for nothing.

During the GRP, taking the right amount and type of enzymes is essential. Betaine hydrochloride (HCL) - an excellent source of hydrochloric acid, also known as stomach acid. Betaine HCL helps to support proper stomach acidity, as adequate HCL is necessary to begin the breakdown of proteins, and to trigger the secretion of enzymes that help digest fats, carbohydrates and proteins. These enzymes are naturally secreted by the pancreas and help to break protein, starches, and fats down into usable products. We recommend using a plant-based enzyme, that contains groups of enzymes such as protease, amylase, lipase AND a multitude of other enzyme. Betaine HCL which is acid, is the most important factor of all, for breaking down proteins in the stomach.

It's also a bit of a fallacy that if you have reflux or GERD, that you have too much acid. It's more likely you don't have enough. Decreased stomach acid is NOT good for long term health, and can lead to a multitude of problems.

Digestion can be weakened for many reasons. Our busy modern lives are a recipe for suboptimal digestion. The "fight or flight" mechanism that gets us through everyday stressful situations prevents the "rest and digest" mode from doing its job. Feeling worried, anxious, or simply eating too quickly can lead to occasional insufficient stomach acid production. In

addition, the production of our own digestive enzymes naturally declines 1% every three years after age thirty. Therefore, it is understandable why so many people benefit from enzyme supplementation for optimal digestion and assimilation of nutrients from food.

You might find that this protocol will help you get off your acid blockers, and the diet is also supportive of this. Acid blockers are now being shown to cause cancers and decrease protein digestion. If you need more help with this, it's important to find a good Naturopathic physician and work them to find the solution.

Also, remember that on this program we are eliminating the acidic foods that irritate the stomach. This alone will help change and improve your acid reflux. It is better to avoid foods that irritate the esophageal sphincter, not just take acid blockers.

No Gallbladder?

If you don't have a gallbladder, which is very common nowadays, it will be beneficial for you to supplement with **ox bile** at mealtimes as well. It is also OK to take bile if you do have a gallbladder. The body uses bile to eliminate toxins and by-products that are not readily dissolved in water. When something is easily dissolved in water, it gets into the blood and is filtered by the liver. Compounds that don't dissolve well in water are handled in part by bile. Bile is very much like soap, breaking apart and dispersing fat into smaller and smaller molecules for absorption.

Our Digest + has 60 mg of ox bile and will be taken with each meal.

Digest + Enzyme Dosage
Digest + - 90 count
Take 1 capsule before each meal - 1 with breakfast, two before bed. These include digestive enzymes, Betaine HCL, and ox bile.

Step 4. Repair the Gut Lining

The lining of the small intestine plays a very important role in digestive health. This is where the vast majority of nutrients are absorbed and when it is injured or compromised, chronic immune response is initiated, and eventually impaired absorption happens. Inflammation can be a very common condition in the gut, so the major objective for repairing the digestive tract is to decrease this leakiness of the small intestine. This in turn will stop these immune responses to food and decrease the inflammatory compounds that can get into the blood and cause systemic inflammation and disease.

YOU CANNOT SKIP THIS STEP! It is a cornerstone of a successful program.

The GRP does this repair through using gut healing nutrients. Below are the common ones that we use. All of these can be purchased in a formula called **GI Restore** (If you have a sensitivity to shellfish, then you will need to take another product called .) You can also buy all of these herbs, nutrients separately but it will be a lot. Even just supplementing with a few of these, could be of great benefit. Remember, healing the gut lining, improves absorption AND systemic health.

Below are the components and a product that we recommend:

Main Herbs/ Nutrients	Actions on gut
Glutamine	Glutamine is the preferred food for the cells in your gut. Glutamine prevents cells from breaking down early, help cellular growth and regeneration. It decreases week you got and repairs the small intestine
Zinc carnosine	Zinc carnosine protect the lining of the G.I. tract, decreases inflammation, and protects against authors of the stomach and intestine. It is also required for the optimal production of hydrochloric acid in the stomach.
MSM	MSM stopped information and reduces the release of histamine. It helps to build collagen and reconstruct the G.I. lining.
N-acetyl-glucosamine	NAG is a building block for soft tissue of the intestinal wall. It acts like the mortar between the cells of your digestive system to build a strong healthy lining
Quercitin	This plant-based antioxidant stabilizes cells that release histamine and creates inflammation.
Herbs	Herbs include aloe vera, slippery Elm bark, chamomile, marshmallow, okra, cats claw, citrus pectin and prune powder, and you said, DGL. These are all soothing, coating, and decrease inflammation.

GI Restore Dosage
GI Restore - Take 3 capsules twice per day in-between meals.
Take 3 capsules twice per day in-between meals. The purpose of this is to coat and heal the GI mucosa when there is not food in the tract. If you have nausea, cramping, or loose stool, start with 1 twice per day and move up.

Step 5: Improve Lifestyle Factors

The number one factor that's causing much distress these days, especially in our digestive systems, is chronic stress. Learning to decrease your stress and soothe your digestive system is essential for restoring digestive function. The second brain which resides within the digestive system functions independently of the brain, and controls things such as the movement of food through the digestive tract, G.I. disorders, constipation, diarrhea, or a mixture of all the above. Factors that influence the second brain are stress, food allergies, infection, and environmental exposures, just to name a few.

By improving your reaction to stress and balancing the sympathetic and parasympathetic branches of your nervous system you can improve your digestion. One of the biggest factors of improving lifestyle, is improving your sleep.

Other simple ways to affect your gut through lifestyle choices could include increasing exercise, decreasing excessive exercise, being in nature more, decreasing exposures such as pesticides and herbicides, choosing organic foods, growing a garden, being with family, and having a spiritual practice.

Of course cutting out toxicants in your life such as tobacco use, alcohol, illicit drugs, unnecessary medications, and toxic people, is also a great way to improve your digestion and your quality of life.

Return to the basics, it's one of the best things you can do for your health.

The Liver

The liver is an organ that does A LOT in our bodies. During this program, I've found that patients feel better and have less detox reactions when we support the liver. Besides we all have burdened livers, and with it being one of the most important organs of detoxification, elimination, hormone metabolism, cholesterol metabolism, etc etc etc

Detoxification / Liver and Bile Support

It is common to feel your body going through detox symptoms once you start eating healthier. Detox symptoms can be headaches, nausea, fatigue, and other G.I. symptoms. It's good to make sure you're drinking enough water and illuminating properly. Sweating such as saunas, exercise, steam, can all help push detox along. Just know you may not feel good in the beginning, but the goal is to help you feel much more vibrant!

Detox + Take 2 capsules 1-2 times per day- with breakfast and dinner. Start slow if you are feeling detox reactions and work your way up. This product is excellent taken before bed as well, and can be taken without food if you so choose.

The 28 days are over- NOW what do I do?

This Gut Restoration Program is designed to be 28 days long, but for some people it may be longer so I usually say do it until your supplements are gone or you have been avid for 4-8 weeks.

After the 4-8 weeks if you're feeling really good, it's a good idea to start re-introducing any foods that you would like to add back to your diet. If you started this program suspecting certain foods were disturbing your gut, you may want to keep those out permanently. If at the end of this program you continue to have some digestive disturbance, then spreading it out another 2 to 4 weeks is great.

Food allergies and food sensitivities when eliminated will make you feel better overall, and it's not necessary to re-introduce foods that may be offending you. However we understand that eliminating food such as gluten, dairy, sugar, and or alcohol, is not something that you may want to do long term. I have patients pick their favorite foods first, and then introduce each one at time by eating the food 3 times in one day and then waiting 48-72 hours and watching for reactions. Some may be quick like mucous, headache, or gut pain- others may be delayed like body pain, brain fog, depression, etc. I suggest patients keep a food introduction journal to track their symptoms. Actually having a journal for the whole experience from start to reintroduction can really help you understand how the program helps you.

This program is a great way to jumpstart your digestion, improve your appetite for healthy foods, and diminish your toxic exposure. Eating healthy year round will allow you to feel and perform at your highest capacity.

Your StHealthy Nutrition Bundle

Gut Restoration Program - 4-6 weeks

You might also have some supplements left over. You can go beyond the 28 days as well. We suggest doing it for 6-8 weeks if you have severe GI conditions or food allergies.

Purchase at <https://sthealthynutritioncbd.com/product/gut-restoration-bundle/>

PRODUCTS	BREAKFAST	LUNCH	DINNER	OTHER
Digest +	Take 1 cap before meal.	Take 1 cap before meal.	Take 1 cap before meal.	
Immune Support Probiotic	Take 1 with breakfast.		Take 1 with dinner.	Or 2 before bed
GI Restore				Take 3 twice per day INBETWEEN meals.
Detox +	Take 2 cap with each meal.		Take 2 cap with each meal.	Or take 2-4 before bed.

Other considerations to support GRP	Supportive Products
E-Charge Electrolyte	This is beneficial if you have a hard time drinking water. It not only tastes great, it has no artificial colors or sweeteners, no cane sugar, and is full of minerals, antioxidants, and electrolytes that support proper hydration, relaxation, and cellular cleansing.
Bone Broth Protein + (Vanilla or Chocolate)	Made from the bone marrow of cows grazed in Switzerland, Bone Broth Protein + is hypoallergenic, tastes great without overbearing artificial sweeteners, and provides your daily recommended vitamins and minerals. This product can help you get the calories and protein you need to support you during the GRP.

