

Acute digestive upset protocol:

1. Take 1-2 plant-based enzymes (MTG Spectrazyme) OR apple cider vinegar.
2. Take a probiotic.
3. Sip on water.
4. Take either curcumin or boswellia to decrease inflammation.
5. Next morning: take 5-10 grams of glutamine.
6. Use bone broth in all meals to help lower stress in the digestive system.
7. If feeling bloated, clients have given us feedback that fasting for 2-4 hours can be helpful.
8. Drink/sip on plenty of water daily.