

PHASE 2 - WEED & SEED
WEED THE MICROBIOME - Duration = 6 weeks

Eliminate bacterial overgrowths

**Note: this is a 7 day rotation phase: 2 day 'weed' and 5 day 'seed'*

Alana Dascanio

WEED - 2 day rotation (eg. Sat + Sun)

TIME OF DAY	PRODUCT
Just before breakfast	1 teaspoon ACV* in 50-100ml water - digestive support
BREAKFAST	2 x LV-GB Complex - liver/detox/digestive support
	1 x hpd scoop GI-REVIVE - for 'leaky gut' & inflammation
BETWEEN BREAKFAST & LUNCH	1 x GI-MICROBX - herbal anti-microbial
	1 x FLORAMYCES - supports gut immunity, binder
Just before lunch	1 teaspoon ACV* in 50-100ml water digestion support
LUNCH	
BETWEEN LUNCH & DINNER	1 x GI-MICROBX - herbal anti-microbial
	1 x FLORAMYCES - supports gut immunity, binder
Just before dinner	1 teaspoon ACV* in 50-100ml water digestion support
DINNER	2 x LV-GB Complex - liver/digestive support
	1 x hpd scoop GI-REVIVE - for 'leaky gut' & inflammation

***ACV** - Apple cider vinegar. Choose organic 'with the mother', in glass bottle.

Begin with 1 teaspoon diluted in 50-100ml water and take before mains meals. When ready, build up to 1 tablespoon if tolerated.