



GUT HEALTH INSTRUCTIONS

A Healthy Gut for a Healthy Life





Good Move

The Gut Health Kit™ is a big step toward improving your health. Get ready to look and feel great as you achieve balance in your gut. Better digestion, more energy, and a happier mood are all within reach. You can do this! Our award-winning Customer Satisfaction Team is ready to help. If you have any questions, don't hesitate to reach out!

We're Here for You

We want to be your partner and we're here to help you succeed!



Email us at support@globalhealingcenter.com



Call us at 1.800.476.0016



Text us at 281.949.6768



30 Days to a Better Gut

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What's In Your Kit



Aloe Fuzion™

1 Bottle, 60 capsules

Soothes the gut



Oxy-Powder®

1 Bottle, 60 capsules

Cleanses the digestive tract



Floratrex®

1 Bottle, 60 capsules

Probiotic support



VeganZyme®

1 Bottle, 120 capsules

Digestive support

How You Should Eat While Using This Kit

Whenever possible, choose foods that are fresh, organic, and locally sourced. Eat small meals throughout the day to support your digestive health. Make sure to include a wide range of colorful fruits and vegetables, as well as healthy fats, oils, and plant-based protein. Fermented foods and foods that are high in prebiotics (fiber that feeds probiotics) are especially beneficial. For more insight into how to eat healthy, check out the Body Cleansing Diet at ghc.us/cleanse-diet.

Probiotic & Prebiotic Foods That Support the Gut

- ✓ Apples
- ✓ Asparagus
- ✓ Bananas
- ✓ Beans
- ✓ Dandelion
- ✓ Greens
- ✓ Flaxseed
- ✓ Garlic
- ✓ Jicama
- ✓ Kefir
- ✓ Kimchi
- ✓ Kombucha
- ✓ Legumes
- ✓ Oatmeal
- ✓ Sauerkraut

Stay Hydrated & Enhance Your Water

A good rule of thumb for staying hydrated is to drink one half your body weight in ounces per day. Example: 160 pounds = 80 ounces of water. You can enhance your water by adding organic raw apple cider vinegar (a probiotic- and enzyme-rich tonic) or lemon juice to taste.

160 lbs
of body weight
=
80 oz
of water



Minimize These Foods

The food you eat affects your health more than anything else. To help establish a strong foundation of good health, reduce your consumption of the following foods as much as possible. Or, better yet, eliminate them from your diet entirely.

- ✗ Alcohol
- ✗ Artificial Dyes
- ✗ Artificial Preservatives
- ✗ Artificial Sweeteners
- ✗ Canned Food
- ✗ Dairy
- ✗ Gluten
- ✗ High Fructose Corn Syrup
- ✗ Meat
- ✗ Microwaved Food
- ✗ Processed Foods
- ✗ Refined Sugar
- ✗ Soy
- ✗ Table Salt

“

Supporting your gut is one of the most effective ways to maintain your physical and mental wellness. Your gut is critical for digestion, it's the frontline of your immune system, and it's even where important neurotransmitters like serotonin are made. Make no mistake about it — health begins in the gut!

Dr. Edward F. Group III



INSTRUCTIONS

Here's the Plan

The Gut Health Kit consists of following a healthy diet and taking Aloe Fuzion, Floratrex, VeganZyme, and Oxy-Powder for 30 days. Every morning, take 2 capsules of Floratrex and 1 capsule of Aloe Fuzion 30 minutes before your morning meal, and 2 capsules of VeganZyme with your morning meal. In the afternoon, take 1 capsule of Aloe Fuzion 30 minutes before your afternoon meal and 2 capsules of VeganZyme with your afternoon meal. For the first seven days of this program, take 4 capsules of Oxy-Powder every evening two to three hours before you go to bed. For days eight through 30, take 4 capsules of Oxy-Powder in the evening two to three times per week.



MORNING



1 Capsule

..... &



2 Capsules

..... &



2 Capsules

AFTERNOON



1 Capsule

..... &



2 Capsules

EVENING



Days 1-7



4 Capsules


Days 8-30

Take 4 capsules

2-3x weekly



Keep Track of Your Wellness Routine

 Check off each day, take a picture of your progress, and share it on Instagram and Facebook using the hashtag

#HowILiveHealthy

30 Days

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7



Day 8



Day 9



Day 10



Day 11



Day 12



Day 13



Day 14



Day 15



Day 16



Day 17



Day 18



Day 19



Day 20



Day 21



Day 22



Day 23



Day 24



Day 25



Day 26



Day 27



Day 28



Day 29



Day 30





TIPS

Dr. Group's Advanced Tips for Success

Just as your gut affects many aspects of your health, a conscious life supports your overall well-being. True wellness is the product of a lifelong journey.



Manage Your Stress Levels

Too much stress can negatively affect your gut. To help manage your stress, try balance-promoting therapies like chiropractic adjustments, massage, deep breathing exercises, acupuncture, and far infrared saunas. Getting enough sleep and starting your day by finding a quiet space, closing your eyes, and repeating an affirmation such as, “I am clean and healthy” nine times will elevate your mindset.



Supplement With Turmeric

Antioxidants are helpful for calming the physical effects of stress throughout the body. Our Turmeric Raw Herbal Extract™ is high in curcuminoids — natural antioxidants that soothe systemic redness and swelling in delicate tissue such as the gut.



Supplement With Organic Raw Apple Cider Vinegar

Organic raw apple cider vinegar encourages an alkaline state and promotes digestive health. Add at least two tablespoons to one gallon of purified water and drink throughout the day to promote healthy pH levels inside the gut.





You Did It!

Make this the first step of many as you continue on your healthy living journey. Stay focused, do things that will help you thrive, and remember that you've got a friend in Global Healing Center. If you have any questions or need advice, give us a call. We're here to help you succeed!

What's Next?

Exposure to toxins, chemicals, and harmful organisms is the root cause of many health problems. Regularly cleansing your body can help remove toxic stressors that may otherwise affect your digestive system. For more information on how to keep taking care of your health naturally, view our complete cleansing guidelines at ghc.us/complete-cleanse or contact our Customer Satisfaction Team.



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Please Tell Us How We're Doing

Your feedback helps us guide our efforts in the right direction to help others. We want to hear from you. Share your experience by submitting your review at:

ghc.us/review-ghk



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Please Recycle

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This product is not intended to diagnose, treat, cure or prevent any disease.

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