



## 30 Day Reboot Instructions – March 2019

*Reboot from My Feel Good Foods is a simple, proven, plant based system that heals increased gut permeability, inflammation and uncomfortable autoimmune symptoms from the inside out.*

### Day 1 – Sweep the Gut

**Morning:** 1 Tbsp of Exodus GI Sponge mixed in juice or water. Follow with at least 8 oz water.

**Noon:** 1 Tbsp Exodus mixed in juice or water. Follow with at least 8 oz water.

**Mid afternoon:** 1 Tbsp Exodus mixed in juice or water. Follow with at least 8 oz water.

**Evening:** (after dinner) 1 Tbsp Exodus mixed in juice or water. Follow with at least 8 oz water.

**Just before bed:** 1 Tbsp of Exodus mixed in juice or water. Follow with at least 8 oz water.

Day 1 removes trigger foods and other agents contributing to inflammation and will begin easing adverse digestive symptoms right away. Eat if you are hungry or give digestion a rest if you are not. Drinking enough water is very important for spreading the sponge down through the GI tract and for expelling the waste 24 hours later. (6-8 glasses of water in total)

### Day 2 – Exodus Comes Through

**DO NOT begin taking Body Balance capsules until the Exodus GI Sponge comes through you.**

If you do not have a major bowel movement by noon on Day 2, your bowels are sluggish and need encouragement to move. Take 2 capsules (or ½ teaspoon) of vegetable laxative like senna leaf or cascara sagrada. If no delivery arrives by bedtime on Day 2, take 2-3 more capsules before bed and the Exodus will come through in the morning.

**Keep Pooping Daily for the Rest of Your Life!** Daily bowel movements are vital to clear thinking, absorbing nutrients from your food and feeling sustained energy. After Day 2 and forevermore, do what it takes to keep your bowels moving daily. (ie. a nightly scoop of Exodus or a handful of magnesium.) Your bowels ability to have coordinated contractions that produce bulky, floating stool will improve as you heal with Reboot.

### Days 3-30 – Remove Pathogens, Repair Leaky Gut and Restore Friendly Flora

**Morning:** 1-3 capsules of Body Balance. Start with one capsule the first day, see how your body does with it, and take one more at night if you still feel good, building up to 3 capsules in the morning and 3 at night. If you feel uncomfortable cleansing reactions within 30 minutes of taking Body Balance (headache, gas or bloating), you are likely feeling cleansing reactions or “die-off” from dead microbes being introduced into the gut or bloodstream. First, celebrate that Body Balance is doing its job, and then sponge it up with another scoop of Exodus mixed with water. In this way you can avoid feeling uncomfortable die-off as you continue through this cleanse. If Exodus doesn’t sponge up all the die-off, you can take more, or back off the Body Balance to a more tolerable dose for the next few days. Then gradually build back up to 3 capsules morning and night. Body Balance is the gas pedal that determines how quickly you get to your goal of complete recovery. And the best path there is always slow and steady and respectful of your body’s remarkable ability to set things right again.

**Evening:** Take 1-3 capsules of Body Balance. (Start with one capsule, see how your body does with it, building up to three capsules morning and night.) Follow with 1 tsp Glutamine powder mixed with cold liquid and 2 capsules Probiotic Blend.

### Day 30 and beyond – Maintenance

If all of your gut linked symptoms are now gone Congratulations! you’ve completed the program. Clean living will lengthen the time before you’ll need it again. Consider adopting a maintenance program for the next 2 weeks by taking 3 capsules per day of Body Balance as you reintroduce higher carb foods back into your diet. If you love the progress you’ve made and still want more of it, continue carrying out the 30 Day Reboot from My Feel Good Foods system until all gut linked symptoms are gone including unwanted weight. **It’s recommended that you take a 3-5 day break from the Body Balance capsules every 30 days** to give your cleansing organs a rest. Continue taking Glutamine, Probiotic Blend and any necessary aid to ensure your bowels keep moving daily. Extreme or long-standing conditions may require cleansing with Reboot from Feel Good Foods for up to 6 months.

**Your Cleansing Diet** – If your first goal is to become symptom free as quickly as possible, this is accomplished by avoiding the 5 common allergenic foods: sugar, dairy (except butter), wheat, corn and soy for 30 days. If there are additional foods that you know hurt you (ie peanuts, garlic, shellfish, etc.) avoid them too. You may enjoy a serving of low sugar fruit (berries, kiwi or granny smith apples) each day if you'd like, and use only stevia as a sweetener. Within 2 weeks of avoiding allergenic foods you will feel much better. After 30 days, re-introduce whichever food you miss the most, in its simplest form (ie. a whole wheat tortilla or corn chips). Check your pulse both before and ten minutes after challenging the food. If your body reacts with an elevated pulse, avoid it for another 30 days while continuing restoration with **30 Day Reboot from My Feel Good Foods**. Since you are making a new start now, commit to eating more raw, whole foods for the next 30 days while Reboot works its magic on your interior surfaces. The Feel Good Cookbook is an excellent resource for Sugar-free, Dairy-free, Gluten-free recipes. Visit [www.myfeelgoodfoods.com](http://www.myfeelgoodfoods.com) for a free weekly meal plan for best results.

**Drink sufficient water** - Your body needs water to conduct electrical impulses, carry nutrients to your cells, and flush out metabolic waste. An easy formula is to drink half your body weight in ounces of water daily. Drink more while cleansing if you can. While you sleep each night, Body Balance slays yeast, fungus, bad bacteria and other pathogens in large numbers while Glutamine helps repair the damaged gut. Probiotic Blend takes over the freed-up real estate to prevent hostile takeover from happening again and the water you drink flushes away what you no longer need in the morning and throughout the day.

**Record your progress** - Every few days, record how you're feeling. The first 5 days on Reboot seem to be a breaking point for yeast. Note the positive results you see (including areas other than your gut) and any cleansing reactions you may feel, like a dull headache, nausea, gas, itchy skin, achy muscles or joints, etc. If you do experience cleansing reactions, celebrate! You know it's working. If your reaction is uncomfortable and not relieved by drinking the recommended amount of water and by having regular bowel movements, discontinue taking Body Balance capsules until the reaction subsides, then build back up gradually and complete the program.

**Support** – If you have questions as you move through your Reboot, reach out to us on our online Chat. Just look for the blue bubble on our website. Or you can email us at [support@myfeelgoodfoods.com](mailto:support@myfeelgoodfoods.com). We also offer personal coaching packages in our online store if you more individual care.

We're looking forward to celebrating your success in returning to the vibrant YOU you once knew. Email us your 1 minute selfie video telling us about your results ([support@myfeelgoodfoods.com](mailto:support@myfeelgoodfoods.com)) at any point in your journey and we'll send you your favorite free product on your next order.

To your health and to finally Feeling Good Again!

Here are many of the symptoms associated with a leaky gut that respond well to **30 Day Reboot from My Feel Good Foods**. For testimonial letters and videos from our customers, please visit our website, [www.MyFeelGoodFoods.com/testimonials](http://www.MyFeelGoodFoods.com/testimonials).

Acid Reflux	Ear Infection	Mouth Sores
ADD	Eczema	Oily Hair
Aggressiveness/Anger	Endometriosis	Painful Menstruation
Allergies	Fatigue	Palpitations
Anxiety	Fibromyalgia	Pounding Heart
Asthma	Foggy thinking	PMS
Athlete's Foot	Food cravings	Rashes
Bedwetting	Gas/bloating	Rectal Itching
Bladder Infection	Hairloss (Alopecia)	Respiratory Infection
Bowel Irregularity	Headaches	Seasonal Allergies
Brainfog	Herpes virus	Sleeplessness
Candida	High Blood Pressure	Sore Muscles (lactic acid buildup)
Canker Sores	Hives	Sugar Craving
Chronic Sinusitis	Hypoglycemia	Swine Flu (if taken early)
Constipation	Hypothyroid	Tachycardia (racing heart) Tooth
Colic	Itchy Skin	Decay
Colitis	Inflammation	Thrush
Cold Sores	Irregular Menstruation	Urinary Tract Infection
Cradle Cap	Irritable Bowel (IBS)	Urticaria Pigmentosa
Cysts	Joint Pain	Vaginal Yeast Infection
Dandruff	Leg Aches	Viral Infection (EBV, CMV,
Depression	Menstrual Cramps	Herpes)
Diabetes	Memory Loss	Yellow Nails
Diarrhea	Morning Sickness	