

## 30 Day Reboot Instructions – APRIL 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

#### **Begin by midday:**

- Take 1 Tbsp (3 scoops) Exodus GI Sponge mixed in 8 oz diluted juice or water.
- Follow with 8 oz water.
- **Repeat every 2-3 hrs until 5 doses have been taken.**

Day 1 removes trigger foods and other inflammatory agents from the body and will begin easing uncomfortable digestive symptoms right away. Eat if you're hungry or give digestion a rest if you aren't. Drinking the recommended water is important for spreading the sponge down through the GI tract and for expelling the waste 24 hours later. (10 glasses of dilute juice or water in total) *Warning: if you've had medical advice to avoid fiber supplements, Exodus may not be appropriate for you.*

### 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 (3+ cups) 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, 4-6 capsules of magnesium, or 1-2 vegetable laxative capsules.) Your bowels ability to have coordinated contractions that produce a formed, floating stool will improve as you heal with Reboot.

### Days 3-30 – Remove Pathogens, Restore Proper Intestinal Permeability and Restore Friendly Flora

#### **Morning:**

- Take 1-3 capsules Body Balance, (Slowly build up to 3 caps)
- ½-1 scoop of Exodus.

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. Build up to 2 capsules morning and night on day 2. Then hold at 3 caps per dose for the remaining month. If you feel headache, gas or bloating spike within 30 minutes of taking Body Balance 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 ½ scoop of Exodus mixed with water. In this way you can avoid feeling uncomfortable die-off as you move ahead. If Exodus doesn't sponge up all the die-off, you can take more, or you can back off the Body Balance to a more tolerable dose for the next few days. Then gradually build back 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 slow and steady, always keeping the bowel moving and respecting your body's ability to set things right.

#### **Evening:**

- Take 1-3 capsules of Body Balance (Slowly build up to 3 caps)
- ½-1 scoop of Exodus to bind up any die-off
- 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 Body Balance per day as you reintroduce fresh fruit or whole grains 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 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 for 4 to 6 months.

## **Your Cleansing Diet**

- Avoid 5 common allergenic foods: *Sugar, Dairy, Wheat, Corn and Soy*.
- Limit fruit to one serving low sugar fruit per day (apples, kiwi, berries)
- Use only stevia or as a sweetener. (Avoid artificial sweeteners (Splenda) and honey, maple syrup and molasses.) After your first month you may try xylitol or maltitol (sugar alcohols) but watch for gut distress that may occur, then avoid it.
- Use our Meal Plan or choose among Paleo (grain-free) or Keto recipes (free of all grains and sugars).
- Have a ready supply of snacks on hand, never go hungry (see our Meal Plan).

To become symptom free as quickly as possible, avoid 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**. 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 insides. The Feel Good Cookbook is an excellent resource for Sugar-free, Dairy-free, Gluten-free recipes. Visit [www.myfeelgoodfoods/reboot-protocol/](http://www.myfeelgoodfoods/reboot-protocol/) 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** - We recommend making a list of all your gut linked symptoms and rating them on a scale from 1 to 10, with 10 meaning the symptom is chronic or always there. 5 means half the time it's there and 1 means you experience it 1-2 times a month. At least once a week write down a few sentences about how you feel and what you're learning about what triggers your pain. Rerate your symptoms from 1 to 10 and enjoy the satisfaction of seeing the numbers gradually drop. Some symptoms like burning muscles or long term fatigue may not lift until the 3<sup>rd</sup> or 4<sup>th</sup> week as your internal chemistry shifts to a more oxygenated environment. The first 5 days on Reboot seem to be a breaking point for candida yeast. You may feel backed up, irritable, or more inflamed for an hour or two. Just keep pooping and slow down body balance til it clears.

**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'd like more individual care.

We look 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 at any point in your journey. We'll send you your favorite free product on your next order.

([support@myfeelgoodfoods.com](mailto:support@myfeelgoodfoods.com))

To finally Feeling Good Again!

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

