

The Bowel Restore Protocol

Serving Recommendations

The recommended serving of Bowel Restore is TWO level scoops once or twice a day with 10–14 fluid ounces of water on an empty stomach, a minimum of 10–30 minutes before food or two hours after food. Add between 10–14 fluid ounces of water in a shaker bottle (recommended with a mixing ball) or similar then add the Bowel Restore powder on top and shake vigorously for 5–10 seconds and drink down immediately. If the mixture is left, it will thicken and be more difficult to drink. If this happens, simply add more water, shake and drink. It is suggested that you DO NOT mix Bowel Restore and water in a glass with a spoon as it will not blend effectively.

Suggested Protocol* - ADULT CLEANSE | DETOX | RESTORE

- WEEK 1** Take 2 scoops prior to breakfast
- WEEKS 2-4** Take 2 scoops twice daily (prior to breakfast and dinner)
- WEEKS 5-8** Take 2 scoops prior to breakfast
- WEEKS 9+** Take 2 scoops prior to breakfast (every 2–4 days, until no longer required)

Following this reduce to 2 scoops prior to breakfast every 2nd, 3rd or 4th day or as required. Switch to Bowel Maintenance for long term everyday use. The actual cleanse and maintenance program and results will vary dependent upon the individual, individual's condition, overall health, fiber intake, lifestyle choices and other factors. Always listen to your body and follow a protocol that works for you. If undesirable symptoms persist, see your health practitioner.

*WEEKS 1–8 (3 Tubs) and WEEKS 9+ (1 Tub) for a total of 4 Tubs.

Importance of using the correct amount

There are 32 ingredients in the base formula and to receive the required amount of each ingredient in a serve, it is important to consume the full TWO scoops in one adult serve. Reducing the serving size to one scoop or less can cause mild detoxification symptoms. Whilst following the protocol, it is also important to progress to consuming TWO scoops twice per day for at least 3 weeks to receive the best results and in order to assist your body in the detoxification process.

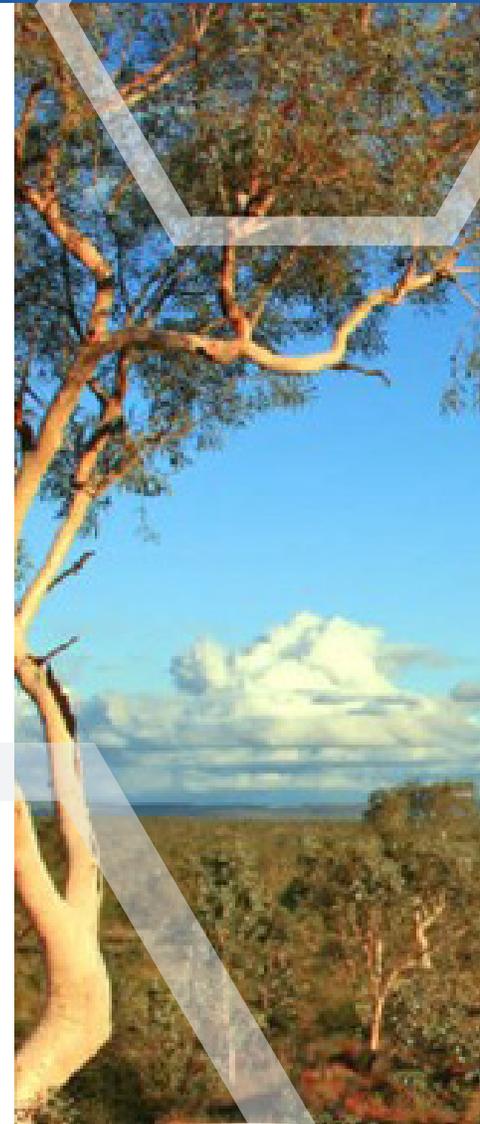
Bowel Movements

If you eat two to three good meals per day then ideally you should have two to three good bowel movements per day. Most people are unaware of this— for each input there ideally should be a corresponding output. If you are only having one bowel movement or less per day then you will not effectively eliminate the toxins you are producing and they will build up in your system.

Whilst using Bowel Restore and undergoing detoxification, you should expect an increase in the number of bowel movements per day while the product assists the body to detoxify.

Detoxification

When a person undergoes a detoxification process, it is common for them to experience some symptoms similar to what is known as the Herxheimer Reaction. Some mild detoxification symptoms may be experienced when using Bowel Restore. Some people can experience some mild bloating, cramping, headaches, nausea, diarrhea which shows it is working and usually subside as the body detoxifies.



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Support Your Bowel Restore Journey

To give your body the best support whilst cleansing it is ideal if you

- › Share your journey with like minded professionals and people
- › Make dietary changes
 - ◆ Where practicable choose organic food sources
 - ◆ Increase intake of fruit and vegetables
 - ◆ Reduce intake of highly processed foods
 - ◆ Eliminate sensitive foods
- › Reduce sugar intake and moderate alcohol
- › Reduce red meat consumption portion size. Buy grass fed where possible.
- › Reduce exposure to and eliminate toxins where possible (GMO's, Herbicides, Pesticides and other toxins).
- › Improve water quality and increase intake. 70–80 fluid ounces of pure spring water or a high quality filtered water per day.
- › Take the time to exercise regularly
- › Sleep more and sleep well
- › Reduce stress

Other Points to Note

- › Always listen to your body and follow a protocol that works for you. However, remember sometimes “pushing through” a little, if detoxification symptoms persist, can get the desired results.
- › Don't worry if you miss a serve here and there or don't feel like one some evenings/days, just as long as you finish the job. However, best results will be achieved by maintaining continual use of the product.
- › If you have difficulty consuming the full amount of liquid in one go before the product thickens, simply halve the water and the amount of Bowel Restore and consume in two serves. However, take these serves as close together as you can. Don't overthink it. Just drink it down. In a few days you will be up and running and noticing the benefits.
- › If you have difficulty with the flavour of the product initially, substitute up to half of the water with organic apple juice. However, it is not ideal to continue long term with this protocol, so as you take each serve decrease the apple juice component and increase the amount of water so that after the first week you are consuming the product with water only. There is too much sugar in fruit juice for the product to work effectively.
- › Eating 10–30 minutes after taking Bowel Restore is a guide—it does not mean that you are required to have something to eat within this timeframe - you could leave eating for a couple of hours after taking the product. The reason for leaving this time frame is to allow Bowel Restore to work effectively, especially with any parasites and toxin elimination.

Contact Us

For more information or support while undergoing the Bowel Restore Protocol, feel free to contact us at info@natureswellnesshub or call [Rene \(312\) 523 4242](tel:3125234242).

Important Information

Results will differ for each individual, depending on existing health factors, lifestyle and physical condition. All readers of this content should consult their doctors or qualified health care professionals before beginning any nutrition, supplement or lifestyle program. Some herbs within the bowel restore formula are not recommended for pregnant women. People with existing health conditions, pregnant women and those taking prescription medications should consult with a nutritionally minded health practitioner prior to taking.

This product is not intended to diagnose, treat, cure or prevent any disease. These statements have not been evaluated by the Food and Drug Administration. The content included in this protocol is strictly the opinion of Natures Wellness Hub and is for informational and educational purposes only. It is not intended to provide medical advice or to take the place of medical advice or treatment from a personal physician. Use of this information does not create a physician/patient relationship between the reader and Natures Wellness Hub.