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CBO GUT PROTOCOL

REBALANCE YOUR GUT
TO OPTIMIZE YOUR HEALTH

EquilibriumNutrition.com



CANDIDA & BACTERIAL OPTIMIZER PROTOCOL

Congratulations on purchasing the Candida & Bacterial Optimizer Protocol (“CBO gut protocol”)!

You will find instructions below on how to complete the protocol. This is the same protocol I use in my Boston wellness practice and I know you’ll enjoy the same benefits. Recommended for ages 15+

Here is the suggested use as to how to take the CBO nutritional supplements:

Month 1

1. **BioFilm Disruptor:** 2 capsules upon waking & 2 before bed
2. **Microbial Balance:** 2 capsules upon waking & 2 before bed
3. **Saccharomyces Boulardii:** 1 capsule at breakfast & 1 at dinner

Month 2

1. **FloraFilm:** 2 capsules upon waking & 2 before bed
2. **Gut Bacterial Support:** 2 capsules upon waking & 2 before bed
3. **L. Acidophilus:** 1 capsule at breakfast & 1 at dinner

Month 3

1. **Healthy Belly:** 1 capsules upon waking & 1 before bed
2. **Candida Complex:** 2 capsules upon waking & 2 before bed
3. **Clean Gut Probiotic:** 1 capsule at breakfast & 1 at dinner

Probiotics (#3s) should be ideally be taken at least 30 minutes apart from antimicrobials (#1-2s)

The Cabral Candida Diet (“Sensitive Gut Guide”)

The suggested food shopping list for this protocol is called the “Sensitive Gut Guide” which contains all the safe foods that will not feed yeast and bacteria. All items not included on this list are not recommended for 6-8 weeks. A 1x/week “Free meal” after 21 days is acceptable and can include any food you would like.

**Portions and foods listed are just a suggestion. Please adjust as needed based on individual metabolic requirements. If you have food sensitivities, allergies, or reactions to any of the foods listed on the Sensitive Gut Guide enclosed, please eliminate these as well.*

Upon Waking

- Take recommended supplements with water, Daily Fruit & Vegetable Blend, or beverage of choice

Breakfast (30 minutes after supplements)

- Smoothie with 1 cup of Fruit, Daily Nutritional Support (DNS) powder, nut milk and/or water
- Optional: +1 cup leafy greens + 1 TBSP healthy fats such as avocado, coconut oil
- *Sip smoothie over 60 minutes
- Please see my free smoothie recipe guide for details: <http://stephencabral.com/smoothie-download-page/>

Lunch (3+ hrs after smoothie)

- 1st 21-Days: Choose 2 cup of vegetables, ½ cup of root vegetable starch, ½ -1 cup of protein, 1-2 TBSP of healthy fat
- Post 21-Days: choose 2 cups of vegetables, ½ cup of root vegetable starch or gluten-free grain, ½ -1 cup of protein, 1-2 TBSP of healthy fat

Mid-PM Snack (Optional)

- Add if hungry, if energy drops, or if losing too much weight
- Options: ½ -1 cup GF oatmeal, 1 cup fruit (berries), cut up veggies with 2-3 TBSP guacamole/hummus (no onions/garlic), green juice, or 2nd DNS shake/smoothie

Dinner (3-4+ hrs after lunch)

- 1st 21-Days: Choose 2 cups of vegetables, ½ cup of root vegetable starch, ½ -1 cup of protein, 1-2 TBSP of healthy fat
- Post 21-days: Choose 2 cups of vegetables, 1/2 cup of root vegetable starch or gluten-free grain, ½ -1 cup of protein, 1-2 TBSP of healthy fat (eliminate starch or grains at dinner if trying to lose weight)

Note: All portions may be adjusted after 1 week to help with satiation or energy

Food Reintroduction

After the first 21 days we recommend testing foods not on the list, if desired. Be sure to choose only 1 food every 3 days and monitor for a reaction (bloating, gas, brain fog, skin rashes, fatigue, irritability).

**Only test 1 variable at a time.*

We recommend testing the reintroduction of foods in the following order:

- After week 3: Test eggs and/or grains
- After week 4: Test nuts/seeds, nut/seed butters, grass-fed butter (1-2 TBSP)
- After week 6: Test additional vegetables & fruit not currently on the list (continue to avoid onions and garlic which can be reintroduced after 8-10 weeks)

Gut Healing

After you finish all the supplements on the CBO protocol we do also suggest using a specific Gut Rebuilding Protocol to heal & seal up the intestinal wall. It consists of 2 products, *Healthy Gut Support* & *Daily Probiotic Support*. The recommended length of this protocol is 2-3 months.

Details for the Gut Rebuilding Protocol can be found at this link: <http://stephencabral.com/store/product/cbo-finisher-heal-seal/>

Interested in Learning More?

Check out **The Cabral Concept** podcast for episodes covering topics on gut health and the CBO protocol: <https://stephencabral.com/podcasts/>

- Episode 508: “Do You Have These Symptoms of a Leaky Gut?”
- Episode 515: “How to Heal & Seal a Leaky Gut”
- Episode 529: “The Food Poisoning Fix & H. Pylori Treatment Options”
- Episode 796: “How to Finally Get Rid of Candida & Bacterial Overgrowth”

For answers to frequently asked questions please visit our FAQ page: <http://stephencabral.com/cbo-faq/>

If you have any additional questions, please email us at support@equilibriumnutrition.com We're here to help, and my team and I look forward to assisting you on your road back to your ideal health, mind, and body!



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