



# GUT HEALTH KIT™ INSTRUCTIONS



program. You may need to adjust the amount of Oxy-Powder you take to achieve the desired results.

## VeganZyme

(Take 2x Daily in Morning and Afternoon)

Take 2 capsules of VeganZyme twice daily – 4 capsules total each day. For best results, take once in the morning and again in the afternoon at mealtime.

## Floratrex

(Take 1x Daily in Morning)

Take 2 capsules of Floratrex once daily in the morning with purified water.

## Aloe Fuzion

(Take 2x Daily in Morning and Afternoon)

Take 1 capsule of Aloe Fuzion in the morning and 1 in the afternoon – 2 capsules total each day.



## The Gut Health Kit Is a 30-Day Program

### SUPPLIES CHECKLIST

- Plenty of distilled or purified water
- 1 bottle of Oxy-Powder® 60 Capsules
- 1 bottle of Floratrex™ 50 Billion CFU
- 1 bottle of VeganZyme®
- 1 bottle of Aloe Fuzion™

### OPTIONAL ADD-ONS CHECKLIST

- 1 bottle of Turmeric Liquid Extract
- 1 bottle of Organic Raw Apple Cider Vinegar



## Follow for 30 Days

For best results, follow the suggested kit directions below for each supplement or as recommended by your health care practitioner.

## Oxy-Powder

(Take 1x Daily in Evening)

Take 4 capsules of Oxy-Powder with a full glass of purified water on an empty stomach before bed each night for one week. After 7 days, reduce the frequency of Oxy-Powder to a maintenance serving 2-3 times weekly for the remainder of the 30-day

## Gut Health Kit Add-Ons

### Turmeric Liquid Extract

Take 1 serving of Turmeric, approximately 2 droppers, in the morning and 1 serving in the afternoon.



### Organic Raw Apple Cider Vinegar

Add 1 tablespoon of Organic Raw Apple Cider Vinegar to purified water and drink in the morning or as desired throughout the 30 days.



## GUT HEALTH KIT INSTRUCTIONS

### Live a Healthy Lifestyle for a Healthy Gut

Promoting long-term gut health requires a comprehensive strategy to repair, optimize, and maintain your gut lining and microbiota. As you achieve balance and your gut begins to



flourish, you will start to look and feel better. Many people who improve their gut health also experience better digestion, increased energy levels, and a better mood.

To get the most out of the Gut Health Kit, follow the following lifestyle guidelines:

### Food for Nutrition, Food for Health

A balanced diet that provides a complete spectrum of nutrition is a major component of a healthy lifestyle. Dr. Group recommends following a raw, plant-based diet that focuses on nutrient-dense food over processed alternatives.

- Eat small meals throughout the day to regulate your metabolism and digestion
- End your last meal at least three hours before bedtime
- Include a various range of colorful fruits and vegetables
- Eat plenty of healthy fats, oils, fermented foods, and plant-based protein
- Choose foods that are fresh, organic, and locally-sourced when possible

Once you've set a solid foundation, reduce the following items as much as possible:

- Meat
- Gluten
- Dairy
- Refined Sugar
- High Fructose Corn Syrup
- Artificial Sweeteners
- Artificial Dyes
- Table Salt
- MSG
- Soy Products
- Starch-Based Food
- Microwaved Food
- Canned Food
- Alcohol
- Excess Coffee or Caffeine
- Hand Sanitizers and Soaps with Triclosan
- Plastic Ware such as Bottles, Utensils, and Storage Containers

To view the extended diet guidelines, visit **Dr. Group's Body Cleansing Diet** at [www.globalhealingcenter.com/cleansing/body-cleansing-diet.html](http://www.globalhealingcenter.com/cleansing/body-cleansing-diet.html).

### Practice a Healthy Lifestyle

Just as your gut affects many aspects of your health, a conscious life supports your overall well-being. Your body is a dynamic living system of interconnected tissues, organs,

hormones, proteins, and genes. This is especially true for your gut — a microcosm of these interactions — more than anywhere else in the body.

Surround yourself with elements that are health-giving rather than health-depleting. Consider everything your body comes into contact with, from fabric softeners to water additives to personal hygiene products. Try to bring everything in your life to a pure, natural state. Common things to avoid include endocrine disruptors, pesticides, herbicides, fluoride, synthetic compounds, toxic metals, GMOs, BPA, and food additives.

True wellness is the product of a lifelong journey, not a single action. Make intentional decisions every day to thrive now and in the years to come. Sleep well, exercise, manage stress, take in a little sunlight, spend time in nature, and be mindful of the positive things that enrich your life. And, always remember the importance of water as it is one of the most essential elements to health.

### Cleanse Your Body

Toxins, chemicals, and harmful organisms are at the root of many health problems. Although the Gut Health Kit sets the foundation by removing stressors from the digestive system, Global Healing Center also offers a complete range of full-body cleansing and detox products. Regular cleansing encourages your body to function at its best and can make you feel fantastic.

### Need More Help?

Our trained Customer Satisfaction Team is here for support and has helped thousands of people just like you! Email [support@globalhealingcenter.com](mailto:support@globalhealingcenter.com) or call us at 1.800.476.0016.

### Want To Help Others?

Honest feedback is important to our team to help you on your journey to better health. More importantly, though, sharing your individual knowledge and experience is vital to helping the Global Healing Center community and others like you attain better health.



Share your experience by submitting your review at: [ghc.us/review-ghk](https://ghc.us/review-ghk)