

Use our 3-step protocol to support normal digestive function (see also [The Vital Plan Diet](#)).



THE
RESTORE
KIT

The 3-Step Protocol for Gut Revival

You can't eradicate all threats to normal digestive function, but you can minimize them—and that is the price of becoming well. How much is your health worth?

Digestive dysfunction is common with most, if not all, types of chronic illness, but the degree of dysfunction is highly variable. The effort necessary to revive normal function depends on the overall health of the gut. For some people, gut restoration will be a major part of the overall recovery process.

If symptomatic digestive dysfunction is present, it sometimes is necessary to hold back on herbal supplements until symptoms are resolved.

If you are experiencing any abnormal symptoms such as vomiting, vomiting blood, passage of blood from the rectum, severe cramping, or any other severe symptoms, report them immediately to your healthcare provider.

Overview: 3-Step Vital Plan Diet

A diet for optimal health and a diet for overcoming digestive dysfunction are not necessarily one and the same. Many otherwise healthful foods can irritate an inflamed gut. Also, the foods that contribute to digestive dysfunction can vary from person to person.

To get well, foods that irritate the gut must be avoided long enough for recovery to occur.

The Vital Plan Diet is divided into three phases:

1. Healing & Cleansing
 2. Initial Reintroduction & Discovery
 3. Adopt a Living Diet
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During the initial **Healing & Cleansing Phase**, all foods that can potentially disrupt digestive dysfunction must be strictly avoided to allow the gut to heal. This phase typically lasts 2 weeks to 2 months, depending on the level of dysfunction present.

This is followed by **Phase 2: Initial Reintroduction Phase**. Here, foods that have potential to cause reactions but are otherwise healthful are carefully reintroduced. Absence of intestinal and systemic reactions indicate that a food is okay. This phase can last 1-6 months or longer, depending on the number of food reactions present.

The third and final phase, **Adopt a Living Diet**, is where you put into practice all the concepts that you have learned. The complete plan is available for you in [The Vital Plan Diet](#).

Note that the **grocery lists of acceptable foods for each phase are not all-inclusive or absolute**. They simply reflect the most commonly available foods at an average grocery store. It is up to you to expand the list as you desire. Researching the potential for harm that a particular food may carry is generally easy online.

The section titled '**Essential Support**' provides recommendations for natural supplements that can accelerate the restoration of normal digestion. Vital Plan's [Gut Revival Kit™](#), in particular, was specially formulated by Dr. Bill Rawls to help nourish a healthy GI tract and support normal digestive function. If simply following the Vital Plan Diet does not improve your gut health then you might consider doing the Gut Revival Kit.

How to Monitor Your Progress

Progress is defined by reduction in reactions:

Intestinal reactions include abdominal/stomach discomfort, nausea, bloating, trapped gas, loose stools with undigested food, constipation, flatulence, and chronic pain at the lower right side of the abdomen.

Systemic reactions include fatigue, muscle pain, joint pain, headache, itching rash (allergic type skin reaction), and exacerbation of chronic illness symptoms. Symptoms occurring 1-2 hours after eating are definitely food related, but food sensitivities can be delayed to the next day, or they can be chronic.

Sometimes it is difficult to differentiate between food sensitivities and chronic illness reactions, but as your gut and immune health normalize, it will be easier to distinguish where those symptoms are coming from.

Stool characteristics can be helpful for monitoring. Normal stools come spontaneously with little abdominal straining; they are formed, but soft, brown in color, and sink. Floating stools indicate poor fat digestion. Grey stools indicate inhibited bile flow. Loose stools with undigested food indicate poor digestive function overall. Extremely odorous stools indicate bacterial imbalance. Constipation with hard stools indicates poor intestinal motility.

The next email will introduce guidelines for Phase 1, Healing & Cleansing.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Always consult your qualified healthcare provider before beginning any diet or program.

RESOURCES

Additional resources on regaining your gut health:

- Unlocking Gut Dysfunction [Video with Transcript], [watch »](#)
- Natural Restorative Therapies for a Happy, Healthy Gut, [read more »](#)
- The Impressive Health Benefits of Bitter Foods, [read more »](#)

Restore Kit core resources:

- [The Restore Kit Resource Page](#) (Bookmark this to reference all the resources and tools you need to succeed with this program!)
- [The Vital Plan Diet e-book](#)
- [Frequently Asked Questions](#)

Vital Plan is a company devoted to enhancing wellness through education, support, and herbal supplements.

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