



NDK DIGESTIVE JUMPSTART P R O T O C O L

OUR DIGESTIVE SYSTEM MAY BE THE MOST IMPORTANT PART OF OUR BODY. Without our digestive system, we cannot get the building blocks (nutrients) we need in order to complete every single function in our body. When this system is not working properly, we begin to feel it in other areas, sometimes multiple. Our goal with this kit and protocol is to ensure you have the support you need to jumpstart your digestive system into optimal function.

How to know if this protocol is right for you:

Do you struggle with any of the following?

- Gas
- Bloating
- Constipation
- Diarrhea
- Heart burn
- Acid reflux (If you are on a PPI, you need to do our ["Rebuilding Your Stomach Acid"](#) protocol first)
- Lack of appetite
- Undigested food in stool
- Greasy and/or floating stools
- Nausea after eating

DID YOU COMPLETE OUR NUTRI-Q AND HAVE A MODERATE TO HIGH SCORE UNDER UPPER GI AND/OR LIVER GALLBLADDER? IF SO, THIS IS A GREAT PLACE TO START!

IF NOT - take Nutri-Q now! [HERE](#)

The following is a general protocol for those looking to jumpstart healthy digestive function:

BETA PLUS: (Included in Digestive JumpStart Kit) Wondering why this kit only comes with Beta Plus? I know, for years you've heard us talk about how this is a product for those without their gallbladder. With more experience, we have come to see that even those who still have their gallbladder often need a little extra boost in the beginning. This is filled with nutrients like ox bile, beet extract, lipase, and other nutrients targeted to support the production and flow of healthy bile. This is crucial to healthy digestion, especially if you are eating a higher fat diet! And that's why we have included Beta Plus specifically in this kit.

DOSAGE: Take 1 per meal (that includes NDK coffee)

BETAINE PLUS HP: (Included in Digestive JumpStart Kit) You hear Kevin talk about the importance of good stomach acid a lot. That's for good reason, as it's the signal to the rest of the digestive process. If we do not start with good stomach acid levels, the rest of the process is going to become compromised. Because of a multitude of factors, the average American has very low stomach acid levels, and our ability to produce proper amounts lessens as we age. Digestive issues like bloating, gas, heart burn, and acid reflux are often because of too little stomach acid, not too much. The undigested food from lack of stomach acid, ferments and produces gas which then leads to other issues. Betaine Plus HP is a high dose HCl supplement to help kick start the rebuilding of healthy pH levels in the stomach.

DOSAGE: Take 1 per meal (this does NOT include NDK coffee)

BROMELAIN PLUS CLA: (Included in Digestive JumpStart Kit) This is a fantastic broad spectrum digestive enzyme support. With enzymes like bromelain and papain, as well as bio-identical ones like lipase, cellulase, and amylase, this product is helpful to break everything down in the final stages from animal proteins and fats to vegetables.

DOSAGE: Take 1 per meal (this does not include NDK coffee)



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BIO-DOLPH 7 PLUS: (Included in Digestive JumpStart Kit) This is our probiotic supplement, filled with seven different well-researched strands of beneficial bacteria for the overall health of the digestive system. The gut bugs are crucial for every aspect of our health, including digestion, immune function, skin health and even brain health! This should not be a complete substitute for fermented foods, as food should always be first, but instead an adjunct alongside good fermented foods.

DOSAGE: Take 1 each morning upon rising and 1 before bed.

GI-RESOLVE: (Included in Digestive JumpStart Kit) This is a wonderful product that supports healthy mucosal lining of the digestive system from start to finish. Why is that important you ask? The mucosal barriers are what keep our organs safe from things like harsh stomach acid in the stomach and inflammation in the intestines, which can lead to things like leaky gut or even autoimmune conditions.

DOSAGE: Take 2 teaspoons mixed into water or beverage of choice once per day (hot or cold).

Things to Remember:

1. **FOOD IS FIRST!** We must be eating a real, whole food, nutrient-dense diet, before we begin any supplement regiment. If not, we are simply wasting our time, money, and efforts.
2. When we sit down and eat, we need to be mindful about our food. Not driving, scrolling through Facebook, or watching TV. Take a moment to give gratitude, be thankful, take a deep breath, whatever it is you need to put your body into a centered and relaxed state. This can have profound affects on your digestion!
3. We need to be chewing our food well! The more the better.

DIGESTIVE JUMPSTART KIT - (The following supports a 30-day protocol)

[BUY NOW ONLINE](#)

Because this kit is designed specifically to JUMPSTART your digestion, we only recommend you use this for a single 30-day round, unless working one-on-one with one of our practitioners and receive a recommendation for longer use.

- 1 bottle BETA PLUS (180 Tablet Bottle) - *Dosage: Take 1 per meal (that includes NDK coffee)*
- 1 bottle BETAINE PLUS HP - *Dosage: Take 1 per meal (this does NOT include NDK coffee)*
- 1 bottle BROMELAIN PLUS CLA - *Dosage: Take 1 per meal (this does not include NDK coffee)*
- 1 bottle BIO-DOLPH 7 PLUS - *Dosage: Take 1 each morning upon rising and 1 before bed*
- 1 bottle GI-RESOLVE - *Dosage: Take 2 teaspoons mixed into water or beverage of choice once per day (hot or cold)*

