



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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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).

CHOOSE ONE:

PROBIOTICS: Probiotics are an important supplement to take as it helps replenish good bacteria and crowds out the bad bacteria. It is recommended to rotate the probiotics you use to give your body different strains of bacteria. By regularly switching to a new probiotic that has varying strains of bacteria, you're encouraging the healthy proliferation of gut microflora.

BIODOPH-7 PLUS

A blend of 7 bacteria strains from the Lactobacillus and Bifidobacterium genus of bacteria, which make up the vast majority of the types of bacteria in our gut.

DOSAGE: Take 1 each morning upon rising and 1 before bed away from food

TERRAFLORA SYNBIOTIC - DAILY CARE

A low dose of soil based bacteria, once rich in our diet and lifestyle, but now almost non-existent do to the over-sterilization of our food supply and lack of regular contact with healthy soil.

DOSAGE: Start with 1-2 capsules per day with or without food.

TERRAFLORA WOMEN'S DAILY

Terraflora Women's Daily uniquely incorporates organic whole cranberry fruit with a scientifically supported quantity of 36mg proanthocyanidins (PACs), to support a healthy urinary tract. Formulated with wild organic seaweeds and organic mushroom extracts. Features two novel probiotic strains, shown in studies to produce highly bioavailable antioxidants.

DOSAGE: Start with 1 capsule every other day, and gradually increase to 1 capsule 2x daily. Best taken with food.

TERRAFLORA SYNBIOTIC - DEEP IMMUNE

Formulated with LC-Plasma, a unique paraprobiotic clinically tested to activate pDCs (plasmacytoid dendritic cells). Known as the "commander-in-chief" of the immune system, pDCs bridge the gap between the innate and adaptive immune systems – our first and second lines of defense.

DOSAGE: Start with 1 capsule every other day, and gradually increase to 1 capsule 2x daily. Best taken with food.



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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 (90 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 GI-RESOLVE - *Dosage: Take 2 teaspoons mixed into water or beverage of choice once per day (hot or cold)*

CHOOSE ONE

- 1 bottle of BioDoph 7 Plus - *Dosage: take 1 each morning upon rising and 1 before bed away from food*
- 1 bottle of Terraflora - Daily Care - *Dosage: take 1-2 daily with or without food*
- 1 bottle of Terraflora Women's Daily - *Dosage: take 1 capsule 2x daily with food*
- 1 bottle of Terraflora - Deep Immune - *Dosage: take 1 capsule 2x daily with food*

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.

You are following a protocol designed for a specific outcome. Dosage will vary (bottle vs protocol instructions). Please follow protocol instructions for optimal results.

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