



NDK DIGESTIVE MAINTENANCE P R O T O C O L

REMEMBER: The following protocol is the next step in supporting optimal digestion. It is important to complete the Digestive Jumpstart Protocol prior to starting the Digestive Maintenance Protocol.

THE GOAL OF THIS PROTOCOL IS TO GIVE YOUR BODY THE SUPPORT IT NEEDS TO CONTINUE WORKING TOWARDS A STRONG AND OPTIMALLY FUNCTIONING DIGESTIVE SYSTEM. Due to nutritional deficiencies, stress, and a poor diet for years, most people have a compromised digestive system. After completing the Digestive Jumpstart Protocol, this kit will help to continue restoring your digestion to its optimal state. It's packed with enzymes and stomach acid to break down food in the stomach properly, along with nutrients for healthy bile, and even probiotics for healthy intestinal health.

How to know if this protocol is right for you:

Do you struggle with any of the following?

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

DID YOU ALREADY COMPLETE OUR DIGESTIVE JUMPSTART PROTOCOL? THEN THIS IS A GREAT NEXT STEP FOR YOU!

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

BETA TCP: (Included in Digestive Maintenance Kit) This is hands down, one of our favorite supplements for someone eating NDK who is struggling with fat digestion. This product is very similar to our Beta Plus, except it switches the bile salts for some nutrients that help target the production and flow of healthy bile. This is crucial for our health and digestive function. Our body uses bile to get rid of many toxins, and if we do not make healthy flowing bile, these toxins can build up in our system, causing a lot of stress and inflammation over the long-term. It's also crucial to have healthy bile if we are eating a high-fat ketogenic diet!

DOSAGE: Take 2 per meal (that includes NDK coffee)

HYDRO-ZYME: (Included in Digestive Maintenance Kit) You hear Kevin talk about the importance of good stomach acid a lot. That's for good reason, as it's really 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.

DOSAGE: Take 2-4 per meal (this does NOT include NDK coffee)



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BROMELAIN PLUS CLA: (Included in Digestive Maintenance Kit) This is fantastic broad spectrum digestive enzyme support. With both plant derived 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)

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 paraprotibiotic 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.

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.



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DIGESTIVE MAINTENANCE KIT - (This kit supports a 30-day protocol)

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We recommend sticking to this protocol for 2-3 months and then testing your digestion without, to see if your body still needs the support or not. If your symptoms stay away without the supplements, HOORAY! IF they come back, you may just need a little more time.

- 1 bottle BETA TCP - Dosage: Take 2 per meal (that includes NDK coffee)
- 1 bottle HYDRO-ZYME - Dosage: Take 2-4 per meal (this does NOT include NDK coffee)
- 1 bottle BROMELAIN PLUS CLA - Dosage: Take 1 per meal (this does not include NDK coffee)

CHOOSE ONE

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

NOTE: If you no longer have a Gallbladder, you may need to continue taking the Beta Plus in addition to the supplements above

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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