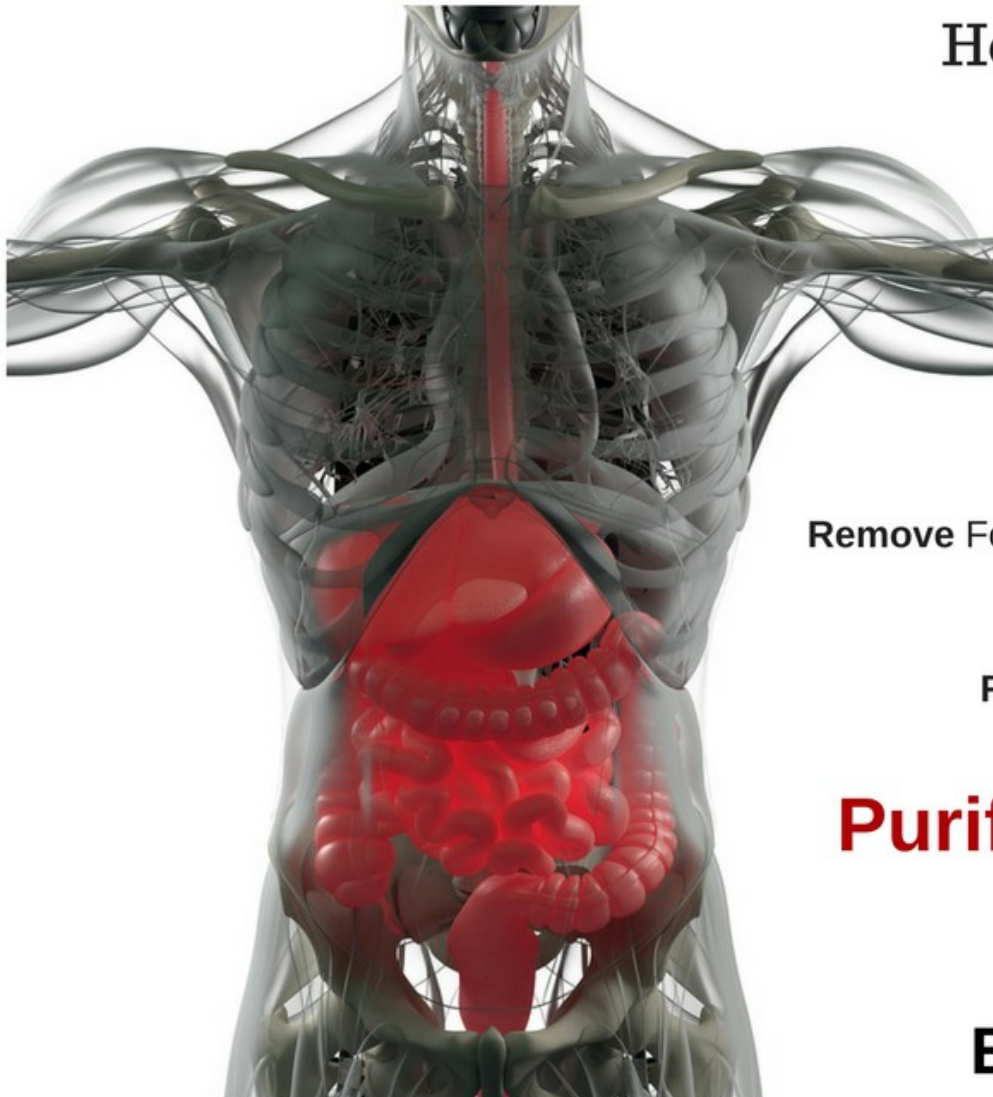


The 3 E's and 4 R's to Gut Health



Helping You Learn How to
Naturally Reset Your
Microbiome

Eliminate **Dysbiosis**
Eliminate **Inflammation**
Eliminate **Leaky Gut**

Remove Foods and Factors That Damage Your Gut
Replace With Healing Foods
Repair With Specific Supplements
Rebalance With Prebiotics and Probiotics

Purify - Fortify - Protect

Purify Manual
Elite Wellness Centers

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Resetting Your Microbiome For Elite Health Thru **Purify** – Fortify – Protect

Our **Purify Manual** is designed to start **your journey to reset your microbiome** and help you achieve Elite Health.

Elite Health is the pinnacle of wellness, where age does not dictate ability.

Scientifically, **Elite Health is optimal metabolic function**, the state in which all body systems perform efficiently. This gives you the energy to see more, do more, and be more, no matter what stage of life you're in.

And as emerging science is showing **it all begins in your gut.** Learning how to reset your gut flora so that your microbial communities are creating the environment for Elite Wellness rather than creating toxins leading to illness and disease.

To aid you in this journey we created this **Purify Manual to begin the process** of resetting your gut microbiome. And our product of choice to help you begin this journey is the **Microbiome Purify Kit from Synergy Worldwide.**

The Purify Kit includes a one-week supply of **clinically formulated nutrition** designed to reset your microbiome. It includes prebiotics, probiotics, vegetable proteins, key nutritional supplements, and other powerful ingredients, which promote detoxification, cleansing, and balancing **to address the 3 E's: dysbiosis, inflammation, and leaky gut.**

This manual provides you with a **7 day, 10 day, or 14 day plan** so that you can commit to the one that best fits your needs and lifestyle.

Synergy Worldwide's Microbiome Purify Kit



Understanding the Component Products of the **Purity Kit**

The patent-pending **Biome DTX** is designed to detoxify, cleanse, and rebalance your microbiome. It includes ingredients to help eliminate heavy metals and other toxins from your system to address inflammation.

The Biome DTX includes **L-glutamine**. This ingredient supports your intestinal cells to address leaky gut issues. L-glutamine also helps to improve the ratio of bacterioidetes to firmicutes to aid in weight management.

In addition to **Inulin**, this product uses **Psyllium Husk** as a prebiotic that fuels favorable bacteria while providing bulk to the stools for healthy elimination. Other key ingredients include **Zinc** to maintain both the population and diversity of good bacteria, and **Broccoli Flowers** that produce compounds that address inflammation.

These ingredients provide a “**second meal effect**” to help you feel full in between your main meals.



The **Biome Shake** is certified vegan and gluten free, which means it's a vegetable protein that fuels the correct microbial communities to help quickly balance your microbiome.

It uses **Pea Protein** with key prebiotics like **Inulin** and **Fructo-oligosaccharides** to fuel your “friendly bacteria.” It contains **Borage Oil** and **Flax Seed Powder** to help address inflammation. Plus it includes **Zinc** and **Broccoli Powder** to help detoxify your digestive system while supporting your immune system.

The Biome Shake can be used both as a purifying meal replacement to aid in weight loss. Or as a healthy meal that can sustain your energy and eliminate hunger for an extended period of time. **Plus it helps you to obtain clean energy metabolism that can also help with cognitive function.**



Understanding the Component Products of the **Purity Kit**

Biome Actives combine your Prebiotic with your Probiotic to deliver more CFUs (colony forming units) to your small intestine. By using Inulin as your Prebiotic, you provide both protection and an ideal food source for your Probiotic.

Biome Actives also uses **Bacillus Coagulans** because it's a spore-forming probiotic species that is shelf stable on its own. This allows you to take it any place you go and not have to worry about refrigeration or spoiling.

And as a spore-forming probiotic, it can withstand the stomach's acidic environment so that more CFUs reach the small intestine. **This allows for faster colonization in your abdominal cavity.**



Body Prime is designed to support cleansing and bowel motility to help prime your purification program. It includes **Magnesium**, which is a crucial mineral required for the function of hundreds of enzymes in the gut to improve immunity, digestion, regularity, and energy production.

And, it combines **Apple Pectin with Prune Powder** so that they work synergistically to absorb, bind, and eliminate cholesterol, harmful bacteria, and toxins.



Understanding the Component Products of the **Purity Kit**

According to the Physicians' Desk Reference, "**ProArgi-9+** is the highest quality L-arginine supplement in the world."

It's also the only "**Clinically Proven**" L-arginine supplement in the marketplace.

In addition to resetting your gut health, you also want to address your cardiovascular system. **We're firm believers in the power of Nitric Oxide Therapy to improve blood flow**, and the best product in the world for harnessing Nitric Oxide Therapy is **ProArgi-9+**.

As you reset your gut microbiome you will reduce and eliminate toxins while **producing the environment to create beneficial metabolic compounds** that can be properly absorbed into your blood stream.

Nitric oxide therapy **improves your ability to deliver these beneficial metabolic compounds** to all your cells, tissues, and organ systems. This aids in helping you achieve Elite Health.



Purify Kit: 7 Day, 10 Day, or 14 Day Plan

The **Microbiome Purify Kit** from Synergy Worldwide is designed to be a 7 day program to jump start the process of resetting your gut microbial community.

However, for some people this can be pretty intense. Or their lifestyle makes it hard to them to be compliant.

Because of this **we've adapted the 7 day program into a 10 day and 14 day program.** This way you can choose the length of time and program that will work best for you.

Which ever program you choose **you need to make the commitment to follow the plan** if you truly want to experience Elite Health.

The format for each plan will be the same. Some people like to know exactly what they need to take each day and some like to see what they have to take during the whole period.

The tables for each plan will provide you with that information. Then you can follow which one works best for you.

On pages 7 – 9 we'll also provide you with additional tips and suggestions. Ones that can be applied to all 3 plans since this is a lifestyle change in how you choose the foods that will support the **4 R's: Remove, Replace, Repair, and Rebalance**

Synergy Worldwide's Microbiome Purify Kit



7 Day Plan

Supplements	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Biome Shake	2 Shakes	2 Shakes	2 Shakes	2 Shakes	2 Shakes	2 Shakes	2 Shakes
Biome DTX	4 Packets	4 Packets	4 Packets	4 Packets	4 Packets	4 Packets	4 Packets
Biome Actives	3 Capsules	3 Capsules	3 Capsules	3 Capsules	3 Capsules	3 Capsules	3 Capsules
Body Prime	4 Capsules	4 Capsules	4 Capsules	4 Capsules	4 Capsules	4 Capsules	4 Capsules
ProArgi-9+	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets

Daily Meal Plan Days 1-7
Breakfast – 30 grams Protein Biome Shake – 2 scoops Biome DTX – 1 packet in shake Biome Actives – 1 capsule Body Prime – 1 capsule
Mid-Morning Snack – 5 grams Protein Biome DTX – 1 packet in water
Lunch – 30 grams Protein Biome Shake – 2 scoops Biome DTX – 1 packet in shake ProArgi-9+ - 1 packet in shake Biome Actives – 1 capsule Body Prime – 1 capsule
Afternoon Snack – 5 grams Protein Biome DTX – 1 packet in water
Dinner – 30 grams Protein See Meal Suggestions Biome Actives – 1 capsule Body Prime – 2 capsules ProArgi-9+ - 1 packet

Tips and Suggestions

- 1. You want to consume at least 100 grams of protein per day.** On pages 17 - 21 we have suggested recipes and snacks that will help you accomplish this.
- 2. Your shake is critical to resetting your microbiome.** This is so important that page 9 has our base recipe as well as other great shake suggestions.
- 3. Always have your morning shake.** The time it takes to make this shake is less time then waiting in line at a fast food place. And definitely more nutritious.
- 4. Blend 1 packet of Biome DTX in with your shake.** This will aid in addressing a leaky gut.
- 5. If you work, then the Biome Shake at lunch might not be convenient.** If this is the case, then have a healthy lunch and make your second Biome Shake for dinner.
- 6. If you want to curb your appetite at lunch and dinner, then take your ProArgi-9+ packet 30 minutes prior to your lunch or dinner meal.** Add it to 6-8 ounces of water. Drink it over a 5 minute period.
- 7. Drink lots of water.** This is key as it will help rid your body of toxins. This is especially important between meals and after dinner. **It's better to go to the bathroom more often to pee, then to have a headache.** On page 12 we have some suggestions on how to increase your water intake.

10 Day Plan

Supplements	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Biome Shake	No Shake	No Shake	1 Shake	2 Shakes	2 Shakes	2 Shakes	2 Shakes	2 Shakes	2 Shakes	2 Shakes
Biome DTX	2 Packets	2 Packets	2 Packets	3 Packets	3 Packets	3 Packets	3 Packets	3 Packets	3 Packets	3 Packets
Biome Actives	3 Capsules	3 Capsules	3 Capsules	3 Capsules	3 Capsules	3 Capsules	3 Capsules	3 Capsules	3 Capsules	3 Capsules
Body Prime	3 Capsules	3 Capsules	3 Capsules	3 Capsules	3 Capsules	3 Capsules	3 Capsules	3 Capsules	3 Capsules	3 Capsules
ProArgi-9+	1 Packet	1 Packet	1 Packet	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets

Daily Meal Plan Days 1-3
Breakfast – 30 grams Protein See Meal Suggestions Biome Actives – 1 capsule Body Prime – 1 capsule
Mid-Morning Snack – 5 grams Protein Biome DTX – 1 packet in water
Lunch – 30 grams Protein See Meal Suggestions Biome Actives – 1 capsule Body Prime – 1 capsule
Afternoon Snack – 5 grams Protein Biome DTX – 1 packet in water
Dinner – 30 grams Protein See Meal Suggestions Biome Actives – 1 capsule Body Prime – 1 capsules ProArgi-9+ - 1 packet

Daily Meal Plan Days 4-10
Breakfast – 30 grams Protein Biome Shake – 2 scoops Biome DTX – 1 packet in shake Biome Actives – 1 capsule Body Prime – 1 capsule
Mid-Morning Snack – 5 grams Protein Biome DTX – 1 packet in water
Lunch – 30 grams Protein Biome Shake – 2 scoops ProArgi-9+ - 1 packet in shake Biome Actives – 1 capsule Body Prime – 1 capsule
Afternoon Snack – 5 grams Protein Biome DTX – 1 packet in water
Dinner – 30 grams Protein See Meal Suggestions Biome Actives – 1 capsule Body Prime – 1 capsules ProArgi-9+ - 1 packet

Tips and Suggestions

- 1. 3 Day Cleanse** – The 10 Day Plan is very similar to the 7 day plan except that it starts with a 3 day cleanse using Biome Actives, Biome DTX, and Body Prime.
- 2. Use ProArgi-9+ 30 minutes before your evening meal.** Mix 1 packet in 6-8 ounces of water and drink over a 5 minute period. This suggestion will curb your appetite. Plus you will have better energy in the evening to help burn more calories.
- 3. Starting on Day 4 use the same “Tips and Suggestions”** as outlined on page 7.
- 4. Your 1st and 2nd Shakes are slightly different.** The Biome DTX is not included in the 2nd shake.

14 Day Plan

Supplements	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Biome Shake	1 Shake	1 Shake	1 Shake	1 Shake	1 Shake	1 Shake	1 Shake	1 Shake	1 Shake	1 Shake	1 Shake	1 Shake	1 Shake	1 Shake
Biome DTX	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets
Biome Actives	3 Capsules	3 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules
Body Prime	3 Capsules	3 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules	2 Capsules
ProArgi-9+	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets	2 Packets

Daily Meal Plan Days 1-2
Breakfast – 30 grams Protein Biome Shake – 2 scoops Biome Actives – 1 capsule Body Prime – 1 capsule
Mid-Morning Snack – 5 grams Protein Biome DTX – 1 packet in water
Lunch – 30 grams Protein See Meal Suggestions Biome Actives – 1 capsule Body Prime – 1 capsule ProArgi-9+ - 1 packet
Afternoon Snack – 5 grams Protein Biome DTX – 1 packet in water
Dinner – 30 grams Protein See Meal Suggestions Biome Actives – 1 capsule Body Prime – 1 capsules ProArgi-9+ - 1 packet

Daily Meal Plan Days 3-14
Breakfast – 30 grams Protein Biome Shake – 2 scoops Biome Actives – 1 capsule Body Prime – 1 capsule
Mid-Morning Snack – 5 grams Protein Biome DTX – 1 packet in water
Lunch – 30 grams Protein See Meal Suggestions ProArgi-9+ - 1 packet
Afternoon Snack – 5 grams Protein Biome DTX – 1 packet in water
Dinner – 30 grams Protein See Meal Suggestions Biome Actives – 1 capsule Body Prime – 1 capsules ProArgi-9+ - 1 packet

Tips and Suggestions

- Days 1-2 are almost identical to Days 3-14.** The only difference is taking 1 Biome Active and 1 Body Prime at lunch. This drops out during days 3 through 14.
- Some people like to combine the Biome DTX with their morning Biome Shake.** If you decide to do this, then take the second Biome DTX during the mid-afternoon snack.
- Take your ProArgi-9+ to curb your appetite.** Add 1 packet of ProArgi-9+ to 6-8 ounces of water and drink this 30 minutes prior to your lunch and dinner.
- We recommend the Biome Shake for breakfast.** This sets up your day. However some might want to replace their dinner meal.

Biome Shake: The Foundation to Resetting Your Microbiome

The Biome Shake helps you address all 3 E's:

Eliminate Dysbiosis
Eliminate Inflammation
Eliminate Leaky Gut

We recommend **using our Base Recipe as your morning breakfast**. This recipe is designed to fuel your body with what it needs to:

Improve your energy
Improve your cognitive function
Eliminate hunger over an extended period of time

Because the Biome Shake is **certified vegan and gluten free**, it can be used by everyone.

Here is our base recipe:

Ingredients	Amount	Calories	Protein	Fiber
Unsweetened Almond Milk	6 ounces	23	1 g	1 g
Biome Shake	2 scoops	150	20 g	4 g
Spinach	1 cup	7	1 g	1 g
Frozen Mixed Berries	2/3 cup	35	---	1.5 g
Frozen Strawberries	1/2 cup	25	---	1.5 g
Sunflower Butter No Sugar with Salt	2 tablespoons	210	8 g	2 g
Total		450	30 g	11 g

Tips and Suggestions:

1. Use unsweetened almond milk instead of water. It will provide a better taste and if you're looking to lose weight by reducing your caloric intake it only saves you 23 calories.

2. Use sunflower butter. Go to your local health food store and get the “**no sugar with salt**” version. This will taste just like peanut butter but without any allergens. The calories and fat are beneficial in two ways:

a. It will extend the period of time before you get hungry by at least 1 – 2 hours.

b. The fats are healthy fats that will help address the 3 E's.

3. Costco is a great place to find your spinach, frozen mixed berries, and frozen strawberries at economical prices.

4. Biome DTX can be added to your shake. This will add 20 calories and 2 grams of fiber.

5. ProArgi-9+ can be added to your shake. This will add 35 calories.

6. Add water to thin your shake. Some people don't like a thick shake. If you want to thin it out, then add 3 – 6 ounces of water to the 6 ounces of unsweetened almond milk that's part of the base recipe.

7. Additional shake recipes. On page 25 we have other great shake recipes.

The 3 E's and 4 R's For Gut Health



The Purify Kit is designed to jump start the process of resetting your gut microbiome to **address all 3 E's**:

Eliminate **Dysbiosis**

Eliminate **Inflammation**

Eliminate **Leaky Gut**

In addition we want to help you effectively implement several lifestyle changes that will help you continue this process of resetting your gut health. **We call them the 4 R's**:

Remove Foods and Factors That Damage Your Gut

Replace With Healing Foods

Repair With Specific Supplements

Rebalance With Prebiotics and Probiotics

This next section of the Purify Manual will provide you with **key tips and suggestions on how to implement the 4 R's**.

Remove Foods and Factors That Damage Your Gut

We are creatures of habit so when change is introduced it can present challenges both emotionally and physically. Because of this we want you to understand that we acknowledge that this change is difficult. But there is a very important principle to understand:

When you change your microbiome to a healthy environment, you will find it much easier to make good food choices!

Why? – Because your microbiome is driving your food choices.

If you desire sugary drinks and processed snack foods it's because the microbiome of your gut is influencing your choices and **causing you to eat what they want to eat.**

When You Fix the Gut – You Fix the Problem!

There are 10 key foods and factors that have the greatest impact on your gut health leading to the 3 E's. We've listed them below with some comments. Plus the chart on this page will provides you with a quick reference on how each effects the 3 E's.

Eliminate all wheat products from your diet – this will immediately help you eliminate inflammation and dysbiosis. Choose gluten free products as much as possible.

Reduce your sugar consumption – this will help you address inflammation and dysbiosis and reduce toxins that contribute to leaky gut.

Dramatically reduce your intake of vegetable oils – this will address inflammation and leaky gut. Most processed foods use vegetable oils. If you're cooking with them, then stop. Instead, use omega-3 oils like extra-virgin olive oil.

Limit your consumption of animal protein – this will help address dysbiosis.

Limit your alcohol consumption – this will help address dysbiosis.

Only use an antibiotic when necessary – this will help address dysbiosis.

Only take medications when necessary – this will help address dysbiosis.

Stop using oral contraceptives – for women this may be a challenge but tell the guy it's time for him to start using condoms so that you can enjoy vibrant health and sex.

Reduce your stress level – this will address all 3 E's as it lowers inflammation, removes the potential for dysbiosis, and helps to prevent leaky gut.

Get your needed sleep – this will address dysbiosis.

Action	Commit to 3	Eliminate Dysbiosis	Eliminate Inflammation	Eliminate Leaky Gut
Eliminate wheat products		Yes	Yes	
Reduce sugar consumption		Yes	Yes	Yes
Reduce intake of vegetable oils			Yes	Yes
Limit animal protein		Yes		
Limit alcohol consumption		Yes		
Use an antibiotic only when necessary		Yes		
Use a medication only when necessary		Yes		
Stop using oral contraceptives		Yes		
Reduce your stress level		Yes	Yes	Yes
Get your needed sleep		Yes		

Commit to 3

On page 11 you will see the “**Commit to 3**” column in the table at the bottom of the page. Of the 10 items listed make a commitment to 3 of them. **Which 3 can you either give up (like alcohol) or limit (like sugar consumption) over the 7, 10 or 14 day plan?**

In our “**Additional Tips and Suggestions**” section on page 24 we'll give you some excellent ways to help keep your commitment.

Replace With Healing Foods

As you remove foods that are harmful to your microbiome, replace them with foods that will quickly recolonize your microbome with healthy and beneficial bacteria. Here are our suggestions.

- **Water** – increase your water consumption so that you can flush toxins out of your system. This will help reduce the potential for headaches. **We would recommend at least 4 ounces every hour** from mid-morning to mid-evening.

Do not drink alkaline water as this affects your stomach's pH and ability to digest food.

Instead add Liquid Chlorophyll to your water. Add 1 tablespoon of liquid chlorophyll per 16 ounces of water. This will help address inflammation and detox your system.

Or drink lemon water. Cut a lemon in half and squeeze the juice into a 16 ounce glass of water. Fill and drink over a 3 hour period. If you need to add more water, then do so. Just don't add any sugar or artificial sweeteners.

- **Unsweetened Almond Milk** – replace milk with almond milk. This will address dysbiosis and inflammation. Some people like coconut milk but for most people unsweetened Almond Milk is a fairly easy change.
- **Fermented Foods** – help address dysbiosis as well as reduce inflammation. Greek yogurt, Kefir, sauerkraut, and pickles are all good food choices. They can be used as snacks or part of your meal.

- **Vegetable Protein** – this will address dysbiosis and inflammation as well as help heal a leaky gut. Listed below are recommendations according to their protein content:

Vegetable Protein Source (alphabetical)	Serving Size	Protein (g)	Calories
Asparagus, cook	1/2 cup	5.3	20
Beans, green, cooked	1 cup	12.5	44
Broccoli, cook	1 cup	4.6	55
Carrots, raw	1/2 cup	0.6	25
Cauliflower, cooked	1 cup	2.9	27
Celery, raw	1/2 cup	0.5	7
Chia seeds	1 tablespoon	2.5	70
Ezekiel Bread	1 slice	4.0	80
Hemp seeds	1 tablespoon	3.3	57
Lentils, cooked	1/2 cup	8.9	115
Mushrooms, raw	1/2 cup	1.0	10
Okra, cooked	1/2 cup	1.9	20
Peas, green, cooked	1/2 cup	4.1	63
Peppers, red, cooked	1/2 cup	0.6	15
Quinoa, cooked	1/2 cup	4.0	111
Rice, brown, cooked	1/2 cup	2.5	108
Spinach, cooked	1/2 cup	2.7	20
Squash, cooked	1/2 cup	0.8	21
Sweet potato, cooked	1 potato	2.6	80

Please Note: No white rice, no white potatoes, no corn, no soy, and no beans other than green beans.

- **Omega-3 Fats** – substitute your omega-6 fats like vegetable oils with extra-virgin olive oil or coconut oil. Avocados are also an excellent source of omega-3 fats. This will address inflammation and help heal a leaky gut.
- **Flax Seed Powder** – helps address inflammation and dysbiosis. This can be added to your health shake and food to stimulate your body's production of lignans.
- **Vegetables** – whole and unprocessed vegetables help address both dysbiosis and inflammation. Increase your consumption by eating more spinach, broccoli, cauliflower, peas, green beans, and raw carrots. However, stay away from corn because of its sugar content. Also, stay away from white rice and potatoes (**sweet potatoes are the exception**), soy, and beans as they can create dysbiosis and inflammation.
- **Limit animal protein** – If you're a meat eater, then this might be a challenge for you. Animal meat creates an environment for dysbiosis. The following table will provide you with good alternatives.

Protein Alternatives (alphabetical)	Serving Size	Protein (g)	Calories
Cottage Cheese, 1% fat	1/2 cup	14	81
Chicken, skinless	3 ounces	28	141
Egg, large	1 egg	6	71
Greek yogurt, 2%	7 ounces	14	88
Ham	3 ounces	14	139
Mozzarella, skim milk	1 ounce	7	72
Pork	3 ounces	22	122
Salmon	3 ounces	22	155
String cheese, nonfat	1 piece	6	50
Tuna	3 ounces	22	99
Turkey, roasted	3 ounces	25	135

- **Reduce sugar consumption** – Most people don't realize how much sugar they consume on a daily basis. Processed foods have done a good job in disguising sugar in the ingredient list by giving it names like high fructose corn syrup.

So how do you tell if a product is high in sugar? And how much sugar is too much?

To answer these two questions you need to focus on one line from the Nutrition Facts and use some simple math. In the images below **key on the line “Total Carbohydrate”** and then underneath it you will see **“Sugars”**. One teaspoon of sugar is equal to 4 grams so **divide the grams of sugar by 4 to determine the number of teaspoons of sugar**.

Any product that has more than 6 grams of sugar per serving should be avoided. Consume no more than 4 teaspoons of sugar or 16 grams per day.

Nutrition Facts	
Serving Size 1/2 cup (115g)	
Servings Per Container About 4	
Amount Per Serving	
Calories 250	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	45%
Cholesterol 55mg	18%
Sodium 75mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 4g	
Vitamin A 10%	Vitamin C 0%
Calcium 10%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

26 g of sugar divided by 4 = 6.5 teaspoons
BAD Choice!

Nutrition Fact	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%

3 g of sugar divided by 4 = .75 teaspoon
GOOD Choice!

- **Eliminate wheat products** – If you're into breads and pasta, then this can be a real challenge. **And we acknowledge that this is the most difficult area to change.** However, wheat creates significant challenges to your gut health as well as other areas of wellness. **We recommend the book Wheat Belly by Dr. William Davis** to help you understand all the health issues caused by modern day wheat.

Usually the hardest part for most people is finding good alternatives that have texture and taste especially in breads and pasta. **Here are some excellent alternatives** that will help you if you decided to eliminate wheat products from your diet:



Banza Products
2 oz = 14 g protein

Can be ordered online and carried at places like Target



Barilla Products
2 oz = 4 g protein

Can be ordered online and carried at places like Target



Ancient Harvest Quinoa Spaghetti or Linguine
2 oz = 4 g protein

Can be ordered online and carried at places like Target



GoGo Quinoa Macaroni
3/4 cup = 5 g protein

Can be ordered online and carried at places like Costco



Simply Balanced Campanelle
3/4 cup = 7 g protein

Can be ordered online and carried at places like Target



Schar Multigrain Bread – Gluten Free

2 slices = 3 g protein

Can be ordered online

Udi's Whole Grain Bread – Gluten Free

2 slides = 4 g protein

Can be ordered online and carried at places like Target



- **100 grams of protein per day** – Most people lack in their protein intake especially in the mornings. Most processed foods are high in carbohydrates and low in protein. This contributes to all 3 E's: dysbiosis, inflammation, and leaky gut. **Your goal is to consume at least 30 grams of protein in your main meals and 5 grams of protein or more for each of your snacks.** The next four pages will give you some excellent choices to help you be compliant and stay committed to resetting your gut health.

Protein Rich Snacks – Prepare at Home

1 Small Apple
& 2 tablespoons
Sunflower Butter
265 calories
8 g protein

Greek Yogurt 2%
150 calories
14 g protein

Turkey Roll Up
3 slices of deli turkey
1 slice of Muenster cheese
1 stick of carrot
148 calories
11.1 g protein

Tuna 3 ounces
99 calories
22 g protein

1/2 Cup Cottage
Cheese
81 calories
14 g protein

1/2 cup Califlower
& 2 tablespoons
Sunflower Butter
225 calories
9.5 g protein

Greek Yogurt 2%
1 tablespoon
Chia seeds
220 calories
16.5 g protein

String Cheese
Non fat, 1 piece
50 calories
6 g protein

Hard Boiled Egg
71 calories
6 g protein

1/2 Cup Cottage
Cheese
1 tablespoon
Hemp seeds
138 calories
17.3 g protein

Protein Rich Snacks – Supermarket, Health Food Store or Order On Line



Go Raw Organic Simple Flax Snax
22 pieces
180 calories
6 g protein



Larabar Uber Mixed Roasted Nut Bar

1 bar
230 calories
6 g protein



Bumble Bee Sensations Lemon & Pepper Seasoned
1 unit
200 calories
20 g protein



Horizon Organic Mozzarella Cheese Sticks
1 unit
80 calories
8 g protein



Kind Nut Delight Snack Bar
1 unit
210 calories
6 g protein



Kraft Cracker Barrel Extra Sharp Cheddar Bar
1 unit
60 calories
5 g protein

Simply Protein Herb Simply Protein Chip
1 serving
140 calories
15 g protein



The Good Bean Crunchy Chickpeas Snack
1 unit
120 calories
5 g protein

Eggland's Best Hard Cooked Peeled Eggs
2 eggs
120 calories
10 g protein



Protein Rich Meals – Fast Food

If you're not able to bring a meal to work or need to eat out at lunch or dinner here are some good options from the fast food menu. While not ideal they're still high in protein and all under 470 in calories.

Item	Store	Calories	Protein
Quarter White Skinless Rotisserie Chicken w/Steamed Vegetables	Boston Market	380	53
Chicken Caesar Salad With Tender Grill and Dressing (1/2 Packet)	Burger King	450	35
Chicken BLT Salad with Tender Grill and Dressing (1/2 Packet)	Burger King	440	33
Grilled Chicken Cool Wrap	Chic Fil A	340	36
Nuggets (8pc)	Chic Fil A	270	28
Chick-n-Strips (4pc)	Chic Fil A	470	43
Cobb Salad	Chic Fil A	430	39
Asian Salad	Chic Fil A	330	29
Chicken Salad Cup	Chic Fil A	360	28
Grilled Chicken BLT Salad	Dairy Queen	400	42
Original Recipe Chicken Breast Without Skin or Breeding	KFC	130	29
Kentucky Grilled Chicken Breast	KFC	220	40
Original Recipe Chicken Breast	KFC	320	37
Premium Bacon Ranch Salad with Grilled Chicken (Low Fat Balsamic Vinaigrette)	McDonalds	345	38
Premium Asian Salad with Grilled Chicken (Low Fat Balsamic Vinaigrette)	McDonalds	305	32
Premium Southwest Salad with Grilled Chicken (Low Fat Balsamic Vinaigrette)	McDonalds	330	33

Protein Rich Meal Plans for Home Lunch & Dinner Combinations

The following table will allow you to pick and choose your lunch and dinner combinations. Pick your main protein source (Yellow column) and then add 3 sides (Light Blue columns). The portion size is listed at the head of the column.

Main Protein Source 3 ounces	Grain 2 ounces	Vegetables 1/2 cup	Dairy 1/3 cup	Seeds & Nuts 1 tablespoon
Chicken, skinless 28 g*	Ancient Harvest Quinoa Linguine 4 g*	Asparagus 5 g*	Cottage Cheese 1% fat 11 g*	Chia Seeds 3 g*
Egg, large 6 g*	Ancient Harvest Quinoa Spaghetti 4 g*	Beans, green, cooked 6 g*	Cheddar Cheese 12 g*	Hemp Seeds 3 g*
Ham 14 g*	Banza Penne 14 g*	Broccoli, cooked 2 g*	Colby Cheese 12 g*	Sunflower Butter no sugar with salt 4 g*
Pork 22 g*	Barilla Penne 4 g*	Cauliflower, cooked 1.5 g*	Greek Yogurt 2% 6 g*	
Pork Sausage, Jones All Natural No Added Hormones 12 g*	Ezekiel Bread, 2 slices 8 g*	Lentils, cooked 9 g*	Mozzarella, skim milk 9 g*	For Larger Nuts 1 ounce
Salmon 22 g*	Go Go Quinoa Macaroni, cooked 4 g*	Okra, cooked 2 g*	Muenster 9 g*	Almonds 6 g*
Steak 26 g*	Rice, Brown, cooked 3 g*	Peas, green, cooked 4 g*	Parmesan 13 g*	Cashews 4 g*
Turkey, roasted 25 g*	Schar Multigrain Bread, 2 slices 3 g*	Spinach, cooked 3 g*	Provolone 9 g*	Pistachios 6 g*
White Fish 25 g*	Simply Balanced Campanella 2 g*	Squash, cooked 1 g*	Romano 12 g*	Walnuts 4 g*
	Udi's Whole Grain Bread, gluten free, 2 slices 4 g*	Sweet potato, cooked 2 g*		

*grams of protein per serving amount

This table allows you to quickly designed your lunch or dinner meal. You can do it daily. Or you can plan your meals for the week. On the next page is an example on how to plan out 7 meals using this table.

Meal Plan Suggestions

Meal #1	2 eggs omelet 12 g protein 3 oz ham 14 g protein 1/3 cup cheddar cheese 12 g protein Optional – onions and green vegetables 38 grams total protein
Meal #2	3 oz chicken 28 g protein 2 oz Simply Balanced Campanella 2 g protein 1 cup cooked broccoli 4 g protein 1/3 cup mozzarella 9 g protein 37 grams total protein
Meal #3	3 oz salmon 22 g protein 2 oz Barilla Penne 4 g protein 1/2 cup cooked green beans 6 g protein 1 oz Parmesan 4 g protein 36 grams total protein
Meal #4	3 oz turkey 25 g protein 2 slices of Ezekiel Bread 8 g protein 1/3 cup Muenster cheese (2 slices) 9 g protein 1/2 cup cooked green peas 4 g protein 46 grams total protein
Meal #5	4 oz Ancient Harvest Quinoa Linguine 8 g protein 3 oz Jones All Natural Pork sausage 12 g protein Marinara sauce 1/2 cup cooked spinach 3 g protein 1/3 cup Parmesan cheese 13 g protein 36 grams total protein
Meal #6	3 oz steak 26 g protein 1/2 cup cooked sweet potato 2 g protein 1/2 cup cooked asparagus 5 g protein 2 slices of Udi's Whole Grain Bread 4 g protein 37 grams total protein
Meal #7	2 cups fresh spinach 2 g protein 3 oz chicken 28 g protein 2 oz Go Go Macaroni Quinoa 5 g protein 1/2 cup fresh strawberries and blueberries 1/3 cup Mozzarella 9 g protein 44 grams total protein

Tips and Suggestions:

- 1. Determine your main protein source.** Use the table on page 20 to decide what your main protein source will be.
- 2. Add food combinations to your main protein source.** Use the table on page 20 to decide what additional food items you want to add to your main protein source.
- 3. Double the amount.** For example in meal #1 we used two eggs instead of one. Just double the amount of protein as listed in the table on page 20.
- 4. Added food volume by doubling your sides.** In meal #2 we doubled the amount of broccoli to both increase our food volume and add to our protein intake.
- 5. Make sure each meal is 30 grams of protein.** For you main meals you want 30 grams of protein or more. This will help support your good microbiome. And their enzymatic processes will convert your protein into beneficial amino acids to help you maintain your muscle tissue and metabolism.
- 6. Don't count calories.** If you plan your meals to be 30 grams of protein or more, and limit your main protein source to 3 oz, then you can add your sides without worrying about caloric intake.
- 7. Experiment with other ingredients.** In meal #7 we added fresh strawberries and blueberries to the salad. It's a great addition that will improve the flavor.
- 8. Nuts are a good side.** They can easily be added to any meal to boost protein intake and provide for healthy fats.

Repair With Specific Supplements

There are so many supplements on the market that it would be easy to get lost in this area. We're going to give you just 4. But they are the **4 most important to consume** to help you address the 3 E's.

- ✓ **L-Glutamine** – This is always the first and most important one to add to your diet. It will address inflammation, leaky gut, and dysbiosis. You want to optimize the ability of the cells of your small intestine to function properly. And L-glutamine is the correct choice for this.

This is a major component of the Biome DTX, which you may want to continue to use after you've completed the Purify program.

- ✓ **Magnesium** – This mineral addresses inflammation, leaky gut, and dysbiosis. It will help the proper enzymatic pathways to function, which produces chemical compounds that aid in digestion.

This is a major component of the Body Prime. We highly recommend continuing on this product after your Purify program is over.

- ✓ **Zinc** – This mineral addresses dysbiosis by helping to fuel the enzymatic processes that help recolonize your gut microbiome with healthy, beneficial bacteria.

This is a major component of the Biome Shake. We highly recommend continuing on this product after your Purify program is over.

- ✓ **Borage Oil** – This nutrient addresses inflammation. Inflammation is such a big issue in gut health that you want to arm your microbiome with the nutrients it needs to address this issue.

This is a major component of the Biome Shake. We highly recommend continuing on this product after your Purify program is over.

Rebalance With Prebiotics and Probiotics

We recommend combining these two together to optimize the recolonization of your gut microbiome. Prebiotics both protect and feed probiotics. Probiotics bring good bacteria that is needed to recolonize your abdominal cavity. We recommend the following:

- **Prebiotic:** Inulin is always our first choice followed by Fructo-oligosaccharides and Psyllium Husk.

Inulin is a major component of both the Biome Shake and Biome Actives. And Fructo-oligosaccharides and Psyllium Husk are in the Biome Shake. We highly recommend continuing on these two products after your Purify program is over.

- **Probiotic:** Bacillus Coagulans is our first choice. We know that there are others in this category but if you want to rapidly recolonize your gut microbiome, then this is the one to use.

This is a major component of the Biome Actives. We highly recommend continuing on this product after your Purify program is over.

We hope our **3 E's and 4 R's to Gut Health** are easy to understand. Now it's up to you to put it to the test. If you do, and you see results, then please share the Purify Program with others.

Purify – Fortify – Protect

Additional Tips and Suggestions

1. **Don't Do This On Your Own!** We would recommend doing this with your spouse, partner, a family member or friend. This way you can support, encourage, and hold each other accountable as you begin the process of resetting your gut health.
2. **Consider Joining a Group.** Each month we have groups starting the Purify Program. These groups will provide you with encouragement and support. As well as continue to educate you on why you're making these changes and how they benefit your health.
3. **Implement Either the Fortify or Protect Program.** After people have begun to reset their gut health they feel better and don't want to go back to how they were eating before. So a common question is **“What do I do next to keep feeling this good?”** And the answer would be joining either the Fortify Program or the Protect Program

Fortify Program – This is a clinically proven and studied program. **It is a 12 week commitment and outperforms every one of the brand-name weight loss programs.** The median weight loss for this program is 26 pounds of body weight and 17 pounds of fat. Plus significant reductions in blood pressure, total cholesterol, LDL or “bad” cholesterol, triglycerides, as well as other bio markers. Our Fortify Manual will provide you with more details.

Protect Program – This is a monthly program that includes the products below. It's designed to help you continue to protect and build on the improvements you experienced in the Purify Program. It's designed to be cost neutral since you'll continue to replace one meal with the Biome Shake. And if you've been using a probiotic in the past, then actually provides you with a savings. Our Protect Manual will provide you with more details.



Additional Shake Recipes

Below is our basic shake recipe. However, this page provides you with some other outstanding shake combinations. **Your goal is to use and create shake recipes that will be outstanding in taste.** Ones that you'll look forward to each day. And if you need something to chew on, then make some toast (preferably gluten free). Or cook up some Jones Pork Sausage links or patties to go with your shake.

The goal is to make your first meal of the day something that you desire.

Ingredients	Amount	Calories	Protein	Fiber
Unsweetened Almond Milk	6 ounces	23	1 g	1 g
Biome Shake	2 scoops	150	20 g	4 g
Spinach	1 cup	7	1 g	1 g
Frozen Mixed Berries	2/3 cup	35	---	1.5 g
Frozen Strawberries	1/2 cup	25	---	1.5 g
Sunflower Butter No Sugar with Salt	2 tablespoons	210	8 g	2 g
Total		450	30 g	11 g

Greek Delight Smoothie

6 oz of plan Greek Yogurt
 2 scoops Biome Shake
 1 cup Spinach
 1/2 cup frozen Strawberries or Blueberries or Mixed Berries
 1 tablespoon Sunflower Butter (no sugar with salt)
 1/2 cup ice

Green Power Smoothie

6 oz of unsweetened almond milk
 2 scoops Biome Shake
 2 tablespoons Hemp, Chia or Flax
 Cucumber, tomato, spinach, kale, carrots, celery, cilantro (any veggies you enjoy and can stuff in 1 cup)
 1 Granny Smith Apple
 1 cup ice

Dreamsicle Smoothie

6 oz of plan Greek Yogurt
 2 scoops Biome Shake
 1/2 small Orange
 1/2 Tangerine
 1 tablespoon Sunflower Butter (no sugar with salt)
 1 cup ice

Morning Wake Up Smoothie

6 oz of plan Greek Yogurt
 2 scoops Biome Shake
 1/2 cup Spinach
 1 Tangerine
 1 tablespoon Sunflower Butter (no sugar with salt)
 1 cup ice

Nitric Oxide Powerhouse Smoothie

6 oz of plan Greek Yogurt
 2 scoops Biome Shake
 1 packet of ProArgi-9+
 1/4 Beet
 1 cup Spinach
 1/2 Small Orange
 1 tablespoon Sunflower Butter (no sugar with salt)
 1 cup ice

Challenges and Benefits

Let's be honest with each other. There will be challenges. But for those who have followed the program, **the BENEFITS far outweigh the challenges.**

However, we want to make you're aware of both so that you know what to look forward to. And if you're having a challenge, then **know that others have experienced your challenge and gotten through it.**

Challenges	Benefits
Headaches	Improved Energy
Flu Like Symptoms	Greater Focus and Clarity
Tired / Fatigue	Greater Awareness
Pain Through the Body	Stronger
Lightheaded	Greater Sense of Well Being
Disoriented	Healthier
Abdominal Discomfort	Loss of Cravings
Gassy	Sleeping Better
Bloating	Not Hungry
Mood Changes	Emotional Well Being
Diarrhea	Vibrancy
Loose Stools	Feel Amazing
Emotional	Look Amazing
Dizzy	Transformational
Insomnia	Improved Digestion

Exercise

Your greatest benefits in resetting your gut health will be through your food choices.

However, if you want to enjoy Elite Wellness, then exercise is important.

And exercise needs to be adjusted to your goals.

For most people in the general population, we would recommend a gradual buildup. Purchase a tracking tool such as a pedometer or Fitbit.

Start out at 1,000 steps per day. And then every week add 500 steps to your program. Set a goal to be at 3,000 steps per day by your 4th week in resetting your gut microbiome.

If you need to take a slower pace, then that's OK. Just make some form of exercise a part of your day.

And as you reset your gut health you will also speed your ability to reset your overall health and wellness. **Especially if exercise is also part of the equation.**