

Revitalize Digestion Program Overview

Get to the root of the problem as quickly as possible with the most definitive answers without lab testing. The goal is to feel better faster and keep as many foods possible while moving towards consistent energy, mental clarity, sound sleep and a healthy weight.

- Learn which foods may be causing inflammation and other symptoms.
- Reduce or eliminate joint pain, fatigue, brain fog, indigestion, heart burn, gas, bloating, constipation, skin issues, sinus issues, and headaches
- Heal you gut and eliminate microbial overgrowth while supporting beneficial bacteria
- Balance your blood sugar for constant energy and decreased cravings
- Jumpstart weight loss
- Ideal for pre-surgery, weight loss resistance, pre-diabetes, depression/anxiety, auto-immune recovery, allergies and intolerances

Timeframe: Most people feel better within 10 days but the entire process can take between 30 days to 2+ months depending on how many foods you challenge.

Elimination phase: For 21 days you will remove processed food from your diet. You will eat 3 meals plus 2 snacks each day based on high quality protein; healthy fats; a mix of leafy, crunchy and starchy vegetables; and some fruit. Please note: no dairy, grains, legumes, alcohol, refined sugar or caffeine during this phase.

Challenge phase: On day 22 you will challenge one food and keep a detailed record of any symptoms. You will do this every other day until all foods on your list have been challenged. At this point, you will know what foods work for your body and mind.

Supplements: Based on a survey of symptoms, these may include anti-microbial (anti-fungal, anti-bacterial, anti-parasitic) products, high-dose probiotic; anti-inflammatory product and a restorative product for intestinal healing. The cost of the supplements is additional and will vary depending on needs. Recommended supplements are not optional.

Cooking: You must either cook your meals or hire someone to do so.

Lifestyle: You will be encouraged to get daily movement, reduce stress, and find supportive habits that will allow you to meet your goals.

Recipes: There are many recipes in the program guide that and I will provide additional support on modifying meals you want to include.



Support: It is crucial that you have the support of family and friends for the duration of this program. Ideally, they will join your journey.

Cost: \$475.00 Individual or \$850.00 for two people

Cost includes:

- 3 appointments
- Email and text support
- Start-Up Welcome Box with one program guide, tea samples & resources

Cost of supplements is not included in the above, varies by individual, and costs approximately \$170.00 + tax and shipping.

This program was developed by Erin Livers of Boulder, Colo. after helping over 500 people navigate their healing journey. I have been certified in the program and have had great success with my clients.

Please do call or email to learn more: 415-722-5011 or melissa@mfc-nutrition.com