

This program does not use medication, it is not designed to target any one condition, it is all about getting your immune system in order, helping maximise its ability to protect you.

This program uses human milk oligosaccharides (laboratory produced), high antioxidant products and live cultures, these are taken alongside the specific essential foods that will maximise their health promoting potential.

The program is designed to help reset your gut and then provide what it needs on a daily basis to help maximise the gut's production of vital biochemical compounds and nutrients essential for your health and maximising your defence system, this could help combat not only potential invaders, but even improve current symptoms of so many conditions, both physical and mental, making daily living a little easier and less painful.

There is no one size fits all, it is a daily battle and is a very personal journey and learning curve. There are no guarantees, but the combination of products together is very potent, and if the information and products in the program are followed and used correctly, they should give you the best opportunity to learn if and how they can work for you.

The program has two regimens, both help to restore the gut, use a mix of the same products, but are administered at a different controlled dosage rate and speed. This is extremely beneficial to all who want to increase the production of important, and essential, for good health biochemical compounds like short chain fatty acids but need to have control over the degree of side effects. Those who have uncomfortable and sometimes painful existing gut issues such as, SIBO, IBS, bloating, abdominal pain and discomfort etc... need to retrain the gut at a much slower rate than those who have other health conditions but have greater tolerance of fermentation and can accelerate the program that little bit faster. However, both journeys allow you to take the reins and administer a comfortable amount.

The program is designed to simulate the same bacterial fermentation that takes place with soluble dietary fibre, with the use of human milk oligosaccharides which create the same effect. These are taken alongside multiple strains of live cultures, soluble fibre containing high antioxidant products, and soluble dietary fibre consumed in the daily diet at recorded amounts making it easy to identify foods that work for you and those that don't.

This enables the user to not only assess their tolerance of fermentation, but to also slowly increase it whilst building a more diverse microbiome (set of bacteria) and profiting from the extra benefits this will encourage.

Of course, hopefully being pain free is an important factor that the program is geared towards, but that is only one half of the story. Once you reach the recommended daily soluble fibre consumption, and it is hopefully free of discomfort and pain, this should mean you are unleashing powerful short chain fatty acids daily. When you are at that point it will be a case of, when you know, you know...

How Long Will I Need to Be on the Program?

The program will be a different journey for each of us; it would be great to get people to a comfortable place where they are able to maintain the required intake of soluble fibre via the diet. Some hopefully will achieve this while others may need to pop back to it from time to time due to life's circumstances. There will no doubt be others that are like me whom want to use it every day.