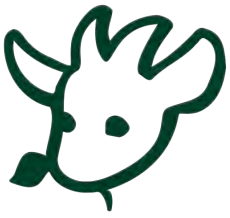


restorative diet guide

**TSUKI'S  
RESPIRATORY**

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and  
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# TSUKI'S RESPIRATORY

## diet overview

### Whole Foods Required

- Fish Jiggles OR Chicken Jiggles
- Immune Herbal Blend



### Functional Nutrition

- Gelatin Jiggles are made of every nutrient necessary to rebuild joints and those nutrients are in their most bioavailable forms.
- Solutions Gelatin Jiggles are one of the most bioavailable sources of amino acids. These have been shown to speed up the cellular regeneration cycle.
- It has been well documented that over 80% of the immune system is based in the gut. Gelatin Jiggles “heal and seal” the gut lining, strengthening the immune system.

This restorative diet is meant as a short term solution for respiratory illness or other immune system complications. For optimal results, we suggest a partial fast using only the recommended foods and supplements for a maximum of 72 hours. If symptoms have not abated in that time, transition to our “Allergies & Leaky Gut” protocol.



4x the daily recommended amount, spread out over 3 feedings per day.



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1tsp per day, mixed into two feedings of jiggles