

restorative diet guide

**YEAST &
FUNGI**

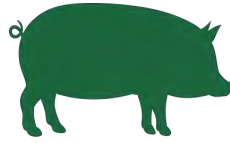


YEAST & FUNGI

diet overview

Whole Foods Required

- Pork Recipe
- Chicken Gelatin Jiggles
- Tummy Butter Kefir
- Yeast & Fungal Tincture



yeast & fungal tincture

Functional Nutrition

- Solutions Diet Recipes are low carbohydrate. Elevated blood sugars levels are known to feed opportunistic yeasts such as Candida. Low carb diets starve yeast of its food source.
- Solutions Pork is GAP rated, certified humane, and sourced from regenerative farms
- Gelatin has been shown to heal the skin, digestive system, joints, and organs.
- Chicken Jiggles are ideal for “healing and sealing” a damaged gut.
- Tummy Butter Kefir reduces gut inflammation and populates the gut with healthy bacteria and yeast

An unbalanced gut is a wellspring of health issues - without a healthy diversification of bacteria, yeast, protozoa, and other microscopic organisms, pathogens and opportunistic yeasts will inevitably take over and expand at a rapid rate, presenting in a variety of skin conditions. This Restorative Diet is designed to bring the gut back into balance and provide competitive inhibition for pathogens and opportunistic yeasts.

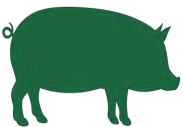
- The healthy yeasts in Tummy Butter Kefir outcompete the opportunistic yeasts causing infection. Competitive inhibition is the most useful form of food safety.
- Yeast & Fungal Tincture disrupts the integrity of fungal cell membranes, weakening them and allowing the stronger yeast cultures from kefir to take hold.



YEAST & FUNGI

diet overview

Treating any disease condition at a deep level requires real food that nourishes the body fundamentally. Healthy food cannot come from an unhealthy source. When treating yeast, it is important that the ingredients used support the immune system, are metabolically appropriate, and are not contaminated by harsh chemicals or heavy metals. "Ingredient animals" that have been raised on feedlots or fed conventional animal feed are not only nutrient depleted and damaged, but also damage consumers due to heavy metal contamination, high cortisol levels, pathogenic microbes, and other factors. Sourcing clean, appropriately fed, environmentally supported animals is the first step towards true healing.



GAP 1-3 and Animal Welfare certified. No chemicals, no hormones, no antibiotics. Forage in organic pastures. Warsaw, NC



GAP 3-4 rated. Pasture raised. No antibiotics or hormones. Non GMO supplemental feed. Harrisonburg, VA



Grass fed, no antibiotics or hormones. Raised on organic pastures in thriving polyculture environments. Lykens, PA.



YEAST & FUNGI

restorative diet solution

PORK RECIPE

Use the feeding calculator on our website to determine the daily feeding amount

TUMMY BUTTER KEFIR

2x the daily recommended feeding amount

CHICKEN JIGGLES

Daily recommended feeding amount

YEAST & FUNGAL TINCTURE

one drop per 5lbs of bodyweight
twice per day



YEAST & FUNGI

optional supplements



BIOME

This gut-boosting blend is a microbial feast! It contains beneficial homeostatic soil organisms and postbiotics from RISOBiotics™ microbiome support, whole quail eggs with their nutrient-rich shell and eggshell membrane, dandelion root and greens, chicory root, protein-rich spirulina, ashwagandha, cat's claw bark, and diatomaceous earth. This gut elixir supports the gut microbiome with a symphony of microbiome wellness.

Loading dose: 1tsp per 10lbs of bodyweight **per day**, for 60 days

Maintenance dose: 1/2tsp per 10lbs of bodyweight **per day**, given with food



REGULATOR

This product is intended to assist with the regulation of stool consistency. It tones and strengthens the intestines, improves peristalsis, soothes upset tummies and moves things along at more appropriate speeds (whether that be faster or slower).

Up to 20lbs: 1/2 - 1 TSP up to 3x **per day**
21 - 40lbs - 1 - 2 TSP up to 3x **per day**
41 - 80lbs - 2 - 4 TSP up to 3x **per day**
Over 81lbs - 4 TSP - 1.5 TBSP up to 3x **per day**



Green Pastures Fermented Cod Liver Oil is very high in Vitamin A and Vitamin D. Unlike other fish oils, fermented cod liver oil is not rancid or loaded with heavy metals or plastics. FCLO can be added to any diet for increased health. It is available online or in specialty stores