# Total Digestive Rejuvenation Step 2

**POPULATE & REPAIR • WEEKS 6-12**

**REBUILD • REPOPULATE • RESTORE GUT DIVERSITY • IMPROVE NUTRIENT ABSORPTION**

## PROTOCOL OVERVIEW

Total Digestive Rejuvenation Step 2: Populate & Repair (Weeks 6-12) is designed to restore gut balance, repopulate beneficial bacteria, support mucosal healing and improve nutrient absorption. This phase builds on the foundation of Step One by reintroducing beneficial bacteria, digestive support and targeted nutrients to repair the gut lining and create a resilient, healthy digestive system.

## KEY BENEFITS

- ✓ Supports digestion and nutrient absorption
- ✓ Helps maintain a healthy intestinal lining
- ✓ Reduces occasional bloating, gas and digestive discomfort
- ✓ Provides key nutrients for gut repair and long-term health
- ✓ Complements the cleansing phase for sustained results

## WHAT'S INCLUDED




**Microbiome Terrain Pro**
Supports a healthy gut microbiome, intestinal lining and digestive balance.




**Digest Pro**
Supports optimal digestion, nutrient absorption and reduction of occasional bloating and gas.




**Systemic Enzyme Pro**
Broad-spectrum enzyme support for healthy digestion, immune function and cellular repair.




**Amino Acid Pro**
Essential amino acids to support gut lining repair, protein synthesis and overall wellness.

## DAILY DOSAGE SCHEDULE

| PRODUCT | AM (Upon Rising) | BREAKFAST (With Meal) | MID-MORNING (Between Meals) | LUNCH (With Meal) | MID-AFTERNOON (Between Meals) | DINNER (With Meal) | BEFORE BED | NOTES |
|---|---|---|---|---|---|---|---|---|
| **Microbiome Terrain Pro** | | 1 capsule | | 1 capsule | | 1 capsule | | Take with meals. |
| **Digest Pro** | | 2 capsules | | 2 capsules | | 2 capsules | | Take 15-30 minutes before each meal. |
| **Systemic Enzyme Pro** | | | 1 capsule | | 1 capsule | | | Take between meals. |
| **Amino Acid Pro** | | | 2 capsules | | 2 capsules | | 2 capsules | Mid-morning, mid-afternoon and before bed. |

## PROTOCOL NOTES

- Continue a clean, anti-inflammatory diet.
- Stay well hydrated throughout the day.
- Avoid sugar, artificial sweeteners, processed foods and alcohol when possible.
- Include a variety of fiber-rich vegetables, healthy fats and high-quality proteins.
- Support elimination with regular bowel movements, hydration and gentle movement.

### LAB RECOMMENDATION: FOOD SENSITIVITY TEST

Identify and remove food sensitivities that may be contributing to gas, bloating, skin flare-ups and digestive issues.

**PURCHASE FOOD SENSITIVITY TEST**

### LAB RECOMMENDATION: GI MAP + ZONULIN TEST

Assess the gut microbiome, pathogens and digestive markers to identify root causes and personalize your protocol.

**PURCHASE GI MAP + ZONULIN TEST**

### JOIN OUR SKOOL COMMUNITY

For education and ongoing protocol support, join the Diana M Drake Natural Medicine Community on Skool.

**JOIN NOW**



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