



DAY 1

Your Day 1 'Flare Tools' Guide

Before we begin, we need to go through a couple of disclaimers.

1) We're clearly not Doctors and don't claim to be. In fact, we don't want to be... although we used to be very sick and now we're not, that doesn't qualify us to be medical professionals. That said, everything we share with you in this product should not be, and is not considered medical advice.

2) And at the same time you need to use your best judgment about your health. If you're somebody who's having a severe diarrhea flare-up and your having bloody diarrhea 15 times a day and you're very, very ill, you need to make sure that you seek medical advice. Go to the hospital if you need to and don't rely on this product in place of that. Use your best judgment there.

Now, with that taken care of...

Welcome to Day 1 of Flare Support...

We're so excited to be working with you this week and grateful you chose to allow us to support you in taking control of your health.

We've got your back this week.

Over the next seven days we're going to be giving you a flare tool each single day that you can use to take control of your health, to take control of something that may seem like its uncontrollable.

Even if you're somebody who's only having diarrhea once a day, or the other end of the spectrum and you're like a lot of our clients having diarrhea 15 times a day. Maybe you're even dealing with blood, a fever, body aches, and no energy... and you just don't want to get out of bed because you're ready to give up.

Even if you're one of those people, just know that you can take control of this thing, so have faith and believe in yourself.

We got a lot of work to do, though.

You know that there are over 15 things that trigger inflammation. There are over 15 things that raise the water level in your bathtub. So the main thing we're going to do is give you these flare tools to drain your bathtub... and we're also going to stop filling it up.

That's going to support you in lowering your inflammation and taking control of this flare.

Your Day 1 Flare Tools

What do you need to worry about today?

That's the beautiful thing about each day during Flare Support. We're going to give you a few specific things to focus on so you can stop worrying about everything else. Again, we've got your back this week.

We're going to be giving you simple flare tools that we've tested over the last year and we know the stuff works. So just rest in to us.

Flare Tool 1: Take the Day OFF

Step one is to take care of your body and take the day off. This is Day 1 of taking control of a flare. I need you to take the day off work, or if you have kids have some family come over and take the kids so you can take the day off.

You need to take care of your body. That's step number one.

You may be thinking this is a funny step one, but we we're shocked when we first started working with people during these wicked flares and they're still trying to go to work and take care of the kids... all while running back and forth to the bathroom ready to fall on the floor.

That's all you need to worry about today. Just let go. I'm asking you to just let go and rest your body today.

You have permission :-)

Flare Tool 2: Listen to Your Body

Step 2 is to listen to your body.

That might mean that you take a lot of naps today and I'm giving you permission and just know that that's okay.

If your body needs to take some naps, take some naps. In fact, we recommend that you take some naps.

The next part of that is watching a funny movie today. Get your favorite movie out and watch a funny movie and have some laughs. Because this isn't all doom and gloom. We're giving you the tools to take control and I want you to watch a funny movie.

If you don't have a favorite funny movie, go to YouTube and watch their Comedy Channel.

Lie in bed and watch a funny movie and start to nourish your body and listen to it.

So I'm giving you permission to do all those things and I hope that you do them; that's what you need to do today.

Flare Tool 3: Eat the Chicken Soup

Hopefully yesterday you got the chicken soup cooking and you've got that ready to eat today.

Throw all the rules out the window about what you know about eating. To get out of this flare, again, listen to your body. Eat when you need to eat and don't eat if you're not hungry.

If you're not hungry all day today, just don't eat. But if you are hungry, eat the chicken soup.

That might mean you eat it at 10:00 a.m. and again at 6:00 p.m. Everyone is different. But there's no more breakfast, lunch, and dinner today and for the next couple days.

Just focus on eating that chicken soup.

Now we talked to you about digestive enzymes in the supplements guide. A lot of people really struggle with the chicken soup in the beginning because the fat can be tough to handle when you're in the middle of a flare. But we need to lower that bathtub and that chicken soup is going to help us do that really quickly.

That's why it's so important to take digestive enzymes with the chicken soup right now. We recommend Digest Gold or GI ProHealth's ProZymes. Those are our two favorites.

And the most important thing is the first time you eat the chicken soup, just try one enzyme and see how you feel.

25 percent of people we've worked with get a burning sensation in their stomach after taking enzymes from gastritis (inflammation in the stomach lining), and if that happens, you need to do is ramp up slowly.

So if you're somebody who gets that burning feeling in your stomach, start with half a pill next time you eat the soup and see if it improves.

The most important thing is to get those enzymes in you. Take what you can and work up to two pills every time you eat. They have lipase in them, which help digest the fat in the soup. So that's really important.

The only thing that matters today

The only things you need to focus on today is first: take the day of work, lie in bed, take naps, and watch funny movies. Just take care of your body; nourish your body.

The second thing is eating the chicken soup.

Make sure you're taking those digestive enzymes to support your digestion.

I'm so grateful you're with us this week and keep just working on yourself. Nourish your body, rest, relax, and we'll see you again today in Day 2 of Flare Support. I look forward to talking to you then, where you'll get a few more 'Flare Tools' to focus on then.

- Jordan and Steve

P.S. – One more time, please make sure you read these disclaimers...

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