



DAY 4

Your Day 4 '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 4 of Flare Support

I want to let you know that we're right in the middle of the program and sometimes in the middle of it, we can really get bogged down in the details of what's going on and focused on the fact that maybe you're not feeling as good as what you'd hoped by now.

Or maybe you're starting to notice a little bit of change, but not quite something that's really transformed your life so far. Those thoughts and those feelings are completely normal.

It's kind of like the same thing that happened when you went through high school; maybe your sophomore or junior year, or college, where sometimes we talk about losing our way.

When we're marching towards a goal, when we're making significant changes like we've been doing over the last three days, you can start to lose your way.

And so today I want to let you know to stay with the program and hang with us through these next couple days.

We're going to continue to make significant changes in your Flare and in your health.

Now to Recap, so far...

Over the last three or four days you've made a lot of changes in what you're eating and I know this food is probably a lot different than what you've been eating in the past.

It might be getting a little monotonous, so because of that I'd like to tell you to keep marching on.

A lot of people feel the same way, so I encourage you to use more spices.

Things like ginger or black power or sea salt can really liven things up and make it fun for you, even if it's not exactly what you LOVE to eat right now.

Also, Jordan has shared some very, very powerful 'Lifestyle Flare Tools' that you need to be doing on a regular basis.

Things like meditation, laughing, going to sleep on time.

Remember, every single time you use one of the 'Flare Tools', it's like getting you a step closer to your goal.

They add up.

Every little thing we can do really adds up to stop your Flare and get you on a track to better health. Please keep doing those each day.

Your Day 4 'Flare Tool' Is: Supplements

Remember back when I told you that there was going to be some supplements in the '4 Flare Supplements' guide I wanted you to order?

Hopefully you have those on hand or if you don't, please go find these somewhere near you because today we're adding in three new supplements today.

Here's your new 'Flare Supplements' for today:

Fish oil, Zinc L-Carnosine and Vitamin D-3.

Yes, these three supplements can dramatically influence inflammation and leaky gut... strategically lowering your bathtub and supporting your Flare recovery.

The exact brands we recommend and the amounts you should be taking are all provided for you in the '4 Flare Supplements' guide you should have already downloaded.

Please refer back to that for the recommended protocol to begin today.

So the remaining four days of this program should have you taking the digestive enzymes plus these three new supplements.

Together, along with meditation and diet changes, you should continue feeling better day by day.

Get started with those supplements today and we look forward to talking with you tomorrow.

- Jordan and Steve

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

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