



DAY 5

Your Day 5 '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 5 of Flare Support

You've been going through a lot so far this week and I commend you for all the actions you've taken so far.

We're right in the middle of the week and at this point, it can be tough with regular life responsibilities starting to pile up against these new things, like eating different things, supplementing with different things, and different lifestyle habits.

These are all new habits that are very hard in the beginning. They are very time consuming and they suck your willpower when you're really learning how to do them it can be overwhelming.

It's going to get easier...

We've given you a lot of 'Flare Tools' over the last five days, but they all effect your progress, and I want to let you know that we acknowledge you for all the time and effort you're putting into your health.

We really hope your diarrhea is starting to lessen at this point and if you need to reach out, we'll help you if it's not happening yet.

Your Day 5 'Flare Tools' Are...

Flare Tool #1: move your body...

The lymphatic system in your body helps get rid of toxins, improves circulation, and it's very important to health. Up until this time, we've wanted you to be mostly sedentary and really focused on resting to help your body build itself back up.

But now it's time to get up and get loose, start shaking the cobwebs off a little bit and get outside.

Today you need to actually go for a walk. Now, ideally you're going to go for a 30-minute walk outside.

Getting outside has proven benefits to help lower your bathtub and reduce inflammation; things like sunlight, which will help you produce more Vitamin D-3 (which is anti-inflammatory).

Also the sunlight coming into your eyes will help set your circadian rhythm and improve cortisol levels in your body.

These are all very important things... and if you could walk in a park where there's trees there's other proven research about being around trees that suggests it's anti-inflammatory.

Generally it's just a good idea to get outside.

Now if going outside isn't something you can do right now, then walk around the house or walk around your gym. Either way, no one gets a pass today.

I know some of you might think, "there's no way I could go for a walk today."

So start small; start with five minutes today.

Get up and move your body for five minutes.

Those of you who think you can't walk are likely the ones who need to move the most, even if just a little bit.

Flare Tool #2: Take an Epsom Salt Bath...

Flare tool number two is that we're going to take an Epsom salt bath tonight.

You moved your body a little bit today, so now let's do something to rejuvenate it by taking an Epsom salt bath.

Draw a bath and throw the Epsom salts in it and soak for 15 to 30 minutes tonight and just think of this as a relaxing soak. Don't talk on your phone, don't watch anything on TV, just breathe and sit in there.

Here are Step-by-Step instructions for your Epsom Salt Bath:

<http://scdlifestyle.com/2013/01/how-to-take-epic-epsom-salt-baths/>

The Epson salt is going to help down-regulate stress and add sulfate to your body... both of which are anti-inflammatory.

These two flare tools are really going to help you with your diarrhea and get you up to the next level of health this week.

Thanks again for being with us.

I know that this program is a big change and you're doing hard work, and I really want to commend you and we'll see you again tomorrow.

- Jordan and Steve

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

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