

I've been a natural health practitioner for over 30 years. In my clinic I observed first-hand what happened when the digestive system wasn't working as it should. I developed **JUST FOR TUMMIES** so that you can live life fully without "tummy troubles".

**JUST FOR TUMMIES** *Health Begins Within*

THE UK'S NO. 1 DIGESTIVE HEALTH SUPPLEMENT COMPANY  
JUSTFORTUMMIES.CO.UK

Balancing your digestive system should be a key goal of any seasonal detox or holistic health plan. Cleansing your system by addressing what you're eating and drinking, and then boosting digestion with specialist supplements, will turbocharge your wellbeing!

This simple plan will kick-start your sluggish digestion, help reduce your IBS symptoms, including bloating and abdominal pain, reduce cravings, help to manage weight gain and, because you'll be getting the most from your nutrition, increase energy and improve mood.  
Here's to a brand new you!



Kit contains:  
Live Bacteria (60 capsules)  
Garlic (60 tablets)  
Digestive Enzymes (60 tablets)  
Omega 3 (30 capsules)

## Directions:

- Take two Live Bacteria capsules before your breakfast to re-populate your digestive system with 'friendly' bacteria.
- Take a Garlic tablet with your breakfast – this natural antimicrobial will help the battle against 'bad' bacteria and yeasts in your gut, as well as give you a more resilient immune system.
- Take a Digestive Enzyme tablet immediately before your lunch – this plant-based supplement will support your digestion and help avoid the post-lunch energy slump, as well as reduce uncomfortable bloating.
- Take an Omega 3 capsule with your lunch to help strengthen your digestive system.
- Take a Digestive Enzyme tablet immediately before your evening meal to give your digestive system a helping hand, and prevent uncomfortable bloating developing overnight.
- Take a Garlic tablet with your dinner to continue the fight against 'bad' bacteria and yeasts in your gut while you sleep.

## A perfect start

- A glass of warm water with lemon will help get your digestive tract moving, and has a cleansing effect on the liver, as well as stimulating digestive secretions.
- A cup of my Tummy Tea is full of antioxidants and contains no caffeine, so won't dehydrate you.
- Choose a green smoothie (kale, cucumber, watermelon and mint is very cleansing), quinoa porridge made with nut milk topped with a few berries, or a spinach omelette for a clean, nutritious breakfast.
- Take two Live Bacteria capsules before your breakfast to re-populate your digestive system with 'friendly' bacteria.
- Take a Garlic tablet with your breakfast to help the battle against 'bad' bacteria in your gut.

**TUMMY TIP:** Mix & Matcha! This powdered green tea is a super-concentrated source of catechins which target tummy fat. Add half a teaspoon to your Tummy Tea, a green juice or plain hot water.

## Keep it clean

- Eat a good lunch and then try to minimise snacking between meals – you need to give your digestive system a rest. If you really need a boost between meals, try to have a vegetable juice or a coconut water.
- Base each meal on lean animal or vegetable protein served with plenty of green vegetables.
- Ensure you're eating at least 20g of fibre daily (equivalent to three large bananas, or 4 cups of broccoli, or 5 carrots, or 4 slices of rye bread).
- Take a Digestive Enzyme tablet immediately before your lunch – this plant-based supplement will support your digestion and help avoid the post-lunch energy slump.
- Take an Omega 3 capsule with your lunch to help reduce inflammation in your stomach and gut.

**TUMMY TIP:** Chew food at least 20 times before swallowing, and don't drink a large volume of water with meals - this may dilute gastric secretion and slow down digestion.

## And so to bed

- Your goal for the evening is to be gentle on your digestive system so it has time to repair and rebalance while you sleep.
- Eat a little animal protein with steamed vegetables for your evening meal, or go completely plant-based if you can.
- Take a Digestive Enzyme tablet immediately before you eat to give your digestive system a helping hand – this will minimise uncomfortable bloating while you're in bed, and reduce the chance of excess wind and bloating the following day.
- Take a Garlic tablet with your dinner to continue the fight against 'bad' bacteria and yeasts in your gut while you sleep. Garlic also helps bolster the immune system, reducing the risk of infections.

**TUMMY TIP:** After your evening meal, try drinking Tummy Tea with its calming blend of herbs and spices – it gently helps food move through the digestive system so that it can be eliminated.

The full range of **Just For Tummies**  
specialist digestive health supplements are available  
from your therapist, health food store or from  
[www.justfortummies.co.uk](http://www.justfortummies.co.uk)



## Thank You...

For letting us help take care of your tummy.  
If you love our products, please review,  
like and follow Just For Tummies.



Why not join our "Tummy Talk" Facebook community?  
Join me and my team of digestive and gut health experts  
to learn more about how to get and maintain tummy health.

Visit the group and request to join at:

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# Perfect Balance Kit

**HEALTH BEGINS WITHIN**