

Regularity Support

Constipation is the most common gastrointestinal complaint in the United States. Nearly 63 million Americans suffer from chronic constipation (Higgins PD, Johanson JF, 2004).

A Therapeutic Food Protocol for Constipation

- **Be Regular**- 1-2 heaping tablespoons daily
- **Beta Glucan High Potency Synbiotic**- 1 heaping tablespoon daily
- **Phyto Power**- 2 capsules
- **No. 7 Systemic Booster**- 1 teaspoon

Food Science:

Be Regular strongly supports the establishment of a healthy daily bowel movement.

Be Regular is comprised of five organic indigenous whole seeds: chia, buckwheat, amaranth, quinoa, and millet. The seeds are gluten free and packed with life giving nutrients. We utilize special process to mill the seeds through a patented heat-shearing technology that gently cooks the seeds, making their constipation relieving fibers and rich nutrients exceptionally available. Be Regular provides fiber and nutrients to stimulate the colon, reduce inflammation, and ease constipation.

The Be Regular supplies fiber and nutrients to gently stimulate the GI track (citation). The seeds offer robust nutritional support (citation) and help to feel more energetic (citation). The Beta Glucan Synbiotic adds fiber with the oat beta glucans (99.98% gluten free), chicory root for added fiber, probiotics, and red beetroot.

Phyto Power capsules with your drink to reduce inflammation in the GI track (citation); gently detox the liver (citation); and repair and protect nerve tissue (citation); and supply a natural anti-fungal (citation). In the evening before bed take one teaspoon of the No. 7 Systemic Booster (mix in water only). The No 7 has berries shown to reduce inflammation (citation); offer more fiber from fruits and chicory root for smoother bowel movement (citation); the Bulgarian probiotics and supernatant are shown to protect, clean, and strengthen GI function (citation);

Direction: Mix the Be Regular and the Beta Glucan with a large glass of water or juice (using diluted juice such as pineapple, berry of any kind, apple, or pear is delicious). You can drink as is or create a a fuller drink by adding a protein powder, fruit, almond butter, flax seeds, etc. Take 2 Phyto Power capsules with your drink. For an added boost, take the No 7 Systemic Booster.

Bibliography:

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- Higgins PD, Johanson JF. Epidemiology of Constipation in North America: a systematic review. *American Journal of Gastroenterology*; 99:750-759.
- Nambiar et al. (2011). Potential Functional Implications of Pearl millet in Health and Disease. *Journal of Applied Pharmaceutical Science*; 1(10): 62-67.

- Sanjoaquin et al. (2004). Nutrition and lifestyle in relation to bowel movement frequency: a cross-sectional study of 20,630 men and women in EPIC- Oxford. *Public Health Nutr*; 7(1):77-83.
- Schmier et al. (2014). Cost savings of reduced constipation rates attributed in increased dietary fiber intakes: a decision-analytic model. *BMC Pulic Health*; 14:374.

We have developed our products based on scientific research and/or the practical experience of many healthcare practitioners. There is a growing body of literature on food based nutrition and supplements and their application in support of our health. Please use our products under the advisement of your doctor.