
Month 1 - GUT/HYPOXIA Protocol

The (No) Tantrum Program

Sam Guest - Tantrum

IMPORTANT: Where a link is given in this document it is to help you identify what it is you're looking for, do not feel obliged to buy these particular products.

GUT PROTOCOL

Week 1

Peels from 2 apples (organic) first thing in the am

Week 2

Peels from 3 apples (organic) first thing in the am

HMO with the apple peels

Week 3

Peels from 3 apples (organic) first thing in the am

HMO (Human Milk Oligosaccharides) with the apple peels

Red Phenols

Week 4

Peels from 4 apples (organic) first thing in the am

HMO with the apple peels

Red Phenol Powder (roughly 1 tablespoon a day)

HYPOXIA PROTOCOL

Every Night

Breath Right strips

Mouth taping at night time

2-3 Times A Week

50mg Flushing Niacin (*Niacin is also known as Vitamin B3, and comes in 2 forms flushing and non flushing, we want the flushing*)

50mg of Zinc

When the flush from the Niacin hits (this feels a little like windburn or a hot flush) hits (normally within 15-30mins) do 4 side breathing

Lie on your front arms under your head - Deep breaths for 1-2 minute

Turn on your side - Deep breaths for 1-2 minute

Turn on your other side - Deep breaths for 1-2 minute

Turn on your back - Deep breaths for 1-2 minute

GUT RE POPULATION PROTOCOL

Week 1-2 (do once in this time)

Run through the 3 day Micro Biome Reset. The idea here is to repopulate your gut with healthy, youthful, lean bacteria.

Week 3-4 (do once in this time)

For 1-2 days follow the banana diet.

This is as easy as it sounds simply eat banana's for 1 to 2 days, nothing else.

Bananas are full of Inulin which Bifido Bacteria love, so with this protocol we are aiming to repopulate your gut, fast. Ideally these bananas should be a little green (*as green bananas have more resistant starch which is even better for our good bugs*) but if you notice you are getting bloated or simply can't stomach green bananas for 2 days then yellow ones are fine (just avoid brown ones as they are very high in sugar).