
Stubborn Belly Fat Loss Protocol

The Re-Ignite Program

By Sam Guest

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.

Anything ordered from Amrita use the Code M9HCFA to get a 10% discount

Week 1

Peels from 2 apples (organic) or 1 scoop [Apple Peel Powder](#) first thing in the morning

Week 2

Peels from 3 apples (organic) or 1 scoop [Apple Peel Powder](#) first thing in the morning
[HMO](#) (Human Milk Oligosaccharides) (1 serving) with the apple peels (*if you notice bloating from this discontinue use and let me know*)
1 serving [D-Mannose](#) a day

Week 3

Peels from 3 apples (organic) or 2 scoops [Apple Peel Powder](#) first thing in the morning
[HMO](#) (1-2 servings) with the apple peels
[Red Phenol Powder](#) (1 tablespoon a day)
1 serving [D-Mannose](#) a day
1 serving [Loquat Leaf Extract](#) a day

Week 4

Peels from 4 apples (organic) or 2 scoops [Apple Peel Powder](#) first thing in the morning
[HMO](#) (1-2 servings) with the apple peels
[Red Phenol Powder](#) (1-2 tablespoon(s) a day)
1 serving [D-Mannose](#) a day
1 serving [Loquat Leaf Extract](#) a day