

Diarrhea

Possible Causes and Contributing Factors:

- Food allergy/sensitivity
- Infection/inflammation
- Psychological stress
- Parasites
- Digestive dysfunction/Low stomach acid

Suggested Dietary Changes:

- At least 10 glasses of pure water daily
- Increase fresh food in diet; however, avoid lettuce and foods in the cabbage family (broccoli, Brussels sprouts, cabbage, kale) until flatulence and diarrhea are under control
- Avoid excess protein and insure red meat consumption is limited to not more than once per week. Use chicken, fish, veal, lamb
- Eliminate dairy, alcohol, gluten, refined carbohydrates and hydrogenated fats and oils

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*