





LIVINGOOD DAILY

3-DAY COLLAGEN CLEANSE

Need to jump start and rebuild your digestive system? Need to erase a weekend of bad food decisions? Need to support a damaged gut? Try this easy 3-day protocol anytime of the year!

Two important steps can quickly rebound and repair your gut.

 **STEP 1** Add in good bacteria. For a healthy gut and immune system you need a healthy microbiome/gut. Your morning and evening will include a probiotic bomb through the [Livingood Daily Greens + Superfoods](#) and/or fermented foods!

 **STEP 2** Seal up your gut. You need lots of gut friendly collagen in the form of Bone Broth or Collagen + Multi to do this.

WHAT YOU'LL NEED

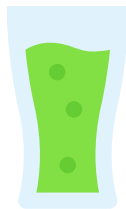
- 3-6, 1/2 scoop servings of [Livingood Daily Greens + Superfoods](#) (your choice of flavor) **OR** 6 glasses, 8-10oz of low-sugar green juice
- 3 gallons of water
- 6-12 glasses of Bone Broth or 9-12 [Collagen + Multi](#) smoothies (see recipes on the next page)
- *Optional:* 6 servings fermented foods (sauerkraut, 1/2 bottle kombucha, or kimchi)

DAILY PROTOCOL

Wake Up

Drink 1/2 scoop in of [Livingood Daily Greens](#) (add to 10-12oz water) or 8-10oz green juice upon waking up.

Optional: 1 serving of fermented food.



Lunch

Alternate 8oz servings of water in between 1-2 glasses of Bone Broth or a [Collagen + Multi](#) smoothie.



Dinner

Alternate 8oz servings of water in between 1-2 glasses of Bone Broth or a Collagen + Multi smoothie. Drink 1/2 scoop of [Livingood Daily Greens](#) (add to 10-12oz water) or 8-10oz green juice.

Optional: 1 serving of fermented food.



KEYS TO REMEMBER

- Use only Bone Broth or Collagen + Multi for the entire 3 days. (Do not use Chicken Noodle Soup!)
- Only consume water, Greens, fermented beverages, smoothies, and Bone Broth throughout the 3 days. If you are extremely hungry, try curbing your consumption with more bone broth or an extra smoothie.
- Medications should still be taken as directed by your medical provider.
- *Disclaimer: If dealing with diabetes, kidney problems, heart problems, or other health concerns, please contact your overseeing physician before doing a fast or any diet plan.*

DR. LIVINGOOD'S RECIPES

BONE BROTH

- 2 pounds bone from organic meat source
- 2 chicken feet for added gelatin (optional)
- 1 onion
- 2 whole carrots
- 2 stalks of celery
- 2 tbsp apple cider vinegar (with the Mother)
- Large stock pot to cook broth in and a strainer to remove the pieces

Combine all ingredients in stock pot and simmer for 24-48 hours. Once done, strain out the whole bones and vegetables.



BLUEBERRY ALMOND SMOOTHIE

- 1/2 - 3/4 cup full-fat coconut milk or almond milk
- 1 large handful of fresh spinach
- 1/2 cup frozen blueberries
- 1 heaping spoonful of almond or cashew butter
- 1 scoop [Livingood Daily Collagen + Multi \(Vanilla or Unflavored\)](#)
- 1/2 tbsp Cacao nibs, flaxseed, or chia seeds (optional)

Measurements are estimated for a single smoothie. Put all ingredients in a blender and mix until smooth. Can add more milk depending on size of desired smoothie.

CHOCOLATE ALMOND SMOOTHIE

- 1/2 - 3/4 cup full-fat coconut milk or almond milk
- 1/2 frozen avocado (optional)
- 2 tbsp almond or cashew butter
- 3-4 ice cubes (optional)
- 1 scoop [Livingood Daily Collagen + Multi \(Chocolate or Unflavored\)](#)

Measurements are estimated for a single smoothie. Put all ingredients in a blender and mix until smooth. Can add more or less milk depending on size of desired smoothie.



FEATURED PRODUCTS

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