

## Tend Your Microbial Garden With



# LeanBiotics™

## LeanBiotics™ Diet & Exercise Program

Just as you would tend a vegetable or flower garden, your microbial garden needs tending, too. Start by cleansing and removing the weeds. Nourish your internal garden with prebiotics and special foods. Then replenish it with select probiotics - planting the seeds for growth. Continue to sustain your garden with the right nutrients to promote ongoing growth, and amplify your efforts with physical activity. The result? A healthy, balanced internal garden – your lean microbiome.

The LeanBiotics™ Diet & Exercise Program is designed to provide you with the products, education, and tools needed to guide you every step of the way and help you reach a healthy weight!



### Step 1: CLEANSE YOUR MICROBIOME

#### *Removing the Weeds*

Cleanse the gut by taking the LeanBiotics™ Cleanse supplement and by making important changes to your diet. Like weeding a garden, this step prepares your digestive tract to receive and support the development of beneficial bacteria – your internal garden.

### Step 2: NOURISH YOUR MICROBIOME

#### *Promoting a Healthy Internal Garden*

After cleansing, the next step is to nourish the beneficial microorganisms in your digestive tract. Using the gardening analogy, after pulling out the weeds, compost is added to enrich the soil. What's the best way to feed your internal garden? By providing the beneficial bacteria in your gut

with the nutrients that they need to flourish. During this step you will start [LeanBiotics™ Prebiotic](#) and introduce foods high in prebiotic fiber, a special type of food that these lean microorganisms feed on.



### **Step 3: REPLENISH YOUR MICROBIOME**

#### *Planting the Seeds for Growth*

Now that your internal garden has been weeded of the bad bacteria and nourished with beneficial nutrients, your garden is ready for spring planting. During this step you will start [LeanBiotics™ Probiotic](#) to replenish the number and diversity of beneficial, lean bacteria thriving in your digestive tract. In addition, you will introduce foods that naturally contain probiotics to ensure a healthy, balanced and self-sustaining microbiome.

## Step 4: SUSTAIN YOUR MICROBIOME

### *Growing Your Body's Microbial Garden*

During this step, you'll be tending to your internal garden to ensure that it gets the nutrients needed to grow and flourish. You will include **LeanBiotics™ LeanMeal RS™** Meal Replacement Drink in your daily dietary routine. At the same time, you'll try to limit the foods that promote the development of "bad" bacteria. This sustenance phase is all about balance.



## Step 5: BOOST YOUR MICROBIOME

### *Augmenting Your Results with Exercise*

The foods and nutrients you consume on an everyday basis have a major impact on your health, wellness and weight. Adding exercise to your routine is like adding sunshine and water to your garden. Daily exercise not only improves your success and promotes a lean body but boosts your gut microbiome in the process.