5R worksheet Date:

**Remove:**

What foods do I need to remove in order to heal?

1.

2.

3.

What supplements (if any) do I need to take to remove unhealthy microbes?

1.

2.

3.

**Replace:**

Do I need to supplement with HCL or digestive enzymes?

1.

2.

3.

**Repair:**

Which supplements will I take to heal the lining of my digestive tract?

1.

2.

3.

**Reinoculate:**

Which probiotic will I use?

1.

2.

**Relax:**

What supplements (if any) will I use to relax?

1.

2.

What lifestyle changes will I make?

1. Pause and rest before eating
2. Chew my food thoroughly and eat slowly

**Other:**