



# What is your Microbiome?

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**We all have a fascinating ecosystem within each of us called the microbiome. Scientific research around the microbiome has been developing quickly over the past few decades, and the microbiome is now understood to be at the core of overall health.**

**But what is it?**

**It's a complex network of bacteria, fungi and microflora that reside primarily in the gut and impact the health of virtually every system in the human body.**

**The microbiome accounts for 90% of the cells that create you. Only 10% of the cells in your body contain your DNA, so a lot of what makes you “you” is influenced by the variety of bacteria living in your gut.**

**The microbes living in your body are essential to survival, but they can also be detrimental to your health if the species and diversity of the microbiome are out of balance.**





# Health implications of the Microbiome

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Gut flora has been linked to virtually every process in our body. Imbalances have been implicated in countless health issues, some being the deepest chronic health issues of our time. These are non-communicable diseases that develop in our bodies, including:

- Autoimmune diseases
- MS
- Obesity
- Diabetes
- Asthma
- Autism
- Arthritis
- Rheumatism
- Cancer

In addition, further research is proving link between the microbiome and the brain (known as the gut-brain axis). Our mental and emotional wellbeing is heavily influenced by the make up of our microbiome.



# What can we do about it?

The wonderful thing is that the microbiome is accessible and can be modified.

Three-quarters of the microbiome lives in your intestines, and it is directly influenced by what you consume.

This is why our leading scientists and doctors at Synergy Worldwide have designed and created innovative products to target the microbiome. By protecting and supporting the good microbes and eliminating the bad ones, we can re-establish the balance in the gut flora and positively impact our physical and mental health.



The image displays the Synergy Purify Microbiome Kit. At the top center is a white tote bag with the 'SYNERGY PURIFY' logo. Below it are several product containers: a box of BIOME DT Food Supplement, a large jar of BIOMESHAKE Food Supplement, a box of PROARGI-9+ Food Supplement, and two smaller jars of BIOME ACTIVES Food Supplement. A white tube of BIOME DT is also visible. In the background, a blue and white informational card titled '21-DAY PURIFY PROGRAMME' is shown, featuring sections for 'DIETARY CONSIDERATIONS', 'THE PURIFY KIT', and 'HOW TO GET STARTED'. The card includes text about dietary guidelines and the kit's components.

**Synergy's revolutionary Microbiome Kit "Purify" is the first step in changing your health. This body reset will be the start of a whole new approach to maintaining optimum and elite health.**



# The Microbiome Purify Kit

Each of the 5 products in the kit has a specific purpose



**Biome DT** is a patent-pending purification drink. It detoxifies, cleanses and balances the microbiome, lubricates the digestive tract to help contaminant elimination, activates enzymes to target contaminants, aids healthy bacteria with pH-balancing fermentable fibre, and it supports healing of the digestive lining with L-glutamine 9.

**Biome Shake** is a vegan meal replacement shake high in vegetable protein with a blend of antioxidants, vitamins, minerals, amino acids and beneficial fats from sources such as flaxseed and borage oil. These fermentable fibres create the right environment in the gut for good bacteria to flourish.

As part of the Purify program, Biome Shake helps balance and purify the microbiome with a vegetable base featuring broccoli, digestive enzymes, prebiotics and clean vegetable protein.



**Body Prime** contains prune powder and apple pectin to support cleansing and bowel motility and to prime the body for an effective purification program. The magnesium content in Body Prime helps to maintain a healthy electrolyte balance, reduce fatigue and contribute to muscle function.



**Biome Actives** combines both prebiotics and probiotics to provide a favourable environment for beneficial gut bacteria. This helps maintain the balance of the microbiome in the digestive system and supports healthy detoxification. Each capsule provides 1 billion CFU (colony-forming units) of *Bacillus coagulans*.

Synergy's Biome Actives is formulated so that it is not destroyed by stomach acid and therefore travels to where it is needed.

**ProArgi9+** contains the Nobel Prize winning amino acid, L-arginine, and five essential vitamins (C, D3, K2, B6 and B12) for powerful health benefits. ProArgi9+ contributes to normal functioning of the nervous and immune systems while reducing fatigue and promoting normal psychological function.



# The 21 Day Purify Program

## How the 21 day program works

**Days 1 - 7** We focus on eliminating some foods from the diet during this week. This allows our gut to rest and begin healing, so that it is in the best state to begin absorbing the healthy nutrients during the program. We continue to keep these foods eliminated for the whole 21 days.

Breakfast	Mid-morning	Lunch	Mid-afternoon	Dinner
Eating plan breakfast 1 x Body Prime 1 x Biome Actives	Eating plan snack	Eating plan lunch 1 x Body Prime 1 x Biome Actives	Eating plan snack 1 x ProArgi9+	Eating plan dinner 1 x Body Prime 1 x Biome Actives

**Days 8 - 14** In the second week, we begin taking all the supplements and we replace breakfast and lunch with a Biome Shake. Eating plan snacks / meals can also be included this week as needed, depending on each individual's energy needs.

Breakfast	Mid-morning	Lunch	Mid-afternoon	Dinner
2 scoops of Biome Shake 1 x Body Prime 1 x Biome Actives	1 x ProArgi9+ 1 x Biome DT	2 scoops of Biome Shake 1 x Body Prime 1 x Biome Actives	1 x ProArgi9+ 1 x Biome DT	Eating plan dinner 1 x Body Prime 1 x Biome Actives

**Days 15 - 21** In the final week, we begin reintroducing eating plan breakfasts and lunches as the Biome Shake runs out. Additional eating plan snacks / meals can also be included this week as needed, depending on each individual's energy needs.

Breakfast	Mid-morning	Lunch	Mid-afternoon	Dinner
Eating plan breakfast, or 2 scoops of Biome Shake 1 x Body Prime 1 x Biome Actives	1 x ProArgi9+ 1 x Biome DT	Eating plan lunch, or 2 scoops of Biome Shake 1 x Body Prime 1 x Biome Actives	1 x Biome DT	Eating plan dinner 1 x Body Prime 1 x Biome Actives



# The Eating Plan

## What to avoid

From day 1, there are certain foods we recommend you eliminate from your diet. Doing this gives your gut a chance to rest and creates a space where it can absorb the supplements and begin to heal.

Foods we recommend you eliminate for all of the 21 days:

- Caffeine
- Alcohol
- Processed food
- Starchy vegetables (e.g. potatoes, sweet potatoes, sweetcorn, green peas, turnips, parsnips etc)
- Wheat, rice, dairy and sugar

Smoking introduces toxins into your body. If you can, we recommend you stop smoking or at least reduce. The critical period is days 8 – 14.



# The Eating Plan

## What to include

These are suggestions of recommended foods to include during the 21 days. Eating these types of foods will nourish your gut by encouraging the growth of healthy gut bacteria.

- Dairy alternatives – plant-based milks and yogurts (no sugar), coconut milk instead of cream
- Fruits – Apple, apricot, banana, berries, cherry, grapefruit, grapes, kiwi, mango, melon, nectarine, orange, peach, pear, pineapple, plum, tangerine
- Vegetables – all non-starchy vegetables, and fermented foods such as kimchi or sauerkraut
- Legumes – Soybeans, dried beans, lentils, chickpeas
- Protein – Fish, shellfish, beef, lamb, poultry, wild game, eggs, tofu, tempeh, quinoa, nuts
- Seasonings & Condiments – Dry and fresh herbs, all spices, mustard powder, lemon and lime juice, salsa, vinegar, soy sauce, stevia leaf





# What to Expect During the Purify Program

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**The microbiome responds quickly when we change what we consume. Usually within a few days, you will notice your food tastes changing, and any previous cravings for caffeine, sugar, baked/fried foods etc, will start to reduce.**

**Some people experience slight detox symptoms during the first week, such as headaches and some fatigue. This is perfectly normal as the body works hard to clear and process toxins from the system. Allowing yourself some rest if needed, and drinking plenty of water is the best way to manage these symptoms.**

**Once weeks two and three are underway, most people notice a significant boost in their energy levels and mental clarity. This is to be expected as the body adapts to the new way of eating, and the microbiome begins to flourish with a new healthy balance of bacteria.**







# Beyond the Purify Program

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**Once the 21 days are over, there will be some leftover supplements that you continue to take.**

**We recommend reintroducing foods gradually. Your gut has become used to a very clean diet over the past 3 weeks, and we don't want to overwhelm it by bringing in other foods too quickly. You may have gone into the program having some food sensitivities, so this is the ideal opportunity to listen to your body as you reintroduce foods and see if you can identify which types trigger reactions.**

**The best plan is to reintroduce one food type at a time, every few days. For example, you may wish to bring back grains first (such as bread, rice and pasta) and see how your body feels. Once you are happy, you could then add in dairy produce for example, to see how your body reacts to that.**

**Take things slowly and pay attention to what your gut is telling you! If there are certain foods it doesn't like, you'll notice.**





# Continuing Your Elite Health Journey

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**The Purify program is unique to everyone; you will have started the program with your own individual health goals, and by the end you will be feeling the unique benefits that your body needed the most.**

**By cleansing and nourishing your gut microbiome, you have given yourself the best possible start on your journey towards elite health. Your body now has the healthy base it needs for you to continue nourishing it.**

**Keep the eating plan in mind. Some of those great food choices you discovered during the Purify program can be incorporated into your life going forward.**

**Now that you've finished the Purify program, speak to your Synergy mentor to arrange a follow up consultation. Your mentor will go through the options that are best suited to you going forward, depending on your unique goals and needs.**

**Well done!! And enjoy your elite health journey.**

