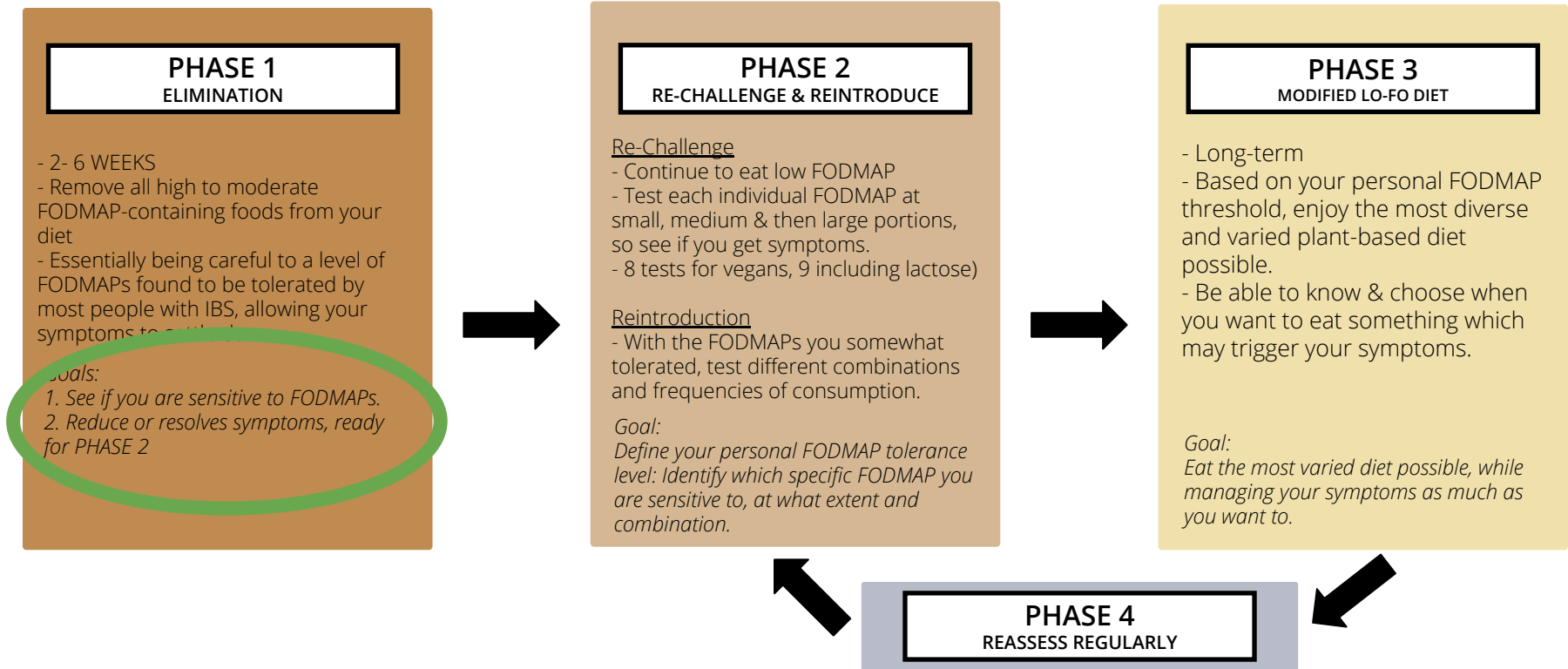


Are Ready For The
Re-Challenge Phase?

The Low FODMAP Diet Protocol



Your Symptoms Are steadily & Consistently Improved.

Totally symptom free is often unrealistic, as other parts of life such as stress, changes in eating patterns etc, will still be factoring in. However you are ready of the re-challenges if:

- Your symptoms are very mild: at least 50-75% improvement
- Your improvements are consistent
- You are only experiencing the occasional acceptable symptom but you feel good most of time.

Obviously these are still open to your own, personal interpretation.

You Have Notice Your Non-FODMAP Factors

You have noticed those other factors affecting your symptoms and are learning to manage them.

These might be your:

eating patterns, speed of eating, exercise, stress, caffeine, alcohol.

And you have been working to manage them.

You Have Mastered Eating Low FODMAP!

You are confident in eating low FODMAP diet!!

You are good at reading labels, you understand how to create low FODMAP meals. You've basically memorized the Monash FODMAP app and stacking.

You are confident you can maintain this diet during the re-challenge phase to get those crystal clear results.

If this is all resonating and you feel ready, it's time to get cracking on this Bundle!

GOOD LUCK!!

(And well done for getting this far! x)