

How To Make A Basic Elemental Shake

These are the same instructions I give on page 48 of *The IBD Remission Diet* book. There are some instances where due to cost, or intolerance, you cannot use a pre-made, comprehensive elemental shake product (like Absorb Plus).

But you can provide yourself with basic bowel rest by combining some key ingredients to create your own simple elemental (pre-digested) shake and we have all the ingredients together for you in our Shoppe.

So, for EACH shake, you mix together:

- 25 grams of pure protein (vegan or whey)
- 50 grams of non-GMO maltodextrin (tapioca maltodextrin)
- 1 capsule Multi-Vitamin and Multi-Mineral (including trace minerals)
- 1000 mg of L-Glutamine
- 400 IU Vitamin E Mixed Tocopherols
- 1 capsule Vitamin B Complex
- 500 mg Vitamin C (in mineral ascorbate form)
- 1 tsp – 1 tbsp Udo's oil or raw coconut oil (according to tolerance)

Directions:

1. Add 1 cup of filtered or spring water (or clear, raw coconut water) to LTYG BlenderBottle with whisk inside
2. Add all shake ingredients (open capsules and pour in contents)
3. Shake briskly. Add ice if you wish and consume slowly for maximum nutrient absorption (take at least 20 minutes to consume if you can)

*Omit any supplements you are intolerant to and test adding them again later. Do not use any liquid other than water or raw, clear coconut water – otherwise the shake will not be elemental. Do not use hot liquid as this will denature the ingredients.

Visit www.LTYGshoppe.com to purchase ingredients

See *The IBD Remission Diet* book for full instructions on how to use an elemental diet to provide bowel rest and a healing spa for your whole body.