

WISH

World Integrated Systems in Health
Dr. Sandra J. Bevacqua

Optiflora Protocol

Optiflora consists of two products, a pre-biotic and a pro-biotic. They work together to establish healthy gut bacteria, including oral bacteria if used in the manner described below.

Shaklee Optiflora Prebiotic Complex (powder)

Shaklee Optiflora Probiotic Complex (pearls)

After oral hygiene in the evening prior to bed, mix 1 teaspoon of Optiflora Pre-biotic into a small amount of water and swallow. It will taste sweet. It can be also eaten plain as well. This is food for the good bacteria, and will assist in reestablishing healthy gut and oral bacteria.

*If you have been instructed to use ProEM-1 – Use 1 Tbsp of ProEM-1, swish the liquid around in your mouth for 30 seconds to 1 minute then swallow.

After taking the Optiflora Pre-biotic powder, swallow one of the Optiflora Pro-biotic pearls. Then place a 2nd pearl under your tongue prior to bedtime, allow it to dissolve overnight, doing this will help to encourage beneficial bacteria in your mouth. This will help to shift the types of foods you crave. It will help to eliminate the white/yellowish coating found on the tongue when there is an overgrowth of yeast in the mouth.

Occasionally, symptoms may temporarily worsen prior to dramatic improvement. This also helps to heal the mouth, throat, and inner ears.

*If you have been instructed to swallow more than one or two Optiflora per day, gradually work up to this amount.