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Your Gut Needs Beauty Sleep Too

1 message

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To: Ian Nagy <audits@funneloftheweek.com>

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Hey Ian, you made it to day 6!

It wasn't easy, but you've made it here.

Seems like only **5 days ago**, you were wondering whether to take this leap of faith.

Now look at you, **almost at the finish line**.

Take a moment to look back and **acknowledge all the hard work** you've put in to get here.

Celebrate your progress, no matter how small it seems!

Gut rest Gut rest G



Day 6: Let Your Gut Rest

Did you know that our gut has a sleep schedule too?

Just as how you need a good night's rest to function properly...

Your **gut** needs its own version of "beauty sleep" as well.

The same **healing process** that occurs in your body when you sleep, **takes place in your gut** as well.

So, remember to gently tuck your gut into bed...

And **try not to overload it** with a heavy meal right before bed.

Pro Tip: Have your last meal at least **2-3 hours before your bedtime.**

This allows your gut to fully digest your food before snoozing.

Just As How Rome Wasn't Built In A Day

Working towards a healthy gut routine is a gradual process!

Eating an early dinner and allowing your gut to rest may seem like a small step...

But it's these **small steps** that **lead to lasting changes over time** for your gut health!

While we're on the topic of small, gradual steps...

It's important to remember to **celebrate your victories, no matter how small** they are!

For example:

If You Notice Some Beneficial Changes While Taking Provitalize...



More
energy



More regular
bowel



Less
cravings



Better
sleep

Congratulations! These are telltale signs that Provitalize is working for you!

Now, **repairing years** of gut damage will **take time**.

So before you can see the "real" results you're looking for...

We ask for you to be patient with your body.

Let it adjust to the ingredients. Let it heal.

Many of our customers who have **poor gut health or a leaky gut...**

Took months before they started experiencing the **full benefits** of our products.

But, once they got past the "healing crisis"...

Their results were exponential!

So when you're taking our supplements...

It's important to **keep your eyes on the long-term goals** you're trying to achieve.

This "healing process" might take some time...

But having a **healthy gut** that makes your goals **easier to attain** is definitely worth it!

PS. Tomorrow's the last day of our 7-Day Challenge!

You're almost there at the finish line!

Give yourself a pat on the back cause you deserve it!

We're proud of all the **habits you've adopted** so far.

See you tomorrow for the **final installment** of our 7-Day Challenge!

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Who is the BB Company?

BB Company is a collective of innovators, including product developers, health specialists, and naturopaths, committed to crafting supplements that deliver results. Our objective is to transform the supplement industry by prioritizing gut health as a key foundation before addressing other health concerns. Through our work, we've aided countless individuals in achieving better digestive health and enhancing mental clarity. We collaborate exclusively with high quality production facilities and esteemed health experts.

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