



# Rebuilding Wellness

with *Sue Ingebretson*

## Benefits Overview of The Restoration Trio\*

Balanced Nutrition	Fitness / Body Movement	Emotional Wellness - Stress Relief
Improves nutrient deficiencies	Assists with whole body detoxification	Improves sleep
Heals leaky gut syndrome	Strengthens muscles, joints	Regulates stress response
Heals SIBO (Small Intestine Bacterial Overgrowth)	Strengthens core of the body	Invites relaxation response
Builds a strong immune system	Supports spinal alignment	Addresses emotional trauma
Lowers food sensitivity response	Improves digestion	Addresses limiting belief issues
Regulates blood sugar	Clears away fibrofog	Regulates breathing / circulation
Lowers over-active autoimmune response	Improves mental clarity	Regulates blood pressure
Improves intestinal nutrient absorption	Improves decision making	Improves mental clarity
Improves sense of wholeness and balance	Improves whole body circulation	Improves decision-making/problem-solving
Improves systemic communications	Regulates blood pressure	Strengthens the immune system
Improves circulatory and vascular health	Improves memory	Improves sense of calm and peace
Improves cognitive function	Relieves stress	Improves energy levels
Improves energy levels	Builds muscle mass / increases metabolism	Improves circulatory and vascular health
Limits opportunistic disease development	Improves energy levels	Improves relationships
Improves sleep	Strengthens the immune system	Improves concentration and focus
Improves eye health	Strengthens bone health	Fosters healthy food choices
Assists in healthy weight management	Improves sleep	Increases overall happiness
Increases resistance to food-borne bacteria	Creates overall sense of balance	Enhances neuroplasticity
Supplemental nutrients (as indicated)	Increases overall stamina	Reduces over-reactive state

\*As mentioned in the #1 Amazon Chronic Illness Best-seller, [FibroWHYalgia](#)