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Best remedy for Diarrhea, vomiting, loose stools, G-I upset of long or short duration. Anything from “mommy my tummy hurts” to everything coming out both ends. It works by rebalancing ph and electrolytes in the gut.

- ❖ 1 Tablespoon of Tomato juice
- ❖ 1 Tablespoon of Sauerkraut juice (buy sauerkraut in a glass jar and spoon off the juice from the top.)
- ❖ Consume 1 Tbsp. of each every 20 minutes for 2 hours.
- ❖ You may drink water but do not eat anything during the 2 hours.

For the next day have a *VERY plain*, bland diet. Avoid sweet, rich, and/or greasy foods. Focus on clean and simple foods.

You may repeat this again as often or as frequently as needed.

Do NOT use “V8” or any juice blends. Use simple/plain tomato juice. If possible buy organic.