

Toney Freeman
TONEY FREEMAN



“

OVER THE LAST 5 YEARS I'VE SPENT COUNTLESS HOURS RESEARCHING AND EXPERIMENTING WITH NATURAL WAYS TO HELP HEAL MYSELF, MY WIFE AND COUNTLESS OTHERS WITH MUCH SUCCESS. IT'S NEVER ENDING SO FINDING WAYS TO GET **MASSIVE RESULTS** IN A SHORT AMOUNT OF TIME IS **HUGE!**

”

CLEAR THE CLUTTER | **CHANGE** THE TERRAIN | **BUILD** BACK BETTER

INTRODUCING
GUT
RITEGYST
INTERNAL
TRANSFORMATION
SYSTEM

PHASE I: G.R.I.T.





GUT RITEGYST INTERNAL TRANSFORMATION



**7-DAY FAST START
TO OPTIMAL GUT
HEALTH &
WEIGHT LOSS**



WHAT IS IT?

- 7-DAY FAST START TO AN AMPLIFIED LIFE WITH **OPTIMAL** GUT HEALTH 
- BALANCED** BRAIN CHEMISTRY 
- TOXIN **ELIMINATION** 
- WEIGHT LOSS** 

PHASE I: G.R.I.T.

GUT RITEGYST INTERNAL TRANSFORMATION



START HERE

[PRONOUNCED "RIGHTEOUS"]

R REASON [YOUR WHY?]
I INTELLIGENCE [MENTOR]
T TIME
E EXECUTION
G GET
Y YOUR
S SELF
T TOGETHER

VISION & PURPOSE

R.I.T.E.G.Y.S.T. IS AN ACRONYM USED TO DESCRIBE TONEY FREEMAN, AUTHOR, SPEAKER, COACH & IFBB PRO BODYBUILDERS. PHILOSOPHY AND APPROACH TO ESTABLISHING AND MAINTAINING OPTIMAL GUT MICROBIOME HEALTH TO MAXIMIZE QUALITY OF LIFE, HEALTH, BODY COMPOSITION, FUNCTION & PERFORMANCE.

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GUT RITEGYST INTERNAL TRANSFORMATION



THE 4 D'S: EVERYONE SHOULD FIND A PLACE IN THEIR LIFE TO APPLY THEM!

1 DISGUST

"YOU **MUST** BE DISGUSTED WITH THE WAY YOU LOOK OR FEEL."

2 DECISION

"**MAKE** THE DECISION TO CHANGE."

3 DESIRE

"WHAT'S YOUR **REASON?** "

4 DETERMINATION

"**YOU WILL NOT GIVE UP:** BE DETERMINED NO MATER WHAT"

PHASE I: G.R.I.T.

GUT RITEGYST INTERNAL TRANSFORMATION



LET'S GET YOUR **STORY STARTED**

RECOMMENDED FOR YOUR RECORDS



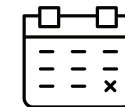
PICTURES



RECORD YOUR BEFORE
VIDEO: THE REASON



START WEIGHT



DATE



MEASUREMENTS



FOLLOW UP

- MID-WEEK VIDEO & MEASUREMENTS ✓
- END OF WEEK VIDEO & MEASUREMENTS ✓

PHASE I: G.R.I.T.

GUT RITEGYST INTERNAL TRANSFORMATION



LET'S GET YOUR STORY STARTED

HOW TO START YOUR JOURNEY

- 1 **HAPINSS TRIAD**
[BIOMEIX, HAPITIDES, & HAPICAPS/AMPED COFFEE]
- 2 **EARTH**
- 3 **WARRIORS BLOOD TEA**
[EUCALYPTUS, HIBISCUS, HYSSOP, TURMERIC & GINGER]
- 4 **ALPISTE SEED**
- 5 **OLIVE MY PICKLE**
- 6 **GROCERY LIST**
[END OF DECK]

ORDER HERE

[CLICK BELOW TO ORDER]

- PURCHASE HAPINSS TRIAD**
- PURCHASE EARTH**
- PURCHASE BUDDHA TEAS**
- PURCHASE ALPISTE CANARY SEED**
- PURCHASE OLIVE MY PICKLE**



CLEAR THE CLUTTER | CHANGE THE TERRAIN | BUILD BACK BETTER

PHASE I: G.R.I.T.

GUT RITEGYST INTERNAL TRANSFORMATION



PREPARATION

MAKING ALPISTE MILK

- 🌀 **5 TABLESPOONS** OF CANARY SEED (50 G)
- 🌀 **1 CUP** OF WATER (FOR SOAKING, 200 ML)
- 🌀 **16-32OZ** OF WATER (FOR BLENDING) PREPARATION
- 🌀 **SOAK CANARY SEEDS** OVERNIGHT (GLASS MASON JAR OF WATER)
[THIS REMOVES THE LICHENS AND ACTIVATED THE LIPASE ENZYMES]
- 🌀 **FOLLOWING MORNING:** STRAIN AND RINSE.
- 🌀 **ADD CLEAN WATER** & SEEDS TO YOUR BLENDER
- 🌀 **PROCESS** UNTIL WATER TAKES ON WHITE COLOR
- 🌀 **STRAIN THE LIQUID** WITH MESH STRAINER
[TO REMOVE ANY SEED HUSKS FLOATING ON TOP]
- 🌀 **NOTE:** PROTEIN AT BOTTOM CUP-EAT THIS
- 🌀 **STORE** IN COOL PLACE OR IN THE FRIDGE
- 🌀 **ADD SCOOP** OF HAPITIDES IN 8 OZ ALPISTE MILK

WATCH VIDEO

[CLICK FOR INSTRUCTIONS]



FOR BEST RESULTS:
DRINK ON EMPTY
STOMACH

PHASE I: G.R.I.T.

GUT RITEGYST INTERNAL TRANSFORMATION



PREPARATION

MAKE WARRIORS BLOOD TEA

- ✦ **TEAS:** EUCALYPTUS, HYSSOP, HIBISCUS, TURMERIC & GINGER
- ✦ **USE 2 OR MORE** OF EACH TEA BAG
- ✦ **64 OZ HOT WATER** LET STEEP FOR 30 MIN/OR TILL MORNING
- ✦ **ADD 64 MORE OZ OF COLD WATER**
- ✦ **ADD 1/2 CUP** EACH OF LEMON & LIME JUICE
[SWEETEN WITH STEVIA IF NEEDED]
- ✦ **STORE IN GLASS GALLON JUG**
[DRINK 8-12 OZ MULTIPLE TIMES DAILY]



CLEAR THE CLUTTER | **CHANGE** THE TERRAIN | **BUILD** BACK BETTER









PHASE I: DAYS 1-3

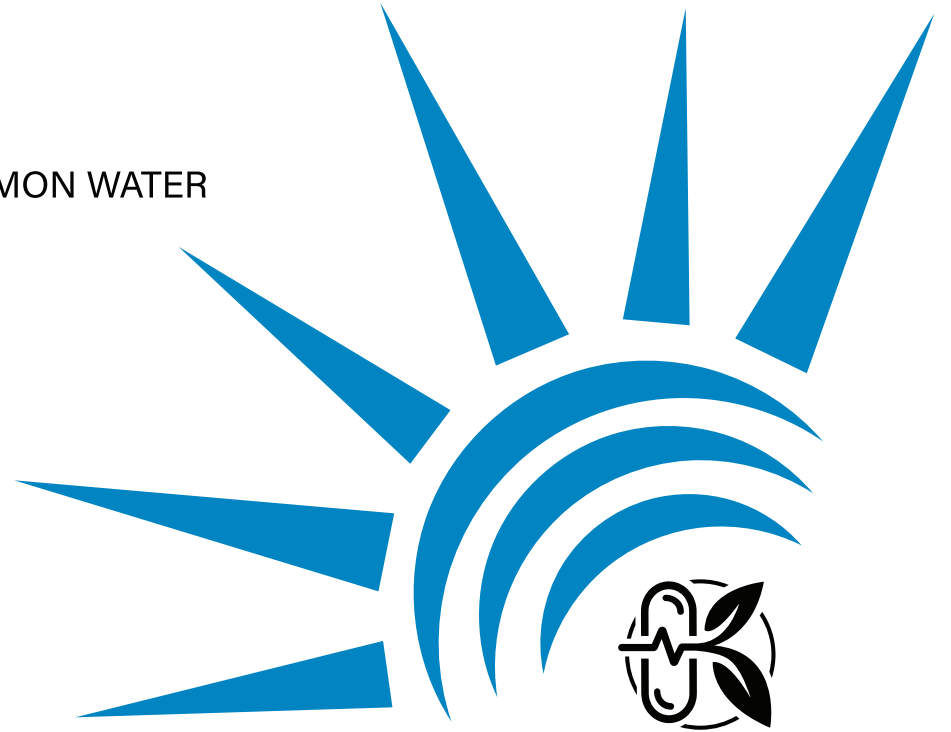
GUT RITEGYST INTERNAL TRANSFORMATION



DAYS 1-3: CLEAR THE CLUTTER

MORNING ROUTINE

-  **START DAY:** 12-20oz OF WATER
-  **1 OR 2 TABLESPOONS** APPLECIDER VINEGAR AND/OR LEMON WATER
-  **1-2 SERVINGS** OF ALL PRODUCTS
-  **1 SCOOP** HAPITIDES IN ALPISTE MILK
-  **1 BIOMEIX**
-  **1-2 SERVINGS** OF EARTH
-  **DRINK 8-12OZ** WARRIORS BLOOD 2-3 TIME DAILY
[WITH MEALS: HOT AND IN BETWEEN MEALS: COLD]
-  **1 SERVING** AMP'D (KETO STYLE) OR HAPICAPS



PHASE I: DAYS 1-3

GUT RITEGYST INTERNAL TRANSFORMATION



DAYS 1-3: CLEAR THE CLUTTER

DURING THE DAY

 CONSUME A LOT MORE WATER

 WHEN HUNGRY:

- 8-12 OZ BONE BROTH W/
1-3 SERVINGS OF FERMENTED FOOD

BEFORE BED

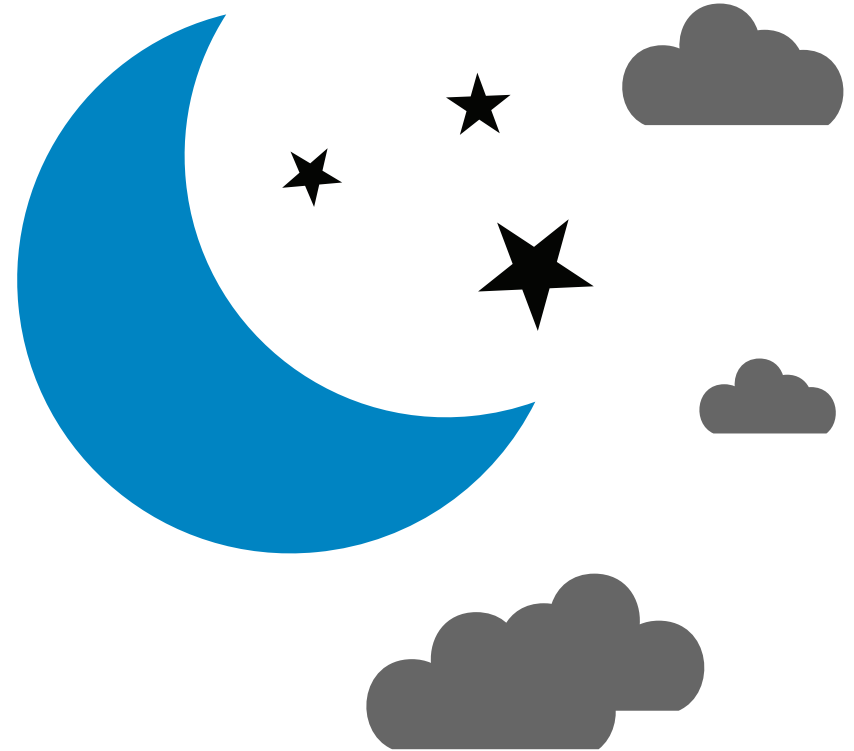
 1-2 SERVINGS OF ALL PRODUCTS

 1 SCOOP HAPITIDES IN ALPISTE MILK

 1-2 SHUTEI

 1-2 SERVINGS OF EARTH

 1 BIOMEIX












PHASE I: DAY 4

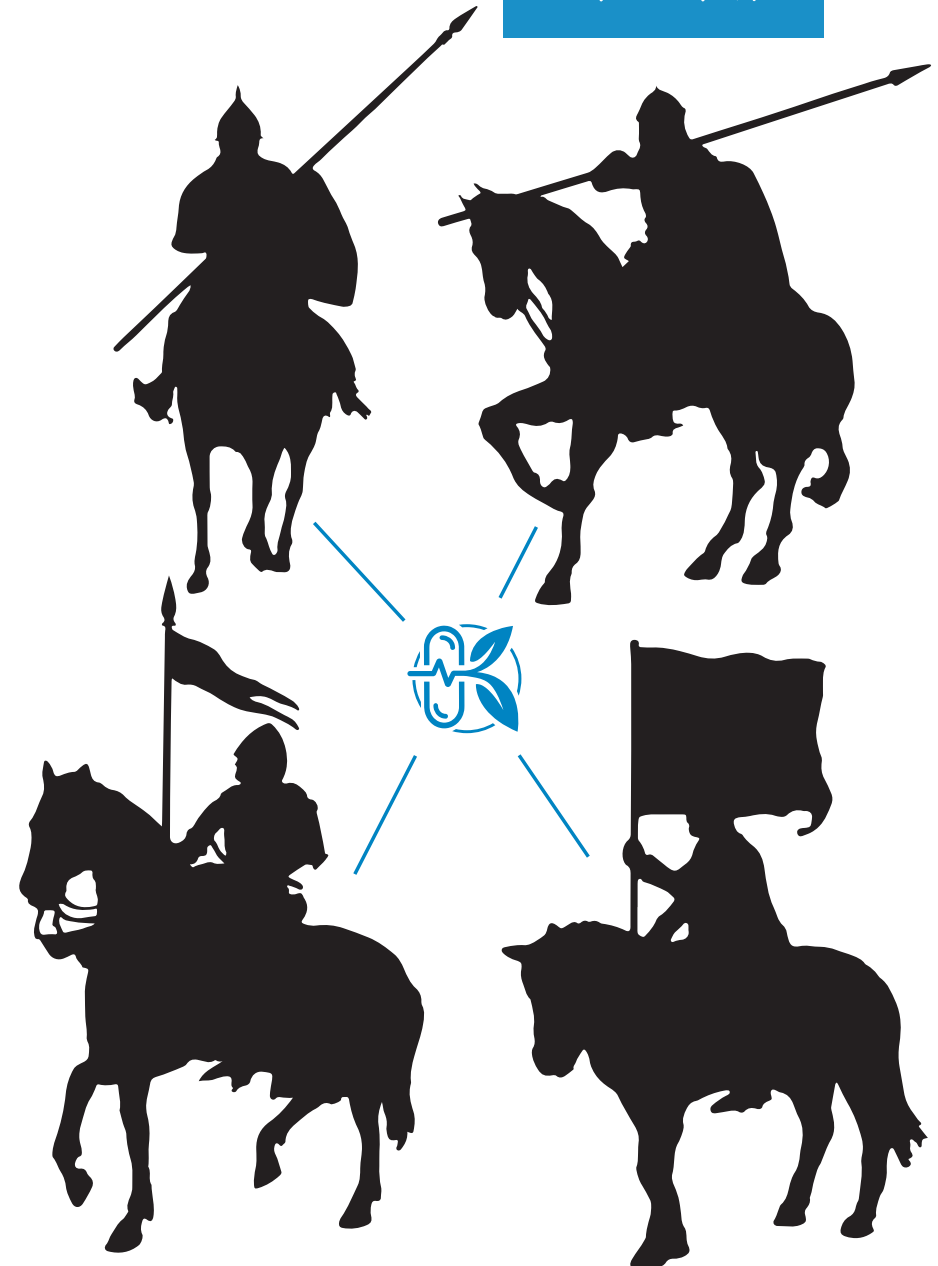
GUT RITEGYST INTERNAL TRANSFORMATION



DAY 3 NIGHT - PREP DAY 4

4 HORSEMEN SALAD RECIPE

-  **1 BUNCH** COLLARDS (SMALL)
-  **1 BUNCH** KALE
-  **2 BUNCHES** CILANTRO
-  **2 BUNCHES** ITALIAN PARSLEY
-  **WASH** (APPLE CIDER VINEGAR AND WATER)
-  **SPIN** IN A SALAD SPINNER
-  **CHOP: PULSE IN FOOD PROCESSOR**
[MAKES ABOUT 6-10 CUPS]
-  **TOSS** WITH GOOD SEASON DRESSING OPTIONAL
-  **TOP WITH HEMP HEARTS**
[1-3 TBS, CRACKED SALT N PEPPER
1-2 TSP EXTRA VIRGIN OLIVE OIL OR HEMP OIL OPTIONAL]



CLEAR THE CLUTTER | CHANGE THE TERRAIN | BUILD BACK BETTER










PHASE I: DAYS 4-6

GUT RITEGYST INTERNAL TRANSFORMATION



DAYS 4-6: PREPARATION

CHANGE THE TERRAIN

-  **START DAY** WITH 12-20 OZ WATER
-  **1 TB APPLE** CIDER VINEGAR AND/OR LEMON WATER SHOT
-  **1-2 SERVINGS** OF ALL PRODUCTS
-  **1 SCOOP** HAPITIDES IN ALPISTE MILK
-  **1 SERVING AMP'D COFFEE**
[KETO STYLE: NO CREAMER/NO SWEETENER OR TAKE HAPICAPS]
-  **1 BIOMEIX**
-  **1-2 SERVINGS** OF EARTH
-  **8-12OZ WARRIORS** BLOOD 2-3 TIMES DAILY
[WITH MEALS (HOT) IN BETWEEN MEALS (COLD)]
-  **HIGHLY RECOMMENDED TIP**
[DAY 2-4 TAKE 1TBS ORGANIC HEXANE FREE CASTOR OIL]

CLEAR THE CLUTTER | CHANGE THE TERRAIN | BUILD BACK BETTER









PHASE I: DAYS 4-6

GUT RITEGYST INTERNAL TRANSFORMATION



DAYS 4-6: PREPARATION

CHANGE THE TERRAIN

-  **START DAY** WITH 12-20 OZ WATER
-  **1 TB APPLE** CIDER VINEGAR AND/OR LEMON WATER SHOT
-  **1-2 SERVINGS** OF ALL PRODUCTS
-  **1 SCOOP** HAPITIDES IN ALPISTE MILK
-  **1 SERVING AMP'D COFFEE**
[KETO STYLE: OR TAKE HAPICAPS]
-  **1 BIOMEIX**
-  **8-12OZ WARRIORS** BLOOD 2-3 TIMES DAILY
[WITH MEALS (HOT) IN BETWEEN MEALS (COLD)]
-  **1-2 SERVINGS** OF EARTH

CLEAR THE CLUTTER | **CHANGE** THE TERRAIN | **BUILD** BACK BETTER

PHASE I: G.R.I.T.

GUT RITEGYST INTERNAL TRANSFORMATION



DAYS 4-6: PREPARATION

CHANGE THE TERRAIN

 **DURING THE DAY** 1 GALLON OF WATER

 **WHEN YOU GET HUNGRY**

- [1 CUP 4 HORSEMAN SALAD]
- [1 TB OLIVE OIL]
- [HEMP HEARTS]
- [1-3 SERVINGS OF FERMENTED FOODS]
- [CUCUMBER]
- [ITALIAN SEASONING (OPTIONAL)]
- [8 OZ BONE BROTH]

 **BEFORE BED/EVENING**

- [1 BIOMEIX]
- [1 SCOOP HAPITIDES IN ALPISTE MILK]
- [1-2 SHUTEI]

CLEAR THE CLUTTER | CHANGE THE TERRAIN | BUILD BACK BETTER

PHASE I: G.R.I.T.

GUT RITEGYST INTERNAL TRANSFORMATION



DAYS 7: MORNING PREPARATION

BUILD BACK BETTER

- 🌿 **START DAY** WITH 12-20 OZ WATER
- 🌿 **1 TB APPLE** CIDER VINEGAR AND/OR LEMON WATER SHOT
- 🌿 **1-2 SERVINGS** OF ALL PRODUCTS
- 🌿 **1 SCOOP** HAPITIDES IN ALPISTE MILK
- 🌿 **1 SERVING AMP'D COFFEE**
[KETO STYLE: TAKE HAPICAPS]
- 🌿 **1 BIOMEIX**
- 🌿 **8-12OZ WARRIORS** BLOOD 2-3 TIMES DAILY
[WITH MEALS (HOT) IN BETWEEN MEALS (COLD)]
- 🌿 **1-2 SERVINGS** OF EARTH

CLEAR THE CLUTTER | CHANGE THE TERRAIN | BUILD BACK BETTER

PHASE I: G.R.I.T.

GUT RITEGYST INTERNAL TRANSFORMATION



DAYS 7: PREPARATION

CHANGE THE TERRAIN

DURING THE DAY

WHEN YOU GET HUNGRY

- [1 CUP 4 HORSEMAN SALAD]
- [1 TB OLIVE OIL]
- [HEMP HEARTS]
- [1-3 SERV. FERMENTED FOODS]
- [4-6 OZ PROTEIN WHITE FISH SALMON, BISON]
- [CUCUMBER]
- [ITALIAN SEASONING-OPTIONAL]
- [8 OZ BONE BROTH]

BEFORE BED/EVENING















- [1-2 SERVINGS OF ALL PRODUCTS]
- [1 BIOMEIX]
- [1 SCOOP HAPITIDES IN ALPISTE MILK]
- [1-2 SHUTEI]
- [1-2 SERVINGS OF EARTH]

PHASE I: SHOPPING LIST

GUT RITEGYST INTERNAL TRANSFORMATION



GROCERY LIST

-  2 - 16OZ MASON JARS
-  1-2 - GALLON JUGS (NO PLASTIC)
-  FINE MESH STRAINER (TO DRAIN SEEDS)
-  ORGANIC COLD PRESS CASTOR OIL (HEXANE FREE)
-  ORGANIC CHICKEN BONE BROTH
-  ORGANIC SAUERKRAUT
-  HEMP HEARTS
-  EVO (EXTRA VIRGIN OLIVE OIL)
-  ACV (APPLE CIDER VINEGAR)
-  BALSAMIC VINEGAR
-  GOOD SEASONS ITALIAN PACKETS
-  1 BUNCH COLLARDS (SMALL)
-  1 BUNCH KALE
-  2 BUNCHES CILANTRO
-  2 BUNCHES ITALIAN PARSLEY



CLEAR THE CLUTTER | CHANGE THE TERRAIN | BUILD BACK BETTER



THE SUPPLEMENTS
WILL BE USED FOR
30-90
DAYS AND BEYOND!

HAPINSS GUT HEALTH PRODUCTS

[CLICK TO ORDER]

GUT HEALTH TRIAD/EARTH

TEAS

ALPISTE /CANARY SEEDS

WILD KING CRAB, SALMON
SHRIMP, HALIBUT

GROUND BISON MEAT

OLIVE MY PICKLE
[USE CODE: [RITEGYST10](#)]

PHASE II: TRANSFORMATION

GUT RITEGYST INTERNAL TRANSFORMATION



CLEAR THE CLUTTER

Over the last seven days You have disrupted your gut microbiome in a very positive way. "**CLEAR THE CLUTTER**" Is what I call the first step of the journey. After that, we Reintroduced a multitude of friendly bacteria along with specific nutrients.

CHANGE THE TERRAIN

I called this "**CHANGE THE TERRAIN**" This foundational step is extremely important in your journey. The addition of Probiotic, Prebiotic and now Postbiotic supplementation together synergistically create a healthy happy gut microbiome! The next stage we are trying to reach is called Symbiosis or Harmony in the Gut!

BUILD BACK BETTER

"**BUILD BACK BETTER**" This implies that now we will continue our journey to True Wealth which Requires Health!

PHASE II: KLEAN KETO

GUT RITEGYST INTERNAL TRANSFORMATION



BEGINNING THE PROCESS

BUILD BACK BETTER

- 🌀 Philosophy wholefood protein
- 🌀 **What is Whole Food** - food that has been processed or refined as little as possible and is free from additives or other artificial substances.
- 🌀 **What is Keto:** the idea is for you to get more calories from protein and fat and less from carbohydrates.
- 🌀 **Keto** – technically for something to be keto it must have a ratio of 2:1 to fat to protein/carbs
- 🌀 **Min. Carbs** no starch without activity 80-90% fibrous dark leafy greens
- 🌀 **Increase** Good Fats add omegas 1-3 tbs per meal

PHASE II: KLEAN KETO

GUT RITEGYST INTERNAL TRANSFORMATION



HOW AND WHAT TO EAT

BUILD BACK BETTER

- 🌿 **EAT MEALS AFTER 11AM & BEFORE 8:00PM**
- 🌿 **DAY 1-6 PROTEIN/VEGGIES/FATS**
- 🌿 **PROTEIN: 15-30G PER MEAL**
- 🌿 **LOW CARBS <100G CARBS PER DAY**
- 🌿 **50% FIBROUS**
- 🌿 **HIGH HEALTHY FATS**
- 🌿 **DAY 7 CLEAN CHEAT DAY (11AM-7PM)**
- 🌿 **CONTINUE ALL SUPPLEMENTS**
[EXCEPT CASTOR OIL]

PHASE II: KLEAN KETO

GUT RITEGYST INTERNAL TRANSFORMATION



WHOLE FOOD PROTEIN

BUILD BACK BETTER

- 🌿 WHOLE FOOD PROTEINS
- 🌿 WILD CAUGHT FISH
- 🌿 BISON
- 🌿 GRASS FED BEEF
- 🌿 WHOLE EGGS
- 🌿 VEGAN PROTEIN OPTIONS
- 🌿 HEMP POWDER
- 🌿 VEGAN PROTEIN POWDER
- 🌿 IMPOSSIBLE OR BEYOND
- 🌿 LIMIT DAIRY (BURNS LIKE SUGAR)
- 🌿 HEAVY CREAM
- 🌿 RAW CHEDDAR

[ORDER HERE](#)

CLEAR THE CLUTTER | CHANGE THE TERRAIN | BUILD BACK BETTER

PHASE II: KLEAN KETO

GUT RITEGYST INTERNAL TRANSFORMATION



FRUITS & BERRIES

- ✿ MANGO
- ✿ KIWI
- ✿ APPLES
- ✿ PEACHES
- ✿ ALL CITRUS
- ✿ PINEAPPLE
- ✿ PEARS
- ✿ PLUMS

HEALTHY FATS

- ✿ RAW NUTS/SEEDS
- ✿ HEMP OIL
- ✿ OLIVE OIL
- ✿ GRAPE SEED OIL
- ✿ MACADAMIA NUT OIL
- ✿ GF BUTTER
- ✿ GHEE

DARK GREEN LEAFY VEGGIES

- ✿ MOST SQUASH
- ✿ CUCUMBER
- ✿ ONIONS
- ✿ MUSHROOMS
- ✿ BERRIES

OTHER VEGGIES/ROOTS

- ✿ YAMS
- ✿ POTATOES
- ✿ RUTABAGA

STARCHY CARBS

- ✿ WILD RICE
- ✿ STEEL CUT OATS
- ✿ AMARANTH

CLEAR THE CLUTTER | CHANGE THE TERRAIN | BUILD BACK BETTER

PHASE II: KLEAN KETO

GUT RITEGYST INTERNAL TRANSFORMATION



CONTINUING THE PROCESS

BUILD BACK BETTER

- ✿ **Remember This information is Subjective.** I have spent countless years even decades building and healing my body. Over the years I've learned a thing or two about achieving physical goals.
- ✿ **I am simply sharing** my findings with as many people that want or need it.
- ✿ **Please feel free** to contact us and don't hesitate to reach out.
- ✿ **EMAIL: RITEGYST@gmail.com**

CLEAR THE CLUTTER | CHANGE THE TERRAIN | BUILD BACK BETTER