



3S SIBO Intermittent Fast Instructions:

This fast is effective for 4 reasons:

1. This cleansing protocol utilizes intermittent fasting (500-600 calories per day), which conserves the body's energy and directs it toward healing. Studies show that intermittent fasting also down-regulates inflammation, and helps with hormone sensitivity, the two major causes of most diseases today.
2. Most of America has a leaky and inflamed gastrointestinal system (gut), which allows food to cross the gut barrier. The denatured proteins that leak across the gut barrier drive inflammation in the gut as well as throughout the body. This occurrence is responsible for many of the symptoms and diseases that we face today, such as hormone disorders and even the inability to lose weight. This cleanse allows time for the gut to heal through the absence of food and ingesting only beef bone broth. Bone broth is perhaps the most nutritious, non-reactive healing food. It is perfect for people with sensitive stomachs, food allergies and intolerance or any severe gut conditions. The broth is not only easily digested, but it will help heal the gut.
3. Beef broth has the profound healing properties of type II collagen. Collagen is the base material of our cells, and integral to cellular regeneration and healing, especially with the cells of the gut and skin.
4. True healing and detox must occur at the cellular level. The supplements in this protocol address cellular function and cellular pathways for true effective detox. The combination of the intermittent fast, gut healing process and cellular healing is why this protocol is so effective for the most challenged patients.

Goals:

1. To decrease inflammation using the most nutritious, mineral dense and non-allergenic foods (beef stock and A2 whey water).
2. Starve and kill small intestinal bacteria overgrowth (SIBO) responsible for upper gut fermentation.
3. Reset the entire gut ecology (microbiome) by starving down all bacteria and reinoculating with new and unique good bacteria in the colon (aka correcting dysbiosis).
4. Reestablishing cellular and hormonal function by the reinoculation of new and unique bacteria.
5. Open and prepare detox pathways.

3S SIBO Intermittent Fast instructions:

Products Needed from Beyond Organic (ordered through Youngevity):

- Broth Ingredients: Recipe below – Bones from local grass-fed farmer (if 100% grass-fed) or www.grassfedbones.com (see below to order).
- Fermented vegetables (recipes and website to purchase listed below).

Supplements Needed:

- 1 GI Pathogen Purge - 15 day program package by Systemic Formulas that contains:
 - BIND
 - EnZee
 - #3 – Bactrex
 - #4 – FungDx
- 1 GI Wellness - 15 day program package by Systemic Formulas that contains:
 - FBR
 - MBC
 - LGut
 - ZGlut
- protocol form with supplement directions

Strong Recommendations for Re-inoculation Phase Starting Day 16:

- 1 twelve pack of SueroGold
- 2 six packs of Amasai (Plain)
- Beyond Organic Cheese: 2 lbs
- 1 Terrain Detox 3-Pack: Turmeric, Holy Basil and Milk Thistle
- 100% grass-fed beef bones
- **To order the needed amounts of SueroGold, Amasai, Terrain detox pack, and cheese complete the order form and choose Wellness Support Pack item number USBY0070.**

Note:

- **You may also order products online at username.my90forlife.com (ENTER PERSONAL YOUNGEVITY URL. To set up a Youngevity account, contact our office at 407-522-5858.) To receive wholesale pricing, select “I want to join” option, and choose to become a preferred customer. Create an account including a username and password and proceed to place order. The Youngevity customer service contact number is 800-982-3189 if you need assistance.**

Instructions:

4 days of beef stock only, followed by 16 days of grass-fed meats and fats only (SIBO diet) with beef stock, followed by a 10-day reinoculation phase of fermented vegetables, fermented A2 dairy and meat, fat and beef stock.

Days 1 - 4: Beef Stock Only: With Supplements

- **Begin GI Pathogen Purge supplements as directed with protocol given with package (in the directions it says 6-8 bind before bed start with 6 unless otherwise directed)**
- Consume only organic, grass-fed beef stock to starve down all bacteria (good and bad) and nourish the cells of the gut with the most basic nutrition needed for healing. Beef stock is the best food for the patient who is intolerant and allergic to almost every food. It spares muscle and provides collagen, amino acids, minerals and basic nutrition without feeding bacteria. Decreasing all bacteria (good and bad) and reinoculating with the good is the most effective way to fix dysbiosis (more bad guys than good guys) in the gut.
- No food during the 4 days but you can drink as much stock as you want (the more the better).
- No gum, coffee or tea.
- You can drink clean water (no tap).
- **Note: Because you are only consuming liquids, be aware that you will have less bowel movements than normal during this phase.**
- You will want to do a Vitamin C flush (1 heaping tsp. of pure ascorbic acid powder or crystal every 30-60 minutes until saturation. i.e., diarrhea) on the second or third day of the four day broth fast to flush out the bacteria from the upper GI.
- 2 tsp of sea salt per day

Note: If dizzy, weak, rapid heart rate, or fatigued add more sea salt. If the symptoms are extreme, add 2 tbsp of coconut oil.

Days 5 - 15: Beef stock, grass-fed meats and fat without fiber (SIBO)

IMPORTANT: Fiber and sugar feed all bacteria (good and bad) in the upper gut and must be completely eliminated to continue to rid the small intestine of bacteria. That means **NO vegetables, beans, nuts, seeds, fruits and grains of any type**. Due to the lack of fiber in this phase constipation could become an issue. Fiber **cannot** be used; however sienna tea, vitamin C (ascorbic acid is best), Magnesium sulfate (Epsom salt), colonics, or coffee enemas are permitted.

Note: Terrain (a unique fully fermented stimulator of HCL) from Beyond Organic and extra digestive enzymes such as ox bile from Body Bio at 500mg per fatty meal or straight betaine HCL are encouraged in this phase to help the digestion of the meats and fats.

- **Stay on GI Pathogen Purge supplements until day 15.**
- **Begin Terrain (20-30 minutes before meals, with at least 8 oz. of water, take 2 Tbsp. of Turmeric in the AM, 2 Tbsp. of Holy Basil in the afternoon, and 2 Tbsp. of Milk Thistle before dinner).**
- A great way to break your fast is with a spoonful of coconut oil, butter or eggs. Use enzymes as well, as stated above, with easy to digest foods. (Be cognizant of any allergies).
- **Add 100% grass-fed meats of any kind** (beef, lamb, wild game, etc.), but start slow and low.
- Continue with beef stock, at least 1 or 2 cups a day.
- Free-range chicken can be added. For most people with severe gut issues, NO GRILLED, FRIED or BROILED.
- For most people with severe gut issues, meat must be boiled, slow cooked in crockpot or cooked in beef stock. NO GRILLED, FRIED or BROILED MEAT. (Boil, slow cook (crock pot) soups are recommended).
- Eggs are great if there are no allergies. Raw is best especially on day 5 and 6. (Add extra egg yolks for good fats and sulfur.)
- All healthy oils, butter and ghee are great (see Cellular Healing Diet for list of good oils.)
- Organic coffee can be added at this time but only butter can be used as your “cream,” with small amounts of stevia.
- Organic tea is also permitted, as long as there are no sugar or carbohydrate properties to them.
- Begin creating a meal plan for when you come off of the fast.

Days 16 - 30: Reinoculation phase / reintroduce good bacteria

- **Begin GI wellness program supplements as directed with protocol given with package (Days 16-30).**
- **This phase reintroduces vegetables. If you get symptoms of severe bloating and distention after the carbohydrates are introduced, go back to the food recommendations above for a longer duration.**
- This phase is the reinoculation phase to replenish the good bacteria.
- Continue eating all foods above. This phase adds fermented foods and fiber.
- **Start fermented vegetables in small doses.** Eat plenty of **fermented vegetables**; they are an important key to healing the gut and regulating inflammation, hormones and cellular function. Eating them with avocado is a great way to get them in. If you are familiar with making fermented vegetables, you can use 2oz of the Beyond Organic terrain garlic liquid as your starter. Visit NaturallyLivingToday.com for more tips and recipes on fermenting.
- **Start fermented cultured dairy if tolerated.** Beyond Organic is strongly recommended because 99% of dairy contains a denatured protein called A1 beta-casein and Beyond Organic does not. It is all A2 dairy. (see strong recommendations under getting started). 1 Amasai and 1 SueroGold a day is recommended.
- **See Strong Recommendations for beginning FBR to feed new bacteria.**
- Add steamed, mashed, blended or pureed vegetables (such as asparagus, squash, avocados (at least 1 a day), zucchini, sweet potato, acorn squash, broccoli, cauliflower, etc.).

- Salads with organic greens and olive oil.
- Raw blended green vegetables are great when digestion is compromised. Romaine lettuce and/or spinach with berries and a little stevia work great (recipe for a salad shake on pg. 113 in the Cellular Healing Diet guide) as a green food drink.
- Berries that are tolerated.
- Vegetable juice is ok but only steamed greens. Blended is preferred due to fiber needed to feed bacteria.

Days 31 and beyond

- You are now completely on the Cellular Healing Diet until your practitioner recommends otherwise.

Strong recommendations:

- **FBR from Systemic Formulas** is a non-gluten, non-allergy fiber. Fiber is needed to feed new bacteria and keep the bowels moving.
- Eating plenty of **fermented vegetables after day 21** is necessary on this cleanse. You can make your own or visit youniqueprobiotics.com, which is a great source that will ship it right to your home. Fermented vegetables and fermented A2 dairy offer trillions of different bacteria that you cannot get in a pill or powder. The best probiotics money can buy only offer billions per serving; these fermented live foods offer the trillions of unique bacteria that you can't get in a pill, which are needed to fix the gut. Beyond Organic is the best source for fermented A2 dairy.

What to expect:

- It's normal to have detox symptoms, especially in the first three days of this cleanse. The symptoms usually consist of mild to severe headache, fatigue, digestive issues, and skin rashes or breakouts. A white tongue is typical also during this cleanse.
 - You may also experience:
 - An increase in energy and focus.
 - Weight loss.
 - An increased ability to adapt to stress.
 - Improved digestion.
 - More radiant skin from the collagen levels in the broth.
 - Less brain fog (more clarity).
 - An overall greater sense of wellbeing.

Beef Bone Broth Recipe:

By Sarica Cernohous, L.Ac. MSTOM, BSBA NaturallyLivingToday.com

- **Use a 5-6 quart crockpot.**
- Plan to start your broth with 4-5 marrow, feet, neck, or shank bones. Bones can be purchased from your local farmer or grocer, however **MAKE SURE they are 100% Grass fed and finished.**

- **You need 4-5 bones for a 4-day stock. Every 4 or 5 days you will need fresh bones.**
- If you're using chicken or turkey, choose either whole birds, or cuts such as thighs, backs, drumsticks, and necks that have the skin and bones intact; include the giblets if they're available. You can also use the carcass from a roasted bird.
- For fish, include the entire head and all the bones.

Add to this:

- Purified water, 3-4 quarts.
- Sea salt, 2-4 tablespoons (best to start low and adjust flavor as needed after cooking).
- An acid (usually raw apple cider vinegar, organic balsamic vinegar, naturally fermented unseasoned rice vinegar).
- NO whole onions or Garlic, BUT you may do powders of these items as well as other herbs and spices.
- Place everything into a cool crock-pot, and set it for a 4-hour cook time. Fill the pot with enough water to leave only about 1.5" of space at the top, and cover with the lid. At the end of the 4-hour setting, it will kick into the "keep warm" setting, where it will stay until you direct it otherwise (use a meat thermometer to insure that your lowest setting is at least 180 degrees Fahrenheit.) Allow the ingredients to all cook together for at least 14 hours, preferably 20 or 24.

After this 24-hour cooking cycle, plan to remove any meaty bits, which you can set in the freezer to consume after your fast.

Pour yourself steaming mugs of broth to consume throughout this first full day of your fast. If you find the broth is too oily, ladle most of it from the crockpot into glass jars to cool in the refrigerator. This will cause the fat to congeal at the top of the broth. Simply remove this disc of fat, then pour your broth back into the crockpot, and set the temperature to a 4-hour setting, with the bones in the broth. (Don't throw this fat away, though! It's an excellent medium for sautéing vegetables once you're done with your fast. Store it in a glass jar in your refrigerator for up to a week.) The broth will re-heat quickly, and the pot will shift to the "keep warm" setting following this re-heat.

Each day, you should be consuming 10-12 cups of broth. Since you're going to be adding so much fresh hot water to the pot to bring it back up to its original level, you will be removing many of the fats and proteins that otherwise would have overcooked in this continual process.

For each successive day:

- Bring the level of liquid back up to the original amount with fresh, boiling water each time you pull a mug from it.
- Add a little salt, to taste.
- Add a splash of vinegar if you like, to continue to demineralize the bone.
- Keep the crockpot on the "keep warm" setting.

After day two of the fast, you should consider adding a fresh bone or two, to keep the broth rich in gelatin and some fats. Do this just before bed at the end of day two, so that it will be ready for

you on the morning of day three. When adding the bone(s), push the heat up to the 6-hour setting, before allowing it to settle into the “keep warm” setting once again.

This bone broth can be left on the stove or in the crockpot for up to 5 days before remaking.



3s SIBO Intermittent Fast Protocol - 30 day

Supplement Recommendations - Begin on day 1 of your Cleanse

Phase 1: Days 1-15

Supplement	Amount each day	Recommended to help
#4 Fung Dx	2 Pills 2 x perday	Kill candida/fungal growth
EnZee	2 Pills 2 x perday - away from food	Allergen enzymes
#3 Bactrax	2 Pills 2 x perday	Kill bacteria
Bind	6 Pills at Night time	Absorb and remove Toxins

Phase 2: Days 15-30

Supplement	Amount each day	Recommended to help
FBR	1 scoop in 8 oz of water- 2x perday	Restore proper intestinal function
MBC	3 pills 1x perday- Away from Food	Microbiome- recolonize
Z Gluten	2 pills 2x perday	Control Gluten and other reactor
LGut	2 Pills AM	Close leaky Gut