



3S Suero 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. The cleanse allows time for the gut to heal through the absence of food and ingesting only beef stock. 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. Beef stock also contains type II collagen that has remarkable healing effects on the gut and skin.
3. This fast also utilizes SueroGold whey water, known as "healing water." It has a profound healing effect on three detoxification systems: the liver, the kidneys, and the gastrointestinal system. It also provides the body with essential electrolytes in the correct ratio needed to detox the cell, which is the first step in cellular healing.
4. True detox must occur at the cellular level. The supplements in this protocol address cellular function and cellular pathways for true effective detox.

Goals:

1. To decrease inflammation using the most nutritious, mineral dense and non-allergenic foods (beef stock and A2 whey water).
2. Re-set the gut ecology (microbiome) by starving down all bacteria and re-inoculating with new and unique good bacteria (aka correcting dysbiosis).

3. Reestablishing cellular and hormonal function by the reinoculation of new and unique bacteria.
4. Open and prepare detox pathways.

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Products Needed from Beyond Organic (ordered through Youngevity):

- Broth Ingredients: Recipe below – Bones from local grass-fed farmer or www.grassfedbones.com (see below to order).
- 4 twelve-packs of SueroGold whey water
- 3 six-packs of Amasai (Plain)
- Beyond Organic raw cheese
- 1 Terrain Detox 3-Pack: Turmeric, Holy Basil and Milk Thistle
- Fermented vegetables (recipes and websites listed below)
- **To order the needed amounts of SueroGold, Amasai, Terrain detox pack, and cheese complete the order form and choose Optimal Gut Health Pack item number USBY0071.**

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.

Supplements Needed: Started day 11

- 1 MBC
- 1 L-Gut
- 1 MoRS
- 2 eNRG

**** L and Ks may be necessary, especially if amalgam removal is needed or if you are prepping for detoxification. Note: Liquid formulas are preferred for those with severe gut issues. (CxL, CxK, Liquid eNRG, liquid MoRS.)**

Instructions:

4 days of beef stock only, followed by 6 days whey water (SueroGold) and beef stock and 10 days of Amasai, SueroGold, vegetables, fermented vegetables, and beef stock. After day 20, you are strictly on the Cellular Healing Diet with lots of fermented foods still incorporated.

Days 1 - 4: Beef Stock Only- NO SUPPLEMENTS

- **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 re-inoculating with the good is the most effective way to fix dysbiosis (more bad guys than good guys) in the gut.
- Consume at least 8-12 cups of broth per day, but as much as you want.
- 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 may drink filtered/reverse osmosis water (no tap). You may not need or want to due to drinking the broth.
- **Note: Because you are only consuming liquids, be aware that you will have less bowel movements than normal during this phase.**

Days 5 - 10: SueroGold whey water and Beef Stock

- Add whey water with the organic grass-fed beef stock. At least 4 bottles of the SueroGold should be consumed daily, but up to 6 is best. Stay on at least one cup or bowl of beef stock a day. Very important!
- Organic lemon juice with or without stevia can be added to the SueroGold.
- Water is fine but because of the whey water, you may not desire it.
- If patient does not tolerate the whey water, the next phase would start now without whey water and without the Amasai. Therefore, the patient would start the re-inoculation phase of fermented vegetables, blended vegetables and steamed mashed vegetables as well as the beef stock on day 5. Some may need to stay on beef stock only until day 10 (practitioner will determine this per patient).

NOTE: It is common to experience some symptoms when you introduce the whey water due to detox and die off. Therefore, give it time, because even the most sensitive people push through and don't have a true allergy. It is the A-1 beta casein that is in 99% of dairy that most people react to. SueroGold and Amasai are dairy products made from cows that are genetically bred to not contain that toxic denatured protein.

Days 11 - 20: Re-inoculation Phase

- Break the fast with soft foods only on the Cellular Healing Diet such as steamed vegetables like squash, zucchini, acorn squash, cabbage, brussel sprouts, avocado (1 a day), and blended vegetables (mashing or blending helps ease digestion) Pages 109-113 of The Cellular Healing Diet book has recipes for healthy shakes.
- This phase establishes trillions of unique bacteria needed to regulate inflammation, hormones and cellular function.
- Start supplements as directed above.
- 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.
- Start fermented vegetables (see below). They feed the new bacteria and provide trillions of other new and unique bacteria. They can be eaten with avocado, which helps with taste.
- Start plain Amasai (1/2 to 1 per day) if tolerated with organic fresh or frozen berries and sprouted seeds. This is recommended to add fiber to feed good bacteria. Quality stevia can be added to the plain Amasai or the SueroGold as well as organic pure vanilla extract.
- See Strong Recommendations for beginning FBR to feed new bacteria.
- You can begin enjoying Beyond Organic cheese. The cheese is high in protein and great for unique bacteria (only Beyond Organic cheese is acceptable due to others containing A-1 beta-casein).
- Stay on at least 1 SueroGold a day if tolerated.
- Stay on the beef broth. At least 1-2 cups or bowls a day to continue gut healing. Type-II collagen in the broth is key for cellular healing. It's important to stay on the beef stock even beyond this phase as long as gut is healing.
- Raw egg is great (make sure there are no allergies) for those with compromised digestion (extra egg yolks are encouraged to help replace sulfur groups and needed fat).
- Vegetable juice is ok but only greens. Blended is preferred due to fiber needed to feed bacteria.
- Organic herbal teas are ok.

Day 20 and On

- **Start 100% grass-fed meat** slowly. No broiling, frying or grilling is recommended especially for those with severely compromised digestion. Boil, slow cook (crock pot), or soups are recommended).
- Stay on supplement regimen and begin the Cellular Healing Diet as a lifestyle.

Important: Continuing cultured and fermented foods as well as beef stock is important for gut support.

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.
- Doctoring up the SueroGold: Some folks find it tangy. We recommend adding Stevita brand stevia with some organic lemon juice or adding a few drops of the Sweet Leaf brand berry flavored stevia if desired.
- Stevia and pure organic vanilla extract in the Amasai are acceptable.
- Eating plenty of **fermented vegetables** is necessary on this cleanse. You can make your own with the SueroGold (pg. 54 in Cellular Healing Diet book) or buy them at health food stores or order online at **yuniqueprobiotics.com**. Similar to the Amasai and SueroGold, fermented vegetables 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.
- For those with gut issues, **bone broth is recommended** for the type-II collagen. (Recipe below.)

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, a white tongue and skin rashes or breakouts.
- These are usually mild and disappear as the fast continues. You may also experience:
 - An increase in energy and focus.
 - More radiant skin from the collagen of the broth.
 - Weight loss.
 - An increased ability to adapt to stress.
 - Improved digestion.
 - Less brain fog (more clarity).
 - An overall greater sense of well-being.

Broth Options and Recipes:

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

- Plan to start your broth with 4-5 marrow, feet, neck, or shank bones. Bones can be purchased from your local farmer, 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:

Purified water, 3-4 quarts.

- Celtic 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 reheat quickly, and the pot will shift to the "keep warm" setting following this reheat.

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 Celtic Sea Salt, to taste.
- Add a splash of vinegar if you like, to continue to demineralize the bone.
- Add a sprinkle of seaweed from time to time, to keep the iodine and other trace minerals up in the broth.
- 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 broth can stay on the stovetop or in the crockpot for 5 days before needing to remake.**



3s Suero Intermittent Fast Protocol

Supplement Recommendations - Begin on day 5 of your Cleanse

Supplement	Amount each day	Recommended to help
LGut	1 pill 2x perday	Close Leaky Gut
MORS	1 Pill 2 X Perday	Reestablish Hormone Metabolism / Methylation
MBC	1 pill 1 x perday	Recolonize Microbiome with good bacteria
eNrg	2 pills 2 x Perday	Increase Cellular Energy Levels

Additional Information to note: use ascorbic acid (mag sulfate)—day body bio – on or after day 5 as often as needed to keep bowls moving.