



Advanced Suero Intermittent Fast Instructions:

This fast is effective for 4 reasons:

1. This 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 whey water (SueroGold).
3. SueroGold whey water, known as "healing water," has 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 to prepare the cell and the body for detox.
4. True 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. Decrease inflammation and give the gut time to heal with the absence of food.
2. Re-establish good gut bacteria to regulate inflammation, hormones and cellular function.
3. To initiate true cellular detox and healing and prepare the body for the detox process.
4. To remove cravings and kick-start your new anti-inflammatory lifestyle.

Advanced Suero Intermittent Fast Instructions:

Products Needed from Beyond Organic (ordered through Youngevity):

1 Cellular Health Pack from Youngevity including:

- 4 twelve packs of SueroGold whey water
 - 6 six packs of Amasai yogurt
 - 2 lbs of Beyond Organic Cheese
- To order the needed amounts of SueroGold, Amasai, and cheese complete the order form and choose Cellular Health Pack item number USBY0072.

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:

- 1 eNRG
- 1 MoRS
- 2 MBC
- protocol form with supplement directions

**** If leaky gut is present, L-Gut, Terrain Liquid (Sacred Herb) must be added to the protocol. You can add the entire CORE protocol here, but if your patient is more challenged stay with protocol above. If detox or amalgam removal is phase 2, add L and Ks to the above protocol starting on Day 5.**

Advanced Fast Instructions:

This fast is for 14 days: 4 days of whey water only (SueroGold) followed by 10 days of Amasai, SueroGold and Beyond Organic Raw cheese. For 2 days, you ease out of your fast with the recommendations below, and you are on the Cellular Healing Diet until your practitioner recommends otherwise. You will begin your supplement recommendations on day 5 as listed below.

Days 1 - 4 Whey Water Only (SueroGold)-NO supplements:

- 6 SueroGold a day (approx. 1 bottle every 2 hours).
- You may add unsweetened, 100% organic lemon/lime juice and stevia to taste (see below).
- No food other than whey water.
- You may drink filtered/reverse osmosis water (no tap). You may not need or want to drink water in addition to drinking SueroGold.
- **Note: Because you are only consuming liquids, be aware that you will have less bowel movements than normal during this phase.**

Days 5 - 14 Whey Water plus Cultured/Fermented A2 Dairy

- This phase establishes trillions of unique bacteria needed to regulate inflammation, hormones and cellular function.
- **Add in plain Amasai with SueroGold** (2 Amasai and 2 SueroGold a day is typical; however, more can be consumed).
- Amasai can be flavored with real stevia and/or pure organic vanilla extract.
- **Start the Beyond Organic cheese** for additional unique bacteria as a snack, but only the Beyond Organic brand due to the A-1 beta casein in other raw cheeses. Eat as much or little as desired.
- **Start supplements** as recommended. (See Protocol Form)
- As above, you may drink water (no tap); however, you may not have the desire due to drinking the whey water.
- **Exercise:** Some can start light burst training if your practitioner allows (this will be determined per patient).
- Read The Cellular Healing Diet starting with page 32. If you need a Cellular Healing Diet Plan, ask your practitioner or go to **CellularHealingDiet.com**.
- Begin creating a meal plan for when you come off of the fast.

Days 15 & 16 Breaking the Fast:

- **Break the fast with soft foods only** on the Cellular Healing Diet such as steamed vegetables such as squash, zucchini, acorn squash, cabbage, brussel sprouts, avocado (1 a day), and blended vegetables (Mashed or blended helps ease digestion.) Pg. 113 of The Cellular Healing Diet has a recipe for blending.
- 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 2 oz of the Beyond Organic terrain garlic liquid as your starter, or you can purchase a starter from most health-food stores or order online at www.youuniqueprobiotics.com. Visit **NaturallyLivingToday.com** for more tips and recipes on fermenting.
- Continue with at least a half to one Amasai and one SueroGold a day.
- Berries can be added to plain Amasai, with or without stevia and 100% grass-fed whey protein.
- **See Strong Recommendations for beginning FBR to feed new bacteria.**
- Cage-free pastured eggs (starting with raw eggs is best for those with gut issues and extra yolks are great to replace depleted sulfur groups and fats).

- Green vegetable juice is ok; carrot and fruit juice is not.
- Organic herbal teas are ok.

Day 17 & on:

- **Start grass/green-fed meat** from local farmer or health food store; make sure it is truly 100% grass-fed and finished.
- Stay on the Cellular Healing Diet at this point until otherwise directed.
- **Continue cultured and fermented foods.**

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/lime juice or adding a few drops of the Sweet Leaf brand berry flavored stevia.
- Stevia and pure organic vanilla extract in the Amasai is fine.
- Eating plenty of **fermented vegetables** a must 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, needed to fix the gut.
- For those with gut issues, **bone broth is recommended** for the type-II collagen. (Ask your practitioner for the proper recipe.)

What to expect:

- It's normal to have detox symptoms, especially in the first three days of this fast.
- The symptoms usually consist of mild to severe headache, fatigue, white tongue, digestive issues, 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.
 - Weight loss.
 - An increased ability to adapt to stress.
 - Improved digestion.
 - Less brain fog (more clarity).
 - An overall greater sense of well-being.



Advanced Suero Intermittent Fast Protocol

Supplement Recommendations - Begin on day 5 of your Cleanse

Supplement	Amount each day	Recommended to help
MBC	1 pill 2x perday	Re-Colonizing the gut
Mors	1 pill 2x perday	Re establish hormone metabolism/ epigenetic
eNrg	1 pill 2x perday	Increase Cellular Energy