



Basic Broth 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 towards 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 thyroid disorders and 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 actually help to 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. Reset the gut ecology (microbiome) by starving down bacteria and reinoculating 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.

Basic Broth Intermittent Fast Instructions:

Products Needed from Beyond Organic (ordered through Youngevity):

- Broth Ingredients: Recipe included below. Order Bones from: www.grassfedbones.com or from a local organic farm or grocer. Must be 100% grass-fed and finished.
 - 1 twelve-pack of SueroGold
 - 2 six-packs of plain Amasai yogurt
 - Grass-fed bones for broth
 - Beyond Organic Cheese (any kind)
 - Fermented vegetables (see strong recommendations for resources).
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- **To order the SueroGold and Amasai complete the order form and choose SueroGold and Amasai Pack #1 item number USBY0064.**
 - **Beyond Organic raw cheese must be ordered a la carte. See order form for types of cheese available and quantities.**

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:

The below supplements can be purchased as the **Core Cellular Healing Package** by Systemic Formulas:

- 1 IDS (GCEL and BIND) taken at half dose
- 1 Vista Formula 1
- 1 Vista Formula 2
- 1 eNRG
- 1 MoRS
- 1 ROX
- 1 MBC

Also: Pure ascorbic acid (vitamin C) powder or crystals for vitamin C flush during fast and The Cellular Healing Diet Book.

Instructions:

Four days of broth only, followed by the Cellular Healing Diet starting on day five and your recommended supplement protocol.

Days 1 - 4 – Beef Stock Only- NO SUPPLEMENTS

- Consume at least 8-12 cups of broth per day, but more if desired.
- No food during 4 days of the broth fast.
- 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.**
- Begin creating a meal plan for when you end the fast.

Day 5 – Break the Fast

- **Begin your recommended supplements regimen.**
- Start soft foods on the Cellular Healing Diet, such as: unsweetened almond milkshakes or plain Amasai with berries, hemp or chia seeds, avocados (1 a day), steamed vegetables, squash, zucchini and blended vegetable or Amasai shakes with whey protein and berries. Pages 109-113 of The Cellular Healing Diet book has recipes for healthy shake ideas.
- **Add fermented vegetables (see below under strong recommendations for details).**
- **Add in fermented (cultured) dairy such as: Amasai, SueroGold, and Beyond Organic cheese only. These are necessary to re-inoculate the good bacteria.**
- **See Strong Recommendations for beginning FBR to feed new bacteria.**
- Organic tea and coffee can be added.

Day 6

- Start the regular Cellular Healing Diet, including grass-fed meat (start slowly).

Strong Recommendations

- **On day 5, add in 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 or visit **youniqueprobiotics.com**, which is a great source that will ship to your home.
- Beyond Organic cheese can also be added on day 5.

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.
- These are usually mild and disappear as the fast continues. A white tongue is usually present in this cleanse as well. 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, www.naturallylivingtoday.com

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



Basic Broth Intermittent Fast Protocol

Supplement Recommendations - Begin on day 5 of your Cleanse

Supplement	Amount each day	Recommended to help
GCell	1 pill 2x perday	Raise Glutathione
Bind	2 pills at night	Bind Toxins for elimination
Vista Formula 1	1 Gel &1 Capsule in AM	Regenerate cell membrane
Vista Formula 2	1 Dropper 2 x perday	Regenerate cell membrane
eNrg	1 pill 2 x perday	Restore cellular energy
Mors	1 pill 2x perday	Re establish hormone metabolism/ methylation
Rox	1 pill 2 x perday	Down regulate Inflammation
MBC	1 pill per day	Re- colonize Gut