



## Basic Suero Intermittent Fast Instructions:

### **This fast is effective for 4 reasons:**

1. The 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 supports hormone sensitivity, two major causes of most modern diseases.
2. Most of America has a leaky and inflamed gastrointestinal system (gut), which allows food to cross over the gut barrier. The denatured proteins that leak across the gut barrier drive inflammation in the gut, and throughout the body. This occurrence is responsible for many symptoms and diseases 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 (called SueroGold).
3. SueroGold whey water, known as "healing water," 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 to prepare the cell and body for detox.
4. True detox must occur at the cellular level. The supplements included 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 through the absence of food.
2. To initiate true cellular detox and healing.
3. To remove cravings and kick-start a new anti-inflammatory lifestyle.

## Basic Suero Intermittent Fast Instructions:

### Products Needed from Beyond Organic (ordered through Youngevity):

- 3 twelve packs (total 36 bottles) of SueroGold whey water
- 2 six packs (total 12 bottles) of Amasai yogurt
- Beyond Organic Cheese (any kind)
  
- **To order the SueroGold and Amasai complete the order form and choose SueroGold and Amasai Pack #2 item number USBY0067.**
- **Beyond Organic raw cheese must be ordered a la carte. See order form for cheeses and quantities available.**

#### **Note:**

- **You may also order products online at [username.my90forlife.com](http://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 following 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

Also: The Cellular Healing Diet Book.

## Instructions:

Four days of exclusively consuming SueroGold whey water, followed by beginning the Cellular Healing Diet on day five.

### Days 1 - 4: NO SUPPLEMENTS

- 6 SueroGold bottles a day (approximately 1 bottle every 2 hours).
- You may add unsweetened, 100% organic lemon or lime juice and stevia to taste (see below).
- No food during 4 days of whey water.
- You may drink filtered/reverse osmosis water (no tap). You may not need or desire water in addition to drinking the SueroGold.
- **Note: Because you are only consuming liquids, be aware that you will have less bowel movements than normal during this phase.**
- Read The Cellular Healing Diet starting with page 32.
- Begin creating a meal plan for after the fast.
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### Day 5 - Breaking the Fast

- **Break the fast with soft foods only** on the Cellular Healing Diet such as steamed vegetables like squash, zucchini, acorn squash, cabbage, brussels 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.
- **Start Amasai (1 per day) and cheese (small portions as desired) from Beyond Organic only and continue drinking SueroGold (1-2 bottles per day) until you finish all the bottles.** Amasai can be flavored with real stevia (Stevita brand) and/or organic vanilla extract.
- **See Strong Recommendations for adding FBR dietary supplement to feed new bacteria.**
- **Begin supplement regimen.**

### Day 6

- Start regular Cellular Healing Diet including 100% grass-fed meat (start slowly).
- Sprouted and fermented nuts and seeds as snacks are preferred because they are much easier to digest (start slowly).

### Strong recommendations:

- **FBR by Systemic Formulas** is a gluten-free, non-allergy fiber supplement. Fiber is needed to feed new bacteria and keep the bowels moving. Cellular Healing Diet book – Ask your practitioner or visit [www.CellularHealingDiet.com](http://www.CellularHealingDiet.com).

- Note: SueroGold does not contain honey, so some folks can 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 if desired.
- 100% grass-fed and finished meats for after the fast.
- After your 30-day supplement protocol we recommend you continue taking the Intracellular Detox System (IDS).

### **What to expect:**

- It's normal to have detox symptoms, especially in the first three days of the 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.



## Basic Suero Intermittent Fast Protocol

**Supplement Recommendations - Begin on day 5 of your fast**

Supplement	Amount each day	Recommended to help
GCell	1 Pill 2X Perday	Raise glutathione
Bind	2 pills at night	Bind and eliminate toxins
Vista Formula 1	1 Gel in AM 1 Capsule in PM	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