

Restore 3 Handbook

Your 3-Step Guided
Action Plan



The Restore 3 Team

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Testimonials represent individual customer experiences and should not be considered typical customer experiences. Every customer's body is different and will respond differently to natural supplements.

Introduction

Hello friend. The purpose of this eBook is to serve as your guide to eliminating fibromyalgia, Candida and other chronic and autoimmune conditions for good. We aim to do this in the simplest yet descriptive and thorough way possible. We know what it is like to live with chronic illness.

Some of us who are authoring this book have, in the past, dealt with fibromyalgia and chronic illness for 15+ years. So we understand that just the mere fact of sitting in front of a computer and reading this eBook right now can sometimes require a whole lot of effort and strain.

That's why we are going to keep this short and sweet. What we are about to share with you in this eBook is the roadmap. The exact steps that we took in order to free ourselves from this debilitating disease.

It is simple, effective and may have you feeling better in a very short period of time. But it only works if you commit to doing it. This is the 2nd and very critical aspect to the Restore 3 Program. It's the lifestyle change. If you want to change how you're feeling, you must learn to change the way you are living. This is a guide for that.

It's a few short sections. If you are looking to get right to the action plan, I recommend you skip straight to [the action plan](#).

Let's dive right in, shall we?

Note from the Author – Please Read this First!

There is an old Cherokee legend that has always stuck with me, and goes something like this:

A Cherokee elder is teaching his grandson about life. "A fight is going on inside me," he said to the boy.

"It is a terrible fight and it is between 2 wolves. One is evil - he is anger, envy, sorrow, greed ego & self-pity." He continued, "The other is good - he is joy, peace, love, humility, understanding & kindness.

The same fight is going on inside of you - and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

While I was going through what I now refer to as my "lost years," there were so many forces that were working against me. I had very little energy to do anything but maintain basic living tasks, I was constantly having stomach pains from indigestion and was going through extreme bouts of depression, lethargy and brain fog.

One of the worst aspects about it all was getting the false hope that I was actually getting better after trying a new diet or new protocol that actually did get me to feel better for a while, only to stop working after a couple of weeks and drop me right back into feeling sick again.

Looking back, this must have happened around 25-40 times during my 15 year battle and each time it happened it broke me down.

I felt like I was being dismantled by life, piece by piece. During those experiences, my mind would get very discouraged and depressed and there would be some pretty horrible thoughts going on in my head.

It was during these periods where I gave up all hope. There were even thoughts of just ending it all. It felt like that would bring me the relief I was desperate for.

As I looked back, I realized that my #1 challenge was my mind. I have a fighting spirit that is determined to succeed, but during those tough times, it was my mind I needed to ignore.

If I would have given into those thoughts, I believe I would still be sick today.

Instead, I listened to my spirit, which was louder. Which kept me looking for new ways to climb out of that hole. If something I was doing wasn't working, I would take note and try something else.

It made me realize, it's all just feedback.

Whether something is working for you or not, you need to just see it as life giving you feedback. Nothing more. Or else it becomes too easy to feed the negative wolf.

Life is always giving us feedback. And usually it's immediate.

The more feedback you start receiving, the more equipped and resourced you become in your fight. The most important message I want to convey to you is that you don't give up hope.

You keep going down different avenues. What works for one person, may not work for the next, but at least you will know for yourself.

I don't claim to know everything about fibromyalgia or chronic illness, nor should anyone else. I just know that I finally found something that has worked incredibly well for me and I have seen it work for others as well.

The Restore 3 Program just happened to be one of the dozens upon dozens of avenues that I walked down.

Without question, going through what I went through was the hardest thing I've ever had to do in my life.

Sometimes I still fear being sick again and I wouldn't want to wish it on anybody.

But don't give up hope. There is a way out.

Lastly, I want to offer a little practical advice on mental preparation.

While you are waiting for your first order of the Restore 3 supplement, it is important to mentally prepare yourself for the new lifestyle change you are being implored to do.

Particularly, in changing your diet. In my experience, this was the challenging part for me. I love food. So it was difficult to switch to a Paleo and low FODMAP/nightshade type diet where I avoided sugars, starches & most grains.

But switch you must if you want the full transformation that is possible.

Seriously. If you do choose not to follow any of the dietary pointers in this program (which really would be against your best interest), at least try this: Follow a low FODMAP/low nightshade diet for 7-10 days and

take note of how you feel. [Click here to see the list of FODMAP foods to avoid.](#)

If you start feeling better, then do yourself a favor and keep on with it and then begin eliminating the grains, dairy and sugar. We know what we are talking about, we've been there. Diet is so critical. Give it a try.

Why?

Because *if you're eating something that is causing an inflammatory response, you're not allowing your body a chance to rest, heal and repair itself.*

The body is designed to heal. It's really no different than when you put a band aid over a wound. All you're really doing is providing the right environment for healing. The body will automatically rebuild itself.

It cannot help but follow these instructions which are embedded within the DNA code of every living thing.

The same goes for the gut. Avoiding these "trigger" foods for a while is simply giving your body the right environment to rebuild.

These days, I am able to enjoy most types of foods, on occasion. However, during the starve-off phase of the program, I avoided these foods because I wanted to give myself the greatest opportunity for recovery I could.

But it may take a few days of mentally preparing, saying goodbye to these favorite foods for a short while.

Just remember, it's temporary.

You can go back to them once you're out of the starve-off phase, however, you may not want to as you may find yourself feeling worse

after eating those foods again. Even though I find I can typically enjoy these foods on occasion, I just love the way I feel when eating a low starch/grain and low FODMAP diet.

So, my suggestion to you is this: if you truly want to get the most out of going down this avenue, and give yourself the best chance at success, start preparing right now and mentally planning for a new lifestyle.

And anytime you want to eat grains or sugar just remember that you will be feeding the bad bacteria and yeast that you are trying to eliminate in this program.

The good news is it gets easier and easier the longer you go on this starve-off diet. Most of the time, I would eat largely the same things every day, but I was also feeling better and better each day because of it.

My diet mainly consisted of organic chicken, eggs, grass-fed beef or lamb, bone broth and low FODMAP vegetables. It was simple but I made it work for me so that it wasn't too boring and was also cost-effective. Broken down, it was mostly clean protein and veggies.

I followed this diet for around 4 months while also supplementing with biofilm dissolving enzymes upon awakening, and taking soil-based probiotics each day.

Everybody is different and responds differently, however, we've seen similar results for many people.

The Restore 3 Program Explained in 45-seconds

This protocol is actually a process of removal. Removing anything and everything that is keeping your body from repairing itself. The body is always repairing itself. It's written in our DNA to do so. With chronic illness, your body is like a house with a fire happening in one of the rooms. All the walls are turning black with soot and there is only so much repairing that can happen when it's in this state (inflammation).

We've found the 2 biggest factors keeping this fire going are usually the foods we're eating and an overgrowth of pathogenic bugs (bacteria, fungus, parasites) and the toxins they produce in the body.

If we can avoid the trigger foods and flush out the overgrowth of toxin-producing bugs from our body, we can effectively put the body in a "Safe" mode, free from inflammation and stress, long enough so the body has a chance to repair itself.

3 Step Action Plan

Putting it all together – Your 3-Step Holistic Action Plan for addressing Fibro/IBS/CFS, Lyme & chronic illnesses related to gut microbiome and auto-immune imbalance.

We want to make this section as simplified for you as possible. This is the easily the most important part of the book because it will provide you the road map to ending your fibromyalgia for good.

We will outline for you the 60,000 foot overview for what you will need to do, but then, we will go into detail on each of the necessary steps you will take to get there.

What you are essentially doing is a 3-step process that will effectively reset your body's own healing mechanisms. It basically will provide the proper environment that it needs in order to carry out its job of repairing itself. If you don't provide the proper environment for the body to do this, you will be spinning in circles, never really fully recovering.

3-Steps for Addressing Chronic Illness:

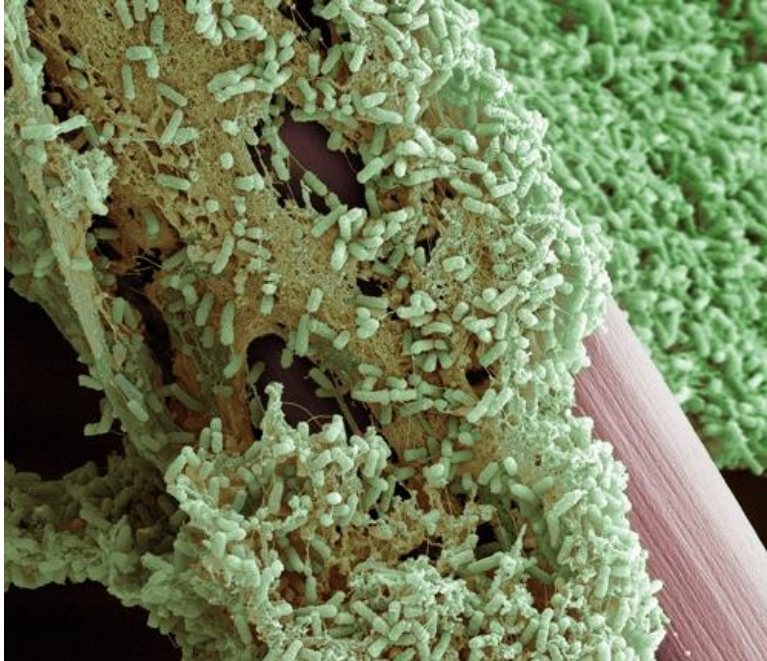
In all the years of addressing chronic issues like SIBO, fibromyalgia, IBS, chronic fatigue syndrome, leaky gut syndrome and Lyme, we found that eliminating the root causes of these types of issues really just boil down to 3 main steps:

In a nutshell, these 3 steps are:

- 1. Disrupt** – Break down the biofilm and expose the pathogens hiding within it.
- 2. Remove** – Eliminate and flush the harmful, pathogenic bacteria from your body.
- 3. Restore** – Restore the gut microbiome for optimal immune and digestive function & replenish the body with vital nutrients for rebuilding itself.

Step 1: Disrupt or break down the main defense mechanism of these pathogenic bacteria by dissolving their biofilm layer. This is achieved by taking a professional strength biofilm disruptor supplement such as Restore 3.

Break down the biofilm defense of pathogenic bacteria. This is a critical and **most important step** in the entire process. If you don't do this, you likely will not get very far in your treatment, or your relief will be short lived.



If you are suffering from fibromyalgia, SIBO, Lyme Disease, IBS, Chronic Fatigue Syndrome, Leaky Gut Syndrome or Candida infections, there are likely several different kinds of strains of pathogenic bacteria and/or yeast that have overpopulated your gut, which have created these protective biofilms

and are robbing you of the nutrients you are trying to give to your body.

They are likely increasing the burden of toxins (endotoxins and exotoxins), from the byproduct of waste and dead bacteria your body is constantly having to process. This is where a lot of the various symptoms arising from these conditions originate.

NOTE: We could go into detail here on why pathogenic bacteria is probably overgrown in your digestive tract, however, that is a totally different eBook and the point is to get you feeling better asap, not overload you with more information. Suffice to say, the standard American diet, coupled with the overuse of antibiotics ends up creating the perfect environment for these opportunistic, ‘bad’, bacteria to colonize your gut.

The way you clear the pathogenic bacteria is to starve them and disrupt their biofilm, which is their protective outer membrane.

What is a Biofilm?

A biofilm is a sticky, slimy matrix that allows these pathogenic bacteria to hide from our own immune system and even from powerful antibiotic and probiotic treatments. Many studies have shown that once these biofilms have been established in the gut, it is almost impossible for our immune system to penetrate and eradicate the pathogenic bacteria.

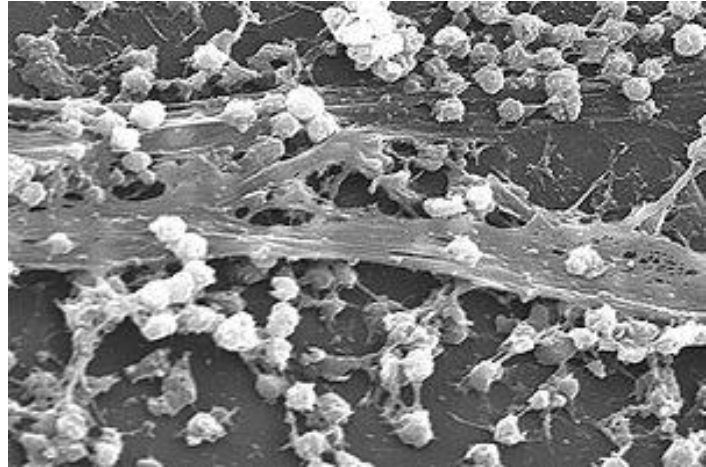


Figure 1 *S. aureus* biofilm - Source Wikipedia

In fact, Bacteria in these biofilms are 500-1,000 times more resistant to antibiotics than free-floating microbes are.

It's not that the body has much trouble dealing with these organisms as they are, but once a solid biofilm has been created, it becomes increasingly difficult for the body to do its job at defending itself.

Here is a brief overview of how pathogenic biofilms harm the body:

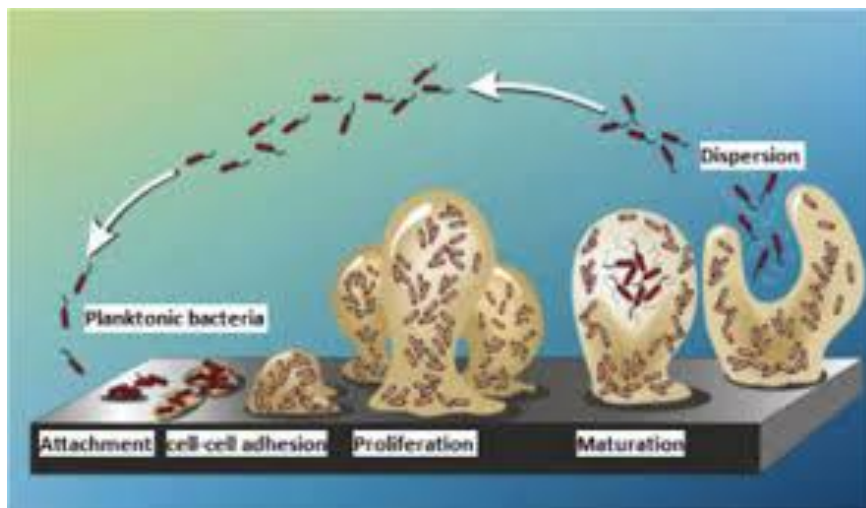
- Protects disease causing microorganisms from the immune system
- Promotes inflammation
- Blocks the absorption of nutrients from your intestine.
- Houses harmful toxins like heavy metals as well as other harmful microorganisms who can't form their own biofilm.
- Protects disease causing microorganisms from antibiotic, antifungal and probiotic treatments.

Not all biofilm is from bad bacteria. All kinds of bacteria use a form of biofilm for their own protection. Dental plaque is actually a biofilm

where millions of tiny commensal bacteria reside. This is actually the slimy feeling that you may notice sometimes as you run your tongue across your teeth.

So, we cannot stress enough the importance of dissolving the biofilm of pathogenic bacteria if we are to get to the causes of these symptoms.

Otherwise, they end up hiding within these biofilms until the treatment program is finished only to start proliferating again.



Biofilm Disruption – Understanding Biofilm Digesting Enzymes

There are enzymes and other nutrients which have been discovered that have proven very effective, in breaking down, or digesting this biofilm so that the bacteria can be exposed and eradicated by the body.

Biofilms are mostly made up of proteins and sugars. One of the most effective and safest ways of disrupting the biofilm matrix of these harmful microorganisms is through the systemic use of **proteolytic enzymes**.

What are Proteolytic Enzymes?

In short, enzymes are proteins that speed up chemical reactions. Our body produces its own set of enzymes naturally. It is estimated that there are between 60,000-70,000 different enzymes in your body that regulate every metabolic function in your body.

Most people hear enzymes and think of digestive enzymes, however, that is only a small fraction of the tens of thousands of enzymes our body produces. Most have incredible abilities besides just the digestion of our food.

Metabolic enzymes are what keep the body alive and functioning. The bulk of these metabolic enzymes are **proteolytic enzymes**, or protein digesting enzymes. It's important to note here that almost everything that makes us sick is either a protein or is protected by a protein (biofilm).

Enzymes have been studied and safely used for so long and there is so much information available pointing to their many benefits, including:

- Reduced systemic inflammation for: Increased heart health, cancer and disease prevention and recovery, Alzheimer's* prevention, fibromyalgia and chronic fatigue relief, and more
- Cleanses the blood of debris*
- Breaking down and removes circulating immune complexes*
- Dissolving fibrin in the blood, reducing the risk of clots and supporting flexibility and helping to reduce inflammation*
- Dissolving fibrin in arterial plaque, thus leading to the breakup of arterial plaque*
- Eliminating the risk of DVT (Deep Vein Thrombosis) when flying*
- Boosting the immune system*
- Killing bacteria, viruses, and other invading pathogens*
- Improved circulation*

- Eliminating CICs*
- Eliminating autoimmune diseases*
- Reduced risk of and response to food and pollen allergies*
- Accelerated recovery from sprains, strains, fractures, bruises, contusions and surgery*
- Faster recovery time from workouts*
- Eliminating plaque from teeth*
- Helping with sinusitis and asthma symptoms*
- Dissolving arterial scar tissue*
- Aiding in cleansing and detoxification*
- Improved body alkalinity*
- Reduced risk of osteoporosis*

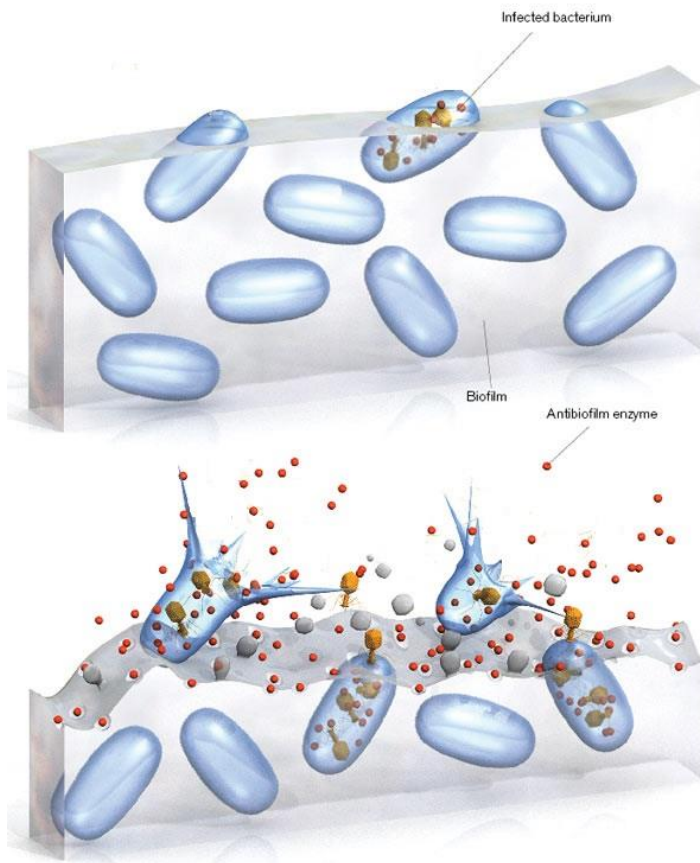
It's easy to see why ensuring a healthy supply of these proteolytic enzymes is critical to sustaining health.

*These statements have not been evaluated by the FDA

Proteolytic Enzymes for Biofilm Disruption

Proteolytic enzymes have the special ability to digest and punch through the tough protein/amino acid bonds which form these biofilm walls, and in turn, expose the harmful bacteria to the onslaught from our immune system.

It's also important to remember that this biofilm is not just made up of proteins but it's also made up of sugars (Saccharides and Polysaccharides).



Therefore, when choosing a biofilm disruptor, make sure you find one that not only breaks down protein (at least 200,000 HUT activity), but also can digest the sugars that hold this biofilm wall together. There are several enzymes that can break down these sugars such as amylase, glucoamylase, cellulase, beta-glucanase, and chitosanase. So it's important to choose a biofilm disruptor that contains this as well.

Once the biofilms have been broken down and the pathogens are exposed, the body has a much easier time eliminating the bacterial infection and the real journey to recovery can begin.

Step 2 – Remove. Starve-Off and Flush-Out the Harmful Bacteria and Yeast From Your Body:

All the things you will want to remove in this stage:

1. **Reduce Exposure to molds, chlorine, yeasts & bad bacteria:**

To make sure you're not giving your body any more work - or slowing your progress down - I'm going to lay some ground rules which should help you from here on out. Most of them are obvious, some of them are not.

a. **No tap water** – Chlorine and pharmaceutical drugs are in today's tap water. As a water filtration truck I once saw read: "Use a water filter, or become one..."

b. **Eliminate all sources of mold in your home and/or work environment** – This is huge and if you are exposing yourself to mold each day, it is almost impossible to really fully get better. Don't mess with mold or fungus. Get your house tested if you aren't sure or if you live in a damp region of the world.

c. **No leftovers over 24-hours** – Don't eat old food. Bacteria grows VERY fast and can be harmful in not so obvious ways.

d. **Use a shower (chlorine) filter** – These are inexpensive devices that simply screw behind your shower head and filter 99% of the chlorine in tap water. Showers are the #1 way we expose ourselves to chlorine.

e. **Don't use dirty or wet utensils** – Bacteria grows in moisture and if old food is still stuck on utensils, it's wet and is breeding pathogens. Make sure you use clean and dry utensils. Real silverware is great to use as the silver inhibits pathogenic microbes.

2. **Ensure Proper Digestion:**

Chew your food at least 50x-70x before swallowing. Make sure it is mixed well with your saliva as your mouth produces very important enzymes to digest your food as it moves along your G.I.

tract. Get in the habit of counting your chews and within a week or 2 you will simply adopt this habit without any more effort.

Take digestive enzymes with meals if your digestion is weak. Digesting your food is extremely important for several reasons, especially to avoid feeding any more pathogenic bugs. If digestive enzymes haven't worked for you in the past, it's likely you weren't taking enough with your meals and/or getting an adequate variety/spectrum. Here are a few suggestions for getting a variety:

Pancreas – by Nutricology

Betain HCL – by Source Naturals

Ox Bile Extract – by Nutricology

Super Enzyme – by Now Foods

It's also worth mentioning again to avoid drinking liquids with your meals. Liquid will dilute your precious digestive fluids, weakening indigestion.

Only eat until you are around 80% full. This took me a while to realize as I love food, but when I finally did, it was a game changer.

There is a philosophy called food combining which theorizes that you digest most effectively when you don't combine your proteins with your starches in the same meal. So, avoiding grains with meats. I personally have found this rule to be very helpful and still follow this method myself.

How to use digestive bitters. For those with indigestion, gas or bloating symptoms, one very powerful remedy is the use of digestive bitters. I've found Swedish Bitters by Nature Works to be very helpful on the occasion of indigestion. Not to be used long term, however, due to some of the herbs in this formulation tend to be habit forming in the body.

3. Diet - Removing all trigger foods:

Diet is a big part of this protocol and can produce dramatic results on its own merit. The big idea we want you to understand about eating is that you want to starve out the pathogenic bugs while feeding your body.

The other major thing I want you to understand is that it can be temporary - if for some reason you don't like it. 8 weeks is the minimum I would suggest with 12-16 weeks being ideal. After that, your body will have likely had enough time to repair itself and rejuvenate so that you aren't nearly as effected as you were in the past with certain trigger foods.

Consistent action over a period of time is what your body needs and is what will deliver the results.

We always have people who beg and plead with us about how they aren't effected by most of these trigger foods and time and time again, we see that after they finally began following the recommendations, their symptoms began clearing up.

The truth is, you really can't know what foods are actually causing flare-ups for you until you begin eliminating them. That's because some foods don't cause flare-ups until hours or days later. And it's not as simple as knowing whether or not they've caused digestive upset after eating them. It goes much deeper.

If you continue eating the foods that are fueling the fire, you will continue to have issues. It is that simple. It's like the analogy of your house being on fire. You wouldn't start renovating and rebuilding what's currently being damaged, you would first try to put out that fire.

You are essentially putting your body in what we call "safe mode," so that the fire can cool down and eventually burn out. Stepping off the inflammation cycle.

The bulk of your diet will consist of the Paleo type diet with clean meats and vegetables making up the sum of your intake.

Bugs love sugar. That includes grains, breads and any type of flour products. The Paleo type of diet starves out these bugs from their main food source, which is why so many people feel better after only a short time on this diet.

To help simplify what you should eat during this time, you can ask yourself this question before you put anything in your mouth, "Is this going to feed more bugs or will it feed my body?"

I still ask this question internally and it helps me monitor what I'm feeding more.

Avoid: Sugars (*even fruit temporarily), dairy, FODMAPs (Fermentable Oligo-, Di-, Monosaccharides And Polyols) & nightshades, gluten, GMOs, artificial sweeteners, hydrogenated oils, alcohol & yeast.

Limit yourself to 10-15 grams of sugar per day. Sometimes a little treat of extra dark chocolate if you have a sweet craving can be acceptable. Just be aware that it contains caffeine and may keep you wired.

4. **Keeping the body strong:**

This may not necessarily fit in the Remove section, however, we feel it important to add during the first 2 phases. Getting at least 15 minutes of direct sunlight on your skin each day. Direct sunlight is very good for so many reasons, especially for the natural production of vitamin D. But sunlight is also very strengthening to your bio-magnetic field and can help make you feel invigorated while boosting your immune system after receiving it. Consider it a recharging of your “batteries.”

Multi-vitamins. Organic, multi-vitamins can also assist in boosting energy levels, especially during phase 1 & 2. Source Naturals has a good organic multi that is quite affordable.

5. Remove the stressors of modern life

I know I'll catch hell for saying this but stop watching *and* listening to the news – if even temporarily. Go on a news diet and only get the essentials you actually need to know. Usually, what you *really need to know* from the news you will hear about from everyone you run into so it really makes it quite easy.

Modern news has become a mechanism to activate the fight or flight response in people and they have gotten very good at doing it over the years. This response is addicting for many people and ultimately, creates more stress in your life. And it's not going to help your body or your health. Ask yourself this: How addicted have I become to getting my news fix? It's subtle, but it is real.

If you think about it, the evening news is just a report on all the worst events that have happened on planet Earth for the day. And maybe one cute local story at the very end so you don't become *totally* depressed.

Do a news diet and monitor how your mood and energy levels are a week later when you aren't watching or listening to the news stations. See if you notice withdrawal symptoms popping up. If so, it is definitely time for an extended news diet. This alone can be life changing.

The same goes for social media. Social media is usually peoples highlight reels. And it is our nature to compare ourselves with our fellow humans. But the issue is we often compare our cutting room floor scraps with other people's highlight reels and there is

often feelings of lack or low self-worth that are created through this – and it's not even reality. Be aware of this shadow mechanism operating if you're using social media.

Lastly, if you are in an abusive relationship or situation, you must take action steps to remove yourself from them. Stress is one of the biggest influencers of our overall health and can certainly derail even the most diligent protocol.

What can help gain perspective on your situation, if you happen to feel somehow stuck, is seeing yourself as you would a good friend. If your best friend were in the situation you were, what would you tell them or want for them? How would you treat them or speak to them? And are you treating yourself in this same regard?

Often, when we remove things in our life that we've grown accustomed to, it can help to replace it with something else. (Smokers trying to quit often use gum, etc.) Find a healthy habit you can replace the not-so-healthy habits with so that they will stick easier.

Some suggestions for replacements: Meditation, yoga or Chi Gong. Replace your time also with something you've always wanted to do for yourself or learn or read about. Even a new hobby that lights you up. There is science behind using new neuropathways in your brain to do or learn something that has always called out to you to do. A passion project to light you up. For me, it was finally recording some of my music. Even if I was brain-fogged out, I felt better after taking action steps in

recording music. It can spark a fire in your soul which lifts you up in other areas of your life.

6. Taking “kill” supplements (*OPTIONAL ONLY)

Kill supplements are typically herbs and compounds that help remove the opportunistic microbes in the body – while keeping your friendly microbes relatively safe. This can be a big part of the Remove phase on this protocol. That’s because you can often achieve quicker results by incorporating these into your regimen.

NOTE: You don’t need to take these for Restore 3 to work because Restore 3 already contains what is required to do all of the steps, however, these compounds are able to speed this process up since they can help your immune system kill the pathogenic colonies once the biofilm has been dissolved.

The following is a short list of the different compounds one can utilize in conjunction with Restore 3.

There are different theories on when to take, but we’ve found the best time to take is along with - or an hour after taking Restore 3 on a regular basis, while rotating these compounds on a weekly basis in order to keep the bugs guessing.

Kills Most Bacteria:

Grapefruit seed extract

Oregano oil (if tolerable)

Olive leaf extract

Cinnamon

Curcumin/Turmeric Extract

Candida/Yeast:

Undecylenic acid

10-Undecylenic acid = Formula SF722 by Thorne Research
(converts Candida back into yeast form from fungus form) making
it easier for the body to dispose of.

Caprylic acid

Organic cinnamon capsules

Oregano oil

Parasites:

Mimosa Pudica Seed

Wormwood

Black walnut

Clove oil

Goldenseal

All of these supplements will be way more powerful now that the biofilm “blanket” is being pulled back by the Restore 3, exposing these bugs. It’s best to rotate any of the above compounds on a weekly basis to keep them guessing.

Scroll to Module 8 in order to get the full list of recommended supplements.

7. Move your body! The rebounder trampoline

Rebounding on a trampoline daily is one of the best exercise/detox combinations you can ever do for yourself. It not

only gets the blood moving at the perfect pace, but it also moves the lymph fluid around your body which is critical for detoxing.

Your lymph system is your body's sewage system and lymph fluid goes around collecting all of the waste from your blood cells for removal. However, the only way for lymph to move, is if you move. Unlike the circulatory system that has your heart to pump blood throughout your body, the lymphatic system relies completely on your movements for circulation.

Rebounding on a trampoline is incredibly effective for moving lymph since the force of gravity is equal to 3x your body weight on your down bounce just before you bounce back up, allowing lymph fluid the chance to effectively move throughout your body.

8. Keep your colon clean!

These microbes *love* your impacted fecal matter. They use it as their food and their shelter. Daily bowel movements are important on this protocol. If you aren't regular, try colonic hydrotherapy. Coffee (or regular water) enemas are also helpful to ensure things keep clean and moving out and your liver is being flushed. Drink lots of water and take extra fiber during this phase to ensure adequate bowel functioning.

Another suggestion is to either use a foot stool when moving bowels, or simply get up and squat on the toilet seat. This allows for the bowel muscles to fully open so that a full evacuation can happen. Most people throughout this World squat to poop,

including our ancestors. The invention of the toilet is a rather new invention, relative to human existence. So is the skyrocketing rate of colon cancer, especially in the U.S. There are many interesting correlations

Squatting while you go allows for the full release of your fecal matter from the colon. The foot stool we use at the office is the Squatty Potty.

9. **Using extra binding agents:**

Restore 3 already contains EDTA which is a very effective binding agent. However, there are times where extra supplementation of a binding agent may be required. Activated charcoal is a cheap and effective binder to toxins that are leaving your body. And it ensures reabsorption doesn't happen. Bentonite clay, chlorella or spirulina are also very good alternatives.

10. **Dry skin brushing:**

Dry skin brushing supports your largest detox organ - your skin. The best time to brush is before showers. It stimulates lymph flow (your body's sewage system) and blood flow.

Start brushing in circular motions. First at your lower extremities, then your arms always in the direction of your heart.

Starve-Off

The 1st part of this step is all about eliminating the pathogenic bacteria and/or yeast by starving them of their food source, which will weaken them to the point where they will have little defense against the constant onslaught of your treatment plan.

This primarily consists of staying away from starchy and sugary foods as well as the usual suspects of unhealthy food that makes your body work extra hard in order to process.

You want to give your body the easiest and quickest route towards getting back into balance again, and avoiding unhealthy foods and the foods that feed these bacteria will ensure that you won't need to prolong this diet any longer than you have to in order to regain that balance.

Because once you have gone through the dietary recommendations and struck a balance within your microbiome, you can then begin reintroducing your favorite foods back into your life.

Of course, you're still going to want to avoid most of the foods that caused a proliferation of these bacteria in the first place.

We will discuss in more detail which diet works best for starving pathogenic bacteria but for now, let's keep it simple and list the main foods to avoid here:

Sugar – Including fruit sugars for now. (Keep under 5-10g/day)

Dairy (except homemade kefir)

Starches/Grains – All gluten containing grains including their flours.

Some gluten free starches are tolerable such as tapioca, guar gum and

rice flour. This is going to be one of the most effective dietary changes you will make so don't cheat here.

FODMAP foods (Fermentable Oligo-, Di-, Monosaccharides And Polyols)

Nightshade fruits and vegetables

GMO foods

Basically, this diet consists of eating clean, organic meats and low FODMAP vegetables. Many of us called it the chicken diet as we essentially ate mostly organic eggs, chicken and low FODMAP vegetables since chicken is much easier for the body to digest compared with red meat.



Remember, this isn't forever, it's just to starve pathogens (while keeping you nourished). These pathogens have come to dominate your system so you're re-establishing a healthy balance within your gut again.

It's also a good idea to learn about food combining which is learning which foods are appropriate to eat together for optimum digestion. However, this is something that is more advanced and not a requirement for just starting out.

In the beginning, you can simply take note of how you feel after eating a meal that has both proteins and (non-veggie) carbohydrates versus simply eating protein and green veggies by themselves. Many people report much better digestion and energy levels by choosing to eat proteins separate from carbohydrates (not counting green veggies).

Optimum digestion is important with this step as well since any food that doesn't get properly digested can potentially go towards feeding the bad bacteria.

We will cover this in more detail as we introduce some delicious recipes at the end of this book that you can follow which is both satisfying and tasty while being part of the diet.

Diet is the 2nd most important component to the program as you want to be sure not to feed the bacteria that you are trying to kill off.

Herxheimer Reaction (or Die-off Reaction)

Starving them consists of following a temporary diet that avoids all the foods that these bacteria thrive on so that you can weaken and eventually kill them.



We will warn you, as you follow this first step, there can be a die-off reaction, depending on how overpopulated these bacteria have become. As they die off, they release endo and exotoxins into the body. These toxins are the main reason

that pathogenic bacteria can cause so many harsh symptoms in the first place.

These toxins end up getting released as the biofilm breaks down and the bacteria start dying. If it happens too rapidly, you often will feel horrible just before you start getting better.

The important thing to remember is if you are experiencing this type of die-off reaction, you can be assured that you are actually killing off large quantities of the harmful bacteria who have made your body their home for so long and made you chronically ill. This is good news!

However, you want to go slowly here. You don't want to put your body through so much die-off reaction that you end up causing more harm than good. Your body needs to do this slowly, especially if you've had a lot of overgrowth build up over time.



Therefore, if it starts to feel like too much, cut back on your biofilm enzyme dosage to half, or take a break for a few days and just remain on the diet to continue starving them. **Also, be sure you are drinking a ton of water.** At least 64 ozs. per day to help your body flush them out.

You are winning! But remember this is not a sprint, it's a more like a marathon.

You should start to feel better very soon after lowering your dose on the enzymes. Again, be sure you are **drinking lots of water** in this stage and you are moving your lymphatic system. Your lymphatic system is often referred to as the sewage system of the body. It helps take waste from your blood and move it out of the body via the detoxification channels (skin, colon, etc.) **Taking activated charcoal can be very helpful** here as well to help absorb the toxins being expelled.

If you're taking activated charcoal, you will want to be sure it is at least an hour away from taking any supplements or vitamins as they will bind to the charcoal and exit your body without actually being used.

Try doing coffee enemas if you are experiencing a ‘Herx’ reaction.

This is one of the most effective ways of getting through a Herxheimer reaction and what we’ve seen works the best.

I won’t go into too much detail on why this is the best method, but in a nutshell, the major benefit is the coffee enema can actually stimulate the gall bladder ducts and liver, causing them to open and release toxins into the intestinal tract for excretion.

A very good practice while doing these is to take 2 capsules of activated charcoal before and 2 capsules after your enema to ensure that these toxins being released can be safely absorbed by the activated charcoal which can then safely exit through the stool without being reabsorbed by the small intestine.

Some coffee enema experts also use a couple drops of tangerine essential oil along with the liter or so of coffee they use for the enema to help activate this flushing action even further.

Flush Out – Activate & Assist Your Body’s Detox Response

This step will be critical to do as you are cleaning up your diet and killing off the bacteria. You will want to find a daily routine to get in the rhythm of so that it becomes a habit that you can easily incorporate into your day. It can be as little as 15 minutes of exercise or sunlight and fresh air.

All of the biological systems rely on some kind of rhythm to keep things operating. Once you can develop a rhythm or routine, it can become a habit that you no longer have to work very hard at remembering or maintaining. It just becomes a part of your flow.

This is one of the keys to becoming successful at something. Like the famous quote goes: “You can’t change the future, but you can change your habits and surely your habits will change your future.”



One of the most effective habits that we introduce to people during this time, one that can really give all of your systems a fantastic boost is a daily routine of bouncing on a mini trampoline. For added benefit bounce while exposing as much skin as possible to the sun for 15 minutes.

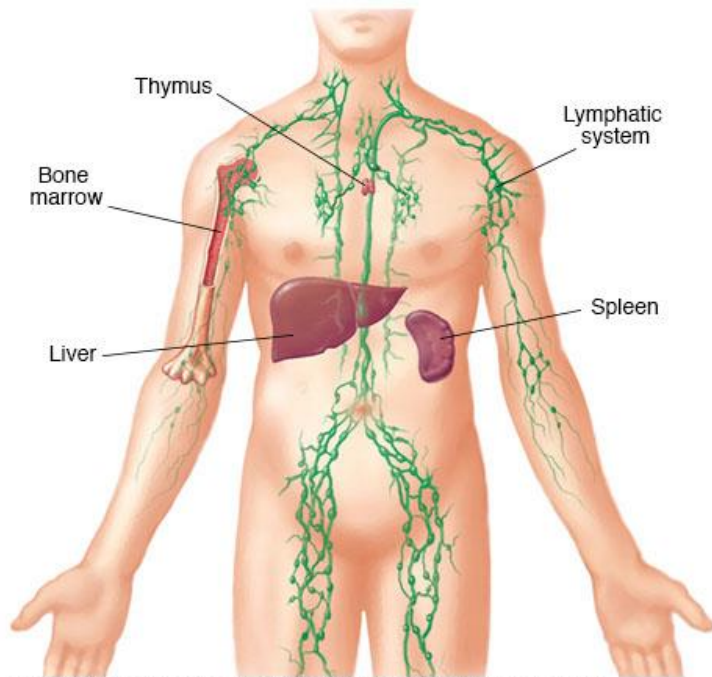
This is a great way to both move lymph as well as get fresh sunlight (vitamin D) and fresh air while breathing out toxins in the form of carbon dioxide from my body. Did you know that 70% of our waste is eliminated through our lungs? The rest is through urine, skin and feces.

Why is this effective?

The lymphatic system is commonly referred to as the body’s own sewage system. One of its primary jobs is collecting and removing cellular waste from the body.

Many people have highly congested lymphatic systems and don’t even know it and most people with chronic illness also have problems with their lymphatic system. In Europe stimulation of lymph flow is the fourth most commonly prescribed medical treatment.

The lymphatic system doesn't have a pump such as what the heart is for the circulatory system. The only way that lymph is able to move through the lymphatic system is by gravity and force. Jumping and running are great ways to get lymph circulating so that it can be effective in detoxifying the body.



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Rebounding on the trampoline is one of the best ways to move lymph throughout the body. The up and down rhythmic bouncing causes all of the one-way valves to open and close simultaneously, increasing lymph flow as much as 15x's!

Rebounding is a highly beneficial form of exercise because the pull of gravity on your body on the upward bounce just after you bottom out is equal to over 3x's your body weight in pressure.

Running is also an effective way to move lymph. Anything that requires your body to move and bounce is generally recommended for moving lymph fluid, but rebounding is by far the most effective.

Colon Hydrotherapy or Fiber Therapy

This can be very helpful in getting the body prepared for the influx of dead bacteria and biofilm exotoxins that are going to be released as you start your treatment plan. You'll want to clear the channels of elimination in the body so that they are working smoothly and efficiently when we begin starving the bugs out.



Before

After

Colon hydrotherapy is a great way to gently assist the colon in clearing out fecal matter that may be trapped within the intestine and harboring these bacteria as well as putrefying and causing more toxic buildup. I did several while on the program and still do these somewhat regularly.

A lesser alternative to colon hydrotherapy would be to go on a basic 7 or 14 day detox cleanse which natural foods stores and websites sell for relatively cheap (around \$20). I personally have had a lot of success in doing both of these detoxification methods and will usually do a couple per year as part of my regular maintenance program.



The key to this 2nd step really is to get your detoxification system flowing smoothly so that when you begin starving off the bacteria, you will have a more graceful process and you can quickly move through the starve-off phase. Drinking lots of water will flush the kidneys and colon which is very important here. Since you've likely been in a chronically ill state for a while, flushing your detox channels with water is critical. Carry a large bottle so you can monitor how much you're actually taking in each day. The next step is replenishing your body with what it needs to fortify and ensure a complete recovery.

Step 3: Restore - Replenish your Gut Microbiome & Optimize Your Body with Proper Nutrients

After we've cleared out the pathogenic overgrowth and taken the body off of the inflammation cycle, it now has an opportunity to begin repairing itself. Most of this happens on its own because that is what it's designed to do, but we are now providing the proper environment for the body to do this. However, there are ways we can enhance and assist the body in doing this job.

Weed, seed and feed: If you think of your gut microbiome as a garden, what we have done so far is **pulled out the weeds** that were robbing that soil of important nutrients and producing excess toxins. The Restore phase is all about **seeding the soil** so we can cultivate healthy flora that will produce beneficial nutrients for our body and ensure a healthy foundation for long-term vitality. Only then does it begin to

make sense that whatever we **feed this garden** will have a truer and more lasting impact as it is now more fertile ground for growing a vibrant and lush garden.

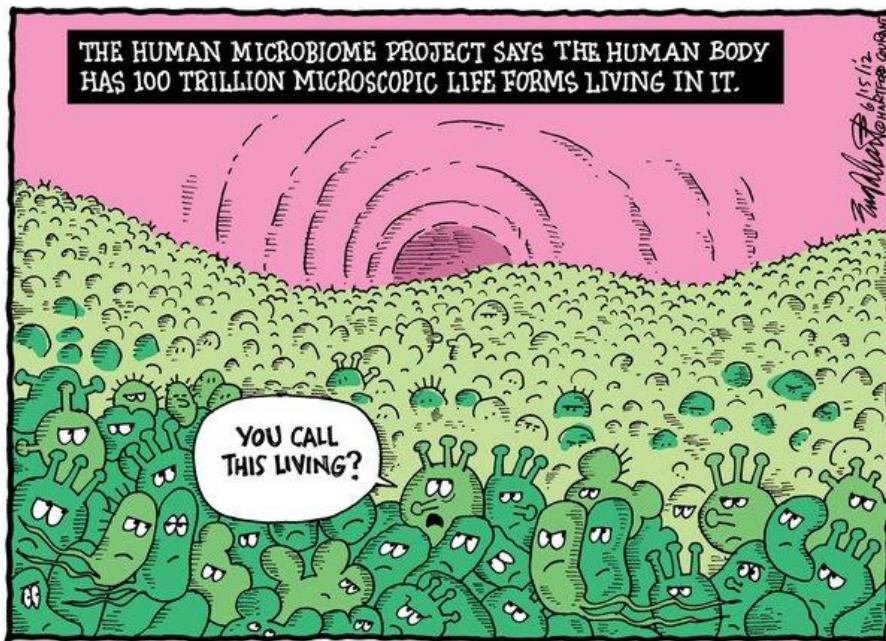
That's what Phase III is all about. This phase is where you can ultimately reach new highs with your health and truly understand what vitality means. To be so overflowing with energy and wellness that simply existing is blissful. This is where I landed after my very first protocol and it was a strange and wonderful feeling to actually experience. I was literally on a high, but in reality, I believe my body was finally just healthy for once.

But to me it was a new and blissful sensation to live with. It felt like I was living in color again, for lack of a better description. This "high" lasted almost 2 years until I leveled out somewhere and got used to what wellness actually felt like. But I still feel so grateful and certainly still feel the vitality, which I think I'm more able to enjoy compared with many people who have never experienced the loss of vitality for very long.

I want to show you how you can get to this place as well. It is our birthright to feel good and there is no reason you can't experience some degree of this yourself now that you have these tools I will be showing you.

Restore Your Gut Microbiome

Did you know we have more bacteria in our body than we have human cells? The human body is made up of 37 trillion human cells and at any given time, we are host to around 50-100 trillion bacterial cells. This is more than double the amount than human cells!



Most of these bacterial cells exist within the **gut**. We have literally trillions of bacteria and fungi living in there. Scientists are only now beginning to focus more closely in this area and are already

discovering that the human gut may hold the key to most modern day diseases.

In fact, studies have been done which have shown gut bacteria even has a role in obesity. Here's a snippet of a NY Times article that was published back in 2013¹:

"The evidence is from a novel experiment involving mice and humans that is part of a growing fascination with gut bacteria and their role in health and diseases like irritable bowel syndrome and Crohn's disease. In this case, the focus was on obesity. Researchers found pairs of human twins in which one was obese and the other lean. They transferred gut

¹ <http://science.sciencemag.org/content/341/6150/1241214>

bacteria from these twins into mice and watched what happened. The mice with bacteria from fat twins grew fat; those that got bacteria from lean twins stayed lean.”

It's no surprise that the father of modern medicine, Hippocrates, was quoted long ago saying “Most disease begins in the gut.” He must have realized that almost 70-80% of your immune system is located within the lining of your gut.

Balancing the Gut Microbiome I - Diet

So how do we find balance? You stop perpetuating the environment that has caused the imbalance in the first place (see steps 1 & 2).

You will want to follow a restorative diet. This is a diet that will nourish you while starving off pathogens within the gut. Scientists are just now discovering the vital importance of this link between diet, gut bacteria and the immune system.

Evidence has shown there is a direct link between what you eat and the types and levels of bacteria that are in your gut. So adjusting your diet will change the type of bacteria you have which will directly affect how your gut and immune system behave.

Your biggest concern here is learning how to feed yourself, without feeding the pathogens. Pathogens feed off of sugar and this includes starches like grains, etc.

The beginning of this type of diet (first 8-12 weeks) it is critical that you avoid eating the following foods below:

AVOID LIST: (in order of importance)

Sugar – Be *very* limited in your sugar intake here (under 5-10g/day)

FODMAP foods (Fermentable Oligo-, Di-, Monosaccharides And Polyols)

Nightshade fruits and vegetables

Dairy

GMO foods

Starches/Grains – All gluten containing grains and their flours. Some gluten free starches are okay in moderation such as tapioca, potato flour and rice flour. This is going to be one of the most effective dietary changes you will make so don't cheat here. A little bit of organic corn for some people is okay in the diet.

The Low-FODMAP Diet –

If you are suffering with any digestive distress or body aches *don't underestimate how big a difference a low-FODMAP diet can make.*

FODMAP is an acronym and stands for: **Fermentable Oligo-, Di-, and Mono-saccharides And Polyols.**

They are essentially different kinds of carbohydrates found in foods. Some are sugars (such as **lactose** and **fructose**), some are sugar alcohols (such as **sorbitol** and **mannitol**) and some are non-digestible fibers (such as **fructans** and **galactans**).

All occur naturally in foods such as fruits, beans, dairy and grains. The problem occurs when some people lack the specific enzymes required to digest these carbohydrates.

If this is the case, consumption of these FODMAP foods can cause digestive symptoms such as: bloating, gas, constipation, cramping, abdominal pain, burping and diarrhea. Sounds fun right?

Since eating a low FODMAP diet can be such an important factor the Restore 3 Program, and since many people aren't sure what low FODMAP foods are, we've compiled a list of foods to avoid as well as safe foods on the low FODMAP diet:

NOTE: You just want to keep your intake of FODMAP foods low, it is not critical to avoid *all* FODMAP foods for it to still work. However, as always, you have to find what works for your body.

Also, not everyone needs to avoid FODMAPs.

But if you've had gas/bloating, constipation or diarrhea or any gastrointestinal issues, including brain fog, fatigue or general irritability, it would **really** be in your best interest to go on a low-FODMAP diet for at least 4-7 days and find out if FODMAPs are problematic for you.

This is about the time frame it takes the body to metabolize most FODMAPs out of your system and for most symptoms to go away. The quickest I've seen is 4 days of strict avoidance of FODMAPs in order to find out if you're sensitive.

Many people don't even realize they are FODMAP sensitive until they stop eating these foods for a few days and notice 50% of their symptoms vanish to never return again until they reintroduce these

foods back into their diet. It is that powerful and even many GI docs are advising their patients to try it for themselves.

Your success depends partly upon paying attention to what foods your body likes and dislikes and making the necessary adjustments.

Use your phone and take a picture of these charts below so you have a handy reference for when you go grocery shopping next.

FODMAP Avoid List

Fruits to Avoid:

Apples	Nectarines
Apricots	Paw paw, dried
Avocado	Peaches
Blackberries	Pears
Boysenberry	Persimmon
Cherries	Pineapple, dried
Currants	Plums
Custard apple	Pomegranate
Dates	Prunes
Feijoa	Raisins
Figs	Sultanas
Goji berries	Tamarillo
Grapefruit	Tinned fruit in apple / pear juice
Guava, unripe	Watermelon
Lychee	
Mango	

Vegetables and Legumes to Avoid:

Artichoke	Kidney beans
Asparagus	Lima beans
Baked beans	Leek bulb
Beetroot	Mange Tout
Black beans	Mung beans
Black eyed peas	Mushrooms

Broad beans	Peas, sugar snap
Butter beans	Red kidney beans
Cassava	Savoy Cabbage
Cauliflower	Soy beans / soya
Celery – greater than 5cm of stalk	beans
Cho cho	Split peas
Choko	Scallions / spring onions (bulb / white part)
Falafel	Shallots
Garlic	Taro
Haricot beans	

Condiments, Dips and Spreads to Avoid:

Agave	Stock cubes
Caviar dip	Sugar free sweets containing polyols – usually ending in -ol or isomalt
Fructose	Sweeteners:
Fruit bar	Inulin
High fructose corn syrup (HFCS)	Isomalt
Hummus / houmous	Maltitol
Honey	Mannitol
Jam, mixed berries	Sorbitol
Jam, if contains HFCS	Xylitol
Pesto sauce	Tahini paste
Quince paste	Tzatziki dip
Relish / vegetable pickle	

Drinks to Avoid:

Beer – if drinking more than one bottle Coconut water Cordial, apple and raspberry with 50-100% real juice Cordial, orange with 25-50% real juice Fruit and herbal teas with apple added Fruit juices in large quantities Fruit juices made of apple, pear, mango Orange juice in quantities over 100ml Rum Sodas containing High Fructose Corn Syrup (HFCS)	Soy milk made with soy beans – commonly found in USA Sports drinks Tea: Black tea with added soy milk Chai tea, strong Dandelion tea, strong Fennel tea Chamomile tea Herbal tea, strong Oolong tea Wine – if drinking more than one glass
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Safe Foods List – Please note, the author has deleted some of the 'Nightshade' foods from this list as they can be huge triggers of inflammation.

FODMAP Safe - Fruits: (Limit in Phase I & II due to sugar)

Ackee	Lime including lime juice
Bananas	Mandarin
Blueberries	Orange
Breadfruit	Passion fruit
Carambola	Paw paw
Cantaloupe	Papaya
Cranberry - fresh	Pineapple
Clementine	Plantain, peeled
Dragon fruit	Raspberry
Grapes - fresh	Rhubarb
Guava, ripe	Strawberry
Honeydew and Galia melons	Tamarind
Kiwifruit	Tangelo
Lemon including lemon juice	

FODMAP Safe - Vegetables & Legumes:

Alfalfa	Ginger
Bamboo shoots	Kale
Bean sprouts	Karela
Bok choy / pak choi	Leek leaves Marrow
Broccoli – 1/2 cup	Okra
Butternut squash – 1/4 cup	Olives
Cabbage, common and red up to 1 cup	Parsnip
Callaloo	Peas, snow – 5 pods
Carrots	Pumpkin
Celeriac	Pumpkin, canned – 1/4 cup, 2.2 oz
Celery – less than 5cm of stalk	Radish
Chicory leaves	Scallions / spring onions (green part)
Chick peas – 1/4 cup	Seaweed / nori
Chilli – if tolerable	Silverbeet / chard
Chives	Spaghetti squash
Cho cho	Squash
Choy sum	Swede
Collard greens	Swiss chard
Corn / sweet corn – if tolerable and only in small amounts – 1/2 cob	Sweet potato – 1/2 cup
	Turnip

<p>Courgette Cucumber Fennel Green beans</p>	<p>Water chestnuts Yam Zucchini</p>
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FODMAP Safe - Condiments, Dips & Spreads:

<p>Barbecue sauce Capers in vinegar Capers, salted Chocolate: Dark chocolate Chutney, 1 tablespoon Fish sauce Garlic infused oil Golden syrup - (limit in phase I & II) Glucose - (limit in phase I & II) Ketchup (USA) – 1 sachet Maple syrup – (limit in phase I & II) Marmalade - (limit in phase I & II) Marmite Mayonnaise – ensuring no garlic or onion in ingredients Miso paste Mustard</p>	<p>Oyster sauce Pesto sauce – less than 1 tbsp Peanut butter Rice malt syrup Shrimp paste Stevia Tamarind paste Tomato sauce (outside USA) – 2 sachets, 13g Vegemite Vinegars: Apple cider vinegar, 2 tbsp Balsamic vinegar, 2 tbsp Rice wine vinegar Wasabi Worcestershire sauce</p>
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FODMAP Safe – Dairy Type Foods:

<p>Eggs Limited butter</p>	<p>Milk: Almond milk Hemp milk Lactose free milk Oat milk – 30 ml, enough for cereal Rice milk – upto 200ml per sitting</p>
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	Tempeh Non GMO Tofu – drained and firm varieties
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Authors note: The Restore 3 Program does not recommend dairy during the starve-off diet

FODMAP Safe - Cooking Ingredients, Herbs & Spices:

Herbs: Basil, Cilantro, Coriander, Curry leaves, Fenugreek, Gotukala, Lemongrass, Mint, Oregano, Pandan, Parsley, Rosemary, Tarragon, Thyme
Spices: All spice, Black pepper, Cardamon, Chilli powder, Cinnamon, Cloves, Cumin, Curry powder, Fennel seeds, Five spice, Goraka, Mustard seeds, Nutmeg, Paprika, Saffron, Star anise, Turmeric
Oils: avocado oil, canola oil, coconut oil, olive oil, peanut oil, rice bran oil, sesame oil, sunflower oil, vegetable oil
Asafoetida powder – great onion substitute
Baking powder
Baking soda
Cacao powder
Gelatin
Ghee
Lard
Salt

Avoid the Nightshades!



The 'nightshade' vegetables are often such a trigger for people because they end up causing an inflammatory state within the body.

The reason why nightshades are problematic for many people is due to the glycoalkaloid content.

Overconsumption of these edible species can actually be poisonous to anyone, and it is possible that the low-level toxic properties of nightshade vegetables contribute to a variety of health issues over time.

List of Nightshade Vegetables (Solanaceae Family)

Culinary Vegetables

Bell pepper (sweet pepper)

Italian pepper

Chile pepper

Examples of varieties:

fresh

Anaheim

Fresno

Jalapeño

Pimiento / pimento

Poblano

Serrano

dried

Ancho

Cascabel

Chipotle

Guajillo

Habañero

Pasada

Pasilla

Eggplant

Potato

Tomato

Tomatillo

Spices

Cayenne

Chili powder (some ingredients of)

Curry (some ingredients of)

Paprika

Sauces

Ketchup

Tabasco

Culinary Fruit

Cape gooseberry

Goji berry

Pepino

Tamarillo

Other

Tobacco

They are usually among the first foods that we recommend people suffering with autoimmune and nervous system disorders avoid since we've seen them benefit so many people with immediate results.

The following to the left here is a list of the most common nightshade foods to avoid:

From:

<http://www.getting-started-with-healthy-eating.com/nightshade-vegetables.html>

So What Can I Eat??

What I Ate During My 4 Months – Obviously you don't need to follow this particular plan

I know the above FODMAP and nightshade foods list is pretty restrictive and you may be left wondering, *what can I actually eat?* I kind of felt that way. But when you are sick for so long, you get to a point where you don't care what you have to do. I would have gone on an all- If it could possibly help, I was willing to try it.

You may find it quite boring. But during this time, I kept it very simple and virtually ate the same thing every single day. My shopping list was short and sweet and my meals were almost the same every day.

Here is the rundown of the meals I prepared day in and day out:

Breakfast: 2 scrambled eggs and organic chicken sausage.

***Alternative:** Steel-cut oats (limit due to grains)

Lunch: Organic baked chicken leg salt and pepper seasoning and sautéed green beans in toasted sesame oil.

***Alternative:** Vegetable chicken soup over quinoa. Chicken salad.

Dinner: Organic shredded chicken or grass fed beef tacos on organic soft corn tortilla sliders. Side of either sautéed kale or broccoli.

***Alternative:** Grass-fed, grass-finished steak or lamb. Wild salmon salad.

Organic Snacks: Homemade kefir, bone broth soup, *Plantain chips, turkey or beef jerky, *gluten free crackers, *carrots, *fresh pineapple cuts, grain free toast or rice cakes with almond butter.

*limit because of sugar

That was essentially it. It's not something you do forever, it's a starve-off diet and it worked well for me. It may not be the same for everyone. Make sure to pay attention to how your body reacts to foods. You have to be your own detective and keep track of what's working and what's not for you.

I know we have already covered this, but it is such a critical step to feeling better that we wanted to drive this point so it sticks. Your success here depends on whether or not you can stop feeding pathogens in your body.

They need to be starved out of your system or else you will likely not find total relief. You may feel much better, but the true goal here is to be done with this and move on with your life.

NOTE: It's not like we're trying to starve ALL of them. That would actually be impossible and absolutely unnecessary. What we are aiming for is to reduce the overgrowth happening within the microbiome.

You may want to get in the mindset that you will be on a restricted diet for a while and get used to eating basic foods. Mainly eating organic, lean meats, eggs (if tolerated) and low FODMAP vegetables.

Many of our customers have asked for a list of what foods they CAN eat while on the Restore 3 Program, so I've listed a few of the items some of us will typically buy at the natural food stores in our neighborhood.

Keep in mind, this is by no means the only foods you can eat, it's just an example of what some of our shopping list foods have been and still are to this day.

A Sample Shopping List:

Organic Grass-fed beef
Organic Chicken
Grass-fed Lamb
Wild caught Salmon
Organic Turkey bacon
Organic Beef & Turkey Jerky
Organic Corn tortillas (if tolerable)
Yerba mate/Organic Coffee (if desiring caffeine)
Organic Corn chips (if tolerable)
Tamari sauce
Organic chicken sausage
Organic Eggs (if tolerable)
Brown rice cakes
Peanut or Almond butter
Plantain Chips
Macadamia nuts
Steel Cut Oatmeal
Organic Green beans, Collard greens, Kale
Carrots
Organic Broccoli or brocollini
Organic Zucchini squash (limit FODMAP)
Organic salad mix
Olive oil
Organic Almond milk
Organic Collagen powder
Organic Bananas or banana chips (limit because of sugar)
Organic >85% dark chocolate (limit because of sugar and not before
bedtime as it contains caffeine)

Be sure to pay close attention to how your body reacts to foods. You have to be your own detective and keep track of what's working and what's not working for you.

Now, this is a personalized list from years of finding out what foods work for my particular body, but it is also based on many types of foods that even the most delicate systems can handle.

For instance, you'll notice there isn't a huge list of raw foods. This is because I have had difficulties digesting raw foods and would always end with painful gas. So I now avoid salads, etc. But in fact, many people who are dealing with Chrons/colitis and irritable bowel symptoms will find that raw foods are irritating to their system.

However, this may not be the case for you and, in which case, the more leafy greens into your diet, the better.

Also, a huge tip here is, if you've had trouble with your digestion (gas, bloating, indigestion), or *especially if food seems to sit like a rock in your stomach*, I would look into taking glandulars like freeze-dried pancreas (sourced from lamb, pig or cow) with your meals.

This alone saved me from much suffering. There is a company called Nutricology that specifically encapsulates these and they are quite cheap. They are simply called Pancreas on the label.

Also, I have found combining the above glandular with an HCL at the same time (if it's a high protein meal), has dramatically improved digestion and I have seen many people benefiting from this combination.

If you have extra Restore 3, they can work as digestive enzymes here as well.

You may not only feel better including the above enzymes with your meals, but it may also assist you in the program because if your food isn't being fully digested, what happens is it begins to rot as it travels through your digestive tract over the course of time.

This creates further toxic byproducts and this undigested food will then become food for the pathogenic bacteria in the gut that you are working so hard to eliminate.

I know that organic food is more expensive. But this is your life blood. If you think you can't afford shopping for clean foods try to look in other areas of your life right now that you can afford to not spend so much in right now.

The difference in eating clean pays for itself in so many different ways that you could have never realized if you were just eating the same old 'dirty' foods that you may have been hooked on.

It's also interesting because we've found the foods that we find we're most 'addicted' to, our *favorite treats*, etc., are exactly the foods that are keeping us in the sick-loop. Bacteria have a huge influence on our food cravings. This has been confirmed in many published studies on the gut and brain connection.

The Mindset

Here's a useful mindset to have with this: Before you put anything in your body from now on, *ask this question*, "**Is what I'm about to eat going to feed the pathogens more than it's going to feed my body?**"

This question will help simplify this entire diet for you. You can then mentally keep track of what degree you are feeding the bugs as you progress on the diet and make more informed decisions based on how you are doing.

This is now how I approach eating these days and it is very useful. I notice that the more I am “feeding” the bugs, the worse I will end up feeling over time and I will simply cut back and focus on proteins and greens. I almost always feel better after cutting back.

The same also works in reverse. The longer I starve-out the bugs (avoiding their favorite foods), the more resilient my body gets. So this is the new scale I use when approaching my diet and it works quite well.

Balancing the Gut Microbiome II – Probiotics



If you haven't noticed, bacteria plays the major role in these type of conditions. Beneficial bacteria play such an important role in your body that we wouldn't even be able to function without them.

There are hundreds and hundreds of documented ways that probiotics are known to benefit humans.

Probiotics are beneficial microorganisms that reside in the gastrointestinal tract, playing a vital role in digestion and immunity. Probiotics synthesize and absorb vitamins and minerals, stimulate the immune system, inhibit the growth of infectious organisms, and help maintain healthy levels of cholesterol.

Probiotics also give life to the earth's soil, transforming inorganic minerals into a form usable by plants. Various strains of probiotics in soil have been used to create fermented foods, such as yogurt (fermented milk), miso (fermented soy), and sauerkraut (fermented cabbage) that have helped sustain human health for thousands of years.



Each day hundreds of strains of bacteria (friendly and pathogenic) are battling it out in your gut for dominion. Their objective is to build colonies and multiply.

Often, with these types of conditions, the ratio of friendly to pathogenic bacteria have become imbalanced and pathogens have over colonized within the gut of the individual. Once this happens, they begin to look for other areas in the body to colonize as well.

Vaginal yeast infections are often a result of the Candida yeast over-colonizing within the gut and then spreading out to other areas of the body where the environment supports more colonies.

Choosing the Right Kind of Probiotics

It's important to note that many people who are suffering from fibromyalgia/SIBO and autoimmune issues also deal with histamine intolerance. Individuals with histamine intolerance may find that fermented foods aggravate their symptoms, and, unfortunately this includes most probiotics.

Histamine intolerance is caused when the body has more histamine than it can break down. Normally, the body is able to break down

histamine using *amine oxidases* enzymes. *Diamine oxidase* (DAO) is the main enzyme in charge of breaking down histamine from food.

If you consume too much histamine, your body might not be able to handle the histamine load. Or, if your amine DAO enzymes aren't functioning properly, then you might not be able to handle even a little bit of histamine from food.

Some common histamine symptoms include:

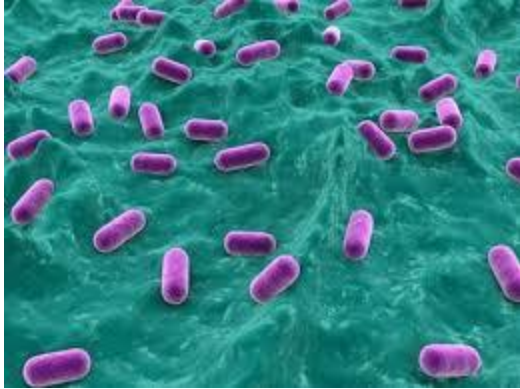
- Fatigue and lethargy, bad mood
- Digestive problems like upset stomach and reflux
- Skin problems like itchiness, rashes, and hives
- Swelling and inflammation
- Watery, red eyes
- Runny nose and congestion

The kinds of probiotics which do not seem to cause a histamine reaction in people are soil-based probiotics. These are probiotics which are present in healthy soil in which our food grows. Humans have a symbiotic relationship with which dates as far back as the Paleolithic era.

Note: Native Formulas is formulating a new probiotic that actually degrades histamine in the body and only uses histamine-neutral strains of probiotics for those who are sensitive.

With the rise in mass agriculture practices, our soil has become so over-sanitized to the point that these friendly critters which are so helpful for the delicate plant ecosystem, have nearly been wiped out.

There are very interesting parallels people have drawn to the similar effect that antibiotics have been wiping out the human microbiome diversity over the same period of time.



Two of the most studied and most effective soil-based probiotics are **Bacillus coagulans** and **Bacillus subtilis**.

These are probiotics which can withstand the harsh environment of stomach acid for prolonged periods of time as well as maintain stability under extremely high heat conditions. Part of the reason for this is because they are in spore form until the spores reach an environment that is suitable for growth.

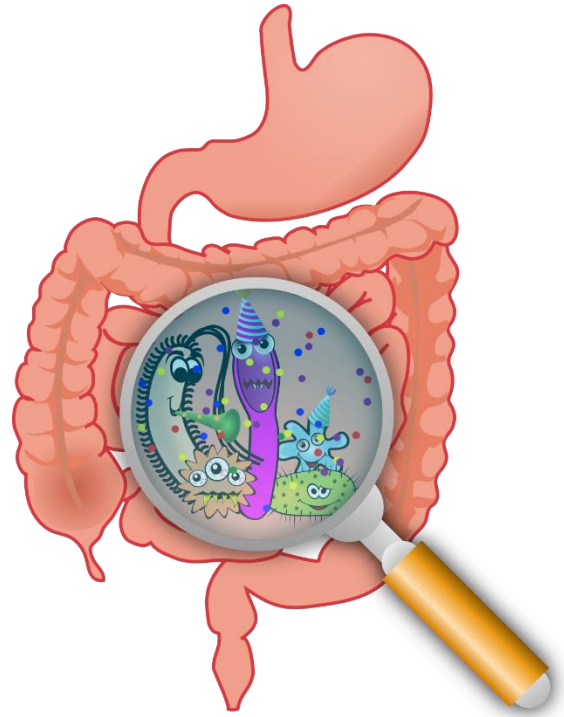
Bacillus subtilis and World War II: (Disgusting, but true...)

When the German army occupied northern Africa during World War II, 100's and 100's of soldiers suddenly began dying each week from a terrible bowel infection called dysentery. But the natives of the area *seemed* to take it in stride. The Germans found that as soon as the first symptoms of dysentery were noticed, the locals followed a camel and collected its poop as soon as it dropped. Then they ate it. It cured the dysentery, but *only* if it was *fresh*.

The secret was the beneficial bacteria (*Bacillus subtilis*) in the camel dung, which aided digestion and crowded out disease bacteria. You can imagine the horror of the fastidious Germans when they discovered what the cure was. Still, it was better than dying. The German medical corps found a way to isolate the bacteria for the ailing soldiers, which promptly led to recovery and prevention for the rest of the German forces.

Bacillus coagulans has a lot of research data showing its benefit in reducing abdominal pain and bloating in patients with IBS², relieving symptoms of rheumatoid arthritis³ and musculoskeletal diseases⁴ and even preventing antibiotic associated diarrhea.⁵

This special probiotic bacteria has the ability to more readily colonize and proliferate in the gut and help crowd out the pathogenic bacteria that are trying to colonize.



To summarize, if you are dealing with SIBO/Fibro type symptoms, taking regular probiotics tends to irritate these types of conditions. Specialized probiotics, such as the soil based ones mentioned above, which don't flood the body with histamines, are usually the best and most effective route to take.

² Bacillus coagulans significantly improved abdominal pain and bloating in patients with IBS. Hun L. <http://www.ncbi.nlm.nih.gov/pubmed/19332970>

³ *Bacillus coagulans*: a viable adjunct therapy for relieving symptoms of rheumatoid arthritis according to a randomized, controlled trial
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2826289/>

⁴ The Gastrointestinal Microbiome and Musculoskeletal Diseases: A Beneficial Role for Probiotics and Prebiotics Luis Vitetta,^{1,2,*} Samantha Coulson,² Anthony W. Linnane,^{1,3} and Henry Butt⁴
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4235701/>

⁵ Doron SI, Hibberd PL, Gorbach SL. Probiotics for prevention of antibiotic-associated diarrhea. *J Clin Gastroenterol.* 2008 Jul;42(Suppl 2):S58-63

Replenish Your Body with Key Nutrients

If you've been chronically ill (anything over 6 months is considered chronic) then you are likely depleted in several key nutrients that your body really needs right now in order to help correct itself.

The golden rule in medicine is that the body is designed to heal itself, but it needs the right environment.

That's what this book is about. Providing the right environment for the body to do what it's been designed to do which is keep you pointed in the direction of wellness.

This is likely due to living with an imbalanced gut microbiome.

Now, there are some major and minor nutrients that fibromyalgia/CFS/Lyme/SIBO sufferers are classically deficient in, in almost every case that we see.



Magnesium Malate – Magnesium is the mother nutrient. Even people who aren't chronically ill are likely deficient in magnesium to some degree. This is usually the 1st nutrient that the human body gets depleted in and for good reason: Magnesium is responsible for over 300+ different biochemical reactions in the body and it's reported that over 80% of the American population is deficient in magnesium to some degree.

The problem is that most magnesium that people supplement with is the cheap kind, magnesium oxide or citrate, which is generally the main ingredient in over the counter laxatives.

The reason for this is because it goes right through you without it being absorbed by the body. Typically, only 3% of this kind of magnesium gets absorbed and the rest is flushed out by the body.

You want to find a magnesium that has a high bio-availability rate. Often these types of high bio-availability nutrients are bonded with something that the body can recognize in order for them to get into the cell.

Magnesium malate is one of those types of magnesium's and has one of the highest bio-availability rates out there. It is bonded with malic acid, which is the tart you tasted when you bite into an apple, and the body easily recognizes this, which allows for higher assimilation.

Both magnesium and malic acid are well known to be critically depleted in people who suffer from fibromyalgia. Evidence suggests that malic acid can help ease pain caused by muscle and tissue hypoxia (decreased levels of oxygen in muscle tissue).



It allows the body to make ATP - and thereby energy - more efficiently, even under low oxygen or hypoxic conditions. Malic acid also enhances cellular stamina and endurance.

You'll know you've been deficient in magnesium when you begin taking it and you notice that you feel differently. Some people report a calm, energetic feeling and others report it helps them feel more relaxed and

calm without feeling drowsy. People often report a having a deeper sleep after taking it regularly*.

Many people react to magnesium therapy differently, however, the main benefits people report from taking chelated magnesium are as follows:

- Improved and more refreshing sleep*
- Ability to fall asleep quicker at night*
- Neurological functioning improves (motor skills, brain cognition, general relaxation)*
- Feeling more calm*
- Increased and sustained energy throughout the day*
- Improvement in overall mood*

*Results may vary



Vitamin D3 with K2 – Many experts believe Vitamin D deficiency is a pandemic in the U.S. According to Dr. Holick, a leading researcher into Vitamin D for over 40 years, many who see their doctor for such signs end up being misdiagnosed as having

fibromyalgia or chronic fatigue syndrome.

"Many of these symptoms are classic signs of vitamin D deficiency osteomalacia, which is different from the vitamin D deficiency that causes osteoporosis in adults," he says. "What's happening is that the vitamin D deficiency causes a defect in putting calcium into the collagen matrix into your skeleton. As a result, you have throbbing, aching bone pain."

Vitamin D also fights infections by regulating the expression of genes that influence your immune system to attack and destroy bacteria and viruses.

The sun is an incredible source of Vitamin D, however, it's important to note that there are a few factors that will keep you from producing it naturally through sunlight exposure with your skin.

Dr. Holick warns you that you CANNOT make any Vitamin D when you're exposed to sunlight through glass. All you're mostly getting are UVA rays, which penetrate deeply into your skin, causing wrinkling, and increasing your risk of skin damage and skin cancer.

Also, according to Dr. Holick, you cannot make vitamin D until about 10:00 in the morning until about 3:00 in the afternoon.

Essential Restoring Nutrients:

Here are the other essential nutrients that typical chronic illness sufferers tend to be deficient in and would benefit from:

Soil-Based Probiotics – Also called “spore-forming”. Balancing to the microbiome, immunity, digestion and mood. Soil-based probiotics are preferred in fibro/SIBO/CFS patients because of their anti-histamine forming properties and incredible results we've seen in our own journey*.

Proteolytic Enzymes – These are powerful biofilm digesting enzymes which expose pathogenic bacteria's defenses to our body's own immune system. Also assists with the breakdown of protein from food and excess fibrin within the body*.

Liposomal Vitamin C – Has a very powerful antiviral effect and helps increase energy levels in the body. Free radical scavenger*.

Magnesium Malate – See above

Resistant-Starches – These are particular starches (such as potato starch or guar gum) that the body doesn't actually digest and ends up in the large intestine where it can feed your friendly bacteria who depend on these types of foods for their survival. Using the analogy of your gut microbiome as a garden, resistant starches are the fertilizer that feeds and nourishes your plants.

Coenzyme Q10 – Improves oxygenation of tissues, enhances immune system functioning and an important free-radical scavenger that supplies oxygenation to the cells*.

*Results may vary

Sample Daily Protocol Guides:

Day 1 – 45: Phase I & II of the Restore 3 Protocol

This is an example, of a day-to-day schedule, during each phase, which you can use as a reference on how to put all of this together. If you aren't having regular bowel movements, you need to look at doing a pre-tox before doing the protocol.

45 days is the average minimum length of time to begin seeing real results on this protocol. Even though we get a lot of customers noticing results within the first week of taking Restore 3, it is not the average result. If you've been sick for a long time, this process may even take a little longer, so don't get discouraged if you haven't seen improvement after day 45.

Results will come with consistent, repetitive action over an extended period of time. The body craves repetition and simplicity. Simple foods, consistent actions and plenty of rest.

Below is a sample of what a typical day will look like during the phase I, phase II & phase III of the Restore 3 Protocol.

You don't need to do or take everything, but since we are showing you a sample of a really good protocol, I want lay out everything that you could utilize in order to make the most of it, and you can decide for yourself if you want to include them.

A Note to all IBS/IBD and digestive sufferers: It can be very helpful to supplement at every meal and snack with digestive enzymes. Because if you're not fully digesting food, it will rot and putrefy as it travels through your digestive tract, attracting even more bugs as well as creating additional toxins as it putrefies.

The most effective and inexpensive ones we have found is a product called Pancreas by Nutricology.

This is a freeze dried glandular derived from either lamb, beef or pig, respectively, and has been encapsulated. It has proven to be very helpful for those with compromised or weaker digestion.

Also, no liquids with your meals. Drink liquids before, but never during or immediately after, to avoid diluting your digestive juices and weakening your ability to break down foods.

You may need to experiment with how many enzymes to take with each meal, as everybody produces varying degrees of digestive enzymes. For best results try 1 Pancreas and 1 betaine HCL at first bite, then repeat that dosage halfway through your meal. If you are still feeling like you need more support, you would slowly begin increasing dosage over time until symptoms lessen.

Lastly, if you have gas/bloating after your meals, one capful of Swedish Bitters by Nature Works, diluted in 4 or 5 ounces of water does wonders for most to relieve some of the most difficult digestive symptoms. This is not to be used long term, however, due to a few of the herbs, such as Senna, which tend to be habit forming if used consecutively for more than a couple of weeks.

I love and use Swedish Bitters as an occasional remedy of digestive upset.

A.M. Day 1 – 45 of Phase I & II

- **Glass of purified water** - flushes and primes digestive tract
- **1 or 2 Restore 3 capsules** upon arising with 6 oz. purified water at least 1 hour away from food
- ***Optional: “kill” supplement** from list (see below) Can take with Restore 3
- For accelerated protocols, you can slowly work your way up to 6-8 capsules of Restore 3 daily
- **15-minutes of direct sunlight** on your skin (11am-2pm is ideal sunlight)
- **15 minutes of light, lymph-moving exercise.** (Rebounding on trampoline, jumping jacks, jumping up and down while in a pool, or anything that lets you bounce lightly. If this is too much for you, yoga or chi gong is also beneficial)
- **Protein rich breakfast** (see Native Formulas Home Recipes book)
- **Activated charcoal** or other binder *take away from other supplements
- **32oz – 40oz of purified water** throughout morning and afternoon
- **Lunch** (see Native Formulas Home Recipes book)
- **Multi-vitamin** with lunch

A.M. Notes:

- Coffee or tea is fine (no or little sugar)
- Can slowly increase Restore 3 dosage after 3-5 days on 1 or 2
- Always wait at least 1 hour after before eating anything after taking Restore 3 (ideally taken first thing in the a.m. and last thing before bed)
- Rebounding (trampoline) in the sun is a great way to “catch 2 birds with one net” from this list. Put on some uplifting music or inspirational talk to keep your spirits high.
- If experiencing sugar cravings, supplement a resistant starch such as guar gum (Sunfiber).
- If experiencing heavy fatigue, L-tyrosine is a fantastic and inexpensive amino acid. Take upon rising along with Restore 3. Don’t take at night

P.M. Day 1 – 45 of Phase I & II: Disrupt & Remove

- **1, activated charcoal**, 20 mins before coffee enema
- **10-15 minutes of light, lymph-moving exercise.** (Rebounding on trampoline, jumping jacks, jumping up and down while in a pool, or anything that lets you bounce lightly. If this is too much for you, yoga or chi gong is also beneficial)
- **Coffee enema** (1 per day in the first 7-10 days can be very helpful)
- **1, activated charcoal** before and 1 after your enema.
- **Dry skin brushing** before showering
- **16oz – 24oz of purified water** throughout evening
- **Dinner** (see Native Formulas Home Recipes book)
- 30mL of homemade liposomal glutathione (see Native Formulas Home Recipes book)
- ***Optional: “kill” supplement** from list (see below) Can take with Restore 3

P.M. Notes:

- The focus should be on flushing toxins from the body. Make sure you're having regular bowel movements. If not, utilize enemas and colon hydrotherapy.
- If you're taking other “kill” supplements as well, for best results, rotate them each week. It keeps the bugs “off-guard.”
- If you can tolerate it, many people find that slowly increasing the dosage of Restore 3 over time is very effective. Keeping Restore 3 enzymes circulating in the bloodstream will keep the pressure on breaking down the biofilm colonies as well as help to break down fibrin that causes stiffness and pain. Maximum dosage is 8 capsules, spread out over a 24-hour period.
- If experiencing sugar cravings, supplement a resistant starch such as guar gum (Sunfiber).

Sample Daily Protocol Guides:

Day 45 & Onward: Phase III of the Restore 3 Protocol

When you begin noticing positive changes happening with your symptoms, and it's been longer than 45 days, it's time to enter the final phase of the protocol.

If you aren't noticing a change in your symptoms after day 45, we urge you to stay in phase II & III of the protocol until you do notice positive changes. Biofilm disruption is a big job and your body may need longer time in order to detoxify.

Phase III focuses on rebuilding the gut microbiome and nourishing the body, so that a foundation of permanent wellness is established, and resilience can take root. The gut microbiome is the command center of your health, and this is where most of your focus will be.

A.M. Day 45 & Onward of Phase III - Restore

- **Glass of purified water** - flushes and primes digestive tract
- **1 or 2 Restore 3 caps** (after phase I & II take maintenance dose of to 1 or 2)
- **1 cup of heated bone broth** - organic
- **1 serving of a resistant-starch** (e.g., sweet potato, guar gum)
- **1/3 cup of homemade kefir**
- **Protein rich breakfast** (see Native Formulas Home Recipes cookbook)
- **32oz – 40oz of purified water** throughout morning and afternoon
- **15-minutes of direct sunlight** on your skin (11am-2pm is best)
- **15-mins of light exercise on mini-trampoline** or other exercise listed
- **15-30mL of homemade liposomal vitamin C**
- **Lunch** (see Native Formulas Home Recipes cookbook)
- **Multi-vitamin** at lunch
- **15-30mL of homemade liposomal glutathione**

A.M. Notes:

- **Homemade Kefir:** Try a tablespoon at first. Homemade kefir is very strong and can also cause a Herx reaction.
- Resistant starches are very good for feeding your friendly bacteria. You may need to try different ones however as some people may develop gas/bloating depending on the starch. It is sometimes a process of trial and error.
- The Restore 3 dose will be a maintenance dose from here on out in order to keep pathogenic biofilms in check.

P.M. Day 45 & Onward of Phase III

- **15-mins on mini-trampoline** or other light exercise listed
- **Dry skin brushing** before shower
- **Dinner** (see Native Formulas Home Recipes book)
- **1 cup of heated bone broth** (organic)
- **1 serving of a resistant-starch** (e.g., sweet potato, guar gum)
- **1/3 cup of homemade kefir**
- *Optional: 1 capsule Prescript-Assist spore probiotic

P.M. Notes:

- Phase III is a maintenance dose of Restore 3 to keep biofilms in check
- You can increase your kefir intake after slowly building up quantities

Supplements mentioned in this Handbook:

(in order of priority)

This module will list the additional supplements that can be helpful as you go through all 3 phases. NOTE: These supplements are not required. This is simply a list of supplements that we've found to be supportive as you go through the protocol.

- **Restore 3:** Biofilm disruption, contains EDTA for binding and spore probiotics for gut support.
- **Organic "Kill" supplements:** Oregano oil, olive leaf extract, grapefruit seed extract, cinnamon
- **Formula SF722:** If you know you are specifically dealing with Candida/Yeast
- **Mimosa Pudica:** If you know you are specifically dealing with parasites
- **Binding agents:** Activated charcoal (take away from other supplements) Chlorella or spirulina
- **Spore probiotics:** Such as Prescript-Assist (Restore 3 already contains spore probiotics but it is best to take more varieties during Phase III: Restore
- **Fiber:** Detoxifiber from Garden of Life or psyllium powder or capsules.
- **Gut Motility:** Intestinal Movement Formula by Health Force Naturals
- **Digestive Enzymes:** Pancreas by Nutricology, Betaine HCL, Super Enzymes by Now Foods
- **Turmeric Extract:** (for inflammation) Any organic turmeric or curcumin extract will do.
- **Magnesium oil:** Topical spray for pain and sleep issues. Relaxes nervous system.
- **Multi-vitamin:** Source Naturals organic multi capsules are helpful for more energy.
- **Molybdenum:** Essential trace mineral that helps detox of acetylaldehyde, a neuro-toxic by product of Candida overgrowth that causes brain fog, fatigue and general hang-over feeling.
- **Swedish Bitters:** Nature Works. Helpful for indigestion, gas or bloating.
- **L-Tyrosine:** Amino acid great for all-day energy, fighting fatigue.
- **Resistant-starches:** Good for feeding friendly bacteria in gut and fighting sugar cravings and most helpful during Phase III of the protocol. Guar gum is a FODMAP friendly option.

The bottom line: None of these (except Restore 3) are actually necessary to complete your protocol, but the above list is what we've gathered after all the years of doing this protocol and have found to be useful supplements during all 3 phases.

Conclusion

This guidebook is the result of many, many years of trial and error on the part of several people who have all suffered from fibromyalgia, IBS, SIBO and various chronic and autoimmune diseases.

We felt that there was more to what the medical system had led us to believe about chronic illness and were already failed by that system.

We were just trying to do our best to feel better and going about it the best way that we knew how. The natural way.

There still is so much we don't know about these conditions, however, as time goes on, there will be more people like us, who, through trial and error, will find ways to find relief and perhaps even total remission of these conditions.

Our hope is that you learned something new that you can try for yourself in order to restore wellness back into your life again.

Everybody is different in their own way and responds differently to different treatments, however, we feel that the knowledge contained within this book is something that can benefit anyone suffering from these conditions in some way.

And most important, don't give up trying new things. If what you're doing isn't working, pivot and try something totally different.

You never know how close you are to actually breaking through into a normal life again.



We think Julie Andrews says it best here when she was quoted saying “Perseverance is failing 19 times and succeeding the 20th.”

We wish you the strength of perseverance and the best of health moving forward and we hope to be the ones holding light for you at the end of that tunnel.

In Wellness,

The Restore 3 Team

Native Formulas, LLC.

<https://nativeformulas.com>