

The background of the entire page is a photograph of a wooden mortar and pestle. The mortar is a shallow wooden bowl, and the pestle is a thick wooden rod. They are surrounded by several sprigs of a plant with small, bright yellow flowers and green leaves. The scene is set on a rustic wooden surface. A semi-transparent green banner is overlaid across the top half of the image, containing the main title in white text.

THE RESTORE 3 ACCELERATED BIOFILM PROTOCOL

Includes

12

Step-by-Step
Modules

A.M. & P.M.
Daily Action Plans

A STEP-BY-STEP, DAILY GUIDE FOR ELIMINATING
BIOFILM AND PATHOGENIC OVERGROWTH
FROM THE BODY

www.NativeFormulas.com

Welcome to the Program! Start Here

Introduction

Welcome friend. I'm going to do my best to cut to the chase and only provide exactly what is needed and when, in an easy to follow, step-by-step manner. My name is Scott Nobriga. I am one of the founders of Native Formulas. When I was going through my chronic illness battle for almost 20 years, I could barely sit in front of a computer for an hour, so I know what it's like and I don't want to drag this on for you. But I do need you to read this.

My hope is that this will serve as your fast-track guide to you getting your life back. It took me almost 20 years of learning the hard way – but thankfully I didn't give up trying different things. I didn't give up going down different avenues until I found one that finally worked.

And I've since learned that no 2 bodies are the same, and they will often respond very differently to the exact same input. **But there are laws** – of which all bodies must follow. Our DNA is programmed to strictly obey these laws, and when we align our habits and our entire being (mental and physical) with these laws, a true balance can be achieved.

Here is the most important law: The body is *always* repairing itself. That is what it has been designed to do. You will go through this world and do all kinds of damage to it, but all along the way, it's just trying it's best to fix itself.

If we are to get better, we must align ourselves - our mind, habits and our lifestyle to allow our bodies the proper environment for it to repair itself. I've learned that this is mostly a process of removal. Remove the waste that our bodies are literally swimming in. This mostly means detoxing.

The 2 biggest things we must remove are the **problem-causing foods we are eating** and the **overgrowth of pathogenic microorganisms that live within our body**. Science has discovered that we are made up of more microbes than human cells by a factor of 2:1! This should be a very big clue that the state of your microbiome (the collection of microbes that exist within and on your body) bears quite a bit of weight on your overall health outlook and deserves attention. It's estimated that 70% of Americans have an overgrowth of candida colonies living in their intestines. [1]

https://microbewiki.kenyon.edu/index.php/Candida_albicans

We've seen so many people whose lives have been transformed by following this protocol. And many of them were sick for longer than I was. And the common thread that I've seen with the people who were successful versus not, was their willingness and their perseverance. Their attitude that said "*I don't care what I have to do, I am willing to try it.*" Then, the ability to stick with their protocol.

Here is another huge secret to this: The body LOVES routine. If you want to get real results you must be consistent and over a period of time. 6 weeks is the *very minimum* amount of time we see major changes with people doing this.

And so it really comes down to attitude.

Actually, I didn't have that attitude at first, which is part of the reason it took me so long to get better. But as I grew sicker, I learned something very valuable about getting better.

I really wasn't 100% totally committed to getting better.

Ugh, it still hurts to write that today. And it was a hard truth to swallow. I actually didn't want to admit this fact to myself for a very long time.

I was so desperate for something to work. Even most of my thoughts revolved around trying to get better. But my actions were telling a different story. And deep down I knew it.

I would get an urge and would end up going off my diet and trying to justify to myself why it was okay. The worst part was, I felt powerless against those urges.

This pattern repeated itself many times during those years, falling down in this way.

Until I finally hit rock bottom

I had come face to face with my powerlessness.

You know if you've ever been there. It's a place beyond desperation. Beyond even caring anymore. You've totally let go of that rope.

But there's something else that is available to you in this place. There's an opportunity. And it's an opportunity that many people miss.

It's a potent energy that you never forget. Because ultimately, it becomes the single driving force pushing from behind you to make a real change.

And it cuts through all the crap...

All the excuses that you've told yourself in the past that have only sabotaged your vision and have led to suffering.

It's also what ultimately carries you through your moments of weakness during your treatment protocols when your mind is telling you, "might as well just give up for now, this is just going to be another failed protocol just like the rest."

This doesn't just apply to chronic illness. This applies to so many aspects of life.

People don't change until they really want to change.

Sometimes, there is a little bit of push and pull with the mind before you can get 100% of yourself on board.

But once you do, believe me, there is no more powerful force than this.

I talk with so many people suffering with chronic illness. I hear so many people, from so many walks of life.

I can tell you, within the first moments of speaking with them, what level of commitment they are at in their journey.

If they know of this rock bottom place.

There's an openness about them. Even a level of surrender that feels more like a gracefulness.

The Good News...

Here's the good news if you find yourself somehow not 100% committed.

You don't have to wait before you hit rock bottom...

Yes, sometimes to truly get 100% of yourself behind your next plan of action, it takes a little mental preparation. Some kind of moment of truth with yourself about what you *really* want.

This has always been true for me. The trick is to be 100% totally honest with yourself about what you really want.

Do you want to *feel* good right now? Or do you want to be well again for good?

And being 100% honest with yourself also means acknowledging and honoring whatever the answer to that question above is.

Not judging yourself if the answer is still, "I just want to feel good right now."

Okay. Simply take it as feedback, without judgment, that this is where you are right now.

Again, don't judge it. Because by judging it we keep that pattern in place.

There is actually incredible science behind this effect.

By bringing our simple awareness to a psychological pattern without judging it, that pattern can change.

I've been witness to this in my life with several patterns that were "sticky" and caused a lot of suffering.

And by bringing my full awareness to the pattern whenever it arises in the moment, and facing it with a curiosity rather than a judgment, has been the best weapon I've found for positive change.

This place of rock bottom is available within you to be used as a powerful catalyst for change. It can put a bug in you...

Let it.

Let it be the driving force that carries you through the muck & the thicket on this journey back home.

- Scott Nobriga
The Restore 3 Team

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Module 3 – How to get the most out of this program: Stay connected! To your “Why”, to the group, to us and the trainings. This is a journey of transformation. Along that journey, there will be ups and there will be downs. You may feel ecstatic one day and the opposite the very next day. A healing process often works this way. Most important thing to remember “you are not your body, you are not your mind.” This too shall pass.

Module 4 - Prepare for the dietary changes: Mental prep for starve-off diet, why the diet? (‘Putting the body in safety mode’) This is a temporary diet to reset/re-activate your body’s innate healing mechanisms. Study the shopping list and begin eliminating foods on restricted foods list. REMEMBER THIS IS ONLY A TEMPORARY DIET!

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***Sample Daily Protocol Guide:** Days 45 & Onward of on Accelerated Protocol

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Module 1 – Welcome

Welcome to the Accelerated Protocol. I acknowledge the self-honoring decision you just made to positively change your life. I want to briefly give you the 50,000 ft. view of what you're going to be doing and why. This protocol is tried and true. It has worked for most conditions that fall under the autoimmune and/or gut dysbiosis category and is something that you can go back and redo to regain balance in the event your health slips up again. When I was sick I wished that I had this little manual that laid it all out for me – things would have been a lot easier.

You are also going to have access to support along your journey via a private Facebook group called [Biofilm Busters](#). It is brand new and has been organized specifically to help those who are doing this protocol find community, strength and validation that you are on the right path with so many others right now. Please take a moment to request to join [here](#) and one of us will make sure to welcome you in.

Once you are accepted into the group, we want to hear from you on what your “**why**” is for doing this. Your why is whatever that thing is that moved you to take positive action for yourself – what is it that you are doing this for? Because you want to be fully present for your friends and family? Because you remember better days and know you're not supposed to be feeling this way? Or you simply would like to experience the bliss that vitality brings?

The 50,000 foot view is this: You are going to be resetting and activating your body's own healing mechanisms by shedding what has been keeping it from healing itself. 70% of this protocol is giving it proper rest by avoiding anything (food or environmental/emotional/mental stress) that has been adding fuel to that fire and the other 30% is evicting the pathogenic bugs/microbes/germs that have taken over and are drip-feeding the body with toxins each day – keeping you sick and inflamed.

The key is this: Consistent, repetitive action over a long enough period of time.

That's it.

What does that look like?

It is finding a routine with this protocol and sticking to it. The body CRAVES consistency. Get familiar with this protocol. Find a pattern that works for you and stick to it. Be open to (temporarily) changing your lifestyle in order to get the results you are looking for. It is so incredibly worthwhile to do this.

And it's temporary. You don't have to do this forever.

I know this is not the most exciting eating plan, but exciting is not what your body needs right now. It needs simple, easy to digest foods and some good rest in order to shift into repair mode. It also needs help evicting those problem causing biofilm colonies that have become overgrown.

Think of it this way: It may take a couple or few months of doing this to permanently alter how you feel and enjoy the rest of your life. I am a living example of this and I've worked with so many others who are living proof as well.

No matter what is going on with your health, if you can follow this action plan, it's almost a given that things will begin improving. Because 99% of the people who do this get results. That's because it's based on fundamental principles of health and wellness. And most importantly, the degree of your success will equal the degree in which you've given yourself to this program.

The bottom line: You have likely been sick for a long time, don't expect everything to happen overnight – the body has its own timeframe. 70% of it is diet and stress reduction. 30% is biofilm disruption/removal of disease causing pathogens. Consistent, repetitive action over a long enough period of time is the best way to get maximum results.

Module 2 – How & Why the Program Works:

There is one law that, when followed, can lead you out of the misery that is chronic illness. That law states the body can and will repair itself if given the right environment.

Many trials, tears and a whole lot of pain went into finding this model of healing. So many years of trial and error and countless disappointments and dead ends. This is a combination of experience and deep research, then analyzed and vetted by several health practitioners from different trades who are also well versed in biofilm disruption and the art of detoxification.

What this program is designed to do is to give your body the right environment to correct its imbalance. If the body is in a constant state of "war" or inflammation, or any kind of stress for that matter, it has very little resources to use to repair itself, and therefore, we remain sick.

We've found that the biggest contributors to this war that is going on are food and environmental irritants, stress and an overgrowth of gut pathogens (bacteria, parasites, fungus and molds).

Of course, there are other contributors, but these are the major ones.

We have to look at our symptoms as messages from our body that *what we are currently doing needs to change*. It is simply feedback – our body's way of telling us to change something that we're currently doing.

This protocol will address all three of these major contributors.

What we are aiming to do is to put the body in "Safe" mode, not unlike putting a computer in safe mode if you have a virus, in order to be able to work on getting rid of it. We are stopping the inflammation cycle that it's been perpetually stuck in.

Putting your body in safe mode will allow it much needed rest, as well as to help free up its resources for healing itself. It's a process, and it doesn't happen overnight. The body always works on its own time – and it's different for each person. Successfully putting the body in safe mode can take anywhere from 2 weeks to 2 months, depending on how stressed out it is and how long you've been sick.

Typically, if done right, this process will only take about 3-4 weeks. It is then where it can fully rest and begin the process of repair.

The bottom line: Illness is your body's message to you that what you are currently doing is not working. It knows how to heal itself but it needs the right environment. That is what this protocol is for – providing your body the right environment to heal.

Module 3 – How to Get the Most Out of this Program

Manage your expectations. I cannot emphasize to you enough. This is a journey – and it will have its share of ups and downs. Be willing to be okay with the downs. Know that they are only temporary. Often, and this was the case for me and many others, the worse you feel in the beginning stages, the better and more permanent your recovery will be.

Also, you may experience extreme highs of mood and energy, and you will likely swing the opposite direction at times as well. And these extremes may even happen all within the same day. This is normal and is all part of the healing process. Every *body* has its own unique way of going through this healing journey.

The most important thing to ***focus on is your why***. Keep your head down and keep going. Never dwell on negative thoughts as that only tends to breed more negative thoughts. As the famous quote goes, "If you find yourself in hell, keep going..."

Facebook Support Group: You are going to have the support of a group of people who are in it with you. Use it. Share your experience and be open to the support of those who know what you are going through. Some of those who are ahead of you may be sharing their stories of success and others will be needing support that you may be able to provide.

The bottom line: Use the support group, stay connected to your why as you go through the program. Don't indulge in negative thoughts.

Module 4 - Preparing for the Dietary Changes

While waiting for your first order of Restore 3 to arrive, begin preparing your mind for the lifestyle changes that are required. The best way to do this is to pick a date that you are going to begin the diet and mentally ready yourself for that time.

The diet is essentially eating clean meats and vegetables. That means going organic when possible – and definitely hormone and antibiotic free. There is so much toxic meat on supermarket shelves now but the good news is that even the most conventional grocery stores offer meats free of hormones and antibiotics these days.

Eating healthy is too expensive you say? I would say, how is your health doing with what you are currently eating? Give yourself these few months to honor your body - by not feeding it anymore toxins. I can prepare a healthy meal for around \$5.00 and I live in California. A roasted organic chicken leg with roasted broccoli and enough money for some roasted macadamia nuts for desert. That was a meal I ate for months which kept me satisfied and helped restore my extremely poor health back into vitality.

I admit, I love food and I found that temporarily avoiding the foods that I had become accustomed to eating was very difficult for me. It might have been the hardest part of this protocol, but I got to the point where I was so desperate for change, that I was willing to do anything.

I found it was a lot easier after I gave myself a little time to prepare for this change and to slowly begin eliminating the problem foods from my diet. By the time that date rolled around, I was already most of the way there. Sugar is obviously the most difficult for most people as we are a culture that has normalized our addiction to it.

The thing about sugar addiction is, once you stop eating it, you stop craving it. It takes 7-10 days but your body begins changing what it craves once you minimize your sugar intake.

Sometimes just going cold turkey on sugar can cause a rivalry in our bodies simply because of the trillions of bugs who have come to depend on our addiction to sugar. Sugar is their main food source. There are actually studies showing that our bacteria and yeast have discovered the ability to make us crave sugary foods by manipulating our vagus nerve, [1] <https://www.ncbi.nlm.nih.gov/pubmed/25103109> which scientists have discovered as the main highway between the gut-brain axis.

Why this diet? Mostly because you want to starve the bugs while feeding yourself. Second, is because it is the quickest and most effective way to put your body into what I call "safe" mode, effectively switching it out of the inflammation cycle and into rest and repair mode. There are a handful of foods out there that trigger inflammation in people - and the list of foods we're going to share covers all of those foods.

Also, the lining of your gut wall is 1 cell thick. Many of these foods cause temporary leaky-gut and if you are eating them each day, you will have chronic leaky-gut. Chronic leaky-gut leads to chronic inflammation as your immune cells are constantly activated to attack the food particles and biotoxins which keep leaking into the bloodstream.

The bottom line: If your body is always in a state of chronic inflammation, there is no healing that will take place. This diet will help pull your body out of the inflammation cycle so that it can begin to repair itself and seal the leaky-gut.

Module 5 – Pre-Tox:

If you're going to be doing an accelerated biofilm protocol, it is wise to make sure your body is ready to handle such an endeavor. Biofilm disruption works and once you do it, can be positively life changing.

However, if your body isn't ready to handle the massive amounts of dead or dying fungus and bacteria, it can get uncomfortable as it's leaving your body.

This is often what people call the Herxheimer reaction.

In order to ensure you have a comfortable experience, you will want to make sure that your detox pathways are moving efficiently (skin, colon, liver, kidneys). Be sure that you are having at least 1 bowel movement per day, you are getting enough body movement so that your lymphatic fluid is able to move freely and your liver and kidneys are functioning normally.

The following are a few essential tools we use to ensure detox pathways are moving:

- Colon hydrotherapy
- Plenty of water
- Daily fiber supplementation
- Rebounder trampoline
- Coffee Enema bag
- Activated charcoal
- Squatty Potty bathroom stool
- 7-day cleanse kit (Whole Foods carries)
- Making liposomal glutathione (see Native Formulas Home Recipes)
- Ensure proper digestion (possible supplementation with digestive enzymes)

The bottom line: Make sure you're bowels are moving 1x per day, drinking plenty of water and moving your lymph fluid with body movement such as a trampoline.

Phase I: Disrupt

Module 6 – The What, How & Why of the Biofilm Disruption Phase

We will be starting phase I & II at the same time. The gist of what we are aiming to do in these first two phases is a 1, 2, 3 punch on these pathogens. Starve and weaken the pathogenic bugs with our diet, while disrupting their biofilms. We are also simultaneously using kill supplements to follow up and finish the job.

Lastly, we want to use spore probiotics to help police any remaining bugs while replenishing the friendly bacteria that may have been killed off in this phase.

How to take Restore 3 on the Accelerated Protocol

Not everybody responds the same to Restore 3. In fact, it's our experience that people have many different types of responses to Restore 3. So it's best to start slow. Begin with taking 1, and monitor how your body responds. If you don't get a response, take the 2nd one later that day or the following day. Always take it on an empty stomach, at least an hour away from food, so that it has a chance to go systemic and enter the bloodstream. Otherwise, it will just go to work digesting the food that is in your stomach and it won't have a chance to get into your bloodstream where it's needed.

You'll then want to slowly work your dosage up to the point where you begin to feel *some* of the indications of a Herxheimer reaction or you begin to feel something happening in your body. It is different for everyone. Some people may feel heightened senses and others may feel heat moving through their body. It is different for everyone so just take notice of what you may be feeling. And there are some people who will feel nothing or not much of anything at all. All of this is normal and none of it is a requirement to successfully complete the program.

If you are feeling something different in your body, this is your threshold for where you want to be when doing an accelerated protocol. NOTE: Again, not everyone will experience this so keep this in mind.

If this feels too much, simply back down your dosage to something more tolerable. You will want to experiment to see what dosage works best for you.

I have personally worked my way up to taking 12 per day, spread out evenly throughout the day. I admit, it became too much for me to handle and after about two weeks, I backed myself down to taking 6 per day, which seemed to be just right.

The idea is to always keep the Restore 3 enzymes circulating throughout your bloodstream, and the best results are typically found when you can evenly space out your dosages over the course of the day.

The body loves using enzymes for all kinds of repairs and processes. So often times, the Restore 3 enzymes may end up getting used by your body for *other* things that your body needs and that may take precedence for a while until it is no longer needed. The body uses enzymes for almost every biochemical reaction that takes place and we have a finite supply of enzymes over the course of our lifetime. So when it is suddenly given an extra supply of enzymes, they can get used up fast for other jobs.

We want to support the body's detox pathways, so keeping a clean colon, liver & kidneys and skin are going to help ensure that whatever is moving out, is going to fully exit the body and not be reabsorbed.

This is where using motility, binding and fiber supplements can be useful. We want to help the body pack it up and move it out swiftly. The more efficient it can be in this job, the better you will feel while going through it.

Herxheimer Reaction

For some, this process may not always feel good, especially if you've been sick for a long time.

But this is good news, because it means that what you are doing is working! Some people call this the Herxheimer reaction, technically known as the Jarisch-Herxheimer Reaction and named after a famous doctor from the turn of the century by the name of Karl Herxheimer, who was successfully treating syphilis patients with a lot of success.

He noticed that in response to treatment, many patients developed not only fever, perspiration, night sweats, nausea and vomiting, but their skin lesions became larger and more inflamed before settling down and healing.

Interestingly, they found that those who had the most extreme reactions healed the best and fastest. The patient might be ill for a while, but then their lesions resolved.

Why do some people feel more symptoms when Herxing and others feel no symptoms?

Everybody can respond differently to a Herx reaction, and many who go on to heal, never even Herx or show die-off symptoms. So, it entirely depends on your body and its chemical makeup.

But when the body is tasked to process a large amount of dead and dying pathogens and their biofilms all at once, it can often be overwhelming for it, and some people may feel their symptoms worsening while this is going on.

It can last anywhere from 1 day to several weeks. If it lasts any longer, or if it is just too much to handle, it is important to back off on your Restore 3 and additional kill supplements, and slow it down or stop temporarily until the body has a chance to properly flush them out.

What are some good tips if Herxing?

Drinking LOTS of water. Taking your fiber, bentonite clay and binders. Rebounding daily on the trampoline (or some other form of body movement to keep your lymph moving) Coffee enemas and colon hydrotherapy. Plenty of rest. Supporting your adrenals and nervous system with magnesium oil (applied topically) or a chelated form of oral magnesium. Epsom salt baths. Avoid sugar, grains, dairy, FODMAPs or nightshades, GMO's & artificial sweeteners. Extra turmeric extract. Ashwagandha (herb) before bed.

The bottom line: Phase 1 & 2 happen at the same time. Start slowly with 1 capsule, then slowly work your way up to multiple capsules per day. Space your Restore 3 dosages evenly throughout the day to ensure enzymes are always circulating throughout the bloodstream. Make sure detox pathways are clear and slow it down if Herxing too much. Keep colon clear and moving and move your lymphatic fluid to keep flushing toxins.

Sample Daily Protocol Guide:

Day 1 – 45: Phase I & II of the Accelerated 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 accelerated protocol.

45 days is the average minimum length of time to begin seeing real results on the accelerated 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 an accelerated protocol.

You don't need to do or take everything, but since we are showing you an accelerated 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 have 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, a capful of Swedish Bitters by Nature Works, diluted in 4 or 5 ounces of water does the trick for most to relieve some of the most difficult symptoms. This is not to be used long term, however, due to a few of the herbs that tend to be habit forming by the body.

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
- Can slowly work your way up to 6-12 capsules of Restore 3 daily
- 1 capsule of Prescript Assist or additional spore probiotic
- Protein rich breakfast (see Native Formulas Home Recipes book)
- Activated charcoal or other binder
- "Kill" supplement from list (at least an hour after taking binder)
- 32oz – 40oz of purified water throughout morning and afternoon
- Lunch (see Native Formulas Home Recipes book)
- Multi-vitamin and Turmeric extract with lunch
- 15-minutes of direct sunlight on your skin (11am-2pm is best)
- 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)

A.M. Notes:

- Coffee or tea is fine (no or little sugar)
- Can slowly increase Restore 3 dosage after 7 days on 1 or 2
- Always wait at least 1 hour after before eating anything after taking Restore 3
- 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 with L-Glutamine daily

P.M. Day 1 – 45 of Phase I & II

- 1, activated charcoal, 20 mins before coffee enema
- 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 is very helpful)
- 1, activated charcoal immediately after your enema.
- Dry skin brushing before showering
- 16oz – 24oz of purified water throughout evening
- Dinner (see Native Formulas Home Recipes book)
- 1 or 2 caps Prescript-Assist or a spore probiotic
- 2 caps of gut mover supplement such as Intestinal Movement Formula
- 30mL of homemade liposomal glutathione
- “Kill” supplement from list
- Magnesium oil, can be applied topically to legs before bed, as sleep or pain aid
- Detoxifiber by Garden of Life or psyllium powder at bedtime

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.
- For best results, rotate the kill supplements each week. Keep the bugs guessing.
- 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 over a 24-hour period. But the most we’ve seen is 12 per day.
- If experiencing sugar cravings, supplement with L-Glutamine daily

Phase II: Remove

Module 7 – The What, How & Why of the Remove Phase

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 and 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 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 people's 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

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 the accelerated 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 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.

Most bacteria/bugs: Grapefruit seed extract, oregano oil, olive leaf extract.

Candida: 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, wormwood. All of these supplements are way more powerful now that the biofilm “blanket” is being pulled back, exposing these bugs. Best to rotate any of the above compounds 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 required on this protocol. If you aren’t regular, try colonic hydrotherapy. Coffee (or regular water) enemas are 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. Most of the world squats 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.

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.

Module 8: The Phase I & II - Fast Track Supplements:

(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, EDTA for binding and spore probiotics for gut support.
- **Organic "Kill" supplements:** Oregano oil, olive leaf extract, grapefruit seed extract, cinnamon
- **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 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.
- **Swedish Bitters:** Nature Works. Helpful for indigestion, gas or bloating.
- **L-Glutamine:** Seals leaky gut, helps curb sugar cravings and lowers blood sugar.

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.

Phase III: Restore

This phase will focus on replenishing the gut microbiome with the basic building blocks needed to rebuild the gut and support the immune system for sustained health and vitality.

Sample Daily Protocol Guide:

Day 45 & Onward: Phase III of the Accelerated 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 accelerated 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

- 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 organic, heated bone broth
- 1 tsp. L-Glutamine powder
- 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
- 30mL of homemade liposomal vitamin C
- Lunch (see Native Formulas Home Recipes cookbook)
- Multi-vitamin and turmeric extract
- 30mL of homemade liposomal glutathione

A.M. Notes:

- Kefir: Try a tablespoon at first. Homemade kefir is very strong and can also cause a Herx reaction.
- A small percentage of people have trouble with glutamine converting into l-glutamate. If you feel worse after starting glutamate you will need to stop taking it as a supplement.
- 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 of light exercise on mini-trampoline or other exercise listed
- Dry skin brushing before shower
- Dinner (see Native Formulas Home Recipes book)
- 1 cup of organic, heated bone broth
- 1 tsp. L-Glutamine powder

- 1/3 cup of homemade kefir
- Detoxifiber by Garden of Life or psyllium powder at bedtime
- 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

Module 9: The What, How & Why of the Restore Phase

After we've cleared out the pathogenic overgrowth and taken the body out 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, plus 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 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 that soil so we can cultivate healthy flora that will produce beneficial nutrients for our body and ensure a healthy foundation for long-term vitality.

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 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.

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.

The bottom line: Think of your gut microbiome as a garden. You want to weed, seed and feed. That means pulling the **weeds** (pathogens), **seed** the gut with beneficial flora (probiotics) and **feed** your body with nutrition.

Module 10: Probiotics & Rebuilding the Gut Microbiome –

Kefir & Cultured Foods - Repopulating the gut microbiome: Without a doubt, this is going to be the most important and beneficial thing you will be doing in this phase for your overall health and vitality well into the years and decades following this protocol.

You don't have to do it forever, but, once you've eradicated the colonies of harmful bacteria and yeast/fungus from your body, you want to begin introducing the friendly colonies of bacteria (and yeast) in order to establish a solid foundation of health and stability.

You can do this by increasing your intake of probiotics. Throughout the protocol you will be getting a fair amount of spore probiotics from Restore 3, and this is very helpful as they can police the gut microbiome and are always beneficial in all 3 phases. However, this final phase is where you want to be taking the most.

The idea is to recolonize your gut with friendly bacteria and this requires a massive amount of probiotic supplementation. It takes a lot of probiotics - of several different strains and over an extended period of time - to recolonize your gut microbiome.

One of the cheapest and most effective ways to get massive amounts of lacto/bifido based probiotics is by making your own kefir and cultured foods. It's very easy and doesn't require very much set up.

In fact, we've given you the recipes for making your own cultured foods, such as milk or water kefir, in the **Native Formulas Home Recipes** cookbook.

Homemade kefir only requires a 24-48 hour ferment and is incredibly potent compared with store bought brands. Also, compared with purchasing probiotic pills, you will save a boatload of money by making it yourself. We suggest water or milk kefir. Not to worry if you are intolerant to dairy since homemade milk kefir contains no lactose.

The 2 main probiotic families are spore-forming (soil-based) and lacto/bifido based. There are also healthy, "yeast probiotic" strains as well. The probiotics in milk kefir contain the lacto/bifido strains – and in diverse varieties - depending upon where the milk comes from.

For a good source on purchasing both milk or water kefir grains, I have used this website with success in the past. <https://www.yemoos.com/pages/learning-center>

Since kefir grains multiply rapidly, you'll eventually end up having to "thin the herd" every so often as you keep fermenting and you can easily freeze the grains for later, or give them away to your friends, like I often do.

Making your own kefir is going to do the job that most probiotic capsules have a hard time doing. Which is getting high enough colony forming units (CFU's) delivered to your large intestine, where they need to get to, in order to recolonize and start benefiting your gut and your overall health.

Drinking 1 cup of homemade kefir is so potent with CFU's that it would typically take about 1/3 of a bottle of typical, high-end, lacto/bifido probiotic formulation to do the same job. (NOTE: this does not apply to spore-probiotics)

You want to start slow with homemade kefir. Try only a tablespoon for the first few days to see how your body handles it, then work your way up to larger servings. Sometimes, there can be a die-off or Herxheimer reaction when taking homemade kefir because of how well they work to kill off harmful pathogens in the gut.

I've found it best to take it on an empty stomach for ease of digestion.

NOTE: Most bacteria in fermented foods are lactic acid producing bacteria. Lactic acid producing bacteria can be a problem if you have an overgrowth of these bacteria in your digestive system, such as SIBO. People who have SIBO or who follow a low FODMAP diet may find that fermented foods can stimulate the bacterial overgrowth in their small intestine, causing discomfort. Therefore, it is important, to complete phases 1 & 2 before introducing this type of beneficial bacteria into your diet. (NOTE: this doesn't apply to spore-probiotics)

The bottom line: We want to recolonize our gut with a high variety of friendly, beneficial bacteria and the most cost effective way to do this is to make your own kefir or cultured foods. It's not necessary, but it will save you a lot of money since you can get

much higher CFUs of bacteria from homemade kefir than you can by taking capsules. (NOTE: this doesn't apply to spore-probiotics)

Module 11: Sealing the Leaky Gut and Replenishing the Body with Nutrition –

Once we've "pulled the weeds" of the gut, we want to now begin replacing our gut microbiome with the essential nutrients that became depleted while we were sick.

Sealing leaky-gut: Most of us who have dealt with chronic, inflammatory issues have likely suffered with a leaky gut. This is the phase where we want to focus on sealing it back up again and we can do that with a few key nutrients.

One of the most useful ways to seal up a leaky gut is regular doses of bone broth which contains a high amount of natural gelatin and collagen. It also contains a high amount of other beneficial nutrients for the gut as well. Here is an excerpt from the Westin A. Price website on the benefits of bone broth "Stock contains minerals in a form the body can absorb easily—not just calcium but also magnesium, phosphorus, silicon, sulfur, and trace minerals. It contains the broken down material from cartilage and tendons—stuff like chondroitin sulfates and glucosamine, now sold as expensive supplements for arthritis and joint pain."

The ideal way of drinking bone broth is 1 cup in the am, and 1 cup in the pm. Do this for at least 1 month, maybe longer, depending on how long you've been sick for.

L-Glutamine is considered the #1 supplement for repairing a leaky gut according to most of alternative health doctors we respect.

L-Glutamine helps seal the tight junctions in your gut and restores your gut lining to a healthy state even faster. These repairs are essential for reversing leaky gut, eliminating your symptoms, and reducing your risk of associated chronic conditions.

Several recent studies have shown L-Glutamine's beneficial impact on the gut lining and one study in particular found that in a group of 107 children, those who supplemented with L-Glutamine had reduced gut permeability after 120 days [1] <https://www.ncbi.nlm.nih.gov/pubmed/17325559/>

Another benefit of L-Glutamine is its ability to combat sugar cravings. It has been shown to suppress insulin levels and stabilize blood glucose. Lastly, it has been shown in one study to minimize the effects of food sensitivities. [2]<https://www.ncbi.nlm.nih.gov/pubmed/10600341>

Making your own liposomal vitamins: Liposomal vitamins are one of the most effective ways to deliver vitamins to where they need to go in your body. And there is a simple and easy way to make your own at home.

What are liposomal vitamins? Here is a brief description: Liposomes are spheres made of phospholipids—the primary building blocks of cell membranes. Owing to this structure, liposomes bond easily with cell membranes to facilitate intracellular delivery of their nutrient cargo. Thanks to this enhanced delivery and absorption, nutrients delivered in liposomal form offer superior absorption and bioavailability.

You can make many different types of vitamins and minerals into liposomal form for increased bio-availability for the body. Some of the most popular are vitamin C and glutathione. According to one PubMed research study, direct infusion of liposomal vitamin C bypasses the dependency on intestinal absorption; thus, high circulating concentrations are achieved soon after administration.

We have a great recipe for making your own liposomal vitamin C and liposomal glutathione at home which you can find in the Native Formulas Home Recipes cookbook that came with your Restore 3 order.

The bottom line: Once we've eliminated pathogenic colonies from the gut, we can now focus on rebuilding the lining of the gut wall and flooding our body with nutrition. The most effective way of doing this is drinking bone broth on a daily basis – 1 cup in the am and 1 cup in the pm, for about a month, for best results. L-Glutamine is the other supplement that is recommended for sealing up a leaky gut and can also help curb sugar cravings.

Module 12: Your Life after Chronic Illness: Essential Tips & Troubleshooting

One of the biggest things to keep in mind while on this protocol is that you are starving out the colonies of harmful bugs that have become overgrown in your body. Sugar is their main food source. This includes fruit sugars, starchy foods and grains.

Diet: If you have trouble with this diet, just remember, you want to focus on eating clean meats and vegetables. This will effectively starve out the majority of bugs.

A great rule of thumb I use when I'm on the protocol is before I put anything into my mouth, I ask myself "**Is what I'm about to eat going to feed the bugs or feed me more?**" This will help simplify the process of what to eat.

If you are out and about and need to eat something, there are plenty of options for you:

Mexican: Tacos, enchiladas (no beans), salads, "burrito bowl" or tostada.

Thai: Meat and vegetable dishes, soups, Pad Thai, Pad See Ew (limit because of rice)

American: Chicken, steak or fish with vegetables, soups & salads

Vietnamese: Phở soup, summer rolls, meat and vegetable dishes

Japanese: Sushi, fresh fish, meat and vegetables & salads

Italian: Meat and vegetable dish, GMO free polenta, gluten free pasta if available

Korean: Korean BBQ and vegetables, soups, fish dishes

Brunch: Omelets, sausage and eggs, oatmeal, gluten free pancakes

You can really eat almost any type of food, it just depends on what you order. Keep it clean meats and vegetables.

At home, you will have more control over what you eat and I would invite you to refer to the Restore 3 Handbook for the shopping list of foods that we've found delicious and helpful while on protocol.

I realize that some people will have objections to eating animal protein for both moral and environmental reasons. I will point out that it is my experience, as well as hundreds of others that I've worked with, that for most people, animal protein is likely going to give you the best results on this protocol. I think this has to do with the sheer volume of protein and nutrition that is bioavailable to the body in this form.

I know of many people, including myself, whose health got worse after adopting a vegetarian and vegan diet. My protein levels just weren't where they should have been.

And as soon as I adopted the animal protein diet again, my health received a tremendous boost.

Remember, you don't have to do this forever. This is a temporary lifestyle adjustment that I urge you to try. If you've been vegetarian for years and you are finding it very difficult to make the switch to a Paleo type of diet, just remember that if you're doing this protocol, your health is not where you want it to be. You must stop doing the things that you were doing that got you sick in the first place - and diet it one of the biggest things you can change.

Stress: Don't underestimate stress in your life. Think of the 1 thing in your life right now that stresses you out the most. Is there some way to lessen or eliminate that stress? At least temporarily while you are healing yourself? Keeping yourself in a stressful situation is a good way to get sick and it's also a good way to stay sick.

I used to underestimate the stress and the role that it played in my health. It can be very subtle, but over time, it can be the 1 thing that keeps you stuck in chronic illness. If your body is stuck in the fight-or-flight mode, it is not allocating much (or any) of its energy for healing.

Find ways to deeply relax each day. It doesn't take long to do (5-10 minutes) but it can have a dramatic impact on how fast and how thoroughly you heal. Make it a game. Sometimes, even just sitting where you currently are and asking yourself the questions "How relaxed can I get right now?" can open deeper levels of relaxation that you never knew existed. It can be an energizing practice.

Cheats: If you have a moment of weakness and you eat something off-diet, don't beat yourself up over it. Just remember, you're only human and you're doing the best that you can.

The worst thing you can do is judge yourself over as this only perpetuates a negative pattern to be repeated. Instead, simply observe yourself without judgment and re-commit to your why. If you're going to break down and have sugar, try to do it all at once, it will be better in the long run rather than spaced out over time.

Sometimes just chewing whatever I'm craving and then spitting it out can satisfy that temporary need for sweets. Although it's not recommended to do this if you can avoid

it. The body gets less and less conditioned to crave sugar the longer you avoid it. After a while, you no longer crave sugar and even a little bit seems like a lot.

You want to keep your sugar intake to under 10 grams per day. A little piece of dark chocolate and/or some almond butter can be very satisfying for a sweet tooth without a lot of consequences. Also, some people like to use Stevia as an alternative sweetener to sugar.

Herxing: Herxing is totally normal and can happen while detoxing on the protocol. If it gets too uncomfortable, simply cut back on your Restore 3 dosage or take a break from it. Continue following the rest of the protocol (diet, lifestyle) and gently flush your detox pathways. Remember, it's often the worse you feel while Herxing, the better you will feel afterwards as you are doing a deep cleaning of your system.

The bottom line: To simplify the diet, before you put anything into your mouth ask yourself, "Is this going to feed the bugs more than it's going to feed my body?" Then you can more easily monitor what you're feeding more to keep track of your progress. Don't underestimate stress in your life. See where you can eliminate the biggest stressors while on the protocol. Don't beat yourself up if you temporarily go off-diet.

If you are Herxing and it's too uncomfortable, slow down or temporarily stop taking Restore 3 and flush your detox pathways. There are likely too many toxins leaving your body all at once.

Resources:

Sample Shopping List:

Organic Grass-fed ground beef
Organic Chicken
Wild Caught Small Fish (Salmon, cod, sole, etc.)
Grass-fed lamb or beef stew meat
Organic chicken sausage
Organic Turkey bacon
Organic Beef & Turkey Jerky
Organic Corn tortillas (if tolerable)
Yerba mate (if desiring caffeine)
Tamari sauce
Sweet Thai chili sauce (gluten free - great for beef tacos)
Organic Eggs (if tolerable)
Brown rice cakes
Almond butter
Oatmeal
Organic Green beans
Organic Leafy greens
Organic Broccoli or broccolini
Organic Zucchini squash
Olive oil
Organic Almond milk
Organic Rice protein powder
Organic Bananas or banana chips (limit because of sugar)
Organic 85% dark chocolate (limit because of sugar and never before bedtime)

List of FODMAP foods:

Avoid List

Fruits to Avoid: (Avoid all fruit sugar during phase I & II)

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	

Celery – greater than 5cm of stalk	Soy beans / soya 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:

<p>Beer – if drinking more than one bottle</p> <p>Coconut water</p> <p>Cordial, apple and raspberry with 50-100% real juice</p> <p>Cordial, orange with 25-50% real juice</p> <p>Fruit and herbal teas with apple added</p> <p>Fruit juices in large quantities</p> <p>Fruit juices made of apple, pear, mango</p> <p>Orange juice in quantities over 100ml</p> <p>Rum</p> <p>Sodas containing High Fructose Corn Syrup (HFCS)</p>	<p>Soy milk made with soy beans – commonly found in USA</p> <p>Sports drinks</p> <p>Tea:</p> <ul style="list-style-type: none"> Black tea with added soy milk Chai tea, strong Dandelion tea, strong Fennel tea Chamomile tea Herbal tea, strong Oolong tea <p>Wine – if drinking more than one glass</p>
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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 for many.

FODMAP Safe - Fruits:

<p>Ackee</p> <p>Bananas</p> <p>Blueberries</p> <p>Breadfruit</p> <p>Carambola</p> <p>Cantaloupe</p> <p>Cranberry - fresh</p> <p>Clementine</p> <p>Dragon fruit</p> <p>Grapes - fresh</p> <p>Guava, ripe</p> <p>Honeydew and Galia melons</p> <p>Kiwifruit</p> <p>Lemon including lemon juice</p>	<p>Lime including lime juice</p> <p>Mandarin</p> <p>Orange</p> <p>Passion fruit</p> <p>Paw paw</p> <p>Papaya</p> <p>Pineapple</p> <p>Plantain, peeled</p> <p>Raspberry</p> <p>Rhubarb</p> <p>Strawberry</p> <p>Tamarind</p> <p>Tangelo</p>
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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
Courgette	Turnip
Cucumber	Water chestnuts
Fennel	Yam
Green beans	Zucchini

Authors note: The Restore 3 Program does not recommend fruits during phase I & II of the protocol

FODMAP Safe - Condiments, Dips & Spreads:

Barbecue sauce	Oyster sauce
Capers in vinegar	Pesto sauce – less than 1 tbsp
Capers, salted	Peanut butter
Chocolate:	Rice malt syrup

<p>Dark chocolate Milk chocolate – 3 squares White chocolate – 3 squares Chutney, 1 tablespoon Fish sauce Garlic infused oil Golden syrup Glucose Ketchup (USA) – 1 sachet Maple syrup Marmalade Marmite Mayonnaise – ensuring no garlic or onion in ingredients Miso paste Mustard</p>	<p>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>Butter Cheese: Brie Cheddar Cottage Feta Goat / chevre Mozzarella Parmesan Ricotta – 2 tablespoons Swiss Eggs</p>	<p>Milk: Almond milk Hemp milk Lactose free milk Oat milk – 30 ml, enough for cereal Rice milk – upto 200ml per sitting Sorbet Soy protein (avoid soya beans) Swiss cheese Tempeh Tofu – drained and firm varieties Whipped cream Yoghurt, lactose free</p>
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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
Cocoa powder
Cream, 1/2 cup
Gelatin
Ghee
Icing sugar
Lard
Salt

Authors note: The Restore 3 Program does not recommend dairy during the starve-off diet

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

From:

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