

## **“GUT HEALTH” 5 Cornerstones of Health**

### ***WHAT IS THE GUT?***

- Stomach, small intestine, large intestine (includes colon)  
Liver, gallbladder

### ***WHAT IS THE GUT RESPONSIBLE FOR?***

- Ensuring you absorb the nutrients from the foods you eat
- Properly expelling waste and toxins
- Maintaining a strong immune system

### ***WHAT'S SOMETHING VERY SIGNIFICANT ABOUT YOUR GUT?***

- People can have anywhere from 75-125 trillion bacteria residing in the gut
- Must have a balance of good bacteria to prevent infection by toxic and unproductive bacteria, microbes, mold, yeast, fungus, mycotoxins and viruses residing in the gut.
- Gut can become the breeding ground for an unlimited variety of illnesses if the gut is not healthy.

## ***5 Major Things Destroy the Health of the Gut***

**The good news is that correcting these 5, any gut health problems will most likely heal itself.**

- 1. Not enough hydrochloric acid** to break down the proteins that we eat:
  - Creating gut rot, mucous, ammonia gas, acid reflex.  
Causing symptoms: bloating, sluggish, constipation, stomach discomfort etc.
  - Just adding hydrochloric acid will likely not solve the problem, since there are 7 kinds of acids in the stomach and hydrochloric acid is only one.
- 2. Heavy metals that settle in the intestinal tract:**
  - Heavy metals are prime food for bad bacteria, viruses, fungi, parasites, and worms.
  - As many of these pathogens feed on these heavy metals, in then they create and release their own neurotoxic gas (poisons).....creating all kinds of issues
- 3. Not enough productive bacteria in the gut:**
  - We were born with tiny, furry hairs in our entire intestinal tract. The hair is to help protect your gut from invasion by viruses, bad bacteria, fungi, and worms. It's also a safe haven that harbors billions of good bacteria.
- 4. Not enough right kind of bacteria in the small intestine:**
  - The gut will produce most of our body's supply of B12 if there is enough of the right kind of good bacteria in the final section of the small intestine –Ileum
  - B12 is critical of nervous system health.
- 5. Irritating foods from your diet and poor eating habits**
  - No matter what food belief system you subscribe to, remove 6 viral feeders that create inflammations and havoc in the body

**The good news is that when you correct the above 5, any gut health problem you have is most likely to heal.**

## **Let's look at these 5 factors that Create Havoc in the Gut more closely**

### **1. Low Levels of Hydrochloric Acid**

If hydrochloric acid levels become low:

- **Protein** won't sufficiently digest in the stomach

- Meat, dairy, nuts, seeds, legumes may not be digesting well
- Cheese, whole milk, & foods that combine fat and sugar (cakes, cookies, ice cream)
- **Gut Rot** - Undigested protein reaches lower intestine and can't be absorbed – instead just lies there and rots
  - This is called **gut rot** – this putrefaction creates ammonia gas
- **Ammonia Gas - Permeability:** When food decomposes in your intestinal tract it produces ammonia
  - This toxic gas has the ability to float out of the intestines and directly into your bloodstream
    - It's not what is normally, mistakenly called "leaky gut syndrome" \* (3 views)
    - It's not infections or punctures of small intestines or colon
    - It's not Candida yeast expelling toxins through intestinal walls
    - It's Ammonia **gas** in the intestines that drift into the bloodstream through the intestinal wall.
    - This gas is carried throughout the body by the blood causing millions of people to have digestive health problems
  - Symptoms: bloating, digestive discomfort, chronic dehydration (constipation), malaise, fatigue, skin problems, restless sleep, anxiety and so much more.
- **Acid Reflux** –
  - With low HCL, bad acids take its place, eventually traveling up the esophagus
  - Conventional medicine says it's your stomach's HCL in your esophagus because they see all intestinal and stomach acids as the same, rather than recognizing bad acids can be created due to low HCL.
- **Mucus** – the lining of your gut creates mucus in an effort to protect you from the bad acids.
  - This mucus can travel down the intestinal tract and stop proper absorption of nutrients.

### CAUSES of Low Hydrochloric acid to digest proteins

- **Eating too much protein that the body cannot digest**
- **Not chewing** slowly enough
- **Adrenalin – from negative emotions damages supply of HCA**
  - Eating under stress or pressure causes extra Adrenalin to flow
  - fear, anxiety, anger, hatred, guilt, shame, depression severely depress the stomach's supply of HCA
- **Prescription Drugs** often wreak havoc on stomach's hydrochloric acid
  - Antibiotics, immunosuppressants, antifungals, amphetamines, etc.
- **Too much fat in the diet:** According to Chinese medicine, "When too many fats are eaten, the digestion of all food is retarded. Increased fat intake diminishes the secretions of hydrochloric acid by the stomach and so the action of digestion is depressed. (Healing with Whole Foods p.319)

### HOW TO REBUILD level of Hydrochloric Acid

- This is the first step in addressing *virtually any* gut health issue.
- **Conventional medicine solution:** Take Hydrochloric Acid supplements –
- **Integrated health solution:**
  - Daily: Blend 1 fresh **bunch of celery** in water only, drink immediately in am on an empty stomach. Over time, the mineral salts, minerals, and nutrients have the unique ability to completely restore your stomach's hydrochloric acid.
- **Sunrider Solution:**
  - **Assimilaid** (Combination of 10 system-specific whole foods designed to restore the health (Balance) of your digestive system) Assimilaid, Digestive System Food is 1/5 of your Quinary combination (2 capsules of Assimilaid in each Quinary pkg.)
  - **Evergreen:** Liquid Chlorophyll in its natural oil base (not like the water based chlorophylls) Great detox and nourishment for the intestinal tract. It's like eating 4-5 servings of rich greens. Like super-aloe vera gel to help heal the gut.

## 2. TOXIC HEAVY METALS & Heavy toxins are the 2<sup>nd</sup> Factor that creates havoc in the digestive system

- These metals can be passed down through the bloodline from generation to generation.
- In the past, mercury was used as a medicine for illness and can be passed to us.
- In our modern era, it's virtually impossible not to take in a certain amount of toxic heavy metals:
  - mercury, aluminum, copper, cadmium, nickel, & lead (from fish, to water sources to cookwear, dental fillings etc),
  - Herbicides & fungicides
  - Radiation
  - Acid Rainfall
  - Prolonged Adrenalin Stress
- These heavy metals & heavy toxins often accumulate in the liver, gallbladder and/or intestinal track.
- Toxic heavy metals are prime food for the trillions of bacteria in the gut.
- The heavy metals activate the bad bacteria, viruses, fungi, parasites and worms.
- When some of these pathogens consume the heavy metals, they then release their own neurotoxic gas that attaches itself to the AMMONIA GAS enabling these neurotoxic gasses to also seep thru the intestinal lining into the bloodstream as a toxic gas and going throughout the body.
  - Mycotoxins (fungal toxins) stay in the intestinal tract and get eliminated
  - Neurotoxins get into the bloodstream and cause many more symptoms
- **When these pathogens that are feeding on the heavy metals, gut rot, mucus etc.** settle in and saturate the linings of the intestines or colon they start to inflame the gut with their:
- (Ammonia gas)-neurotoxins; their own waste; their toxic corpses when they die off)
- This Inflaming by pathogens fed by heavy metals, gut rot, mucus causes inflammation illnesses and disorders such as: IBS (inflammation of the bowel); Chrons (inflammation of gastrointestinal tract); colitis (inflammation of the colon) etc.
- Under a microscope, the by-products of dead viruses and their castoff viral casings look like parasitical activity. This causes misdiagnosis of parasites.
- For any kind of gut symptoms/illness or even chronic digestive distress, it is best to play it safe by assuming heavy metal are at least a part of the problem and take steps to remove them.
- The # 1 Cause of Alzheimer's is heavy metals in the brain. Let's not let this happen to us and our loved ones!

### HOW TO Remove toxic heavy metals from intestinal tract:

- **By Integrated medicine:** You need to do as many of the following daily: Cilantro 1/2c. a day, Parsley ¼ cup a day, Spirulina 1 tsp./day, Garlic 2 cloves, Sage 2 T.
- **Sunrider:**
  - *Calli*: Chelate powerfully, naturally & safely with *Calli* 1-2 times a day 1 pkg/1 c. water **Then flush heavy metals out of the body with 1 pkg.-4-8 cups** thru the day; routine;
  - *Spirulina* - removes metals from the gut. 3-6 capsules
  - Make it a habit to *chelate heavy metals daily* with 1 bag *Calli* to 1 cup water, followed by another bag in 4-8 cups of water to move heavy metals out of the body. With *Calli* you are nourishing the 5 cleansing organs (Liver, colon, kidneys, lung and skin – so that these cleansing organs can do their important work naturally and more effectively.
- **Table Foods:** Add cilantro & parsley to your power meals and salads to help to chelate heavy metals even further. Fresh garlic to avocado sandwiches etc.

## 3. The Greatest Factor in Gut Health– GOOD BACTERIA – Gut Flora - Gut's Natural Protection

- We were born with tiny, furry hairs in our entire intestinal tract. The hair is to help protect your gut from invasion by viruses, bad bacteria, fungi, and worms.
- They are also a safe haven that harbors billions of good bacteria.
- Until the 19<sup>th</sup> century, this hair normally lasted a person's lifetime.

- Since the industrial revolution, we've been assaulted by environmental toxins, prescription medication, and other chemicals that scorch the gut; heavy metals, the stress of modern living, and its accompanying scalding adrenalin.
- The result is that by the time you reach age 20, the gut's hair lining may be largely burned off.
- This contributes to many of the gut problems that people struggle with today.

## HOW TO Restore Friend Good Bacteria

- Most, if not all purchased probiotics and fermented foods microorganisms will die in your stomach before they descend and reach the small
- **Integrated Health Solution:** Add Special probiotics that live on fresh unwashed and unsprayed fruits and vegetable and sprouts are what is needed - called: elevated microorganism
- **Sunrider's Solution:** SR's probiotic *Vitadophilus* has an elevated microorganism (apple pectin) coating our probiotics with so that they pass thru the digestive juices harmed. The quantity of probiotic is not overly prolific with good bacteria because of restoring the balance in an effective way with only the strains really needed. "The base of VitaDophilus® is formulated with a protective apple pectin coating, which insulates the probiotics from the harsh stomach environment, allowing them to reach the small intestine for maximum efficacy. This is unlike many probiotic formulas that are destroyed by stomach acids and rendered useless before they can be fully utilized." Sunrider Product Fact Sheet

## 4. The 4<sup>th</sup> Factor of a Challenged Gut inability to produce Vit B12 in the Gut

- The gut will produce most of our body's supply of B12 if there is good bacteria in the final section of the small intestine -Ileum
- The Ileum is the main center of B12 absorption and production. This is also where methylation occurs (proper absorption and of nutrients).
- Our body produces all the B12 needed when the Ileum has abundant beneficial bacteria of a special kind of micro-probiotics that live naturally on certain foods.
- When low hydrochloric acid, heavy metal toxicity and/or ammonia permeability, a lot of the good bacteria throughout your gut are likely to die. This inflames the ileum, which has a number of negative consequences, such as severely weakening your immune system. (Remember the concept that your immune systems starts in the Intestines).
- It also make the gut's production of Vit. B12 production plummet or stop altogether. Almost everyone in the US is b12 deficient.
- **Integrated Medicine:** Take a good supplement of B12

### **Sunrider Solution:**

*Vitadophilus* (probiotic covered with Apple Pectin) reaches the lower end of the small intestine-the Ilium

*VitaSpray* – sprayed under the tongue, 1 bottle is equivalent to 30 B12 shots). "Each spray of this specially formulated herbal complex provides 200% of the recommended daily allowance of vitamin B12 combined with a proprietary blend of minerals and herbal extracts." Sunrider Product Fact Sheet

## 5. Top Foods that Feed the Viruses & Other Pathogens

No matter what food belief system you subscribe to, remove these viral feeders---then the virus creates inflammation.

- **Eggs** – top on the food list to avoid...doesn't matter if organic, free-range, they're still problematic. They are filled with natural hormones that the virus loves. (Chia seeds are a good binder alternative)
- **Dairy** – protein is the virus second -favorite part of your diet. This includes, cheese, milk, butter, yogurt, cream, kefir, ghee – you get the idea.
- **Gluten:** Gluten fuels pathogens. Life without wheat in your diet can significantly improve most people's health and is one step toward starving the virus.
- **Canola:** Fuels virus, damages your immune system, organs, and linings.
- **Corn:** Most all have been affected by GMOs.

- **Sugar:** Shuts down the immune system. Avoid! We're not talking about the wonderful cleansing effects of fruit, we're talking about high-fructose corn syrup, and any simple sugars.
- **Pork:** It takes 12-16 hours for Pork and pork fat to pass thru the system vs. 3-6 hrs. for other animal products. The longer ANY food is in the body due to slow digestion, the more petrification takes place, fueling viruses. The more fat in the bloodstream, the less oxygen in the blood. Oxygen is key to killing off bacteria and viruses. **Consider moving to a vegetarian lifestyle**

## Fads, Trends, and Myths about What Can Help Gut Health:

- **Hydrochloric Acid Supplements**
  - Your stomach's hydrochloric acid is a blend of 7 different acids.
  - Hydrochloric acid supplements is usually just one of these acids.
- **Sodium Bicarbonate (Baking soda) for Candida Overgrowth**
  - It does nothing to help your gut, its abrasive and will only create imbalances
- **Diatomaceous Earth Diatomite**
  - Clings tenaciously to the sides of your intestinal tract and colon, and severely interferes with their ability to absorb the nutrients from your food
  - It damages your hydrochloric acid and kills good bacteria
- **Gallbladder Flush** (oil, lemon juice, cayenne, or maple syrup)
  - People believe these oil-based concoctions work because within a day after they drink one, they see what appear to be gallstones in their stool.
  - What they don't realize is that they're seeing the oil they drank when a large amount of oil is dumped into your body, your digestive system uses mucus to form it into little balls (sometimes in multiple colors, depending on what foods are indifferent part of your intestinal track) that can be easily expelled. This is to protect an overburdened liver.
  - The best way to get rid of gallstones is to lower your consumption of dense proteins and eat a diet that emphasizes sodium-rich vegetables and fruits that contain healthy bio-acids and drinking lemon water every morning and evening—you can start the stone-dissolving process.
  - One safe and amazingly effective option for dissolving gallbladder stones and restoring the liver-juice a handful of fresh, raw asparagus along with whatever other juice ingredients you like. The best way to prevent new gallstones is to maintain a healthy gut.
  - **Sunrider:** *Lemon Fortune & Alpha20-C-Immune System Food* (1/5 of Quinary)
- **Fermented Foods**
  - Historically fermented foods were about survival not a health aid. The bacteria in them thrive off the decay process, they thrive off death, not life. They are a different category of bacteria than the elevated microorganisms living on fruits and vegetables that thrive on life, and are restorative to your gut, because we are alive.
  - They have a life force that the bacteria in fermented foods do not have and are useless to your gut.
  - They do not harm, and pass thru the gut, but not helpful.
  - The hydrochloric acid, very sensitive to bacteria on the fermented foods, kills the unproductive bacteria even though it is harmless, it sees it as an enemy.
- **Yogurt**
  - We've been conditioned to believe that the probiotics in yogurt support our gut health.
  - If you're struggling with a health condition, yogurt is not a positive food to consume.
  - Dairy feeds all manner of ills.
  - If it's pasteurized yogurt, pasteurization kills the probiotic anyway
  - The beneficial bacteria that do thrive in raw, living yogurt cannot withstand hydrochloric acid and therefore die in the stomach, never reaching the intestinal tract.
- **Apple Cider Vinegar**
  - Apple Cider Vinegar is by far the most beneficial, healthiest, and safest of all vinegars,
  - But, ANY vinegar taken internally can act as an irritant to any gut health issue and will ultimately be detrimental
  - Gut health issues.....steer clear of apple cider vinegar

## A Case Study given to illustrate this process:

### As a Teenager:

- Had sensitive stomach, occasional constipation, diarrhea & loss of appetite

### At 25 –

- Bouts of diarrhea & constipation, stomach cramping, bloating and pain.

#### **Medically diagnosed:** Irritable bowel syndrome

Recommended: Eliminate gluten and dairy, take plenty of probiotics

Candida: warned her off natural sugars and even fruit

- Her Diet: chicken twice a day, lots of fresh veggies & salads with tuna or hard boiled eggs.
- Results: No longer had diarrhea, but still had bouts of constipation, stomach cramping, bloating & pain.

#### **New Alternative Doctor:**

- Allergy to wheat and dairy, also had Candida, but sure she had leaky gut syndrome.
- Put on diet high protein diet: only meat, chicken, eggs, fish and leafy green vegetable, no grains, no beans, no starchy vegetables, occasional Granny Smith apple
- To treat Candida and Leaky gut – Herbal intestinal cleansing product
- 8 mo. no positive results
- Frustrated, Fatigued, Beset by Brain Fog, more constipation, and looked like she was pregnant

#### **God led her to Medical Medium resources:** Diagnosed that:

- She had no hydrochloric left
- Proteins were putrefying in her gut creating the ammonia gas—resulting in inflammation, pain, bloating to make her look pregnant
- She had heavy metals in her intestinal tract
- No good bacteria in her small intestine and ileum
- Yes, she was allergic to wheat and grains and gluten, as well as beans, corn, canola oil and eggs. She did need to avoid these.
- She started to develop an allergy to animal proteins
- Her liver was sluggish and struggling from an overburden

#### **Steps to Resolution & Results:**

- Restored the hydrochloric acid in her stomach 2 /16 oz. (4 c. celery juice) a day
- Lowered animal protein to 1 serving every other day
- Brought in all vegetables and fruits, most notably:
  - Avocados, bananas, apples, all kinds of berries, papayas, mangoes, kiwis,
  - Lots of butter lettuce, spinach and ¼ c. of cilantro/day (Heavy metals)
  - Resolved:
    - Bloating decreased
    - no constipation
    - Pain, cramping, brain fog and fatigue gone
    - Hydrochloric acid restored itself
    - Ammonia permeability stopped
    - Liver freed up to process fats and store sugars properly
    - Lost extra pounds

### \*Leaky Gut Syndrome – Three Views of understandings

- Serious ailment causing extreme pain and misery
- Three understandings:
  1. Conventional medicine terms it as a critical intestinal disease that perforates the lining of the intestinal tract or stomach and causes severe blood infections, raging fevers, and/or sepsis.  
when one of the following breaks thru the lining of the gastrointestinal tract and allows pathogens to leach into the bloodstream.
    - Ulcers embedded deep in stomach lining
    - Bacterial strains of E-coli developing pockets in intestinal tract lining
    - Superbugs
    - Hemorrhaging, abscesses or diverticulosis
    - Colonoscopy goes wrong and punctures the colon
  2. Alternative, Integrative and Naturopathic understanding
    - Mold, funguses like Candida
    - unproductive bacteria burrow tiny holes in the linings of intestines
    - causing micro levels of toxins to leak directly into bloodstream
    - resulting in multitude of symptoms
    - This theory needs some adjustment:
      - If they truly break thru even in the slightest way
      - Symptoms such as high fever, blood infection, extreme pain, or sepsis would result
      - “Leaky gut” should only be used to describe actual perforation of the digestive tract walls
  3. Ammonia Permeability
    - Protein is largely digested by hydrochloric acid and enzymes in the stomach.- Animal meat, nuts, seeds, legumes
    - This is a relatively smooth process if your stomach contains normal levels of hydrochloric acid.
    - If hydrochloric acid levels become low, food won't sufficiently digest protein in stomach
      - **Gut Rot** - Undigested protein reaches lower intestine and can't be absorbed – instead just lies there and rots
        - This is called gut rot – putrefaction creating ammonia gas
        - Symptoms: bloating, digestive discomfort, chronic dehydration
        - Sometimes no symptoms at all....this is just the start of problems
      - **Acid Reflux** – with low HCL, bad acids take its place, eventually traveling up esophagus
        - Conventional medicine sees all intestinal and stomach acids as the same and say it's your stomach's HCL in your esophagus that you experience.
      - **Mucus** – the lining of your gut creates mucus in an effort to protect you from the bad acids.
        - This mucus can travel down the intestinal tract and stop proper absorption of nutrients.
      - **Ammonia Gas – This is the key piece of information**
        - When food decomposes in your intestinal tract it produces ammonia
        - This toxic gas has the ability to float out of the intestines and directly into your bloodstream
        - This is called ammonia permeability
        - It's this ammonia gas that creates most of the havoc associated with what is normally called “leaky gut syndrome”
          - Its not infections or punctures small intestines or colon
          - Its not Candida yeast expelling toxins through intestinal walls
        - Causes millions of people to have digestive health problems
        - As **ammonia gas** in your intestines **drift (absorb)** into the bloodstream, as a gas and is carried throughout the body
        - **Symptoms:** bloating, digestive discomfort, chronic dehydration (constipation), malaise, fatigue, skin problems, restless sleep, anxiety and so much more.

# SUMMARY

## 5 Goals to Achieve Good Gut Health:

1. Maintain **enough hydrochloric acid** to break down the proteins that we eat
2. **Eliminate the heavy metals that especially settle in the intestinal tract**
3. **Add** enough productive bacteria in the gut and build up the health of the gut
4. Get enough of the **right kind of bacteria** to the final section of the small intestine-The Ilium
5. **Eliminate foods** that break down gut the health & practice good eating habits

## SUMMARY: Food Solutions for rebuilding the Health of the Gut:

### 1. Rebuilding Hydrochloric Acid –

This is the first step in addressing *virtually any* gut health issue.

- **Conventional medicine solution:** Take Hydrochloric Acid supplements –
- **Integrated health solution:**
  - Daily: Blend 1 fresh **bunch of celery** in water only, drink immediately in am on a empty stomach. Over time, the mineral salts, minerals, and nutrients have the unique ability to completely restore your stomach's hydrochloric acid.
- **Sunrider Solution:**
  - **Assimilaid** (Combination of 10 system-specific whole foods designed to restore the health (Balance) of the digestive system. This specific Digestive System food is 1/5 of the Quinary combination (2 capsules of Assimilaid in each Quinary pkg.) *"ACHIEVE DIGESTIVE BALANCE Assimilaid® is designed to address the body's digestive system with earth element herbs that can help the body process food quickly and efficiently. \* In Ancient China, a similar formula was used to aid digestion in the stomach and lubricate the intestinal tract. Assimilaid® is one of the five formulas in Quinary®. Sunrider Product Fact Sheet*
  - **Evergreen:** Liquid Chlorophyll in its natural oil base (not like the water based chlorophylls) Great detox and nourishment for the intestinal tract. It's like eating 4-5 servings of rich greens. Like super-aloe vera gel to help heal the gut. *"Evergreen's special formula helps cleanse the body of impurities while assisting the digestive system to remove waste from the body. \* The main ingredient in Evergreen® is copper chlorophyllin, a type of chlorophyll that supports the circulatory system, helps clean the intestines, and aids digestion. \* The main ingredient is highly concentrated copper chlorophyllin, a stabilized type of chlorophyll. Referred to as the "lifeblood" of plants, chlorophyll is the pigment that gives plants their green color and is used by them to convert sunlight into energy through the process of photosynthesis. When the circulatory system is enriched with chlorophyll, it becomes more efficient in transporting oxygen, nutrients, and other elements to serve the body's systems. \* It also supports the digestive system to remove waste and toxins from the body. \* Evergreen® is a good source of antioxidants, which combat free radicals and promote immune system health. \* Evergreen® contains no artificial flavors, sweeteners, colors, or preservatives."* Sunrider Product Fact Sheet

### 2. Removing toxic heavy metals from intestinal tract:

- **By Integrated medicine:** You need to do as many of the following daily: Cilantro 1/2c. a day, Parsley ¼ cup a day, Spirulina 1 tsp./day, Garlic 2 cloves, Sage 2 T.
- **Sunrider:**
  - **Calli:** Chelate powerfully, naturally & safely with **Calli** 1-2 times a day 1 pkg/1 c. water **Then flush heavy metals out of the body with 1 pkg.-4-8 cups thru the day; routine;**  
*"THE BENEFITS OF GREEN TEA...AND MORE Calli® is a unique herbal beverage made from a proprietary blend of green tea and herbal extracts. Sunrider's unique concentration method enhances the release of tea catechins, bioflavonoids, and other potent antioxidants in a way not possible with traditional grinding. Calli's exclusive formula provides potent antioxidant protection against free radicals and helps support the body's natural processes of cleansing and elimination. Calli® is made with natural ingredients and contains no fat, cholesterol, or artificial sweeteners. Delicious hot or cold, it makes a healthy replacement for coffee, tea, latte, and colas" "Calli® contains only trace amounts of caffeine" Sunrider Product Fact Sheet*  
Make it a DAILY habit to *chelate heavy metals daily* with 1 bag Calli to 1 cup water, followed by another bag in 4-8 cups of water to move heavy metals out of the body. With Calli you are nourishing the 5 cleansing organs (Liver, colon, kidneys, lung and skin – so that these cleansing organs can do their important work naturally and more effectively. "
  - **Spirulina** – to help remove metals from the gut. **3-6 capsules**  
*IT'S A PROTEIN, IT'S AN ALGAE, IT'S A SUPERFOOD! With more protein, per weight, than chicken, soy, or beef, and a good source of iron, omega 3 fatty acids, calcium, niacin, potassium, magnesium, and B vitamins, spirulina is the superfood that you need to work into your diet. This blue-green algae has been harvested from salty lakes in Latin America and Africa for hundreds of years, and is one of the oldest life forms on earth. " Spirulina is also cultivated and harvested in man-made reservoirs. In its natural state, it has a mild taste common to freshwater algae and has a long history of human consumption."* Sunrider Product Fact Sheet



- **Table Foods:** Add cilantro & parsley to your power meals and salads to help to chelate heavy metals even further. Mince Fresh garlic on avocado sandwiches etc.

### 3. Adding Good Bacteria:

- Most, if not all purchased probiotics and fermented foods microorganisms will die in your stomach before they descend and reach the small
- **Integrated Health Solution:**
  - Add Special probiotics that live on fresh unwashed and unsprayed fruits and vegetable and sprouts are what is needed - called: elevated microorganism
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### 4. Adding Good Bacteria that reaches the Ilium to produce Vt. B12.

The gut will produce most of our body's supply of B12 if there is good bacteria in the final section of the small intestine -Ileum

- **Integrated Medicine:**
  - Take a good supplement of B12
- **Sunrider Solution:**
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*"Each spray of this specially formulated herbal complex provides 200% of the recommended daily allowance of vitamin B12 combined with a proprietary blend of minerals and herbal extracts." Sunrider Product Fact Sheet*

### 5. Removing Top Foods that feed viruses

No matter what food belief system you subscribe to, remove these viral feeders---then the virus creates inflammation.

- **Eggs** - top on the food list to avoid... They are filled with natural hormones that the virus loves. (Chia seeds are a good binder alternative)
- **Dairy** - protein is the virus second -favorite part of your diet. This includes, cheese, milk, butter, yogurt, cream, kefir, ghee - you get the idea.
- **Gluten:** Gluten fuels pathogens. Life without wheat in your diet can significantly improve most people's health and is one step toward starving the virus.
- **Canola Oil:** Fuels virus, damages your immune system, organs, and linings.
- **Corn:** Usually GMO affected!
- **Sugar:** Shuts down the immune system. Avoid! We're not talking about the wonderful cleansing effects of fruit, we're talking about high-fructose corn syrup, and any simple sugars.
- **Pork:** It takes 12-16 hours for Pork and pork fat to pass thru the system vs. 3-6 hrs. for other animal products. The longer ANY food is in the body due to slow digestion, the more petrification takes place, fueling viruses. The more fat in the bloodstream, the less oxygen in the blood. Oxygen is key to killing off bacteria and viruses. **Consider moving to a vegetarian lifestyle**

- **The good news is that correcting these 5, must gut health problems will heal themselves.**

Reference: 5 TOP FACTORS: *Secrets Behind Chronic & Mystery Illness & How to Finally Heal, Medical Medium* by Anthony William p. 235-276  
TOP VIRAL FEEDERS: *Thyroid Healing, Medical Medium* by Anthony William p. 135-138 - LIST OF VIRAL FEEDERS