

# Go Natural's GUT RESET keeps you regular & healthy

—by Johan Jacobs

Your microbiome in your gut is your best friend, helping digest and absorb ingested food. You can eat the most nutritious food on earth, but if your digestive system is 'injured', the nutrients will not be utilised. Sadly, due to our highly refined, nutrient-deficient, and toxic diet, many people are suffering from injuries to their digestive system. The causes include the use of antibiotics, chemical preservatives, chlorine in our drinking water, and mercury in the gut (released from mercury amalgam fillings).

## SIGNS OF DAMAGE

### An injured, compromised, and substandard microbiome

There is an overgrowth of unwelcome bacteria, especially *candida albicans*. Candida thrives in a sugar-rich environment and overpopulates the gut, which disturbs the balance of intestinal flora. The gut fulfils numerous functions, one is to cleanse the body. It tries, especially, to excrete mercury, because mercury kills most 'good' flora (while candida is resistant to it). This makes matters worse, with candida overpopulating the gut and leading to all sorts of other health problems.

### Food allergies

The damaged digestive system leads to food allergies. Due to the above-mentioned disturbed gut environment, the intestinal

gut lining is injured and microscopic tears/wounds form between the folds of the small intestine's mucous membrane – the villi. There are trillions of these finger-like protrusions in the small intestine. They increase the intestinal surface to ensure good and adequate nutrient absorption. When the intestinal lining is injured, combined with indigestion, partially digested food enters the bloodstream through these tears in the villi. Your body reacts to the 'foreign matter' in the blood and develops allergic reactions against specific food types. Once the gut heals, food allergies disappear.

### Constipation is also a big problem

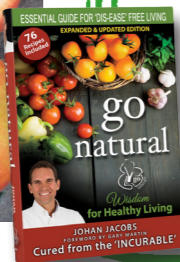
You should have at least one bowel movement each day, otherwise toxins that should have been excreted are reabsorbed from the gut. Refined white flour and sugar products are a recipe for 'cement' in your stomach. Constipation causes an overload of toxins that circulate from the blood to the liver to the gallbladder and then end up back in the intestinal tract, instead of being excreted. Now you have double trouble as you become even more constipated and, worse, the toxin load is never lowered in a natural way.

### Neurological damage

Neurological damage is mostly due to mercury and other toxins in the blood accumulating in your brain – as explained in my book, *Go Natural: Wisdom for Healthy Living*. Multiple sclerosis is just one symptom of such an injured brain.

## CLEANSE YOUR GUT

Evaluate your gut health. Signs of a healthy gut and an unhealthy digestive system are well explained in my book. The complete gut reset protocol is available on Go Natural's website under Health Topics.



## Vitamin C Flush

A Vitamin C flush induces diarrhoea, cleansing the gut from top to bottom. It rinses most of the unwelcome bacteria, parasites, and toxins out of your gut. Most people experience relief within an hour after a flush.

### PHASE A

This procedure should be done on an empty stomach, preferably first thing in the morning. It is most beneficial if the procedure is done weekly, two to three weeks in a row. Simultaneously, you should try to follow a ketogenic (fat burning) diet, continuing for two weeks after your flush. By doing this, you are literally starving any residual candida of its main source of food – sugars and starches. On the day of the flush, as well as the following day, you may feel a little tired.

### The Vitamin C flush procedure

- Take one teaspoon of sodium ascorbate (a mineral salt of Vitamin C) in  $\pm$  250 ml of distilled water every 15 minutes\*. Stop taking the sodium ascorbate after the second bowel movement. Sodium ascorbate is a buffered Vitamin C and is slightly alkaline. It will not burn and harm the gut, even if used in large dosages. Please do not use any other form of Vitamin C, for example pure ascorbic acid is way too acidic.
- After the second bowel movement, drink

three teaspoons of activated charcoal powder in a glass of distilled water. The charcoal mops up any toxin residue and also helps to stop diarrhoea.

- To avoid dehydration, sip distilled water during the procedure. Each person reacts slightly different to the flush. The procedure usually takes three to five hours.

*\*A maximum of 15 teaspoons of sodium ascorbate may be used. Stop this protocol if a bowel movement has not occurred after 15 applications. There might be a problem in the gastrointestinal tract.*

### PHASE B

### The protocol to repopulate gut microbiomes

For two weeks after the last flush, you need to do everything possible to repopulate the gut with the biggest range of different foods and supplements that will enrich your gut microbiomes. It is advisable to augment every meal with a fermented food, which promotes good digestion and a healthy gut.

## SUGGESTIONS

### 1 FOOD

As mentioned, probiotic-rich foods must contain minimal sugars and starches. Food to limit during this time include carrots, potatoes, beetroots, pizzas, pastas, sweet potatoes, and so forth. Green vegetables are recommended. Most fruits contain lots of sugar, however one or two portions of berries per day are recommended. Bone broth and butter are also good for healing the gut lining.

### Recommended probiotic rich foods:

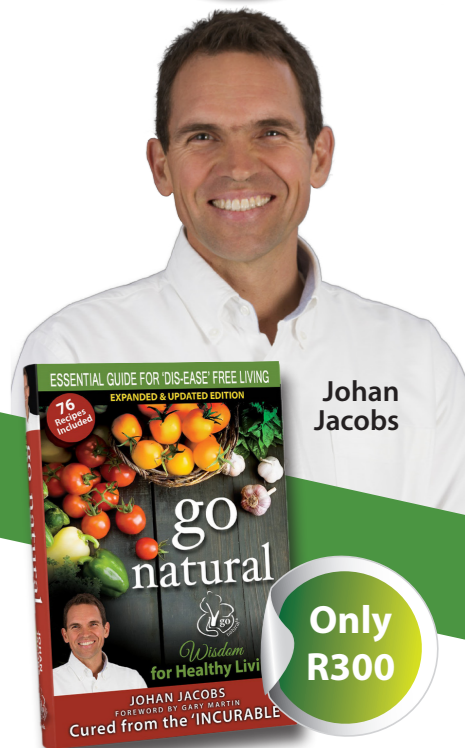
- Kefir – natural yogurt: Ingest two cups throughout the day on an empty stomach. For best results use homemade,

double fermented kefir made from raw, full cream, pasture-reared milk.

- **Sauerkraut:** One or two tablespoons with each meal when animal protein is ingested.
- **Green vegetable juice:** Consume a freshly squeezed juice each day – no sugars or starches.
- **Water:** Ensure that you drink distilled water as it flushes toxins away.

### 2 SUPPLEMENTS

- **Rhizo Health:** half a teaspoon twice daily with food.
- **Green Vibrance:** this supplement contains 12 strains of probiotics in large dosages. Take it 10 minutes before a meal, twice daily. ■



Johan Jacobs

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