

GO NATURAL'S GUT Reset PROTOCOL

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Date: October 2022



Background:

One's GUT microbiome is your best friend to help digest, assimilate and absorb your ingested food. You can ingest the best food on earth, but if your GUT is injured, you cannot utilize it and it will end up being a waste. Sadly, due to the consumption of a highly refined nutrient sterile and toxic food chain in the past, the use of anti-biotics, chemical preservatives, and, chlorine in our drinking water and mercury in the gut, released from mercury amalgam fillings plus from a mercury containing vaccine preservative (Thimerosal), lots of people suffer with the following injuries:

1. An injured, compromised and substandard micro-biome.
2. The overgrowth of unfriendly bacteria, i.e.: Candida Albicans, due to our past diet "sins" normally in our younger ages when we still consumed, sugar laden and refined grain food stuff.
3. Candida thrives on a sugar rich lifestyle that overpopulated our gut with this one strain of intestinal flora.
4. Toxins and especially the mercury as mentioned that harbour in the gut then kills most good flora, however Candida is resistant to the mercury and survives and now Candida overpopulate and upset the gut ecology with a Candida overgrowth.
5. The injured GUT and Food allergies connection. Because of the above-mentioned negative GUT environment, the intestinal gut lining get injured and microscopic wounds/cracks form in-between the small intestine villi, there are trillions of these finger like hair protrusions in the small intestine. These villi increase the gut surface area to ensure good and adequate nutrient absorption. Sadly, when the gut is injured, combine this with in-digestion some partially digest food stuff enters the blood stream through these crack-like injuries. Your body is not happy with these "foreign matter" partially digested food in the blood, and this is where the allergic reactions develop against specific types of foods. I've seen it with myself, once the gut is healed the previous food allergies just vanished.
6. Constipation is a big... issue. One should at least have one bowl movement per day or else we reabsorb toxins from the gut that should have been expelled. Refined white flour and sugar products (substrates) without the natural containing fibre and enzymes is a recipe to make "cement" in your tummy. Constipation causes an overload of toxins that keep circulating from the blood to the liver to the gall bladder it ends up in the gut again and instead of being dumped in the loo it gets reabsorbed. Now you have double trouble since your sewerage system is compromised and clogged up but even worse you never lower your toxic load naturally.
7. All sorts of Neurological damage, due to the mercury and other toxins that enter the blood prematurely now accumulate in your brain as explained in our book GO NATURAL Wisdom for Healthy Living. MS is but one symptom of an injured brain.
8. Self-diagnose your own Gut Health. Signs of a healthy GUT and signs of an unhealthy gut are well explained in our book under the treatment recipe called Johan's RECOVERY PROTOCOL on page 466 in the updated and expanded edition.

METHOD BEHIND THE MADNESS:

This Vit-C flush procedure induces diarrhoea that cleanses the gut from head to "tail" of almost all ingested food and it does have the potential to remove a big portion of the unfriendly bacteria, parasites and toxins that is harbouring in the contents of the GUT. Many people feel almost instant relieve within hours after a flush. But there is more, after the flush we need to re-populate the gut with a good microbiome. Let's look at this natural method as recommended by Dr Hal A Huggins, by instead of killing all the Candida with herbs or medicine, it is far better and easier to remove them by flushing them out. Then we start to repopulate a healthy and balanced gut-microbiome.

FASE A

The Vitamin C Flush Protocol

Vit C-Flush Suggestions:

This procedure should be done on an empty stomach, preferably the first thing early in the morning. This protocol is found to be most beneficial if the procedure is done every week for two to three weekends in a row. In parallel during and for two weeks after the last flush you should endeavour to ingest only a ketogenic (fat burning) diet. In that way we are literally starving the left-over Candida as their main foods are sugars and starches are now removed.

NB: The day of the flush and second day thereafter you probably will feel tired, and it should be a day or two of rest with not too much physical activity that the body can recuperate. The third day energy usually returns at a higher level than it was originally.

The Vit C Flush Procedure

- 1 teaspoon (tsp) of **Sodium Ascorbate (Vit C)** in \pm 250 ml of **distilled water** every 15 minutes. After the second bowel movement, stop taking any more Vit C. NB - **Sodium Ascorbate** is a buffered Vit C with a slight alkaline and it will not burn and harm the gut if used in large dosages. Please do not use any other form of vit C for example ascorbic acid, it is way too acidic.
- After the second bowl movement, use 3 x tsp's of **Activated Charcoal (AC)** powder in a glass of distilled water. The AC have a dual function, it mops up toxin residue and also helps to stop the self-induced diarrhoea.
- Note: A maximum of 15 tsp's of Vit C may be used; this protocol should be stopped if a bowl movement was not succeeded after 15 applications. If a flush/diarrhoea has not occurred, there might be some problems in the gastrointestinal tract it is best to try to repeat this procedure the next day or the next weekend, actually whenever you have two open days in a row.
- To avoid dehydration, one should sip clean distilled water during the procedure.
- Note: Each person has a slightly different experience when undergoing the C-flush. The procedure usually involves 3-5hours, so weekends are the preferable time to do it.

FASE B

The GUT MICROBIOME Repopulate Protocol

Now for 2 weeks after the last Vit C-flush, we are going to do everything possible to repopulate the gut with the biggest range of different gut microbiota rich foods and supplements. It is advisable to augment every meal with a fermented food type i.e.: sauerkraut and kefir are two of the best foods that promote good digestion and a health gut.

SUGGESTIONS:

1. FOODS

Remember in parallel with the probiotic rich foods it must also be ketogenic, in other words foods that contain the minimum quantities of sugars and starches. Your energy will come from fat burning.

Typical foods to limit during this time are carrots, potatoes, beetroot, bread pizza, pasta sweet potato, etc. Lots of green vegetables are recommended. Most fruits contain lots of sugar, however one or two portions of berries per day are recommended. I.e.: black, blue or raspberries.

Bone broth and butter is good to heal the fat-soluble gut lining.

Recommended Probiotic rich FOODS:

- a. Kefir natural Yogurt: Ingest 2 cups per day at intervals on an empty stomach. It should be home made, double fermented kefir made from raw, full cream, pasture reared milk, and preferable from a Casein A2 dairy source. The recipe is in our book.
- b. One or two tablespoons of Sauerkraut with every meal where animal protein is ingested. The recipe is in our book.
- c. Consume a freshly squeezed green, no sugar and starch vegetable juice once per day.
- d. NB: Ensure to drink plenty of distilled water as it flush toxins naturally.

2. SUPPLEMENTS

- a. Rhizo Health, Half a teaspoon twice daily before and/or after a meal.
- b. VIBRANT HEALTH has a supplement, Green Vibrance that contains twelve strains of probiotics in big dosages. Take it 10 minutes before a meal, twice daily.

You are welcome to contact us should you need any assistance.

Note: The content of this protocol is purely for information and is not intended to replace the advice of a qualified health professional.

All the best &

