THE LEAKY GUT PROTOCOL

The Leaky Gut Protocol

Leaky Gut Syndrome

FOR LEAKY GUT SYNDROME
LEAKY GUT PROTOCOL FOR LEAKY GUT SYNDROME

Products Overview

IMPORTANT....READ EVERYTHING!!! DO NOT SHARE THIS WITH ANYONE!
This is aggressive oxygen therapy and you must follow directions exactly. This therapy is not harmful, so please be aware of the positive effects that may take place in your body.

Products Outline

1. **Colloidal silver**, when taken daily as a dietary supplement, works in conjunction with the body’s immune system in maintaining optimum health - naturally. Most microbes, germs, and bacteria cannot develop resistance to silver as they can to antibiotics.

2. **Slippery Elm Bark** has traditionally been recommended for general bowel health and to benefit digestion by reducing bowel transit time, absorbing toxins and increasing fecal bulk. As the mucilage resists digestion by stomach acids and enzymes, it maintains its soothing action throughout the entire digestive system.

3. **Garden of Life RAW Meal** - A high protein, high fiber, certified organic, RAW meal replacement powder that provides the nutrition of a well-balanced, healthy meal in one delicious serving.

   This is an excellent source of complete protein, including all essential amino acids, crucial building blocks needed to heal the gut.

4. **ColloidaLife Trace Minerals** - Neutral in taste, Source Naturals COLLOIDALIFE can be held under the tongue for sublingual absorption, or swallowed directly. COLLOIDALIFE is the perfect solution to compensate for a mineral-poor diet that may be limiting your ability to enjoy a healthy and vital life.
5. **Alkaline Meal Plan** - 80% alkaline organic eating foods, green organic smoothies that you make yourself, and 20% acid being your lean proteins like fish, salmon, baked goods, and lots of green organic fruits and vegetables. *No junk food shall be consumed during this program.*

Leaky Gut is a result of sweets and other toxic food and will cause an array of other conditions quickly! Consume only organic products. Also, decrease your exercise routine to low impact due to the lactic acid build up. *Remember a leaky gut trives on toxins, and too much acid in the system can literally burn a hole in the stomach lining and walls.* An 80% alkaline diet will keep all acid levels balanced. Remember, a diet that can combat the leaky gut syndrome (and any disease) contains a little natural organic sugar, but *no refined sugar.* Organic sugar is low in carbohydrates, even more so when combined with an 80% alkaline diet.

**SEE VITAMIN LIST FOR SUPPORT VITAMINS**
UNDERSTANDING THE PROGRAM

This Protocol is composed of four specific daily regiments that must be completed EVERY DAY for the next 8 weeks: The Morning, Noon, Evening, and Night Regiment.

Before you start this protocol, please take note of the food you are allowed to eat and go grocery shopping in order to prepare. You need to purchase all your foods and fruits from organic grocery stores. Buy locally grown meats, vegetable, and fruits.

THE MORNING REGIMENT

During this regiment your goal is to complete each step in order to prepare your body for the rest of the day.

Instructions

DRINK A HALF GALLON OF ALKALINE WATER DURING THIS TIME FRAME

1. First, mix this natural tooth paste solution and brush teeth 3 times a day.
   * Mix 5 tps. of Olive oil, Monatomic Silver, Organic baking soda, Coconut Oil, and Seasalt. Stir and you have a natural toothpaste that really kills microbes.

2. Second, prepare the 1st meal of the day.
   * Prepare any type of grilled white fish on a foreman type grill, or in oven using coconut oil to base the fish.
   * Use italian season, garlic powder, basil, or oregano to season the entree.
   * Prepare a salad with raw uncooked organic leafy greens and vegetables. (ie. spinach, kale, or and romaine lettuce). Only use olive oil or organic Italian dressing sparingly.
   * (Optional Veggie) Have one sweet potato with your entree baked or prepared raw No Condiments

3. Third, prepare your veggie juice.
   * Mix 1/4 cup olive oil with 1/2 cup of organic grapefruit juice, or freshly squeezed grapefruit together in a blender for 20 seconds only and consume.

4. Forth, consume oral supplements and vitamins.
   * Drink 1/2 once (half the bottle) or Monatomic Silver by holding it under the tongue for 20 seconds and then swallow. Add the other 1/2 of monatomic silver to a gallon of purified water, and consume that morning before 12 noon.
   * Mix 3 Tbs. of slippery elm powder with warm water and consume.
   (Alternate Optional Smoothie - 2 Tbs. of Slippery Elm, 1/2 Cup of alkaline water, strawberries, blueberries, bananas, optional mango. Use frozen fruit or fresh fruit)

   * Mix 1 scoop of your garden of life raw meal powder in an 8oz cup of purified water.
   * Take 2 Oxy Powder capsules
   * Take 2 VeganZyme Capsules
Illustrated Example of Morning and Afternoon Regiment

**THE AFTERNOON REGIMENT**

During this regiment your goal is to complete each step in order to prepare your body for the rest of the day.

**Instructions**

**DO NOT BRUSH YOUR TEETH DURING THE AFTERNOON REGIMENT**

**DRINK A HALF GALLON OF ALKALINE WATER DURING THIS TIME FRAME**

2. Second, prepare the 2nd meal of the day.
   * Prepare any type of grilled white fish on a foreman type grill, or in oven using coconut oil to base the fish.
   * Use Italian season, garlic powder, basil, or oregano to season the entree.
   * Prepare a salad with raw uncooked organic leafy greens and vegetables. (ie. Spinach, Kale, and romaine lettuce). Only use olive oil or organic Italian dressing sparingly.
   * (Optional Veggie) Have one sweet potato with your entree baked or prepared raw No Condiments

3. Third, prepare your veggie juice.
   * Mix 1/4 cup olive oil with 1/2 cup of organic grapefruit juice, or freshly squeezed grapefruit together in a blender for 20 seconds only and consume.

4. Forth, consume oral supplements and vitamins.

**DO NOT CONSUME SILVER**

* Mix 3 Tbs. of slippery elm powder with warm water and consume.

(Alternate Optional Smoothie - 2 Tbs. of Slippery Elm, 1/2 Cup of alkaline water, strawberries, blueberries, bananas, optional mango. Use frozen fruit or fresh fruit)
THE EVENING REGIMENT
During this regiment your goal is to complete each step in order to prepare your body for the rest of the day.

Instructions

DRINK A HALF GALLON OF ALKALINE WATER DURING THIS TIME FRAME

1. First, brush teeth for the 2nd time that day. Use remaining tooth paste from morning.
   * Only make new batch when you run out.
   Tooth Paste Instructions: Mix 5 tps. of Olive oil, Monatomic Silver, Organic baking soda, Coconut Oil, and Seasalt. Stir and you have a natural toothpaste that really kills microbes.

2. Now, Prepare the 3rd meal of the day. 🍴
   * Prepare any type of grilled white fish on a foreman type grill, or in oven using coconut oil to base the fish.
   * Use italian season, garlic powder, basil, or oregano to season the entree.
   * Prepare a salad with raw uncooked organic leafy greens and vegetables. (ie. Spinach, Kale, and romaine lettuce). Only use olive oil or organic Italian dressing sparingly.
   * (Optional Veggie) Have one sweet potato with your entree baked or prepared raw No Condiments

3. Third, prepare your veggie juice.
   * Mix 1/4 cup olive oil with 1/2 cup of organic grapefruit juice, or freshly squeezed grapefruit together in a blender for 20 seconds only and consume.

4. Forth, consume oral supplements and vitamins.

DO NOT CONSUME SILVER

* Mix 3 Tbs. of slippery elm powder with warm water and consume.
  (Alternate Optional Smoothie - 2 Tbs. of Slippery Elm, 1/2 Cup of alkaline water, strawberries, blueberries, bananas, optional mango. Use frozen fruit or fresh fruit)

* Take 2 VeganZyme Capsules
* Take 2 Latero Flora Capsules
### Illustrated Example of Evening and Night Regiment

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<tr>
<th>EVENING REGIMENT</th>
<th>NIGHT REGIMENT</th>
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<tbody>
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<td>Brush Teeth</td>
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<td>Use natural tooth paste mix from protocol</td>
<td>Use natural tooth paste mix from protocol</td>
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<td>Meal Time</td>
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<td>Grill any white fish with salad and sweet potato</td>
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<td>Veggie Juice</td>
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<td>Prep. &amp; Consume Supplements and Vitamins / No Silver</td>
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<td>Oral Supplements</td>
<td>Oral Supplements and Vitamins</td>
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<td><strong>Drink 3rd 1/2 Gallon of Water</strong></td>
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### THE NIGHT REGIMENT

During this regiment your goal is to complete each step in order to prepare your body for the next.

### Instructions

**DRINK A HALF GALLON OF ALKALINE WATER DURING THIS TIME FRAME**

1. **First, brush teeth for the 3rd time that day. Use remaining tooth paste from evening.**
   * Only make new batch when you run out.
   
   **Tooth Paste Instructions:** Mix 5 tps. of Olive oil, Monatomic Silver, Organic baking soda, Coconut Oil, and Seasalt. Stir and you have a natural toothpaste that really kills microbes.

2. **Now, Prepare the 4th meal of the day. (light snack from the meal plan)**
   * Prepare any type of grilled white fish on a foreman type grill, or in oven using coconut oil to base the fish.
   * Use Italian season, garlic powder, basil, or oregano to season the entree.
   * Prepare a salad with raw uncooked organic leafy greens and vegetables. (i.e. Spinach, Kale, and romaine lettuce). Only use olive oil or organic Italian dressing sparingly.
   * (Optional Veggie) Have one sweet potato with your entree baked or prepared raw No Condiments

3. **Third, prepare your veggie juice.**
   * Mix 1/4 cup olive oil with 1/2 cup of organic grapefruit juice, or freshly squeezed grapefruit together in a blender for 20 seconds only and consume.

4. **Forth, consume oral supplements and vitamins.**
   * Drink 1/2 once (half the bottle) or Monatomic Silver by holding it under the tongue for 20 seconds and then swallow. Add the other 1/2 of monatomic silver to a gallon of purified water, and consume that morning before 12 noon.

   * Mix 3 Tbs. of slippery elm powder with warm water and consume.
   
   **(Alternate Optional Smoothie - 2 Tbs. of Slippery Elm, 1/2 Cup of alkaline water, strawberries, blueberries, bananas, optional mango. Use frozen fruit or fresh fruit)**

   * Take 2 VeganZyme Capsules
* Take 2 Latero Flora Capsules

PLEASE FINISH READING THROUGH THE PROTOCOL AND COMPLETE THE WORKSHEETS AT THE END OF THIS PROTOCOL. THEN YOU WILL BE READY FOR YOUR GAME PLAN CONSULTATION.

SUCCESS TIPS

1. **Natural soaps and lotions** should be used while on the program (ie. unrefined coconut oil, shea butter, shea soap, black soap, or castile soap). You can find most of these items at an whole foods, or natural market. Kroger and Public my even sale some of these. Burt’s Bees also makes good natural soaps)
2. **Natural sea salt** can be used to season foods daily (up to a teaspoon).
3. **Raw greens are very important so eat up as much as possible.**

WHAT SHOULD I DO ONCE I HAVE FINISHED THE LEAKY GUT PROGRAM?

This 8 week program was designed to eliminate all the parasites, bacteria, toxins in your body, and heal the microscopic holes in your esophagus and stomach, that are allowing undigested food and bacteria to escape into the system as toxins which feed parasites, the herpes virus, and cause other conditions. If you have completed this program as a result of lingering outbreaks, then you are now ready to go through the protocol again, by which you should contact your OTC and let them know you have completed it to receive a discount on you next protocol kit.

If you opt not to complete another protocol kit, then the next best thing is to begin implementing our maintenance plan, which can be found on our website under the products section.

**Estimated Time To Heal: 8 Weeks**

The key is to keep the immune system high and the body oxygenated at all times. When you have a virus, you must stop it at its source. Viruses thrive in a system that is low in oxygen and filled with toxins. Continue the meal plan, drinking alkaline water and using products that will keep you oxygenated. This oxygen therapy program will cleanse the body and the blood. The blood is dirty from the toxins in the body, and oxygen is the only thing that can clean it. Once cured from your condition, the stomach will digest food, use the resources for the body, and eliminate the toxin without allowing them to get into the system. These are the reasons the FDA and the government want to shut down all oxygen therapy. Help us spread the cure with your donations and please send us your video testimony.

Please complete the following reinforcement worksheets below!
MORNING AND AFTERNOON WORKSHEET

Please print and fill in the blanks on this worksheet completely by referring to the protocols instructions on previous pages.

MORNING REGIMENT

Use __________ mix from the protocol

Grill any _______ with _______ and _________

Prep. & Consume _______ Juice Mix

Prep. & Consume all _______ and _________

1/2oz of _______

Drink 1st 1/2 Gallon of Water

12 P.M. Noon

AFTERNOON REGIMENT

Use __________ mix from the protocol

Grill any _______ with _______ and _________

Prep. & Consume _______ Juice Mix

Prep. & Consume all _______ and _________

No _________

Drink 2nd 1/2 Gallon of Water

This worksheet was designed to help you understand the Morning and Afternoon Regiment.

Once you have completed this worksheet proceed to the next worksheet.
MORNING AND AFTERNOON WORKSHEET

Please print and fill in the blanks on this worksheet completely by referring to the protocols instructions on previous pages.

EVENING REGIMENT

Use __________ mix from the protocol

Grill any _______ with ______ and _______

Prep. & Consume __________ Juice Mix

Prep. & Consume all _______ and _______

No __________

Drink 3rd 1/2 Gallon of Water

NIGHT REGIMENT

Use __________ mix from the protocol

Grill any _______ with ______ and _______

Prep. & Consume __________ Juice Mix

Prep. & Consume all _______ and _______

1/2oz of _______

Drink 4th 1/2 Gallon of Water

This worksheet was designed to help you understand the Evening and Night Regiment.

Once you have completed this worksheet proceed to the next worksheet.
ACCOUNTABILITY SCHEDULE

Please print and fill in the blanks on this worksheet completely by examining your schedule to block out the specific time zones you will use to complete each of the Morning, Afternoon, Evening, and Nightly regiments.

I plan to start this program on _____________________ and I will complete this program on _____________________.

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Wake Up at ________________________________

Morning Reg. at ________________________________

Afternoon Reg. At ________________________________

Evening Reg. At ________________________________

Night Reg. At ________________________________

Bed Time ________________________________
Congratulations You Made It!

Please direct all your questions and concerns to your OTC. Additional products and services can be found at:

www.theundergroundcure.com