

Bentonite clay, colon hydro therapy  
Repair leaky gut/or holes in the intestines

### **Toxins have to leave the body**

Toxins leave the body from - 1. Lungs 2. Skin 3. Urine 4. Feces

For more on toxins and systems that cleanse the body.  
Please see PDF chapter Cleanse

Insert. - Section of Book  
**“Know your Shit”**

## **Bind**

The snowball effect that is chronic illness is caused by leaky gut stops with repair of the intestines and Binding of toxins.

Imagine its 100 degrees, you leave milk and a steak outside in the sun.  
It won't be long until you can't go near it, putrifying, rotting. Food decays off gassing and the toxins recirculate back into your body through sick intestines.

(Putrification. Rotten food releases gas ). Show illustrate

Take the garbage out!!  
Probiotics are the garbage men of the body.  
Eating waste and giving off vitamins to support us.

*If you have a diverse microbiome - that means that basically another micr planet lies within our bellies similar to the thought of the Cat having a tiny world hanging off its collar in World in the movie Men in Black*

1. Probiotics take out our trash - Incredibly symbiotic relationship.  
We need them and they need us.

2. Probiotics give us their byproducts or waste. - B. Vitamins, etc  
They make vitamins for US - We reallllllly need them - they are imperative to survival

Probiotics eat poop - like lil dung Beetles.  
They eat our by products and we absorb theirs by products. Weird right?

Probiotics and humans have an Incredibly symbiotic relationship. We need them and they need us.

**Intestines. - perhaps use 3D image from anatomy. ---**

**Add chapter : Absorption**

Putrification and gas are directly related to cell weakness.  
Healthy cell population decreases - think of a grand parents skin thinning with aging.  
Think of the thinning skin that comes with aging.  
The walls of the intestine thin as weaknesses occurs and food floats right through the walls into the blood stream.

Intestinal walls thinning is a very import concept - not that may save your life.

Cellular aging affects many of the most important processes that occur within your body, both cleansing of toxins, and absortption of vitamins, minerals, and proteins.

**The body is always fighting if your intestines are unhealthy.**

**If Probiotics don't exist in healthy abundant colonies  
deficiencies occur in the body**

Probiotics are these tiny little good bacteria secrete Vitamins for us that are absorbed into the body, aiding in protein and mineral absorption.

A vitamin deficiency causes a Protein and mineral deficiency  
This probiotic deficiency has a snowball effect.

**Micronutrients are what help your body carry out chemical reactions you need for mental and physical health.**

Your body cells do not have the ability to produce vitamins, with the exception of Vitamin D

Specifically, bacteria in your gut produce three B vitamins, biotin, folate and vitamin B12, and

without B vitamins, your body couldn't extract energy from the carbohydrates and protein you eat.

**VITAMIN K AND GUT BACTERIA**

Probiotic gut bacteria are also capable of making a vitamin your body needs for clotting, vitamin K. Without adequate vitamin K, you run the risk of bleeding to death when you get a cut or minor injury. Vitamin K actually comes in two forms: vitamin K1 and vitamin K2. Recently, vitamin K2 has been the focus of research. Studies suggest vitamin K2 is important for bone health and for prevention of coronary artery disease. It directs calcium that you take in through diet to bone tissue, where it's needed, as opposed to sticking to the inner walls of arteries where it could cause calcification and, potentially, heart disease or stroke.

You get vitamin K1 by eating green, leafy vegetables, but vitamin K2 has limited availability in foods. The best sources include cheese, egg yolks, milk from pasture-raised animals and fermented foods. Gut-friendly, probiotic bacteria help out here too by making some of the vitamin K2 you may not be getting through diet.

### **WORKING TOGETHER**

Toxins need to leave the body and the health of your gut depends on the body's ability to keep the intestines healthy.

You have to stabilize intestines before you can increase absorption and start to rebuild cells.

All cells need to be rebuilt before you can feel good again.

Bind toxins to prevent leaky gut allowing for reabsorption of toxins.  
Specifically when attempting to DISSOLVE and cleanse.

Thank you for taking the time for yourself.

Going forward - Elect regimens wisely as they all have significant cost of time and money associated.

If you would further help and a hands on experience.

To resolve symptoms you have to commit to performing regimens over and over and over. Use Crowdcuring to track regimens, find mentors, help others, and create your printable plans to use with your practitioners.

*\*\*\*\*Antibiotic treatments - If you are treating with antibiotics you will have to continuously calm clean and rebuild your intestines.*

**\*\*\*\*\*Careful - Some things WILL KILL YOU \*\*\***

## **Binding Supplements & Timing**

**BINDERS** - The following supplements don't necessarily bind more than the binders listed above, but they mostly capture free floating free radicals and I used every day. Commonly 2 hours away from food. I use them to mop up waste.

Binders-

Zeolite - Can be in pill form or made into a tiny suspended nano particle liquid. I use a form that can get into the blood stream.

The name is Cyto Cleanse.

Activated Charcoal - add

**Mineral Replacement -**  
Toxin binders will

## **Cleansing Processes**

Colon Hydro Therapy -  
Bentonite Clay Baths -  
Ion foot baths

**Supplements that cause toxins to be drawn from muscles and organs into blood stream are**

**PLEASE DO YOUR OWN RESEARCH\*\*\*\*\* JUST A PLACE TO BEGIN\*\*\*\*\***

### **Chlorella -**

natural plant based binder - but if take too much can seriously overwhelm the nervous system.  
Drawing a massive amount of toxins into the blood stream.

**DMSA** - metal binder - mostly used for acute toxicity and chelation pre metal tests

**Glutathione** - can also pull to many toxins into body

### **CHOLESTYRIMINE -**

## **DIET - PDF - attachment**

If there's one thing that impacts how healthy you are and how you look and feel, it's the food you eat. Food supplies your body with energy, but it's not just protein, carbs and fat from your diet, but "micronutrients," like vitamins and minerals.

**See insert PDF - Absorption Chapter**

**Kellie - Please add references and Books here**

DIET with a purpose. - cleanse or build and then- refine- refine - refine  
Don't pick a diet you can't stick to as you will become better with more research.  
Unless a desperate situation you most likely will learn about

In desperate situation FASTING Worked best for me - just stop eating for 3-6 days.  
Resetting your system you can attack with a clean mind.

Sugar - creates a poor Ph environment - as fermentation produces gas, bloating cells and creating stagnation throughout the body. Gas accumulation is directly correlated to aging and I write a lot more about gas in my autobiography Better Book.

(Different Crowdcuring regimens .....Enzymes, probiotics, vitamins, minerals, Doctors, clinics, Envita, Buhner, Dr. Rawls, Igenex, They need a point of contact. - HEAL YOURSELF

**Supplements:**

Cool Inflammation - Inflamm II

Soothe cells - GI complete

Rebuild cells - HA- plus - Hyaluronic acid -collagen is necessary to rebuild epithelial cells.

**DIET Was a game changer  
there are many different types of diet  
Diet is foundational Supplement on top of diet changes**

FASTING - hugely important as when you stop digestion for a few days the body heals significantly faster.

RBTI- Minerals change Ph of the body. Manipulating Ph

Low Sugar and no hydrogenated oils are a few examples and I discuss diet in a deeper dive in Better Book. Visit [betterbook.org](http://betterbook.org) to learn more

Plan your meals - the timing of meals is important as the more you can streamline and make digestion predictable the more energy you will have to heal.