

YOU WILL BEAT THIS: ELIMINATION PREPARATION STAND-IN



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Disclaimer: I'm required to tell you that I am not a doctor; I'm not legally licensed to practice medicine; and that the following is provided only for "educational reference." I am not permitted to add to this disclaimer the reminder that these are the greatest and most powerfully concentrated steps taken by virtually all of the cancer killers/healers who we have studied.

WHY / ABOUT ELIMINATION PREPARATION

Along with doing a 'Pre-Tox' and Detox, your body's ability and efficiency for **elimination** must be improved. Exhalation and sweat are detox pathways, but the primary ones we are concerned with for the elimination of heavy metal and chemical toxins is defecation (80%) and urination (20%). Urination efficiency/capability will be boosted via whole body health; but defecation (and the lymphatic system that fuels effective defecation) requires attention.

YOUR GOAL is to get to achieve at least one consistent bowel movement per day. The following steps should help make this happen within two weeks. If it does not, try a natural bowel cleanse supplement, such as this one ([link](#)) from Dr. Schulze. Ultimately, we want the food you consume to pass entirely through your body in 30-40 hours.

First, boost the amount of fiber and enzymes in your diet. By far the healthiest way to do this is to switch to as much of a 'plant based diet' as possible.

1

Please note that dead food largely does not count - and cooked vegetables are dead. Aim for 80% of the vegetables you consume to be raw, at least during your time of healing. 80% of these raw veggies should be dark, leafy greens. (kale, spinach, chard, collards). If you absolutely cannot do raw vegetables, lightly steam them instead. Smoothies are easier to consume than gigantic salads; but consume the smoothies within 30 minutes of preparation, before their enzymes begin cannibalizing the nutrition and before the living aspects of the food can become oxidized.

2

Second, buy a mini "rebounding" trampoline and bounce on it for a total of 15 minutes per day. 15 consecutive minutes is acceptable, but breaking it up into 2 or 3 minute chunks and spreading your session throughout the day is much better. (The primary mechanisms of action here are cellular waste cycling and lymphatic circulation.

WHY / ABOUT ELIMINATION PREPARATION

Unfortunately, and though it may sound asinine (get it?), you must have your colon cleaned. This tragic reality (I'm really sorry) is offset by the reality that most colonic operators are old ladies with poor eyesight. Sorry lads.

3

In all seriousness, effective detoxification is not possible with the average American colon. Even if you've been eating healthy for the last 20 years, you absolutely still have colon accumulation that makes effective secretion and removal of heavy metals very difficult, to say nothing of the actual heavy metal and chemical buildup that certainly exists in your upper intestines and colon.

A series of warm-water colonics will return you to square one. Schedule at least 2 sessions, and then let the professional determine whether you require more. Some people require as many as 10 before their colons are back to good health. This will also help to restore the speed of your bowels to an effective level.