

# YOU WILL BEAT THIS: GUT REBUILD STAND-IN REGIMEN



YOU  
WILL  
BEAT THIS

*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.*

# YOU WILL BEAT THIS: GUT REPAIR PROTOCOL

## STEP 1

### Buy and Use the AIRE DEVICE by FOODMARBLE.

Breathe into the AIRE device to determine whether you have a LEAKY GUT or not.

**DURATION:** 1 week.

**EASE OF INTRODUCTION & MAINTENANCE:** Easy Difficulty

**COST:** High (\$179).

**IMPORTANCE LEVEL:** ULTRA

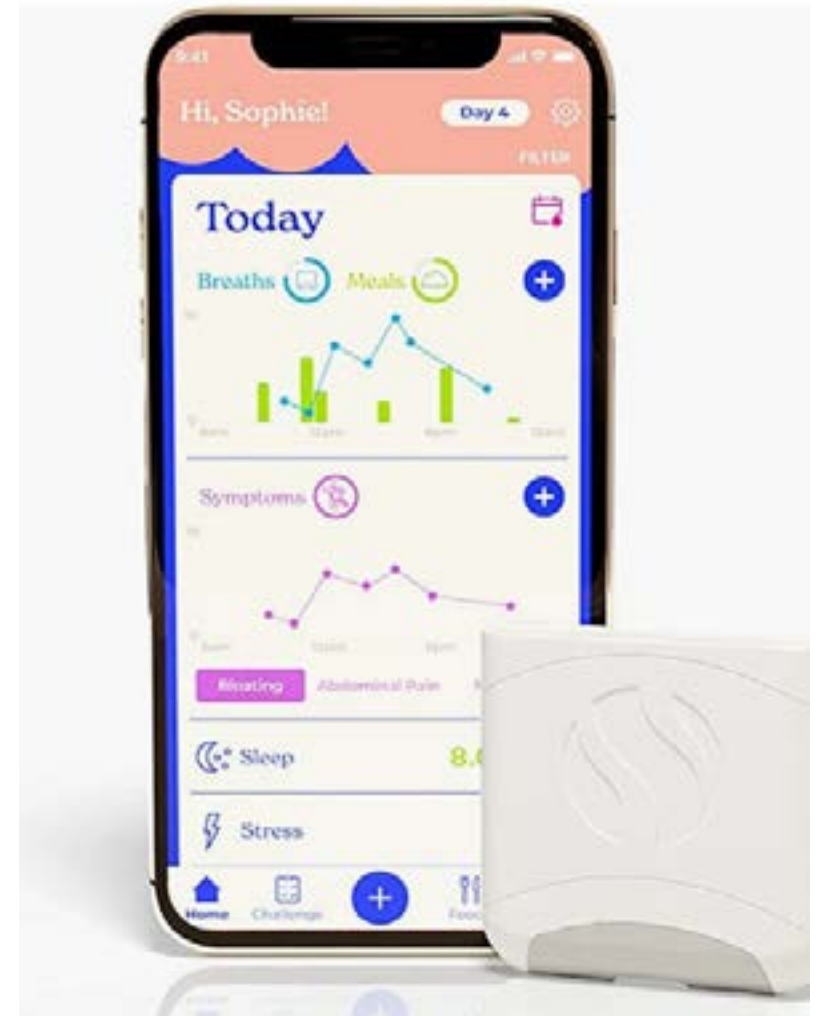
#### PREPARATION:

Purchase the AIRE device ([link](#)) and follow its instructions.

#### DOSAGE:

If you blow a very high number more than twice (higher than a 7.5 out of 10), then you can stop testing and proceed to STEP 2 (the flowchart) of this Gut Rebuild Protocol.

If you blow less than a 7.5 or if your numbers are all over the map, take 3 to 5 AIRE device readings per day for a week to get a feel for your average. Once you have a general feeling for where your HIGH AVERAGE is, proceed to STEP 2 (the flow chart) of this Gut Rebuild Protocol.



**STEP 2**

With your AIRE device 'high average' approximated, use the following flow chart to determine YOUR personalized gut health (or gut rebuilding) regimen:

**NO LEAKY GUT**

(AIRE Device High-Average Score of 0 to 2.9)

**MODERATE LEAKY GUT**

(AIRE Device High-Average Score of 3 to 4.9)

**HIGHLY LEAKY GUT**

(AIRE Device High-Average Score of 5 to 7.5)

**SEVERE LEAKY GUT**

(AIRE Device High-Average Score of 7.6 or Higher)

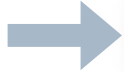
**NO LEAKY GUT**  
(AIRE Device  
High-Average  
Score of **0 to 2.9**)

Do you have any  
IBS symptoms?  
List 1  
List 2  
List 3

- NO
- YES

Your Gut Health Regimen: Layer 0 + Layer 1 + Layer 2

Your Gut Health Regimen:  
Layer 0 + Layer 1 + Layer 2 + Layer 3 + Layer 4



**When Finished...**

Do you still have IBS /  
Gut Symptoms?

- NO
- YES

**You're done!**  
Continue Layer 0 + Layer 3 as part of your whole body  
health and cancer healing regimen

Your next Gut-Rebuild Regimen:  
Layer 0 + Layer 3 + Layer 5



**When Finished...**

Do you still have IBS /  
Gut Symptoms?

- NO
- YES

**You're done!**  
Continue Layer 0 + Layer 3 as part of your whole body  
health and cancer healing regimen

Your next Gut-Rebuild Regimen: Layer 7

**MODERATE LEAKY GUT**

(AIRE Device  
High-Average Score  
of **3 to 4.9**)

Your Gut Health Regimen:  
Layer 0 + Layer 1 + Layer 2 + Layer 3 + Layer 5

**HIGHLY LEAKY GUT**

(AIRE Device  
High-Average Score  
of **5 to 7.5**)

Your Gut Health Regimen:  
Layer 0 + Layer 1 + Layer 2 + Layer 3 + Layer 5

**SEVERE LEAKY GUT**

(AIRE Device  
High-Average Score  
of **7.6 or Higher**)

Your Gut Health Regimen:  
Layer 0 + Layer 1 + Layer 2 + Layer 3 + Layer 5

**When finished, re-test again**

Do you still have a Leaky Gut?

NO

**You're done!**  
Continue Layer 0 + Layer 3 as part of your whole body health and cancer healing regimen

YES

score:  
3 to 5

Your Gut Health Regimen:  
Layer 0 + Layer 3 + Layer 4

When Finished...

Do you still have IBS / Gut Symptoms?

NO

**You're done!**  
Continue Layer 0 + Layer 3 as part of your whole body health and cancer healing regimen

YES

Your next Gut-Rebuild Regimen:  
Layer 0 + Layer 3 + Layer 5

When Finished...

Do you still have IBS / Gut Symptoms?

NO

**You're done!**  
Continue Layer 0 + Layer 3 as part of your whole body health and cancer healing regimen

YES

Your Gut Health Regimen:  
Layer 7

Do you still have a Leaky Gut?

NO

**You're done!**

Continue Layer 0 + Layer 3 as part of your whole body health and cancer healing regimen

YES  
score:  
above 5.1

Your Gut Health Regimen:  
Layer 0 + Layer 3 + Layer 5 + Layer 6

When Finished...

Do you still have IBS / Gut Symptoms?

NO

**You're done!**

Continue Layer 0 + Layer 3 as part of your whole body health and cancer healing regimen

YES

Your next Gut-Rebuild Regimen:  
Layer 0 + Layer 3 + Layer 4

When Finished...

Do you still have IBS / Gut Symptoms?

NO

**You're done!**

Continue Layer 0 + Layer 3 as part of your whole body health and cancer healing regimen

YES

Your next Gut-Rebuild Regimen: Layer 7



# YOU WILL BEAT THIS: GUT REPAIR PROTOCOL

## Layer Zero: INSOLUBLE FIBER

Insoluble fiber feeds the biome of the gut, providing sustenance for the existence of a healthy gut at the most fundamental level.

**DURATION:** Given its urgency and irreplaceable nature with regards to human health, you will aim for a high insoluble fiber intake for the rest of your life.

**EASE OF INTRODUCTION & MAINTENANCE:** Moderate Difficulty

**COST:** Minimal

**IMPORTANCE LEVEL:** ULTRA



### PREPARATION:

There are many potential dietary and supplementary sources of insoluble fiber. The most advantageous to the body are likely the most fresh, or perishable: those that make up the fibers of the living, dark leafy green vegetable category. The reason is that in terms of nutritional 'stomach real estate,' there is no better bang for the buck than these powerhouses of nutrition. Let us therefore aim to build, fertilize, and feed our gut biome using the highest quality, richest sources of culture-feeding insoluble fiber, including:

Kale	Spinach	Radishes	Swiss Chard	Collard Greens	Cauliflower
Broccoli	Avocado	Peas			
Walnuts (Raw, Sprouted)	Sunflower Seeds (Raw, Sprouted)	Flaxseeds (Ground, Fresh)			
Blueberries	Blackberries	Raspberries	Apples (with skin)	Pears (with skin)	
Black Beans	Kidney Beans	Chickpeas	Lentils		

### DOSAGE:

Many experts have attempted to quantify the amount of grams of insoluble fiber (and the ratio between soluble and insoluble fiber) that constitute an adequate or healthy supply. Rather than trying to approach the need this way, it is much preferable to simply maximize your intake while resorting to dead foods (grains, supplements, or cooked food/vegetables) as little as possible. Work to include plenty of fresh, living insoluble fiber foods at every meal. Get fancy and use recipes if you wish, but the simplest ways are simple salads and smoothies. Get them in your body first, and find ways to make it enjoyable second. You're eating to live now. Eating for pleasure is a luxury that you can work back to. Creative people can do both.



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## #1 - Layer One: PARASITE ELIMINATION

Parasitic species can cause perforations in the GI tract lining, steal nutrients, and contribute to bacterial dysbiosis.

**DURATION:** You will execute this layer for about 3 months, alongside your other healing efforts.

**EASE OF INTRODUCTION & MAINTENANCE:** Easy Difficulty

**COST:** Minimal

**IMPORTANCE LEVEL:** High

### PREPARATION:

Purchase two bottles of Zahler's ParaGuard ([link](#)), a natural tincture made of ten herbs and essential oils purpose-formulated to kill and eliminate parasites from the body.

***From a user:** "This morning when I went to the bathroom I was absolutely DISGUSTED at what I saw. I'm not going to be graphic, but there were both actual worms and egg cases. I was (and still am) pretty shaken actually, to think about all that just camping in my gut! But at least it's coming out, and I am sold on this product."*

**NOTE:** You may also choose to incorporate a course of Ivermectin or Fenbendazole alongside ParaGuard. However, I will make no recommendations on either of these products yet for multiple reasons. One reason is that unlike ParaGuard, Ivermectin and Fenbendazole are both synthetic drugs. Another is, it's been frustratingly difficult to obtain any trustworthy science or even opinion on these drugs, as they appear to be extremely divisive at an almost political level. STILL: Based on what I've read and seen so far, I do believe there is merit to both of these drugs, and I suspect that the mechanism of action has to do with both their anti-parasite and anti-microbial properties. It also appears that there is little risk to taking well regulated dosages of these drugs, but at this point I must ask you to do that research on your own. Eventually, my team will focus on these drugs and determine their value and properties as cancer-healing tools.

### DOSAGE:

Follow the instructions on the ParaGuard bottle for the Intensive Support.

If you decide to use Ivermectin and/or Fenbendazole, please research the protocols used by other survivors. Find at least three sources and blend their advice on dosage to determine a likely-safe average, and then adjust according to your body weight. Ease into the dosage, monitoring your body for any adverse reaction. If you have a negative reaction, ease in even more slowly or try taking the drugs with food (especially fats) to reduce those reactions.



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## #2 - Layer Two: CANDIDA CLEANSE

The five major species of Candida fungus proliferate in the GI tract leading to leaky gut syndrome, a sapped immune system, and reduced healing capabilities.

**DURATION:** You will perform this cleanse for about a month (until you use the entire bottle). You may need to repeat it six months later to kill the remaining generations of Candida fungus.

**EASE OF INTRODUCTION & MAINTENANCE:** Easy

**COST:** Minimal

**IMPORTANCE LEVEL:** ULTRA



### PREPARATION:

Buy one bottle of the Zuma Nutrition Candida Cleanse extract blend of fresh, raw plant extracts and phytochemicals.

The product may be found at [THIS](#) link, which also includes good instruction and information on the product's usage and for the greater goal of removing Candida fungus from the GI tract (and body as a whole). You may also email Zuma at [info@zumanutrition.com](mailto:info@zumanutrition.com) and request a free 30-page PDF that provides even more detailed info/instruction if you desire.

(Note that you'll already be taking/consuming everything else Zuma recommends along with their Candida Cleanse if you're following the YouWILLBeatThis Regimen, so do not be overwhelmed at the depth of their suggestions.)

### DOSAGE:

On an empty stomach: Shake the bottle and place 5 pumps of the liquid into a small amount of water. Drink; add more water to the cup and swirl; drink again.

Ideally this will be done TWICE PER DAY, once in the early morning and once before bed.

If you forget or if your schedule doesn't allow for this, ensure that you're taking the product 2 hours after eating and at least 30 minutes before eating or drinking.

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### #3 - Layer Three: L-Glutamine

A naturally-found amino acid that is sufficiently produced inside a healthy body, L-Glutamine is a super-nutrient critical to both gut, healing, and immune function - and one that is often heavily deficient in the bodies of the chronically ill.

**DURATION:** I recommend supplementing with L-Glutamine for at least the first 3 months of your cancer healing journey - but especially for the entire duration of your gut rebuilding efforts.

**EASE OF INTRODUCTION & MAINTENANCE:** Easy

**COST:** Minimal

**IMPORTANCE LEVEL:** ULTRA

#### PREPARATION:

If you're on a tight budget, opt for the L-Glutamine capsules sold by either the Life Extension brand or Pure Encapsulations ([link](#)).

If you can afford it, instead choose an L-Glutamine blend that includes other synergetic gut-health components (such as marshmallow root powder, aloe vera, slippery elm, and licorice root), such as that made by the Amy Myers MD brand ([link](#)).

#### DOSAGE:

Buy several bottles and take 3,000mg (which will require a number of capsules depending on their content) daily away from food. Take them all together, at once.

If you opt for a quality blend product such as that from the Amy Myers MD brand, take one scoop daily away from food.



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### #4 – Layer Four: 13-Week Probiotic Rebuild Yogurt by BRAVO

For a total gut biome rebuild/reset, there is no comparison to the ~300 probiotic strains cultivated to the astronomic concentrations provided by home-fermented BRAVO yogurt.

**DURATION:** 13 weeks. And don't slack off!

**EASE OF INTRODUCTION & MAINTENANCE:** Hard at first, but effortless once you've got your system down.

**COST:** High (~\$400+)

**IMPORTANCE LEVEL:** ULTRA

#### PREPARATION:

First, buy the 13-week regimen from BRAVO's website. [\(LINK\)](#)

Second, follow BRAVO's instructions, found [HERE \(link\)](#).

Note that in my experience, boiling the milk produces a lower-quality batch than milk that is carefully brought to (and then no higher than) 185 degrees. A cooking thermometer will be necessary to achieve this precision.

Note that you will be making a fresh batch of yogurt every 7 days. You can't and shouldn't try to make larger batches. You may need to make it every 6 days so that the next batch is ready on each 7th or 8th day. It's okay if you miss days here and there, but try not to miss too many! There is a super-healing compounding affect when it's taken in relentless dosages.

Also note that RAW milk is best for fermenting yogurt at home, though difficult to obtain in many areas. Ask around; these are often established as "raw milk shares" to skate around laws designed to protect us from unpasturized milk.

Finally, note that while most cancer-healing experts strongly advise eliminating dairy from our diets (in general, due to the Insulin-Like Growth Factor hormone it contains), this gut-rebuild concoction is a time when it's not only acceptable, but important. If you are lactose-intolerant, contact BRAVO for help/guidance while explaining your specific case. THAT SAID: Note that goat milk contains much less IGF1 than cow's milk, so use that if you can.

#### DOSAGE:

Scoop ½ cup of the yogurt and eat slowly on an empty stomach (2 hours after a meal and at least 30 minutes before eating).



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### #5 - Layer Five: 60-Day Dr. William Davis Supergut SIBO Yogurt

The probiotic strain 'Lactobacillus reuteri' has unmatched powers to destroy the invasive harmful bacteria that destroys gut health and causes Leaky Gut. And yet, simply taking these probiotic capsules is like 'trying to extinguish a housefire with a squirt gun.' The secret is to ferment this strain to extremely high concentrations in homemade yogurt. Taking it for 60 days is almost guaranteed to destroy your dysbiosis overload and correct your Leaky Gut.

**DURATION:** 2 months. Be consistent! Take it every day.

**EASE OF INTRODUCTION & MAINTENANCE:** Hard at first, but effortless once you've got your system down.

**COST:** Low (Less than \$100 for the entire 2 months)

**IMPORTANCE LEVEL:** ULTRA

#### PREPARATION:

First, buy a bottle of the L. Reuteri probiotics. [\(LINK\)](#)

Second, follow Dr. William Davis' instructions, found [HERE \(link\)](#).

#### DOSAGE:

Scoop ½ cup of the yogurt and eat slowly on an empty stomach (2 hours after a meal and at least 30 minutes before eating).

#### ADDITIONAL DYSBIOSIS (SIBO) SUPPORT:

Dr. Davis recommends taking a course of two essential oil based & herbal supplements called [Candibactin AR](#) and [Candibactin BR](#). These serve as 'natural anti-biotics' as well as a further tool to help with the destruction of Candida. Especially if you blow AIRE numbers above 6.0, taking these two supplements for 2 weeks on and 2 weeks off during your 60-day SuperGut yogurt 'Layer Five' may be a very wise idea.



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### #6 - Layer Six: 3-Day Probiotic Suppositories

There is only one surefire, guaranteed way to implant healthy, gut-rebuilding probiotics in the colon.... Yep.... I'm so sorry.... You guessed it. You have my apologies. But hey, at least you're about to cure your cancer!

**DURATION:** 4 to 5 weeks.

**EASE OF INTRODUCTION & MAINTENANCE:** A bit of a ... bummer.

**COST:** Medium (\$100 when on sale, \$200 regular).

**IMPORTANCE LEVEL:** ULTRA

#### PREPARATION:

First, buy a plastic jar of the BRAVO brand suppositories. ([LINK](#))

Second, put on a latex glove.....

Finally, follow the instructions included in the bottle. (Though I'm sure you have a guess.)

#### DOSAGE:

"Apply" one capsule per day, once every three days until the bottle is used up.



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### #7 - Layer Seven: Seeking Professional Help

In the very unlikely event that your efforts up to this point have proven unsuccessful and you are still blowing high numbers using your AIRE device, it would be best to pursue expert help with regards to whatever you're having trouble with, whether that is continuing food sensitivities, evidence of candida/yeast in your life, continuing IBS or similar, or high AIRE numbers suggesting a still-leaky gut.

You may end up having to take rather extreme measures (such as a fecal transplant, or other dietary/elimination protocols), but as a friend and coach I encourage you to take this very seriously: your whole-body health will, in many ways, mirror your gut health.

Good luck, my dear friend. You are heartily in my daily prayers.

