



The Optimal  
Detox &  
Gut Reset  
**Masterclass**

THE MANUSCRIPT

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**DISCLAIMER:** The information contained in these videos and documents are for educational purposes only and are not intended to treat, diagnose, cure, or prevent any disease. You should always seek the advice of your physician or otherwise qualified healthcare provider with any questions you have regarding a medical condition before undertaking any diet, exercise, supplement, health program, or other procedures discussed in this masterclass.

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Hello my friends! Welcome to this tested and proven holistic healing course, the only one, that tells you everything you need to know in an understandable and clear way. Welcome to The Optimal Detox and Gut Reset Masterclass. And welcome to my life.

Thank you for giving your tokens of appreciation and energy in exchange for my holding, advice, expertise, energy and of course, entertainment!

In the videos, I am going to introduce you to the most important basics of health, wellness, spirituality, and detoxification.

The Content in this Masterclass is subject to continual review. Expect new guidelines, updates both for videos and booklets every few months.

Should you have any personal queries or require direct assistance, please don't hesitate to contact me privately via email. I'm here to support you on your healing journey.

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# OBJECTIVE

The objective of this PDF's is to give you an outline of each video and to provide you with additional information that you can consume at any time.

Like with everything I teach, I encourage you to “Experience by yourself”. What this means is that you shouldn't just take everything I or others say as the single truth.

Do further research and experimentation on all concepts that I speak about. This is a great guideline to quickstart you on your journey and show you the corners that others don't reveal. But the goal is to become your own doctor. To unleash the true magic of detoxification and healing, you must also continue growing in yourself, as this process is going to be different for everyone!

*“Everyone has a doctor in him or her; we just have to help it in its work. The natural healing force within each of us is the greatest force in getting well.” - Hippocrates*

### About your Host:

Fabian Kowallik stands out in the realm of modern nutrition. Combining deep research with personal insight, he offers a game-changing masterclass. Join thousands of others who've cured themselves.

Dive in, understand, and transform your health.



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# MODULE 1: FUNDAMENTALS

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# **T**he Seven Fundamentals of Healing.

These Fundamentals are essential to follow during the 10-Day Detox & Gut Reset. You should also apply them during everyday life. They really make a difference and are basic staples for many people's lives already. They are the „boring but basic“ that can have the biggest impact on your life in the shortest amount of time. You might have heard of them and forgotten about the, but keep them in your mind and remind yourself of them daily. Their impact on your wellbeing, longevity and quality of life is unbelievable.

- 1. Hydration** Drink Water, Herbal Teas (fresh, not tea bags) and cold pressed Fruit Juices only (not commercial). Hydrate your body by eating hydrating produce like watermelon and cucumber. Drink Coconut Water. You can always add small amounts of sea salt to your water. This ensures that your body gets the water delivered to where it's needed: the Organs. Otherwise, due to the basic principle of osmosis, the water cannot cross the sodium gradient and will just be flushed out of your body. Additionally, avoid Tap Water. If available, use a reverse osmosis filter or drink (bottled) Spring water. Tap water contains fluoride, medications and heavy metals and should be avoided at all costs. Normal bottled water is just

bottled tap water mixed with micro plastics, so avoid this as well.

2. **Avoid:** processed food and processed chemicals: Anything with preservatives, additifs, colorants, sweeteners has to be avoided, as it directly causes disease. No sugar, no fried foods. No coffee, no alcohol, at least for the duration of the detox. If possible, also avoid chemicals from skincare, and use natural alternatives where you can. Coconut oil makes for a great body oil and almond oil is great for the skin. Conventional coated cooking pans release toxic aluminium and should be replaced by steel pans. We need to get back to nature and avoid all this man-made foods and chemicals.
3. **Eat:** Use food to heal, don't just eat healthy sometimes. Eating right is our doctor, so follow the guidelines mentioned in the e-Book you received. An abundance of fruits, greens, herbs, seaweeds will heal your body. Check Module #5 for more information on this. As a rule of thumb: If it comes straight from nature, it's probably good.
4. **Alkaline:** Use Green smoothies and powders to alkalinize your body and quickstart healing. Apply the Ayurvedic Herbs for the conditions you suffer from listed in the accompanying sheet. You have to drink a celery shake with the other ingredients mentioned in the protocol every morning.

Alkalizing spring water and daily lemon juice are other fast ways of getting your body more alkaline. An alkaline environment prevents disease from developing.

- 5. Move and Massage:** You have to make atleast 5000 steps, optimally atleast 10.000 steps every single day. Walking is one of the most powerful ways to heal the body, not only from physical but also mental diseases. Depression only happens in a de-pressed state. Your heart, your kidney and your brain will thank you. Every step counts and is a step in the right direction. Movement should also be the part that connects you with nature. Spending time in nature, grounding your body and connecting with earth, are integral to healing. To enhance your physical functions, you can also practice self-love in the form of self-massage. There are various tools available, you can also use your own hands. M
- 6. Sleep:** You have to sleep atleast 7 hours every night. Use chamomile tea and valerian root to support sleep initially. Sleep is where you recover, regenerate and connect yourself. If you don't sleep right, you need to change and figure out different teas, herbs or supplements (ashwagandha, KAVA, passionflower, magnesium, L-Theanine). If your breathing is suboptimal, I will always recommend nose strips! Don't spend time with your phone

or TV or any screen before bedtime, as the light disrupts the production of your natural sleep hormone melatonin.

**7. Manifest:** Envision yourself after you have successfully healed your body. Manifest the healthy you every day. Disease only exists in a person that feeds the dis-ease. Don't talk about your illness too much. Don't dwell on it too much. Try to think positive, encourage positive people around you. If you manifest a healthy you, that is what reality will shift into. You can only really leverage this human power if your mind's eye (=pineal gland) is open. Support your pineal gland by consuming pine nuts and spending time in the sun without sunglasses. Stop using any product with fluoride (more on this later), because they calcify the pineal gland.



# MODULE 2: DETOXIFICATION

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**W**hy detoxification? It's simple. Our modern lifestyle is bombarding us with more toxins than our bodies are evolved to handle. Toxins accumulate from processed foods, unfiltered water, air pollution, from parasites in meat, salmon or vegetables and yes, even products we use on our skin. Different types of toxins: Bacteria like e.coli, Viruses like herpes, Parasites like roundworm, Heavy metals like mercury, environmental pollutants like micro plastics, phthalates and fluoride and chemical toxins like BPA.

The result? A toxin overload that our bodies may struggle with, manifesting as fatigue, bloating, quick weight gain, and even mental symptoms such as depression. Furthermore, autoimmune diseases are the result of long term parasite and virus infections. If you suffer from chronic mucus, your body also desperately needs a detox. These are your body's distress signals, a cry for help in the face of toxic invasion. This is why the detox is so important!

The secret to a detox is that it always needs 3 steps:

*First*, you need to kill the viruses, parasites, you need to loosen up the heavy metals, you start declaring war on them.

*Second*, you flush out the dead viruses, parasites and heavy metals. You do this by binding and chelating them to different

agents. Otherwise, the dead cells or products are still causing harm in your system.

*Third*, you need to prevent new toxin exposure to the least amount possible. In our modern world, you will need to keep repeating steps 1 and 2 every few months, depending on your lifestyle.

## **Step 1: Killing Toxins, Parasites, and Viruses, Heavy Metals, Chemicals**

Every type of toxin needs their own type of detoxification agent. Some of them are overlapping, which makes our 10-day-protocol so unique and effective.

For parasites, we can use oil of oregano, raw honey, garlic, wormwood and papaya. Papaya and raw honey are the strongest, which is why the protocol will focus on them.

For Bacteria, we can again use raw honey, as well as celery and lemon water. Furthermore, the megadose of Vitamin D stimulates the immune system to kill of bacteria.

For Viruses, celery juice, raw honey, spirulina and chlorella will be used.

Heavy metals as well as environmental pollutants will be bound and chelated by the magnesium as well as linseed/psyllium husk and activated charcoal. Activated charcoal can be replaced 1:1 with healing earth or zeolite, which all have similar properties (extremely fine particles that sponge up

toxins). Charcoal has the most studies behind it and is the most readily available, which is why this is my personal favorite.

#### Bonus Tip:

If you suffer from chronic mucus, you can also use sea salt to kill local biofilms. For your throat, gargle with warm salt water every evening. For your nose and nasal pathways, use a neti pot with salt water. For your mouth, do oil pulling with 1 tbsp of coconut oil for 5-15 minutes. I do all three things every evening for proper nasooral hygiene. You can use regular sea salt.

For your skin, you can take a bath in epsom salts or dead sea salts. This supports detoxification from the outside.

Important: if you suffer from thyroid issues, you should fix them before the detox.

Most people are hypothyroid, which is why they can't lose weight, feel tired and fatigued and cold all the time.

The thyroid needs fuel in the form of iodine, as iodine is the building block of thyroid hormones. Most people with thyroid issues are deficient in iodine, so consume more seaweed or supplement it. Iodine also helps flush out Fluoride.

The second thing for the thyroid is TSH, the signal that it needs to start the production. We need an active pituitary

gland, as this is where TSH gets produced. Detox from fluoride by removing all tea bags, table salt, tap water, conventional toothpaste and start consuming pine nuts to heal your pineal gland.

To get your thyroid running smoothly besides Iodine and defluoridation you will need 500 mg of ashwaganda 1x per day before sleeping and 200 mcg of selenium 1 x per day. Follow this routine for 3 days and reassess. Most people's hypothyroid is eliminated by doing so.

If your thyroid is overactive, meaning you lose weight and are shaky and anxious, use bugleweed 2 dropperfulls 2x a day.

## **Step 2: Binding and Flushing Toxins, Parasites, and Viruses, Heavy Metals, Chemicals**

The main way for us to eliminate the toxins out of our body will be to bind and then flush them. In general, binding can be done with chelating agents, gel-building fibers and cluster salts. Flushing can be supported by diuretic teas and sweating.

Let's start with a brief overview on chelating. In general, the best agents to bind and chelate various toxins are Cilantro, psyllium husk, activated charcoal, and magnesium.

Why these and not overhyped supplements like shilajit or zeolite (that also could work)? Magnesium, as it's an essential mineral for the body anyways, activated charcoal, as it is the most researched chelating and binding agent and regularly used in any hospital setting. Psyllium husk is the third staple, as it is a great gel builder and amazing for our general health. And cilantro as it fits the green alkaline smoothie perfectly.

The next part is eliminating the bound and now inactivated toxins out of our bodies. For this, again, Hydration is key. You need to ensure adequate hydration. You can support this process by alkalinizing your urine with lemon water/lime water in the morning. Furthermore, we will drink Dandelion tea due to its diuretic effect.

Another important detox cornerstone is Sweating. This can be achieved via fast Walking, Exercising and my personal favorite: Sauna.

Sweating is one of the most important pieces of health and detoxification. It has been my consistent ally through my eight years of detox. **DO NOT SKIP SWEATING!** The main thing that matters is if we are sweating. The skin is the largest and typically most congested organ in the body. Native american sweat lodges have been around for 40k years! Sweating in Saunas additionally kills virus and bacteria

that can not survive above body temp. This is called hyperthermia. Excellent for plastics/BPA as well.

Saunas reduce the risk of fatal heart attacks and reduces death from all causes. Sauna use is also inversely associated with a reduced risk of dementia and alzheimer's. Did you know I love sauna for its detoxing and health enhancing properties?

Last but not least, this phase is all about excreting. We excrete in sweat, and also by pooping and peeing regularly. We will use substances that support peeing, e.g. dandelion, which flushes out our kidneys and toxic and bound minerals. Pooping will be enhanced by eating plenty of fiber from fruit and fiber supplements as well as Triphala. Most people in the modern world have a colon that is full of rotting death. Furthermore, magnesium citrate can be very helpful, as well as using magnesium oil in the mouth if regular pooping is a problem.

### **Step 3: Reducing toxin accumulation to a minimum**

Now that most toxins are eliminated from our bodies after the 10-day-protocol, we need to ensure that we put the toxin accumulation until the next detox to a minimum.

How? Here is a short overview list:

1. Alkaline Shake: As often as possible, consume the detoxing alkaline shake in your routine. This ensures that you get rid of many toxins in your everyday life.

2. Consume enough Magnesium, as Magnesium competes with heavy metals for absorption and therefore directly reduces exposure. You can also use magnesium spray. Consume enough vitamin D (in the trifecta described in the supplement section) to improve your immune system.

The rest is based on avoidance: Avoiding the most common toxins.

1. Avoiding Fluoride: Fluoride reduces our IQ, calcifies the pineal gland (which elevates your vibrational level), makes our bones brittle. It serves no biological function. Stop consuming it by avoiding table salt, tap water, conventional toothpaste and tea bags. Elimination can be done by consuming pine nuts and following the described detox protocol.

2.. Fillings: Going to a biological dentist, making sure they use dental dams and air filter/ionizer. No amalgam ever!

3. Avoiding seafood. Sushi is the number one reason for parasite infections in the western world. Seafood in general is the number one reason for mercury and heavy metal poisoning. (sardines + mackerel is okay)

4. Avoiding toxic kitchenware: Only use stainless steel. (avoiding aluminium and coated pans.) Take care of your cleaning supplies, dish detergent. Do not use a microwave, as this eliminates the nutrients in your food. Drink only clean water (spring water or reverse osmosis filtered)

5. Avoiding toxic Bathroom/Laundry products: Change your makeup/cosmetics, hair gels, soaps, moisturizers, deodorant, shampoos, conditioners, fluoride free toothpaste + chlorine filter for shower. Check your laundry detergent and laundry sheets .

Bonus tips:

1. Breathing (Deep breathing, not shallow breaths. Taoists measure lifespan by counting breaths and heartbeats, not birthdays. Also remember to open up the windows in your house every morning!

2. Sweating: The sauna is one of the strongest ways to sweat out toxins. Integrate it in your routine. Finnish

sauna > Infrared Sauna > Steam Rooms. Even once in a while for longer tie can be extremely beneficial.



# MODULE 3: RESETTING THE GUT

**T**he Gut is our most important organ. It controls our emotions, controls our health and even interprets our reality better than our brain. You have heard about the „Gut Instincts“ since you were young.

Our contains contains billions of bacteria. Most of us have abused our guts, with alcohol, antibiotics and junk food. These lead to an overgrowth of bad bacteria and eliminated number and diversity of good bacteria.

In general, our goal will be to have a gut full of beneficial bacteria.

To do this, we will follow a 3-step-Gut Reset which is what worked best from my experience.

First, we reset our gut ecosystem, meaning that we eliminate bad gut bacteria.

In a second step, we introduce the good gut bacteria.

The last step will be to make the good bacteria grow by feeding them the right food.

## **Step 1: Reset the gut ecosystem**

It's a common misconception that introducing probiotics is the initial move; however, this can sometimes do more harm than good, adding to the confusion within an already imbalanced gut flora. To pave the way for these beneficial bacteria, we must first focus on eliminating the harmful bacteria that have taken up residence in our digestive tract.

This phase is therefore centered on prebiotic foods and fibers which play a pivotal role in this purge. Foods rich in prebiotic fibers, such as celery, act as natural sweepers of these unwanted bacteria. Celery isn't just for detoxing from heavy metals; it's packed with the kind of fiber that helps clear the path for good bacteria to flourish later on. Fruits like kiwi, pomegranate and also vegetables like red beet all contain different prebiotic properties that further assist in this cleansing process. Furthermore, megadoses vitamin D and cleverly added Triphala have been proven to be able to reduce bad gut bacteria in as little as 3 days.

Last but not least, we will be using the CCF Tea (Cumin Coriander Fennel) which massively decreases local gut inflammation.

Most importantly, as we will be abstaining from alcohol, smoking, sugar and processed foods, some bad gut bacteria

will naturally and literally starve off. This is why pure fasting can also be a powerful way of getting rid of bad gut bacteria, even though it's not quite as strong.

I also don't recommend pure fasting as a detox solution, as it just deprives the body of needed micronutrients and aggravates some problems.

Fasting is great for cardio metabolic health and can be good for mental strength and our spirit. Eventhough spiritually, some people also fall for the neglect trap and not real enlightenment. The human body is made for short periods of fasting, like 16 hour intermittent fasting, but not 30 day fasting periods.

Fasting can be done besides the detoxing. But it doesn't replace the detox.

To get rid of heavy metals, parasites, chemical toxins like calcified fluoride and phthalates, it won't do much. They will still stay in our system and some might even be able to multiply, as there is no vitamins/minerals/phytonutrients to counteract them.

## **Step 2: Introduce good bacteria**

The second phase will be centered around adding good gut bacteria. This can be done directly via fermented foods or probiotic supplements. Both solutions are not my first

suggestion: In the detox protocol, I focus on rebuilding the good bacteria slowly by using natural food fibers from celery, apples soup and quinoa.

The only way to establish a healthy gut flora longterm will be to follow a healing diet as described in my blueprint diet. Focusing on eliminating processed food and alcohol, and regularly consuming probiotic foods like kefir, sauerkraut and yoghurt. Raw milk (kefir) is a great probiotic with enzymes and proteins. Fermented cabbage and other fermented and pickled foods like kimchi and mixed pickled vegetables are also great additions.

### **Step 3: Let good bacteria thrive**

Bacteria feed on what you deliver to them. By consuming at least 15 g of digestible fiber per day longterm, you keep your gut microbiome healthy.

The most important point to keep your gut healthy will be quitting processed sugar and junk food. They directly cause an overgrowth of bad bacteria.

Furthermore, consume enough acids: Lemon water in the morning. 1-2 tbsp of apple cider vinegar in warm lemon water before meals. This will ensure that there will be no overgrowth of candida and bad bacteria in your upper and

lower stomach. We need acid for this, as this lowers the pH and makes the environment sterile.



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# MODULE 4: DETOX PROTOCOL

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## ow to Use This Guide

**1. Follow Along:** This guide is structured in phases, ensuring you benefit progressively. Start from Day 1 and make your way until day 10.

**2. Listen to Your Body:** Everyone's body is different. If a particular recommendation doesn't resonate with you, consider modifications that suit your needs. This is not medical advice, so consult a doctor before you proceed. If you are having panic or an emergency, please take a look at the „PANIC“ Section. You might have detoxed too fast. Also reach out to our community chat.

**3. Consistency is Key:** To witness the transformative effects, it's essential to maintain consistency. Stick to the guidelines, and the results will follow.

**4. Supplement with the Masterclass:** This sheet works best in tandem with the video teachings of the masterclass. They offer in-depth explanations, enriching your understanding and experience.

# WHAT TO EXPECT

As you embark on this journey, here's a glimpse of the transformative effects you can anticipate:

- A. Whole Body Detox: Purge harmful chemicals, heavy metals, parasites and other toxins from your system. Experience clarity of mind, heightened energy, and an inner vitality.
  
- A. Complete Gut Reset: Rebalance and rejuvenate your digestive system. Say goodbye to bloating, irregularities, eczema. Welcome enhanced nutrient absorption and a robust immune response. Start burning calories efficiently and feel full of energy.

Tip: Embrace the experience, trust the process, and witness the incredible metamorphosis of your body, mind, and spirit. Welcome to a newer, healthier you!

Use this as a guide to be a healer and share the secrets with your friends, community and loved ones.

Let's heal the world!

# THE PROTOCOL

IMPORTANT NOTE: EVERYTHING YOU START ON DAY 1; YOU ALSO KEEP ON DOING ON THE FOLLOWING DAYS. THE PROTOCOL ALLOWS YOU TO ADD MORE THINGS. THIS MEANS YOU WILL DRINK THE ALKALINE SMOOTHIE EVERYDAY AND TAKE THE SUPPLEMENTS MENTIONED EVERYDAY.

## ### DAY 1-3: KILL THE TOXINS

**\*\*Breakfast:\*\***



Alkaline smoothie:

- 1 cup organic celery (about 4 strains),
- ½ organic cucumber,
- 1/2 organic apple,
- 1/3 organic whole papaya (incl. seed),
- 1 clove of organic ginger,
- 2 big tbsp of raw honey,
- 1 tbsp spirulina,
- 1 tbsp chlorella,
- 1 tbsp cold pressed extra virgin olive oil.
- 1 tbsp coconut oil

Enough water to make it drinkable

*\*Why?\* To gently introduce nutrients and support detoxification with high-alkaline foods. Break your 8-16 hour fast with this.*

**\*\*Supplements:\*\***

☀️ 20.000 IU Vitamin D, 🌿 150 mcg K2, 🦋 400 mg Magnesium  
directly after the smoothie  
300 mcg of Iodine preferably drops

*\*Why?\* Essential vitamins and minerals support overall health and replenish deficiencies. Vitamin D kills viruses, bacteria and parasites.*

*Iodine is the strongest way to flush out excess fluoride. Take it everyday during the detox.*

**\*\*Hydration:\*\***

🍋 Warm water with lemon & sea salt, multiple times a day. You can start your day with a lemon water. This won't break the fast. Coconut water one daily.

*\*Why?\* To aid digestion, detoxification and hydration. Support an alkaline environment to kill toxins.*

**\*\*Diet:\*\***

🥝🍉🍌🍊🫐 Only fruits.

**!NOTE ON CANDIDA!:** If you are suspect you might be suffering from candida, only eat the following fruits: Blueberries, Avocados, Olives, Lemons, Limes. Furthermore, you should add steamed vegetables, like broccoli, asparagus, cabbage, kale, celery, spinach. You can also eat eggs and nuts from the beginning.

From the smoothie, you should remove the raw honey and the apple. Instead, add cilantro, parsley and oregano. Everything else, you can keep the same way.

*\*Why?\* Fruits are rich in fiber and antioxidants, aiding the body's natural cleansing processes.*

**\*\*Tea:\*\***



Cumin, coriander, fennel tea twice per day.

*\*Why?\* These herbs support digestion and reduce bloating.*

**\*\*Night:\*\***



1000 mg Triphala before bed.

*\*Why?\* Triphala is an Ayurvedic remedy based on 3 potent herbs that promotes regular bowel movements and detoxification strongly.*

## IMPORTANT NOTE:


Many people feel sluggish, tired, sometimes even emotionally unwell during the first 48 hours. This is normal, as dead parasites and loosened toxins release chemicals that disrupt our body and express in these symptoms.

For me, these symptoms completely stop after at least 8 days. It's a regular part of detoxification, albeit it's difficult if you have never experienced it.

Remember: If you feel completely overwhelmed, you can stop and start the detox again at any later time. That is perfectly fine.

## ### DAY 4-6: FLUSHING IT OUT

**\*\*Enhanced Breakfast:\*\***

 Add 5 g Linseed, 5 g of Psyllium Husk and 1/4 cup of fresh cilantro to the alkaline smoothie.

*\*Why?\* Linseed (flaxseed) is high in omega-3 fatty acids and fiber, which further aid in detoxification. Psyllium husk and cilantro are strong chelating agents and binders that flush out the toxins.*

**\*\*Tea Shift:\*\*** 🌿 Dandelion tea twice daily, replacing cumin, coriander, fennel.

*\*Why?\* Dandelion supports liver function, an essential detox organ. It also expels dead parasites and toxins and supports flushing them out.*

**\*\*Hydration:\*\*** ❤️ Water with activated charcoal once per day. Drink this right after waking up. Take 4-8 charcoal tablets. Do not consume medications or anything for at least 60 minutes afterwards. After that, you can take your regular medications.

*\*Why?\* Activated charcoal binds strongly to toxins, helping to carry them out of the body. This is essential as it acts like a sponge that binds all the parasites and toxins as well as gut debris.*

**\*\*Water Intake:\*\*** 💧 At least 2.5 liters of water with a pinch of sea salt.

*\*Why?\* Adequate hydration is crucial for flushing out toxins.*

**\*\*Diet Additions:\*\*** 🍯 Fruits with raw honey and any nuts , preferably soaked (macadamia, almonds, brazil nuts). You can

also add a small bowl of porridge with quinoa or buckwheat with some warm water and honey/fruits if the hunger is too strong.

Furthermore, add pine nuts and pumpkin seeds to your diet.

*\*Why?\* Honey has antibacterial properties, and nuts provide healthy fats and proteins. Pine nuts are extremely strong in releasing calcified fluoride from the pineal gland. Pumpkin seeds love to kill parasites. Both also up our protein intake.*

## ### DAY 7-9: CLEANSE YOUR BODY

**\*\*Alkaline Shake Addition:\*\***



Add 1/2 Red beet or 150 ml of red beet juice to the shake.


*\*Why?\* Beets are high in nutrients and antioxidants, further supporting detoxification. They also are another efficient way of killing remaining toxins.*

**\*\*Diet Expansion:\*\***



You can eat buckwheat or quinoa porridge with apples and raw honey as well as nuts

*\*Why?\* Introducing grains like buckwheat and quinoa provides B vitamins and fiber, while still being gentle on the digestive system.*

**\*\*Meal Option:\*\***  Soup based on bone broth or vegan mineral broths.

*\*Why?\* Broths provide essential minerals and are soothing for the digestive system.*

## **### DAY 10: RESTART**

On the last day, continue with the routines established.

After 10 days, you are toxin free and your gut is healed. You will feel a surge of energy and be ready to conquer the world.

Now, slowly transition to your normal way of eating.

Now, review which habits felt especially well, be it teas, the juice or the porridge, and make a plan what you will keep for the next weeks and months until you repeat the 10 day detox. I recommend repeating it every 3 months. I myself do it whenever the season changes.

Slowly start reintroducing food groups like legumes, dairy, vegetables and meat and watch your bodies reactions. If one of them does not agree with your body, cut it out.

If you want to make a permanent change to your way of eating, so it heals your body, please refer to my book "*The Banned Blueprint*" (You received a free copy). It will teach you everything to keep up good health.



# MODULE 5: THE OPTIMAL DIET

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In general, everything you need to know on the optimal human diet is written down in my book „The Banned Blueprint“

A very short summary:

1. Only eat real food: Fruits, Vegetables, Raw Honey, Meat, Fish, Real Yogurt, Olive Oil, Ancient Grains.
2. Cut out processed food (anything your grandma wouldn't recognize and that has an ingredient table).
3. Hydrate Properly with enough water (spring or filtered) with sea salt.
4. Use Herbs and foods as your medicine.

In general, diet is seen as a spiritual topic too much. The current diet wars between vegans, carnivores, fruitarians, plant-based, lectin-avoidance, keto, nordic diet and the plethora of spin offs are just indoctrinated to us by big Pharma, big food and big media to confuse us. They serve as ego identification for people so they can feel like they belong to a superior group. Don't fall for this trap. Mono-diets aren't great. Keto and carnivore diets can have their place - more on this in the disease chapter. Keto is great for epileptics and carnivore is a good short term fix for people

with severe psoriasis. But they are just that - short term and for people with specific conditions.

Most diets feel good in the beginning, because they eliminate a lot of food - a lot of junk food and bad food that is. But after a while, they deprive us of critical nutrients and are nutritional cuffs.

It's ungrounded. We embrace everything the nature around us has to offer.

There are some miniscule details: Fruits with seeds are better than fruitless GMO seed. Corn is not a vegetable, but a GMO nutrient devoid poison. Conventional Milk is poison, while raw milk is not.

For these details, please check out my e-book.

Just known this: If you eat real food only and don't restrict yourself, you are already doing better than 99,9 % of the world population.

One interesting addition to the book is Trophology, or the science of combining foods, tells us about distinct digestive processes for different food groups.

*Animal proteins*, such as meat, require a highly acidic environment in the stomach for digestion. This is where their complex fibers are broken down.

On the other hand, *starches* found in grains and certain vegetables like carrots and potatoes are digested in an alkaline setting within the small intestine. These foods undergo minimal acid breakdown in the stomach, instead relying on the alkaline conditions and intestinal microbes for digestion.

*Fats*, including those from animals (like dairy products and lard), nuts, and fruits like avocados, are primarily broken down by bile from the gallbladder and liver, along with pancreatic enzymes. Fats tend to slow the digestion process of other foods they're consumed with. Interestingly, individuals with heavy metal toxicity often struggle to digest fats efficiently.

Combining starches and proteins in a meal can lead to digestive confusion. Starches hinder the acidic breakdown of proteins in the stomach, while proteins impede the alkaline digestion of starches. It's also advisable to avoid mixing different complex proteins, as they require unique enzymes and varying digestion times.

Consuming fruit should be done separately from other meals for optimal digestion. Fruits by themselves are very easy on the digestion.

Indicators of poor digestion, such as a leaky gut or improper food combining, include feelings of heaviness, sluggishness, and bloating after eating.

Remember, the process of digestion starts in the mouth. To aid in digestion, it's essential to thoroughly chew your food and also to relax post-meal, as digestion demands significant bodily effort. Historically, many cultures regularly included bitter herbs in their diet, a practice that has waned in modern times. These herbs enhance the production of gastric juices, saliva, and bile, and can also help curb sugar and carbohydrate cravings.

In summary: Avoid combining starches and animal proteins in meals. Fruit should be eaten separately, preferably before meals. Always chew your food well for better digestion.



# MODULE 6: SUPPLEMENTS

**T**hese are the supplements that actually work. Stop wasting money on all the fluff.

First, you will learn about the supplements that everybody should take in the modern world.

Afterwards, you will learn about strong supplements that help a lot of people.

How to find the right supplement brand:  
Recommendations I can make to also inspire you in your search for a brand(not sponsored)

In Europe: Sunday Natural

In USA: Gaia herbs

Most Important criteria:

1) Should exist for at least 5-15 years to be more trustable (no cheap quacks)

2) Organic, independently tested (both together are rare).  
Only consume organic supplements if possible.

3) Portfolio should be built around holistic remedies (e.g. ashwagandha, mushrooms, vitamin d, wormwood and co. instead of protein/creatine/other money grabbing supplements like fat burners)

Besides that, word of mouth is the strongest enabler in a purchase decision for me. I myself worked in the supplement industry for many years, so I can tell you it's hard to spot good brands. Ask me for more recommendations in certain countries.

Remember: With supplements, less is more. Besides the recommended staples, Start with only those that you truly need right now. Here, it is all about experimenting slowly and steadily, instead of rushing in one month, spending 200 dollars and then quitting disappointed.

We are trying to understand our body. Use the guidance from me, I was there many years ago.

You can find many supplements and herbs for specific conditions in the banned blueprint.

# EVERYONE

## 1. Fundamental Trifecta: Vitamin D, K2, & Magnesium

Dosage: All three supplements need to be taken together at the same time.

When you start, take 20.000 IU Vitamin D, >150 mcg K2 and 400 mg Magnesium every day for 14 days.

Afterwards, take 5.000 IU Vitamin D, 150 mcg K2 and 400 mg Magnesium every day.

\*Effects: Supports bone health, cardiovascular function, and immune system. Prevents modern diseases. Has to be taken in the specified amounts to work.

## 2. Morning Vitality Shake:

Ingredients: Celery, Spirulina, Chlorella, Raw Honey, Olive Oil, Linseed or Hemp Seed, Psyllium husk You can afterwards add a plethora of ingredients, depending on what your body needs.

My personal favorite additions (even though you can be creative)

Papaya (against Parasites),

Blueberries (for heart health)

Coconut water (for energy)

Lime (for stomach health)

Oranges and ginger (against flu)

Banana (for flavour and energy)

Linseed and Aloe vera Juice or Gel (for digestion)

Effects: Detoxifies, boosts energy levels, and provides essential nutrients.

These are the essential staples. Vitamin D+ the smoothie are everything you need to be healthier than 99% of people longterm.

# MEN

## Ashwagandha

Dosage: 500 mg of root extract.

Schedule: 4 weeks on, take a break for 2 months. Start again

Effects: Reduces stress, increases stamina and testosterone levels drastically. Needed in modern times.

## Zinc

Dosage: 20 mg daily.

Effects: Supports immune function, testosterone production, and overall male health.

# WOMEN

Folate in the form of methyl-folate

Dosage\*\*: 400 mg daily.

Effects: Essential for DNA synthesis, fertility, and preventing birth defects.

Iron

Dosage: 5-10 mg daily.

Effects: Crucial for women who don't eat meat; prevents anemia and fatigue.



# BONUS MODULE 7: DIS-EASES

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**D**isclaimer: Like all provided data and information, this is not medical advice and purely fictional.

Please consult your trusted medical expert or doctor before thinking about any of these supplements or advice. Not following a doctor's advice can be potentially harmful. Proceed at your own risk.

At the heart of many devastating conditions, from cancer to autoimmune diseases like rheumatoid arthritis, crohns disease, eczema and many more, lies an intricate web of causes.

Recent findings, though hypothetical in this context, suggest that many of diseases share similar characteristics, with parasites and viruses acting as potential triggers. They are the reason our body produces antibodies and they are the reason for the disease.

This means that these microscopic invaders may disrupt our body's normal functioning, creating a conducive environment for cancer and autoimmune diseases to thrive.

This protocol can support in fighting them and has to be followed for atleast two weeks, optimally for 28 days:

The first thing we would do is only consuming calories in an 8 hour window. Let the body fast for 16 hours every day.

This approach allows the body to use its energy for repair and rejuvenation. During fasting, cells initiate autophagy, a process that helps eliminate damaged cells and promotes regeneration

The second cornerstone is breaking the fast with an alkaline shake every day. Disease can't survive in an alkaline environment. This is on top of the detox protocol mentioned. (At least, start the day with lemon water).

ONLY DO THIS SHAKE IF YOU WANT TO BEAT ONE OF THE DISEASES MENTIONED AFTERWARDS. OTHERWISE FOLLOW THE REGULAR DETOX PLAN AND SHAKE OF MODULE 4.

For the shake, I combine the following ingredients in a blender every day to break the fast, mix and drink immediately: (make sure all of them are organic)

- 1 clove ginger
- a handful of organic blueberries
- a handful of celery
- 2 tbsp spirulina
- 2 tbsp chlorella
- 1 tbsp turmeric
- 1 pinch of cayenne pepper
- 2 tbsp raw honey
- 1/2 apple

1/3 cup cilantro

1/2 carrot

2 tbsp olive oil

3 drops of oil of oregano

1/3 papaya with seeds of 1/3 rd of papaya

**This will kill all** parasites, viruses and bacteria in the body within several days.

Follow the guidelines of the 10 day protocol besides using this shake.

Do not consume any alcohol, tobacco, coffee, sugar or processed food. Do not consume milk or meat products.

Approved food: Eggs, All Fruits, Most Vegetables, Raw honey, Coconut water, Olive Oil, Cacao Nibs.

The third point is using the following supplements daily after the alkaline shake or as noted otherwise, depending on the specific conditions: These will support fighting the root cause of the specific condition. Nevertheless, you still need to adhere to the 7 principles and the shake as well as fasting.

I would take the mentioned supplements for 2 weeks if not specified otherwise and then reassess the situation.

Of course, if you have certain medications prescribed, I cannot recommend you to quit taking them.

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## **Cancer:**

*Sour Sop* 1000 mg daily (has been shown to be toxic to cancer cells)

*OPC* (Grape Seed Extract) 400 mg daily (has been shown to be toxic to cancer cells)

*Colloidal Silver*: 1 tbsp 2x daily (look for 200-500 ppm)

*Vitamin C* 2000 mg + Bioflavonoids (e.g. Quercetin 200 mg) daily (has been shown to be toxic to cancer cells)

### **Trifecta:**

*Vitamin D*: 20000 IU daily (strengthens immune system)

*Vitamin K*: 150 mcg daily (needed for Vitamin D)

*Magnesium*: 400 mg daily (needed for Vitamin D)

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## **Viral Subtype disease**

EPSTEIN-BARR, Herpes, Chronic Fatigue, Fibromyalgie, Tinnitus, Rheumatoid Arthritis, Eczema and Rashes, Lymes can be related to this.

*Colloidal Silver: 1 tbsp 2x daily (look for 200-500 ppm)*

*Cat's claw 3 drops twice a day*

*Golden Seal 4 drops twice a day*

*L-Lysine 3g twice per day*

*Zinc 20 mg per day*

*Quercetine 200 mg per day*

*Vitamin B Complex*

Trifecta:

*Vitamin D: 20000 IU daily (strengthens immune system)*

*Vitamin K: 150 mcg daily (needed for Vitamin D)*

*Magnesium: 400 mg daily (needed for Vitamin D)*

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## **COVID, Long Covid, Vaccination.**

*Colloidal Silver: 1 tbsp 2x daily (look for 200-500 ppm)*

*Quercetine 200 mg to increase zinc absorption (shuttles zinc)*

*Nattokinase 200 mg (2000 FU) daily (dissolves the causal blood clots)*

*Dandelion Root extract 50 mg (purifies the liver)*

*Coenzyme Q10 100 mg*

*3g of fish oil per day*

*Vitamin B Complex*

Trifecta:

*Vitamin D: 20000 IU daily (strengthens immune system)*

*Vitamin K: 150 mcg daily (needed for Vitamin D)*

*Magnesium: 400 mg daily (needed for Vitamin D)*

Note: 12 mg ivermectin for 7 days can be used for acute covid infections.

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## **MICROBIOME SUBTYPE:**

CROHNS (caused by resistant parasites)

Add 500 mg *boswelvia* three times per day

Add *Wormwood*: it's the strongest cure for Crohns. 3x 750 mg of dried wormwood three times per day during the detox phase.

Consume a butyrate supplement

## **Candida Overgrowth**

Avoid all fruits and sugars (also remove them from the shake)

*Coconut oil* 3x per day

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## Epilepsy and Seizures

People suffering from epilepsy can successfully use a *ketogenic diet* to reverse this disease. Ketogenic diet is defined as any diet that allows the body to get energy from ketones. Please do more research, but know that it's powerful for epilepsy and seizures and even recommended by specialized doctors. No shake or supplements here besides coconut oil. Just complete avoidance of any carbohydrate.

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## **MONO-Eating Method**

Many people are overwhelmed and suffered from different diseases, like CROHNS and gut issues or Eczema and skin issues for many years.

One powerful way to reverse them that worked for many people is mono-eating, meaning that you only eat one food type for a certain amount of time.

The most popular mono-eating food group is meat. Eating only meat is not something I would recommend for everyone and not something I would recommend for long amount of times. But eating exclusively meat for limited amounts of times, e.g. 2-4 weeks, can reverse some of these chronic disease states. Afterwards, a more normalized diet approach can be used.

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# PANIC?

Anytime one crosses over to palpitations, panic, sweating, extreme fear - they have detoxed too quickly. Fatigue is okay, but all of these symptoms are not. They are not sustainable and not meant to be “pushed through.” Officially, you should see a doctor if you feel it’s serious.

If you are not feeling well with what you are doing, you should not continue with the protocol. I would stop all supplements, the shake and everything else. The following protocol can be a good start to quickly go back to normal.

## PROTOCOL:

- \**Magnesium* 200 mg per day

- \*Eating *healthy meals*

- \*Going for *Walks*

- \*Listening to *positive Music* and *positive affirmation*

**DISCLAIMER:** The information contained in these videos and documents are for educational purposes only and are not intended to treat, diagnose, cure, or prevent any disease. You should always seek the advice of your physician or otherwise qualified healthcare provider with any questions you have regarding a medical condition before undertaking any diet, exercise, supplement, health program, or other procedures discussed in this masterclass.