

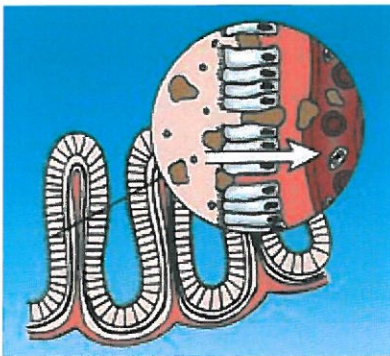
DYSBIOSIS / LEAKY GUT RECIPE

- ½ cup of Coconut butter
- 1 stick of organic goat milk butter or organic butter
- 10 capsules of Colostrum (open caps.)
- 10 capsules any probiotics
- 1 Tbs unfiltered, raw honey

Combine all ingredients in blender, whip for 2-3 minutes and store in the refrigerator. Eat 1 Tbs. daily (unheated). Do not omit honey, as it feeds good bacteria.



Rationale:



Friendly bacteria normally reside in the fatty layer of the intestinal mucosa. When these layers and the friendly bacteria become depleted, the body's immune function deteriorates. The above protocol helps restore the intestinal mucosa. Your body uses the friendly bacteria and oils to rebuild the mucosal lining of your bowel. A healthy mucosa is critical for a strong immune system. This protocol is especially important after one has taken antibiotics, or during cleansing diets and parasite cleanses.