



Mucosa Rebuilder Recipe

Base recipe courtesy Sam Queen, Institute for Health Realities

Eat amounts as prescribed for you in your action schedule.

DO NOT HEAT.

You will need:

Mixer / Blender

250g quality unsalted butter (organic preferably)

do not use margarine or butter blends

1/2 cup extra virgin olive oil

1 dessertspoon Colostrum powder

6 capsules Probiotica

1tbspn (generous) raw unfiltered, unpasteurized honey.

Procedure:

Take the butter out of the fridge and leave on side (not in direct sunlight) to soften slightly. Cut into smaller pieces and add to food mixer.

Add olive oil; Open capsules and add powders to mixture, mix.

Add raw honey.

Mix until smooth.

Store mixture in the fridge.

Note: do not heat or microwave the mixture as this will kill the live bacteria beneficial to the gut.

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. This protocol helps restore the intestinal mucosa.

Your body uses friendly bacteria, glutamine, zinc carnosine and oils to rebuild the mucosal lining of your bowel. The colostrum binds free

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iron, so it isn't available to bacteria. A healthy mucosa is critical for a strong immune system.

Get Back on Track

RECIPES

This protocol is particularly important after one has taken antibiotics.

NOTE: Your health practitioner will omit glutamine if you have a high G6PD and / or high carbon dioxide level. When G6PD is elevated then glutamine can stimulate a form of glycolysis that is of higher energy output than oxidative phosphorylation, resulting in risk for further disease.