



CARNIVORECURE
the ultimate elimination diet

BOOK BONUS

GUT DISEASE SUPPORT & DETOXIFICATION



*The ultimate elimination diet to attain
optimal health and heal your body*

DETOX SUPPORTS

This guide discusses
detoxification
supports for the
body.

Always work with
your practitioner
when detoxifying
the body.

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DISCLAIMER: The content is for educational purposes only. While I am a nutritional therapy practitioner and provide nutritional support for clients, I am not providing medical advice. Whenever you start a new diet or protocol, always first consult with your trusted practitioner.

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Carnivore Cure Bonus

GUIDE TO GUT DISEASE + DETOXIFICATION SUPPORTS

Disclaimer

Work with a practitioner or medical professional. Detoxification protocols can help support the body, but it can also hurt the body if done improperly. Some practitioners detox before supporting the body. Their thought is to kill the overgrowth or infection before healing the body as you may feed the bad with support. *Possibly*.

It makes more sense to make the body stronger, especially the organs that work to support the detox pathways. Once you are stronger then we can start using stronger methods of removing toxins. If the detox pathway is working ineffectively, the strong fungal or chelator supports can bog down the system. Work with your practitioner to figure out what is best for your bioindividual needs.

I am sharing these supports as a discussion topic for your doctor and trusted practitioner. I don't recommend implementing these on your own. You will risk your health and risk further disease if you do these incorrectly, especially if you are misdiagnosing your condition.

After any round of antibiotics, take [megaspore](#) probiotics. After taking antibiotics, the gut can take up to two years to repopulate. Read more [here](#), [here](#) and [here](#).

RECURRING GUT ISSUES

- Chemical toxins (glyphosate)
- Fungal overgrowth and colonization
- Mold exposure (mycotoxins)
- Immune issues

SIBO/IBS

When you have low stomach acid (hydrochloric acid), you risk leaky gut, SIBO and then IBS. Small intestinal bacteria overgrowth (SIBO) is essentially when there are too many bad bacteria in the small intestine.

SIBO is a common cause of IBS, over half the cases of IBS and as high as 84% in one study using breath testing as the diagnostic marker. Healing SIBO overgrowth leads to a 75% reduction in IBS symptoms. Bacterial overgrowth leads to impairment of digestion and absorption and produces excess quantities of Hydrogen and/or methane gas.

These gases are not produced by human cells but are the metabolic product of fermentation of carbohydrates by intestinal bacteria. (Hence why any fermented foods are not ideal when having more serious gut issues).

When commensal bacteria (oral, small intestine or large intestine) multiply in the small intestine to the point of overgrowth, IBS is likely. Hydrogen/methane breath testing is the most widely used method of testing for this overgrowth. **Stool testing has no real value in diagnosing SIBO.**

Other diseases associated with SIBO include hypothyroidism, lactose intolerance, Crohn's disease, systemic sclerosis, celiac disease, chronic pancreatitis, diabetes with autonomic neuropathy, fibromyalgia and chronic regional pain

syndrome, hepatic encephalopathy, nonalcoholic steatohepatitis, interstitial cystitis, restless leg syndrome, acne rosacea and chronic pelvic pain syndrome (pelvic pain, difficulty urinating, painful intercourse)

- SIBO methane slows the GI by 59%
- SIBO hydrogen + methane will show up as a back and forth of constipation and diarrhea
- There can be a B12 and iron need (bloodwork is best here)

PROTOCOLS FOR SIBO (WORK WITH A PRACTITIONER)

Some of these supports are used for candida overgrowth but as candida usually is a symptom of a root cause issue, identify that first (e.g., H.Pylori imbalance, too much sugar in the diet, liver support needs, mold, oxalates, etc.)

- Diet + Antibiotics
 - Rifaximin
 - Xifaxan
 - These antibiotics have a 90% success rate with SIBO + Hydrogen
 - SIBO + Hydrogen + Methane = Rifaximin and Neomycin
 - *Note diet MUST be followed
- Diet + Herbal Antibiotics
 - Berberine containing herbs
 - Cinnamon (watch the oxalates)
 - Allium sativum (Garlic)
 - Hydrastis canadensis
 - Origanum vulgare
 - Azadirachta indica
 - *Note diet MUST be followed
- Research has shown that antibiotics shows results in 14 days and herbals show results in 30 days.
- Diet + Herbal Cholinergic supports
- ***NOTE:** Many practitioners, naturopaths and functional medicines doctors use mucilaginous herbs to support pre-and post- SIBO but these *can cause worsening issues*
 - Mucilaginous herbs, due to their high level of mucopolysaccharides (which are fermentable), could encourage bacterial regrowth
 - Some mucilaginous herbs include:
 - Slippery elm
 - Aloe vera
 - Marshmallow
- ***2nd NOTE:** There have been case studies where some individuals used herbals for SIBO, Candida, misused and caused C.Diff in the body. How does this happen? When you overuse powerful herbals, you can eradicate all gut bugs in the body, making your immune system susceptible to *more* gut disease.

I cannot express it enough, work with a qualified practitioner.

DETOX AND CHELATOR SUPPORTS

A good detox protocol will always include additional nutrients to support the body while detoxing. Some of these supports can be vitamin A, C, E, B-vitamins, Zinc, etc. (like [Multi-Mins](#))

- Fungal overgrowth and rebalance: [MegaMycoBalance](#), [Candifense](#)
- Powerful detox support: [MCS-2](#) and [GSH-Plus](#)
- Activated charcoal
- Oregano
- Garlic
- Berberine
- Coconut extract
- Caprylic acid
- MCT oil
- Olive leaf
- Particle bark

Antifungal prescription medication (Candida): I'd recommend trying these as a last-resort option.

- Nystatin
- Diflucan
- Fluconazole
- These can cause candida to go into asexual reproduction mode. These can sometimes create more candida because they can replicate and become antifungal resistant

Antibiotic medications (C.Difficile)

- Flagyl
- Vancomycin
- Defid
- FMT (Fecal Microbiota Transplant). People will often try fecal microbiota transplant (FMT) as C.Diff is one of the few diseases that the United States permits for FMT.
- Not all work but some of these antibiotics have shown efficacy. Sometimes they can cause low mood.

Note: Work closely with your doctor as C.Difficile is very serious.

Leaky gut supports

- [MegaGuard](#) and [MegaSpore Probiotic](#)
- Mastic gum
- Sulfonium chloride or (vitamin U) ([Gastrazyme](#))
- Chamomile flower
- Okra extract
- Zinc carnosine

Enemas: These can have a place to help clear the body of toxins. Not to be used long term. *Work with a practitioner.*

- Coffee
- Water
- Probiotic

If you are using these multiple times a week, you can risk dehydration and nutrient loss. Enemas as a way to detox the pathways for a short period is fine. But you don't want the body to become dependent on this.

Manuka Honey: Know your bioindividual body before using honey. If you have diabetes or sugar addiction, manuka honey might not be an option.

- Adding Manuka honey to your diet can sometimes help with stomach issues, including small intestine bacterial overgrowth (SIBO), low stomach acid, and acid reflux.
- The antibacterial properties of Manuka honey help reduce harmful bacteria in the stomach and gut. In a recent study, one dangerous bacteria related to all three conditions, Clostridium diff, was susceptible to Manuka honey's bactericidal effects.
- There are salicylates and histamines in honey, so if those bother you, honey may not be an option.

Biotin (Yeast and Oxalate support)

- Biotin is an essential coenzyme that assists in making fatty acids and in the use of carb and fat metabolization for body heat and energy. It also aids in the utilization of different amino acids, folic acid and vitamins B₅ and B₁₂. It is a potent stimulator of healthy cells in your body. Biotin may help prevent candida from converting into the invasive fungal form.
- If you feel "yeasty," you can take more biotin (B₇) (with or without honey).
- You can try taking biotin for antifungal support. Start with a low dosage and build up to 25 mg of biotin. (start with 1-2 mg of biotin daily) and increase the same amount daily.
 - The reason is that sometimes candida is a biotin-deficient state, and oxalates are known to impair biotin-dependent enzymes.
- Biotin or candex can be tried as an alternative to antifungals.
- Magnesium can work well together with biotin.
- Biotin-rich foods are egg yolks, liver and meats

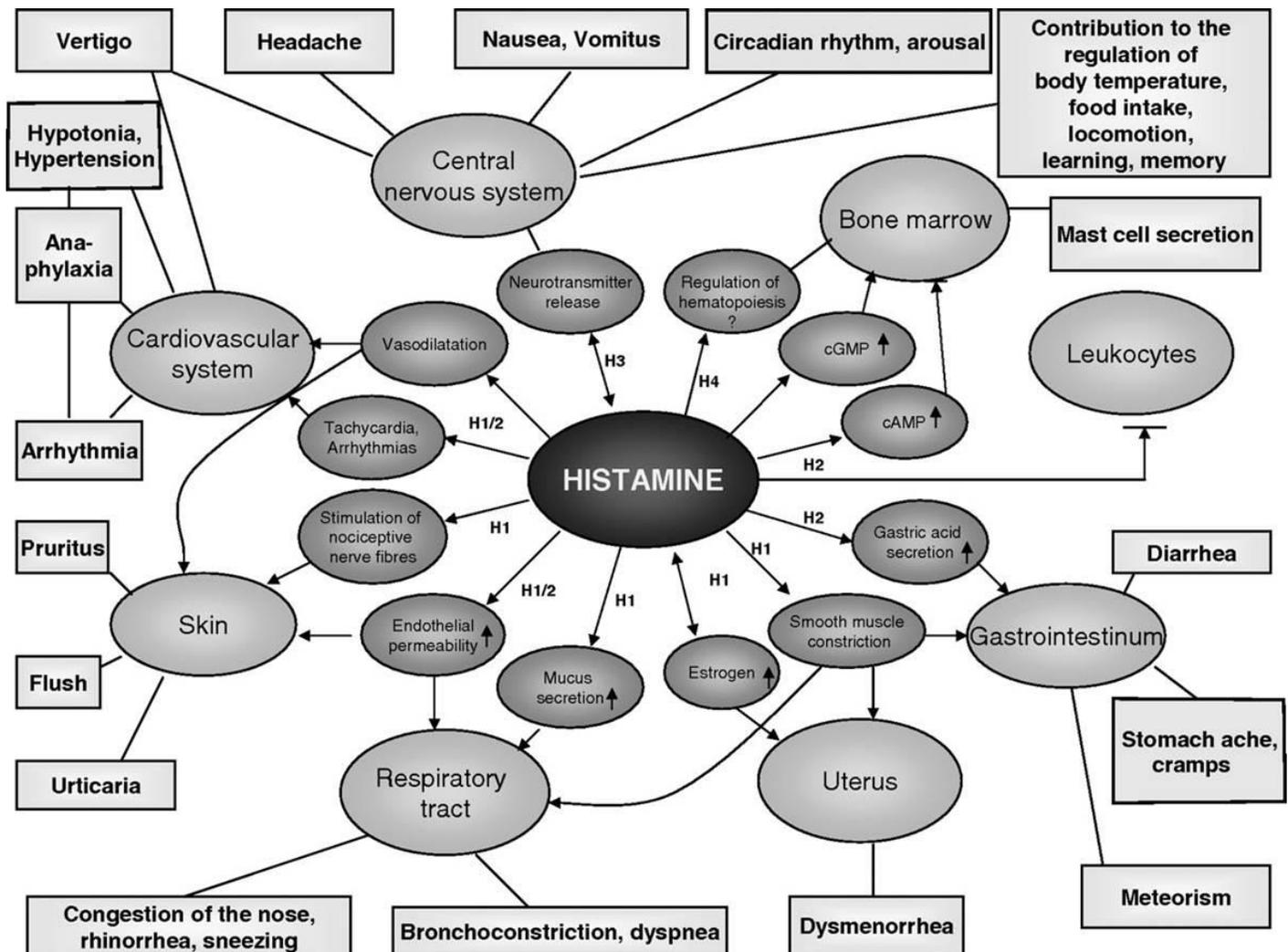
B-vitamins

- Chronic yeast infections are often a sign of too many carbohydrates in the diet.
- There is a correlation between vitamin B deficiency. Megadosing on B-vitamins, especially biotin, may help
- Here's a [B-complex](#) I recommend.

For some, when we start eating a cleaner diet, the toxins want to remove from the body. This can cause detox dumps and feelings of unwellness. This is how oxalate dumping can happen. All of a sudden, we remove all oxalates and then the body wants to dump the oxalates that have been stored. The same can happen with other toxins in the body and this can cause us to feel sick. This is when we can be closer to root-cause healing.

Histamines and Mast Cell Activation

- Most of the DAO that breaks down histamines are in the small intestine. Heal the gut and some of your histamine responses can better be supported.
- Here are some areas to consider if you are having excess histamine responses when eating a meat-based diet
 - Too low or excess copper ([HTMA Test](#) will help determine this)
 - Magnesium deficiency
 - Vitamin C deficiency
 - Antibiotic use
 - H2 Antagonist medications





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Histamines and Mast Cell Activation Support

- In the book, I have tables for what foods have higher histidines and histamines. While you work on healing the gut, focus on eating a lower histamine diet to manage symptoms. This will include removing tinned fish, cured meats, aged meats and slow-cooked meats (think crock-pot and bone broth).
- Some are more susceptible to mast cell activation but make sure to focus on healing the gut as removing foods with high histidines are just temporary band-aids. A strong gut should be able to eat cured meats, aged meats and bone broth.

LOW HISTAMINE DIET

HISTAMINE INTOLERANCE & MAST CELL ACTIVATION

 nutritionwithjudy

-  **PREVENT LEAKY GUT** (removing foods like lectins)
-  **REMOVE ANTINUTRIENTS.** Increase the activity of enzymes by eating co-factors of enzymes and avoiding inhibitors of enzymes
-  **DECREASE HISTAMINE INPUT.** Eat fresh proteins and histamine destroyers by avoiding bacteria which convert histidine to histamine
-  **PREVENT MAST CELL DEGRANULATION.** Eat mast cell stabilizing food and avoiding mast cell degranulators
-  **AVOID VASODILATORS**
-  **DECREASE AGGRESSIVE PROSTAGLANDINS** (type of fat) by eating omega-3 fatty acids)
-  **INCREASE OXYGEN SATURATION** by good room ventilation and moderate exercise
-  **Last resort, use anti-histamines (temporary band-aid)**

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DRY BRUSH DETOX

About Dry Brush Massage

The skin is the largest eliminative organ. It is estimated that one-third of all body impurities are excreted through the skin. Chemical analysis of sweat shows that it has almost the same constituents as urine. Uric acid, the main metabolic waste product in urine, is found in large amounts in perspiration. If the skin becomes clogged and the pores choked with millions of dead cells, uric acid and other impurities must remain in the body or attempt to find an alternative route of elimination.

Here are a few benefits of this simple technique:

- Effectively removes dead layers of skin and opens the pores. Improves lymphatic drainage
- Stimulates and increases circulation and oxygenation
- Allows the skin to become a more efficient receptor for minerals and other nutrients
- Stimulates hormone and oil-producing glands

DIRECTIONS FOR DRY-BRUSH MASSAGE

- Use a natural bristle brush about the size of your hand or larger. The brush should have a long handle so you can reach all parts of your body. If unable to find a natural bristle brush, satisfactory substitutes are a loofah mitt or coarse bath gloves.
- **Tip:** Start with a less harsh brush and brush gently (for 3 to 5 minutes) until the skin is “seasoned,” then switch to a coarser brush. Starting with the feet’ soles, brush vigorously, making rotary motions, and massage every part of your body. Press the brush against your body as much as you can comfortably stand. Sensitivity of the skin varies with every individual. Also, various parts of the body vary in sensitivity.
- Brush in this order: feet, legs, hands and arms, the back, abdomen, chest and neck, the face.

REBOUND DETOX

About Rebounding

Rebounding on a mini-trampoline is one of the most efficient and forceful means of flushing the lymph while stimulating the immune system. The lymphatic system is composed of your tonsils, thymus, bone marrow, spleen, lymphatic fluid, vessels and lymph nodes. The thymus and bone marrow produces white blood cells called lymphocytes, which are carried throughout the lymphatic system so that they can attack invaders and infected cells.

The lymphatic fluid carries metabolic wastes, toxins and dead cells away from healthy tissues to be eliminated through various pathways (mucus, sweat, urine). The lymph nodes filter the lymphatic fluid, and they capture viruses, bacteria, microbes or toxins and prevent us from getting sick. They are found in the neck, groin, armpits, chest and abdomen.

Here are a few benefits of this simple technique:

- Improves lymphatic drainage
- Boosts immune function and improves digestion
- Circulates oxygen through the body and boosts energy levels
- Increases bone mass

GENTLE TOXIN (AND VACCINE) DETOX PROTOCOL (may be used by children and adults)

Here are some gentle detox options for those that have experienced vaccine harm or has been exposed to toxins.

Detox for children, specifically, usually lasts 1-3 months but may last longer if your child suffered an adverse reaction. You should never “detox” a child under the age of one. But Epsom salt baths and essential oils can be permitted. **Work with a trusted practitioner.**

- **Food:** The absolute best way to counteract the harmful effects of toxins is through food. You can read my immune support foods blog post [here](#).
- **An Epsom salt detoxification bath** can rid the body of viruses, bacteria, cellular waste, metals, and chemicals from the body. Add five drops of essential oil to your child’s bath with a 1/4 cup of Epsom salt. You can also do this as a foot bath. (No tea tree or lavender) You can add more drops for an adult.
- **Probiotics** are essential for restoring gut flora and balancing the immune system, especially if your child experienced an adverse reaction to a vaccine (like eczema, ear infections, arthritis, diabetes, gastrointestinal disease, etc.).
- **Omega 3s** are especially important to take if your child suffered an adverse reaction to MMR, DPT, DTaP, or Varicella vaccines.
- **Extra Virgin Cod Liver Oil** (by Rosita brand is good). Be wary of vitamin A toxicity.
- **Cilantro chelation therapy:** Dr. Yoshiaki Omura discovered that the leaves of the coriander plant (cilantro) could accelerate the excretion of mercury and aluminum from the body due to its molecular bond. This is an inexpensive and gentle option to help facilitate toxin removal.
 - Incorporate cilantro into your detoxing regimen, add cilantro to the diet.
 - Your child should have a minimum of 1 teaspoon daily for 2-3 weeks.
 - You can also use cilantro extract or do an Epsom salt bath with 2-3 drops of (diluted) coriander essential oil.
- **Toxin/contaminate Removal System (TRS):** Zeolite Therapy or TRS has become very popular over the past few years for toxin removal. Zeolites have a negative charge that has an affinity for toxins, which often have positive charges. Their “nano” size allows them to cross the blood-brain barrier to bind to toxins, pesticides, and other heavy metals. They then transport them out of the body via the kidneys.
- **Elderberry** is a herb for children and adults and can be taken as a gummy or in supplement form. Research shows that elderberry inhibits enzymes used by viruses to penetrate and infect healthy cells. You can make your own elderberry syrup for children under two, purchase elderberry in soft chew or herbal form (2 capsules daily), or drink an elderberry-infused tea.
- **Royal jelly** contains nutrients and all eight essential amino acids. It supports the stress on the body from toxins.
- **Olive leaf** is an effective remedy against almost every type of disease-causing microorganism, relieves many health problems, and has exhibited microbial effects against infectious diseases. If your child has had any of the live vaccines, including MMR, Varicella, Flu Vaccine, OPV, and DPT, olive leaf may be an option.
- **Silicic acid:** May gently pull toxins out of the tissues and into the bloodstream to be eliminated from the body. Studies on silicic acid show that it is an effective non-invasive therapy for reducing the burden of aluminum in the body. It may slow down the accumulation of aluminum in brain tissue and the gastrointestinal tract, substantially reducing aluminum bioavailability to humans and enhancing aluminum’s excretion in urine. You can get silica in liquid mineral form, cell salt, or as an herbal extract (horsetail).

- **Water:** When toxins are pulled from the body, they need to be flushed out. Full kidney function is dependent upon there being enough water in the body. Avoid soda, dairy, and junk juices, and drink ½ of your weight in ounces (5-8 cups for a child). You can add a little lemon (for increased vitamin C).
- **Massage:** During a detox, it is especially important to support the lymph nodes through gentle massage. The lymphatic system is the clean-up crew of the body, and massage helps remove cell wastes, proteins, excess fluid, viruses, and bacteria trapped in the lymph nodes.
- **Dandelion Root:** (herbal or tincture) supports the liver during a detox, which is important because it performs over 5,000 functions, including toxin filtration. Dandelion helps the liver and gallbladder filter out toxins, purifies the blood, stimulates the kidneys to eliminate toxins through the urine, and assists with cell metabolism. Try to get the extract for less risk of antinutrients.
- **Activated Charcoal:** helps remove toxins from the body once they are mobilized from other tissues by chelation. Empty a capsule into the water once per day to facilitate removal. Note that it may interfere with medications, so it's not a bad idea to take it separately, on an empty stomach, and with plenty of water.
- **Peppermint Essential Oils:** may relieve headaches. You can read about migraines [here](#).

DETOX SIDE EFFECTS: WHAT TO EXPECT

- You or your child may have mild side-effects during a detox, known as a healing reaction or crisis. (Just like with any supplement or new exercise regimen)
- You or your child may be grumpy for the first few days, may experience a worsening of symptoms, loose stools, may sleep more, or may experience flu-like symptoms.
- Most people do not have noticeable side-effects with these gentle detox protocols.

Closing

Work with a qualified professional, especially when the body is very ill, and the protocol is more potent. You do not want to make things worse. Find someone that can help you get to root cause healing.

You can find some low carb and ketogenic doctors in your area:

- [Low Carb](#)
- [Ketogenic](#)

In ❤️ and health,



Judy Cho

judy@nutritionwithjudy.com

- [Nutrition with Judy Website](#)
- [Carnivore Cure Website](#)