

# BRIAN SCHAEFER'S DIETARY RECOMMENDATIONS

A vegan diet is highly recommended  
Eat small portions of lots of things  
Drink at least 8 glasses of purified water everyday

## AVOID ALL:

- × Processed foods – particularly sugars and grains
- × Stimulants – especially coffee and alcohol
- × Food additives – colourings, flavourings, preservatives i.e. anything with numbers in the ingredients
- × Wheat and wheat based products
- × Animal products – meats, dairy, eggs
- × Genetically modified foods
- × Unfiltered water
- × Overeating
- × Eating the same foods more than 3 days in a row
- × Alcohol
- × Large portions of any food

## PROBIOTIC FLUSH

### What is a probiotic flush?

A probiotic flush is done by taking large doses of high potency multi-strain probiotic bacteria supplements. This causes a loose bowel motion or diarrhoea, which flushes out the bad bacteria in the gastrointestinal tract, leaving the good bacteria as the dominant force.

### Why should I do a probiotic flush?

- create the best opportunity for the body to recover from any illness
- boost the immune system
- improve digestion and absorption of nutrients
- a short term measure to improve vitality and functionality
- in preparation for a full parasitic detox

Keep in mind that probiotics are only a source of bacteria. This means that there is a limited impact on the other microorganisms - such as fungus, yeast, mould, parasites, viruses etc. - in the gastrointestinal tract and the rest of the body. The focus is on increasing your body's ability to absorb and utilise nutrients, which in turn starves the microorganisms of food.

### When do I do a probiotic flush?

A flush would be advised in the following circumstances:

- your energy levels are low
- at the first sign of any digestive upsets
- as soon as you notice a drop in your level of vitality
- there is a threat of an influenza in your environment
- do periodically to ensure the good bacteria remain the dominant force in the gastrointestinal tract

Due to the possible side effects of diarrhoea, flatulence and frequency of elimination, it is recommended to do the flush on your days off when you are not having to engage in any work or social activities.

**WARNING - Probiotics may cause constipation, which can affect blood pressure. Therefore, do NOT do a probiotic flush when on any medication that alters blood pressure, after a stroke, or while pregnant.**

### Dose and Dosage

The factors determining the dose and dosage of probiotics for each individual vary greatly, therefore professional guidance is highly recommended. Discontinue taking the probiotic as soon as there is a loose stool or any discomfort at any stage. The general protocol is as follows:

- 8 pm - take 2 or 3 capsules
- 9 pm - take 2 or 3 capsules and go to bed
- On waking - clean teeth and scrub tongue, then drink water to the point of being slightly uncomfortable
- After 45 mins, continue taking 2 or 3 capsules every hour until you have a loose stool or until 12 noon
- Eat and drink normally
- If no symptoms persist, continue taking 2 or 3 capsules three times a day