



Restore 3

3-in-1 Restoration Program

My 5-Page Biofilm Buster Action Plan

Welcome and congratulations for taking the first step towards a totally new & revitalized you!

This 5-page report is an extremely distilled action plan that literally took several decades of trial & error from a small group of IBS/fibromyalgia sufferers who were open to trying anything & everything we could to feel better.

We know how hard it can be to even sit in front of a computer & read something like this when you suffer from this condition, so we tried very hard to cut to the chase & only offer the essential action plan.

You may want to keep this to read over & over again until you grasp the concept on how this revolutionary program works. We hope that it will 'click' for you & you will have a clear plan of action once you read these 5 pages.

The plan consists of 3 steps. Disrupt, Remove & Restore. We will try to give you as much detail as possible so that you can understand the why & how of this plan, without getting into information overload. (p.s. We've found if you understand the why & how it's much easier to remember & follow through with the plan ;)

Phase 1: Disrupt

Most IBS/fibromyalgia sufferers are dealing with some form of pathogenic overgrowth. This is when colonies of harmful microbes such as bacteria, yeast like *Candida* and molds begin growing out of control in your digestive tract and cause serious upset in the process. Studies have shown that people don't even have to show any digestive symptoms at all and can still have a major overgrowth such as SIBO (small intestinal bacterial overgrowth). The problem is these harmful pathogens start protecting themselves from your

immune system by secreting a slimy, impenetrable matrix called a biofilm. Once this biofilm is established, it is almost impossible for your body to penetrate. Even the most powerful antibiotics known to man cannot penetrate this biofilm and reach the bacteria inside. Biofilm is now known to be responsible for over 70% of infections worldwide.

Even worse, this biofilm is made up of exotoxins which are harmful neurotoxins & can harbor heavy metals which leach into the bloodstream wreaking havoc on your nervous system. These pathogenic bacteria are now able to safely and freely proliferate within your body without anything stopping or regulating them.

Over time, the intestinal wall becomes compromised, and links in the intestinal wall, called "tight-junctions" which help glue intestinal cells together, start breaking apart. This is called "leaky gut syndrome". With these tiny holes in the intestinal wall, bacteria, food particles and other toxins can enter the bloodstream causing the immune system to go into overdrive.

Disrupt, of step 1 means we need find a way to disrupt or dissolve the toxic layer of biofilm. One of the safest and most effective ways we've found to do this is by the use of biofilm dissolving enzymes **taken on an empty stomach (an hour away from food)**. These are proteolytic (protein) enzymes which our body naturally creates for almost every single biochemical reaction that happens. Enzymes are the special element required for bodily reactions to happen. However, the body only has a limited amount of enzymes and they are in high demand. And dissolving biofilm is a big job. It requires taking a lot of enzymes, over a prolonged period of time in order to work.

We've found specialized plant-based enzymes that work incredibly well at dissolving pathogenic biofilm from SIBO (as well as Candida yeast) and our formula contains these exact enzymes. The key here is to take these enzymes on an empty stomach at least an hour away from food so that they have a chance to be absorbed into your digestive tract and into the

bloodstream where they can be most effective. If you take them with food in your stomach, they will simply go to work on digesting the food and not have a chance to get into your body systemically where they can be most effective.

Phase 2: Remove

This step is where many people often get discouraged. We certainly did. We want to **remove** the waste that is created when we start penetrating the biofilm and our immune system is finally able to eradicate the pathogenic bacteria hiding within it. The immune system really has no trouble regulating the bacteria once they are outside of their protective biofilm.

The reason many get discouraged is because often, depending on how much pathogenic bacteria has been colonizing within you, there can be a die-off reaction, or **Herxheimer reaction**, which happens when a whole bunch of bacteria and biofilm are washed out of your gut microbiome and left to your detoxification channels to process all at once. A classic "Herx" reaction is feeling like you have the flu or a fever, or you may just feel worse for a few days or weeks while this process happens. But this is good news and it means that it is working and you are finally eradicating these unwanted guests from your body! The rule of thumb here is to slow down if you begin to feel like it's just too much or it's going on longer than a week or so. It's important to pace yourself so that you don't do any further damage to your body here.

We did most of our colon hydrotherapy and coffee enemas during this phase as well to help the colon and liver remove the waste buildup. Treat yourself gently here, this is often the toughest phase.

Diet: Following the proper diet is going to be very important and ignoring this critical aspect of the program will almost certainly hold you back from your success. You want to follow a diet that avoids sugar, flour products dairy and alcohol. This is critically important to the [Restore 3 Program](#) and is a diet you will want to follow throughout your gut restoration process.

(Which can last anywhere from 2 to 4 months depending on how much

pathogenic infection you were dealing with). This diet will ensure that you starve and weaken the bacteria or yeast so that you have a better chance at fully restoring your gut microbiome. Don't worry, you don't have to do this diet forever if you don't like it, but if you really want to have the best results, following this diet during this short period is critical to your success.

Think Paleo-style diet here. Mostly clean protein sources and organic veggies. Avoid GMOs, FODMAP foods, pesticides and processed foods during this phase. Also be sure to drink lots of filtered water and increase your fiber intake so that you can more easily flush out the dying colonies of harmful, pathogenic bacteria.

Phase 3: Restore

Phase 3 is the best part. We are working here to **restore** the gut microbiome back to balance by continuing on the diet and incorporating friendly, beneficial bacteria to help establish and recolonize our gut. There are so many options to choose from when looking for probiotics, but after trying seemingly all of them we've found 2 particular strains to be head and shoulders above the rest when it comes to noticing a difference in how we think and feel and even on our mental/emotional states.

They are both soil-based microorganisms, meaning they exist in healthy soil microbiomes and have been evolving in tandem with humans for a very long time. They are *Bacillus subtilis* and *Bacillus coagulans*. Both of these probiotics are among some of the most researched micro-organisms out there and their use is rapidly growing each year. If you would like to learn more about why these probiotics were the clear-cut winners for our Restore 3 formula, you can continue reading below.

We can't go into too much detail about them in this report, but we will say they are one of the key components to the Restore 3 Program and all-in-one formula. We have tried just about every probiotic available on the market

and have without a doubt come to the conclusion that these 2 strains of probiotics stand above and beyond the rest.

Let's Recap:

Okay, here is the final recap of the program: Phase 1 is all about **disrupting and dissolving biofilm** within the gut using specialized enzymes and a starve-off diet. Phase 2 is continuing on the starve-off diet while **removing the bacteria** and toxins that were hiding underneath the biofilm. Phase 3 is about healing the lining of the intestinal wall (leaky gut) and **restoring your gut microbiome with friendly bacteria** so that healthy colonies can once again establish themselves where they belong.

The timeline for this program depends on how much overgrowth you are dealing with. It could take anywhere from 2-4 months but generally we find people start feeling better not too long after starting the program, and get progressively better the longer they follow it.

The amazing thing is that no matter what you happen to be suffering from, this program will most likely work to jumpstart your body's own healing mechanisms so that you can start feeling better fast. Wellness is always flowing through our bodies, and the goal becomes removing those blockages that are keeping that wellness from flowing freely into all areas of the body.

The 2 most important factors in how fast it can work for you is going to be your diet; making sure to avoid sugars, starches and grains, and dissolving the biofilms with the specific biofilm dissolving enzymes in Restore 3.

[Learn about the best way to dissolve biofilm here!](#)

We'll see you on the other side!
The Restore 3 Team

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