



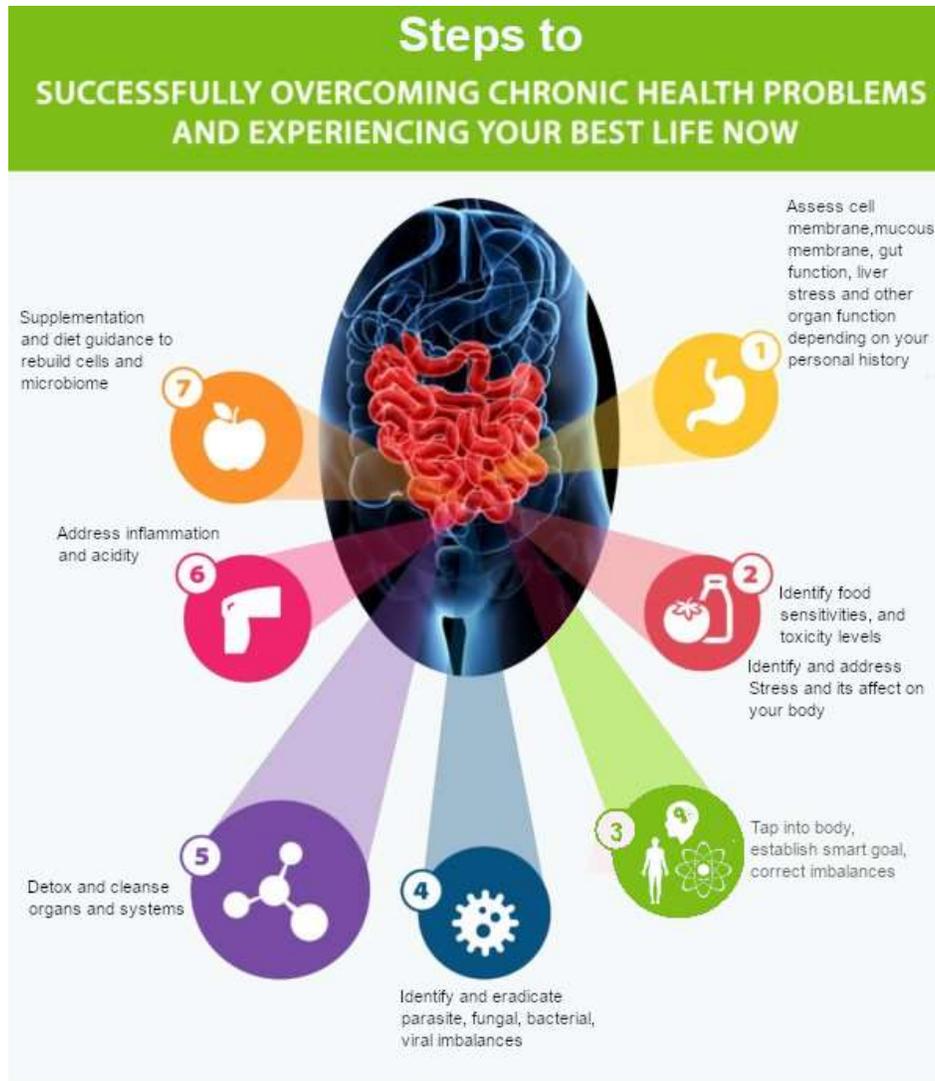
Radical Transformation in 90 days

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Step 4 Clean out the harmful organisms



Your microbiome

A human body is made up all kinds of different cells. Some of these cells are human cells such as skin cells or blood cells.

But what many don't know is that we are also host to trillions non-human microscopic microbial cells which include bacteria, archaea, fungi, protists and viruses. They have their own unique set of genes. They reside in the mouth, gut and genital area, and on the skin.

The human microbiome has extensive functions such as development of immunity, defense against pathogens, host nutrition including production of short-chain fatty acids important in host energy metabolism, synthesis of vitamins and fat storage as well as an influence on human behaviour, making it an essential 'organ' of the body without which we would not function correctly. Again, it is important to note - the human microbiome plays an important role in control of vital homeostatic mechanisms in the body. These include enhanced metabolism, resistance to infection and inflammation, prevention against autoimmunity as well as an effect on the gut-brain axis.

The gut microbiome refers to the microbes living in our gastrointestinal tract. It is the largest and most diverse microbial community in the human body.

We get most of the microbes in our gut microbiome from other humans. Babies first encounter microbes through the birth canal, their mother's skin, breast milk and other individuals who touch them. As babies grow, they encounter microbes in the environment, other people, plants and animals. We also ingest microbes from the food we eat.

The microbes in your gut are helping to keep you healthy. Your gut microbiome provides about 10% of your daily energy supply because they can breakdown what we eat that we can't digest on our own. Your gut microbes are also responsible for producing vitamins like biotin and vitamin K and producing hormones that tell your body whether to store fat. They also help to support your immune system and to protect you from disease.

Each person's gut microbiome reflects their diet, lifestyle, and complete social history so there can be quite a bit of variation from one person's gut microbiome to the next. Even though over 1000 different bacterial species can be part of the gut microbiome, each of us "only" has 150 to 170 different species in our own gut microbiomes. People who are related or live together tend to have similar gut microbiomes. Over time, your gut microbiome can change if you alter your diet, take antibiotics or visit a new environment. How things like diet, lifestyle and medication change the gut microbiome is something scientists are only beginning to understand.

What is the relationship between the gut microbiome, health and disease?

Researchers are discovering that the gut microbiome might be an important factor in a wide range of health issues like obesity, asthma, diabetes, cancer, autoimmune disorders, allergies and heart disease. There are also indications that the gut microbiome may affect sleep patterns, mood, anxiety and other behaviours. Your gut microbiome can also affect how you respond to certain drugs. Research is deepening our understanding of the role the gut microbiome plays in many different aspects of human health.

Pathogens

Worms, bacteria, fungi, yeast, viruses, and protozoa etc - Parasites are the most immunosuppressive agents in the human body. Dr. Leo Galland, "I strongly believe that every patient with disorders of immune function, including multiple allergies (especially food allergy), and patients with unexplained fatigue or with chronic bowel symptoms should be evaluated for the presence of intestinal parasites." Referred to as the "great masqueraders", parasites have been implicated in a whole host of seemingly unrelated conditions.

In fact, many mysterious illnesses like fibromyalgia, myasthenia gravis, scleroderma, Sjogrens Syndrome, lupus, peptic ulcer, rheumatoid and osteoarthritis, chronic fatigue and even cancer have been linked to pathogenic infection.

Pathogens can also be the root cause of commonly experienced health problems including the inability to lose or gain weight, diabetes, hypoglycemia, hypothyroidism, irritable bowel syndrome, constipation, diarrhoea, bloating, vague joint and muscle aches, depression, hyperactivity, anemia, and insomnia.

Pathogen cleanse

We always commence the cleaning out part of the programme by cleaning out the pathogens. This cleanse typically will run over 2 weeks but could take longer depending on your symptoms. I provide a comprehensive cleanse protocol comprising 3 tinctures to address parasitic, fungal, viral, and bacterial load.

During this period while you are addressing pathogens, it is imperative to avoid food that they also feed on (sugar, dairy, wheat, fungi) and to change the environment they thrive in (solvents and heavy metals). Below is the meal plan to follow while doing the parasite cleanse.

NO	YES
<p>1. No bread, mushrooms, eggs, grains, milk or fruit.</p> <p>2. Sugar and sugar containing food. Sugar and quick acting carbohydrates including sucrose, fructose, maltose, lactose, glycogen, glucose, sorbitol, galactose, monosaccharides and polysaccharides. Also avoid honey, molasses, maple syrup or other sugars.</p> <p>3. Yeast, Breads and Pastries: Raised baked goods, including breads, rolls, cakes and pastries containing baker's yeast, marmite, vegemite.</p> <p>4. Alcoholic beverages: Avoid all of them.</p> <p>5. Condiments, sauces and vinegar containing foods: Mustard, tomato sauce, worcestershire sauce, soy sauce, pickles, olives, horse-radish, fruit mince tamari and miso. Also avoid sprouts. Vinegar of all kinds and vinegar containing foods, such as mayonnaise and salad dressing. (Freshly squeezed lemon juice may be substituted.)</p> <p>6. Processed and smoked meats: Pickled and smoked meats and fish including sausages, hot dogs, corned beef, bacon and ham.</p> <p>7. Dried and candied fruits: Raisins, apricots, dates, prunes, figs, apples, pineapples and papaya.</p> <p>8. Left-overs: Moulds grow in left-over food unless it's is promptly and properly refrigerated.</p> <p>9. Fruit Juices: Either canned or bottled or frozen, including orange juice, grape juice, apple juice or any other fruit juice.</p> <p>10. Melons: Watermelons, honeydew melons, and especially cantaloupe (rock melon).</p> <p>11. Edible fungi: All types of mushroom.</p> <p>12. Cheeses: All cheeses and cheese containing snacks, also buttermilk, sour cream & sour milk products.</p> <p>13. Vitamins and mineral supplements-Make sure these are yeast free.</p> <p>14. Nuts: Peanuts & pistachio products usually contain mould.</p> <p>15. No pork! Pork contains many animals to human transmitted parasites.</p>	<p>Eat all vegetables except sprouts or mushrooms and No fruit except coconut.</p> <p><u>Oil</u></p> <p>Coconut</p> <p>Avocado</p> <p>Butter</p> <p>Cold pressed oils</p> <p>Virgin olive oil</p> <p>Sesame oil</p> <p>Sunflower oil</p> <p>Flaxseed oil</p> <p>Walnut oil</p> <p>Salmon oil (caps)</p> <p><u>Drinks:</u></p> <p>Water ONLY. (Can add a squeeze of lemon juice or Apple cider vinegar)</p> <p>Freshly made vegetable juice. (eg. carrot and celery) and coconut water/milk.</p> <p>Coconut water/milk/cream</p> <p>Coffee or tea provided you do not add cow dairy and sugar.</p> <p>(Coconut contains Caprylic Acid which eats fungus so make sure to eat a lot of anything coconut during your pathogen cleanse)</p> <p><u>Proteins:</u></p> <p>It is best to avoid meat during this process as meat can contain many parasites but if you must then aim for organic free-range Chicken, Duck, Lamb, Rabbit, Turkey, Ostrich, Venison, and Fish. Cooked well-not raw.</p> <p>Other protein sources to consider are Almonds, Cashews, Pecans, Pine Nuts, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds (Lentils, chickpeas, broccoli, beans, Almonds, Teff, peas, chai, hemp seeds, buckwheat are all good sources of protein plus other essential minerals and vitamins)</p>

Meal suggestions with the pathogen protocols

Breakfast:

1. Buckwheat cereal with coconut cream/milk
2. Buckwheat with fish
3. Chickpea wrap with Avo, tomato, onion
4. Avo, coconut milk, cucumber, celery, chia smoothie
5. Beetroot, ginger, carrot, coconut cream, chia smoothie

Lunch or dinner:

1. Chickpea wraps with veg and or allowed organic meat/fish.
2. Buckwheat rice with stir-fried veggies of choice. Add meat from allowed list if you choose.
3. Grilled, roasted, steamed veggies with rosemary, garlic, turmeric, coconut oil.
4. Grilled, roasted, steamed meat/fish with veg or salad
5. Injera (Ethiopian roti's made with Teff or Rice flour) with filling of choice
6. Chickpea salads or stews

Any time of day as needed:

7. Bone broth
8. Veggie juices
9. Lemon juice or Apple Cider Vinegar with warm water
10. Herb teas from detox list

Parasitic energy

While we address pathogens within our bodies, it is a good time to consider how external factors (person, society, work, relationship etc.) can negatively impact our energy, time and resources and add to our stress levels. These factors can also manifest the same symptoms of actual pathogens. This can deplete your energy; make you feel out of control and have feelings of inner conflict and weaken your immune system.

This is where Kinesiology can really assist you by addressing core values and beliefs that may not be serving you and by creating healthy boundaries to ensure your energies are not depleted by external factors.

After the pathogen cleanse we will begin a heavy metal and other toxins cleanse. In most cases this will begin with a liver flush to flush out the die off from the pathogen cleanse and support the liver in the continuing detox process. Depending on your situation we may also do a kidney, gallbladder, colon or other cleanse as well.

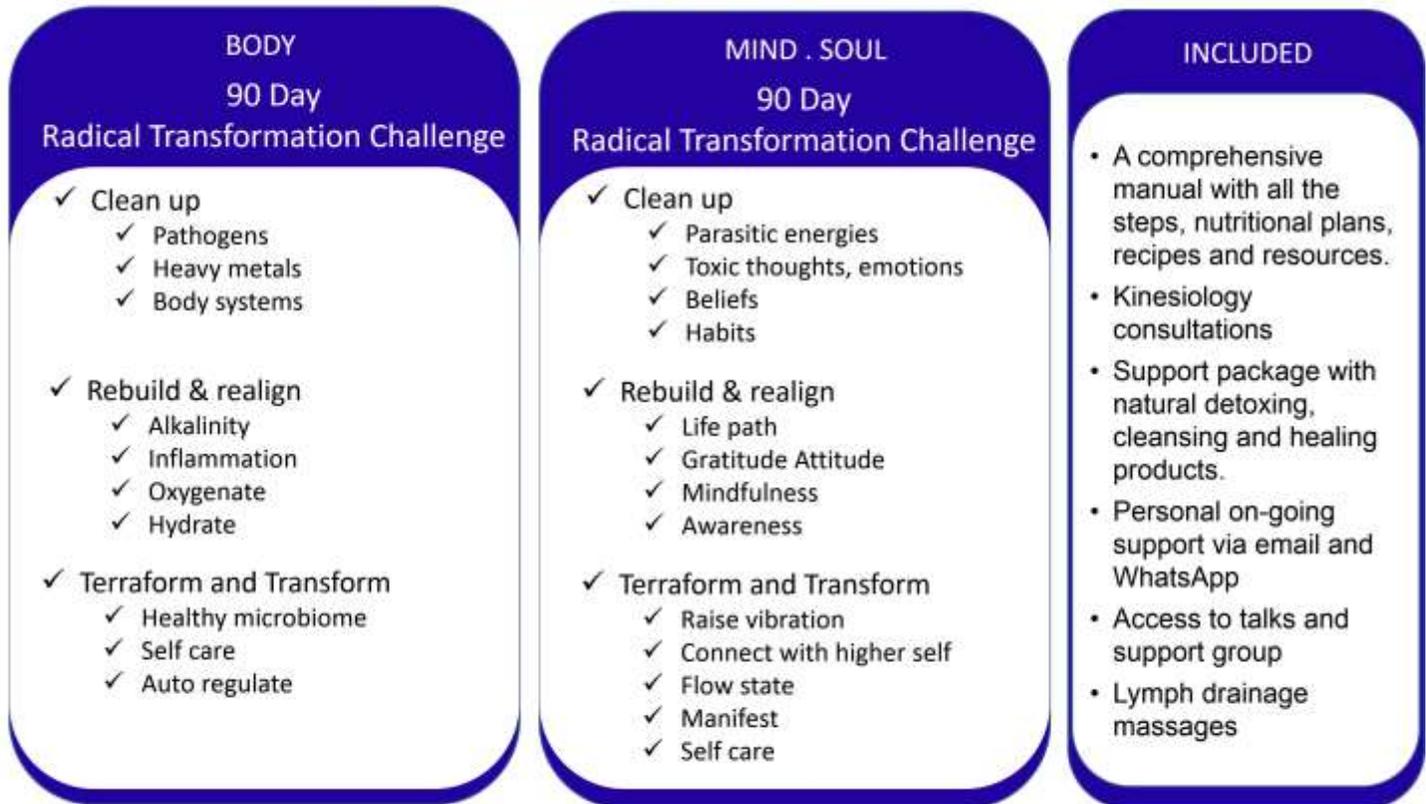
After the cleanses/flushes, you will proceed with a 28-day heavy metal/chemical detox and alkalizing diet to address acidity and inflammation in the body.

Safe List

For those living in Knysna, here is a list of products and suppliers in our area. If you live outside of Knysna please find out who stocks these or similar products. This list is by no means the only clean and safe products, but it is a start.

<p>Body</p> <p>Toothpaste – Nature Fresh</p> <p>Under arm deodorant stick -Crystal Fresh</p> <p>Body creams, face products etc</p> <p>Natural soaps</p>	<p>Natural Healing at 10 Queen Street, Knysna, Knysna Health on Waterfront Drive, Rawganic on Thesen Island, Body Shop Clicks.</p> <p>Stefanie Seydack 078 774 1138.</p> <p>Nourish Soaps - www.nourishsoaps.com</p> <p>Grain Mill</p> <p>www.gaiiaorganics.co.za</p> <p>The Body Shop</p>
<p>Home</p>	<p>Natural Healing, Knysna Health, Rawganic</p> <p>Nourish Soaps - www.nourishsoaps.com, Grain Mill, PnP</p>
<p>Foods incl fresh produce</p>	<p>Natural Healing, Knysna Health, Rawganic</p> <p>Grain Mill</p> <p>Food Lovers, PnP, Checkers, Spar (read the labels)</p> <p>Harkerville Market on Saturdays</p> <p>Sedgefield Market on Saturdays, Agri on Waterfront drive, Organic produce market at Timber Village</p> <p>Entabeni Farm, Fresh Farm Direct, Homtini Farm</p>
<p>Meat and bones (organic free range)</p>	<p>Eden Chickens, Red Barn, Valley Organic Chickens, Charlesford</p>
<p>Injera (Gluten free rotis)</p>	<p>Ethiopian Restaurant on Main Rd next to KFC or Fireworx on Waterfront drive.</p>

An integrated, whole systems approach to wellness



How do we change the world? By transforming ourselves. Be the change you want to see in your world.

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