

With these factors in mind, we present a groundbreaking protocol to support digestive and mental health, stability and wellness, utilizing pre-digested fat, probiotics, liposomal vitamins, appropriate hydration, moderate exercise, and lymphatic circulation.

First and foremost, we shall give a brief description of the basic supplements and materials required, and we will follow this with a protocol to follow for enhancing your overall health and wellbeing.

### **Emulsified Fish Oil**

Emulsified fish oil is a pre-digested, easily utilized form of essential fatty acids, a critical component to regenerating and maintaining a healthy gut lining. Gut illness can impair our liver's production of bile and our gallbladder's ability to release it. Without this proper function, we cannot properly digest fat. Emulsified fats can help us get back on track quickly!

### **Cold Shower Therapy**

Cool water cleanses the skin by clenching our pores and driving out toxins that are just beneath the surface, waiting to come out. Usually when we've been struggling with gut illness or general toxicity this resource is backed up. Taking a warm shower, rubbing our whole body softly with a soapy washcloth, and following this with a cool or cold rinse can give us huge momentum toward Health! Start slowly and build up within your Comfort Zone

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### **Liposomal Vitamins**

Liposomal vitamins are vitamins which have been encapsulated within phospholipid spheres, called liposomes.

Liposomes pass through cell walls easily and quickly, enhancing and accelerating the effectiveness of hard to absorb nutrients and vitamins, like ascorbic acid. Taking high doses of liposomal Vitamin C can help us reduce free radicals, fight viruses and detox hard to eliminate toxins like PCBs, heavy metals and harsh chemicals. Liposomal Vitamin C can also help us avoid getting sick by consuming over 4 grams daily.

Taking high doses of Vitamin D can have a dramatically positive effect on chronic fatigue, depression and anxiety! Building up your levels for a few weeks with a strong dose in the range of 10,000 – 20,000 IUs can be a lifesaver. Taper off and consume as needed going forward!

### **Thyroid Health**

Hypothyroidism can be a real downer. Taking Lugol's Iodine is a great way to help stimulate the production of your own thyroid hormone! I find that taking 10-15 drops of 2% Lugol's Iodine in 2oz of distilled water every morning really sets me up for Awesomeness!

Follow your intuition and listen to your body to find your right dosage! Doing more than this is most likely overdoing it!

### **Hydrated Probiotics**

Liquid suspension probiotics are beneficial bacteria that have been hydrated and are thus more biologically active and more effective. When probiotics are in their more commonly distributed freeze-dried form they are dormant and can have a hard time waking up and becoming established in our guts. Having probiotics that are Awake and ready to go upon ingesting, greatly improves their likelihood of success!

### **Lymphatic Circulation**

Our lymphatic system is like our body's septic overflow tank; it holds a lot of stuff we don't have a use for and want to get rid of. It also doesn't have a pumping organ. Instead, it utilizes a system of one-way valves – fluid can travel only one way. This makes the system dependent on up-down motion to create flow – one of the reasons daily exercise is so important! Jumping softly on a mini-trampoline is one of the most effective ways to stimulate this flow and help the body eliminate toxins through our gut and skin!

## The Gut-Brain Wellness Protocol

As modern research alerts us to the myriad of possible and documented ways in which our digestive system affects our health, one of the most compelling and potentially world-changing areas of this line of study is the connection between the health of our digestive tract and the functioning and health of our mental and emotional states.

Through studies and experiments researchers and clinicians are conducting, there has been produced a significant body of evidence to strongly suggest a relationship between digestion and neuro-chemical wellness, specifically with a focus on two critical elements of a ideally functioning and vibrant digestive system:

1. The total amount, and relative balance, of the beneficial bacteria (probiotics) in one's GI tract.
2. The health and strength of our gut lining, the barrier which helps bring nutrients in while keeping waste, such as feces, out.

and

**Following Through!**  
If you take the time (usually about 20-30 minutes in the morning) to do this protocol every day, we are confident that you will see results and feel a big shift in your overall health and well-being.

This protocol comes from years of experience, research and observation, and it's produced amazing results for us and many others.

With this combination of nutrition and lifestyle changes, your organ systems and digestive lining can more easily respond to challenges. As a result your body will be able to perform at a higher level in daily life and when encountering stressors.

If you integrate this protocol and maintain it, it will support you throughout your life and allow you to build from a greater, more stable Foundation!  
*For more information, visit our website at Qss.Life*

***Love & Compassion!***

## The Wellness Protocol

- Begin every day with 16 oz. of purified water. \*
  - Follow with 1 ounce of Emulsified Fish Oil mixed with 4 ounces of either purified water or liquid suspension probiotics.
  - Consume 8 oz. purified water. \*
  - Do 5-10 minutes of rebounding.
  - Take 1 - 3 grams of Liposomal Vitamin C and 10,000 – 20,000 IUs of Vitamin D. Follow this with 8 oz. of water.
  - Take a warm shower, as described, with a 1-3 minute long cold or cool rinse afterward. Work your way gradually up to 5 minutes .
  - For best Results, Repeat Daily.
- \*Try different water types (RO, Alkaline, Distilled, Spring) to find out what works best for you. Generally, the drinkability, or ease of transaction while getting it down, will let you know what's best for you. This may change over time –

**ALWAYS LISTEN  
TO YOUR BODY!!!**