

BAILEY PROTOCOL

BY CHERYL BAILEY RN

How to recover from any disease even if there is “no cure”.

There are many “NO CURE” diseases. What they all have in common is health recovery can be achieved with the right lifestyle changes.

I am a registered nurse and I have personally witnessed the health recovery of “no cure diseases”. I re-educated myself and taught myself the 5 principles of wellbeing and health (see the 5 Pillars of Health). This roadmap can take most people from illness to health over a very short period of time. I developed a simple program that most people can follow. It is just four simple steps that will change everything over time.

What I learned over a 10 year process is that health starts in the gut. Our gut is our interface with our environment. Our diet turns genes on and off in our gut, we are not having genetic problems, we are having gut problems. The gut is the “second brain” and interacts with our brain in very complex ways that can either make us healthy or make us sick.

The problem we are facing is a decline of our good gut bacteria. In my opinion this change is the primary cause of most diseases or at least involved in them in some way. There are other causes that go along here, but the gut bacteria problem is PRIMARY. Once these bacteria are reduced in numbers the gut lining becomes irritated and develops holes in it, which allows the foods we eat direct access to our bloodstream. THIS IS A HUGE PROBLEM THAT TRIGGERS A MASSIVE INFLAMMATORY RESPONSE.

By following the 5 pillars of health and the “Carson Protocol” you can recover your health and wellbeing. There are extreme cases where nothing can help, but that is rare.

Step 1

Heal the inflamed gut lining

CBD/THC oil (where legal). This activates the cannabinoid system in the body, which turns off the runaway inflammation in the body and reduces the inflammation in the gut so it can heal.

KRATOM - This plant also has a powerful anti-inflammatory action. In addition to reducing inflammation it also has a wide range of nutrients that almost everyone is missing in the west. This feeds the lining of the gut and helps those cells recover.

Note: The federal government wants to ban kratom so there is a flood of incorrect information concerning it. I use kratom and I have direct experience. Kratom is no more addictive than sugar or coffee. I quit taking it several times and did not have anything close to a withdrawal symptom. Nobody has ever died from taking kratom, almost everyone that takes it experiences a return to health, not increased illness. This situation seems to me the same situation

cannabis experienced years ago, being demonized to protect corporate profits. Most people now know that cannabis is a natural harmless plant based remedy. We are currently in a situation where we have to protect our ability to take plant based remedies instead of toxic pharmaceuticals. We are biological systems and we require biological based remedies.

CABBAGE JUICE- If you don't have access to kratom or cannabis you can go to the grocery store and buy some organic cabbage. Then juice with a wheatgrass juicer (much easier to use and clean). Just juice the cabbage and drink it. Cabbage has the amazing ability to treat the gut lining quickly. CBD oil and kratom work the best, but if you can't use them then cabbage juice is the next best choice.

Do Step 1 for 2 weeks, then start Step 2. You need to have an intact gut lining before adding the probiotics. Basically the gut lining is the bacteria's homeland. Rehabilitate the gut lining and these bacteria can return to their home!

Step 2

Replace good bacteria

REPLACE BENEFICIAL GUT BACTERIA OR PROBIOTICS. Most of the probiotics on the market are not strong enough to get the job done. You need a quality probiotic with multiple strains and high numbers of those strains.

There are foods that contain beneficial bacteria- fermented foods like sauerkraut, kimchi, organic raw milk and organic raw cheese. These foods need to be organic and raw without pasteurization. Pasteurization kills the beneficial bacteria in these foods.

Fecal transplant- I prefer this method because you can transplant a huge diversity of beneficial bacteria rather quickly. Make sure your donor is not sick and does not take antibiotics. It sounds nasty but it works miracles. Go to youtube and learn more.

Step 3

Feed your minions

I call our beneficial bacteria minions. They are friendly and we can NOT survive without them. They are the reason for our wellbeing, so we need to take good care of them. There is a weird thing about minions, they think plants are awesome, the darker green in color the better.

Feeding your minions is important and an easy way to do this is to drink 3 organic green smoothies a week. Just this one change will drastically increase your minion numbers.

Once you have a good population of minions your health will improve over a short period of time. Usually within just a few weeks.

Step 4

Boost Glutathione To Rev Up Detox Center

In many cases once our minions are wiped out our own natural detox system shuts down or is diminished in its ability to remove toxins. As toxins build up in our systems, the body has a more difficult time fending off illness and disease.

Once the gut is healed your detox system will start to function again. Be patient, your body has its own detoxification system and you do not need to “detox” the body. Once your natural detox system starts working again the body will slowly start to remove the built up toxin load. During this phase of recovery you may feel worse before you feel better. You are not getting sicker at this point even if it feels that way. Your body is removing toxins which causes you to feel “blah” but very soon you’ll feel better than ever.

The detox system requires specific nutrients to function properly and help to reactivate your detox system. Glutathione is a master antioxidant and the main chemical your body uses to detoxify the body. Every cell in your body uses glutathione.

Supplements do not work very well. The best way to boost glutathione is by eating foods that assist the body to make glutathione or that actually contain glutathione.

ADD AS MANY OF THESE FOODS AS YOU CAN, ORGANIC IS BEST. These foods heal the gut and supply glutathione:

- Bone Broth
- Onions
- Garlic
- Eggs
- Ginger
- Cheese
- Cottage Cheese
- Shellfish
- Sea Vegetables
- Asparagus
- Cabbage, Kale, Broccoli, Brussel Sprouts, Cauliflower
- Epsom salt baths 2 times a week

“Let medicine be your food, and food be your medicine.” Hippocrates 431 BC

Food really is medicine!