



4-Day Bone Broth Fast PROTOCOL



4-Day Bone Broth Fast

This fast is used to give your body a jumpstart on starving sugar-producing bacteria (and other pathogens), healing the gut and improving the immune system. Including the fast in your program will help you progress further, faster and more gracefully during Gut Thrive.

3 Variations to Choose From

There are [3 different options](#) to choose from. If you are uncomfortable with the idea of performing a fast, have blood sugar issues, or are concerned that you will have unwanted weight loss, you can choose [Option #2](#) which includes food.

If you are a vegan or vegetarian, you can choose [Option #3](#) (and include food, if necessary).

We encourage you to choose the type of fast that is supportive to your current state of health, energy levels, and dietary restrictions. There is no right or wrong way to do this. **Please listen to your body.**

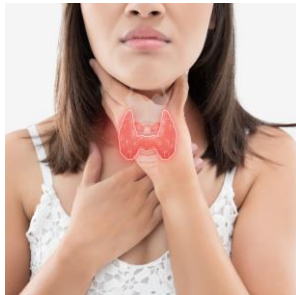
If you are following [Option #1](#) or [Option #3](#) which do not include food, make sure to add solid foods back into your diet gradually over the course of next few days, following the fast.

When Do I Do the Fast?

The 4-Day Bone Broth Fast takes place at the beginning of the Pathogen Purge (Step 2, Week 4).

Although we prefer that you complete the 4-day fast on the days indicated in your Meal Plans and the [GT5 Program Timeline](#), if this is not possible, you can start the fast later, **as long as it is done during the Pathogen Purge (Weeks 4 -6).**

Factors to Consider When Choosing Your Fast



Adrenal and Thyroid Issues

If you are in Phase II or Phase III of adrenal dysfunction (feeling super exhausted and weak), or have severe thyroid issues, you **must** eat concurrently with the fast and choose either [Option #2](#) or [Option #3](#) (with added food).

Vegans, Vegetarians, and those with Histamine or Glutamine Intolerance

If you are a vegan or vegetarian, the coconut gel and vegetable broth fast will be appropriate for you (you may also eat with the fast if you are chronically fatigued).



If you have a known histamine or glutamate intolerance, you can follow the coconut gel and vegetable broth fast, [Option #3](#). Once you heal, you should be able to tolerate bone broth later in the program.

Note:

At the end of this handout, you will find [recipes](#) for all variations of the bone broth fast as well as green juice.

Option 1: The True Broth Fast



For this version of the fast, make enough chicken bone broth or beef bone broth (or a combination of both) to accommodate **48 ounces of broth daily for 4 days**. Recipes for both are listed below.

Continue drinking CCF Tea and Turmeric Ginger Lemonade throughout the fast.

What Supplements Do I Take During the Fast?

Keep taking all your Step 2 supplements, **EXCEPT** Digestive Enzymes during the fast (because you are not eating food).

Ordering Broth for Those Who Don't Want to Make It:

If you cannot find high-quality bones or are too tired or busy to make it yourself (and live within the lower 48 states of the US), you can order it from our friend Lance, The Flavor Chef [HERE](#). Lance makes top-quality, slow-cooked broth (24-hour cook time) and he even has a package specifically for GT5 participants. You will need a total of 192 ounces of broth. We also love Pete's Paleo bone broth, which you can order [HERE](#).

Option 1: Sample Broth Fast Day

<i>Breakfast</i>	16 oz. broth with 1/2 teaspoon of raw coconut oil, a pinch of sea salt, and 1 tablespoon collagen or gelatin (this is optional but most people find the extra protein to be helpful).
<i>Mid-Morning</i>	16 oz. green juice with lemon or lime OR 16-24 ounces of Bieler's Broth
<i>Lunch</i>	16 oz. broth with 1/2 teaspoon of raw coconut oil, a pinch of sea salt, and 1 tablespoon collagen or gelatin (this is optional but most people find the extra protein to be helpful).
<i>Mid-Afternoon</i>	16 oz. green juice with lemon or lime OR 16-24 ounces of Bieler's Broth
<i>Dinner</i>	16 oz. of broth with 1 teaspoon ghee (clarified butter so it's dairy free) and 1 tablespoon of collagen with your choice of 1 cup of organic berries on the side.

Option 2: Broth Fast With Food



For this version of the fast, we include food for blood sugar stability. This is a great option if you have blood sugar issues, thyroid and/or adrenal gland dysregulation, or are concerned that you will have unwanted weight loss.

Continue using the Cleansing Pesto, CCF Tea and Turmeric Ginger Lemonade throughout the fast.

What Supplements Do I Take During the Fast?

Keep taking all your Step 2 supplements, including Digestive Enzymes, during the fast (because you are eating food).

Ordering Broth for Those Who Don't Want to Make It:

If you cannot find high-quality bones or are too tired or busy to make it yourself (and live within the lower 48 states of the US), you can order it from our friend Lance, The Flavor Chef [HERE](#). Lance makes top-quality, slow-cooked broth (24-hour cook time) and he even has a package specifically for GT5 participants. You will need a total of 192 ounces of broth. We also love Pete's Paleo bone broth, which you can order [HERE](#).

Option 2: Sample Broth Fast Day

<i>Breakfast</i>	16 oz. broth with 1/2 teaspoon of raw coconut oil , a pinch of sea salt, and 1 tablespoon collagen or gelatin (this is optional but most people find the extra protein to be helpful). Serve with steamed greens of your choice and either 2 poached eggs with sea salt or 4 oz. of turkey sausage or ground turkey and 1 cup of organic berries.
<i>Mid-Morning</i>	16 oz. green juice with lemon or lime OR 16-24 ounces of Bieler's Broth

<i>Lunch</i>	16 ounces broth with 1/2 teaspoon of raw coconut oil, a pinch of sea salt, and 1 tablespoon collagen or gelatin (this is optional but most find the extra protein is helpful). Serve with 4 ounces of steamed, baked, or broiled fish of your choice and 2 cups of lightly steamed mixed vegetables that are “legal” for your plan
<i>Mid-Afternoon</i>	16 oz. green juice with lemon or lime OR 16-24 ounces of Bieler’s Broth
<i>Dinner</i>	16 oz of broth with 1 teaspoon ghee (clarified butter so it’s dairy free) and 1 tablespoon of collagen with 4 oz of lean protein (chicken, turkey or fish) baked, grilled, broiled, or steamed, 2 cups lightly steamed non-starchy vegetables/greens

Option 3: Vegan, Vegetarian, Histamine or Glutamine Intolerance



This option consists of young green coconut meat and gel, Bieler’s broth, vegetable broth, and green juice without fruit. More details on [Young Green Coconut Water and Gel](#) are provided toward the end of this document.

Continue drinking CCF Tea and Turmeric Ginger Lemonade throughout the fast (and Cleansing Pesto if you are consuming food).

Vegetarians who do not wish to fast, may incorporate up to 1 full avocado per day and up to 6 tablespoons of soaked nuts and seeds per day with their

What Supplements Do I Take During the Fast?

Keep taking all your Step 2 supplements, **EXCEPT** Digestive Enzymes, during the fast **UNLESS** you are including food with your meals.



breakfast, lunch, or dinner. For those with a **histamine or glutamate intolerance who do not wish to fast**, follow the food rules in [Option #2](#).

Option 3: Sample Broth Fast Day

<i>Breakfast</i>	12 oz. vegetable broth with 1/2 teaspoon of raw coconut oil , a pinch of sea salt along with 1 young green coconut gel and meat
<i>Mid-Morning</i>	16 oz. green juice with lemon or lime OR 16-24 ounces of Bieler's Broth
<i>Lunch</i>	16-24 oz. vegetable broth with 1/2 teaspoon of raw coconut oil, a pinch of sea salt along with 1 young green coconut gel and meat
<i>Mid-Afternoon</i>	16 oz. green juice with lemon or lime OR 16-24 ounces of Bieler's Broth
<i>Dinner</i>	16-24 oz. of vegetable broth with 1 teaspoon ghee or coconut oil and 1 cup organic berries of your choice

Additional Notes For The Fast

1. **Now is the perfect time to get 1, 2, or even 3 colonics while you are fasting for these four days.** This is not required, but if you are familiar and/or comfortable with colonics and have the discretionary income, it can be very supportive.
2. **Whether or not you employ colonics, do at least 2 coffee enemas while on your 4-day fast to prepare the liver better for the journey ahead.** This should increase your energy and vitality and decrease your detox symptoms. If you instead opted for colonics, ask your hydrotherapist if they are willing to do a coffee implant after the colonic.
3. Make sure you are also **tongue scraping** throughout this process as your tongue may develop a white coating (especially those of you on Plan H and Plan F). This is actually a good sign.

4. Do something for your **emotional state** every day of the fast as well. Many of the world's great religions incorporate fasting as a way to connect to a higher power. Whatever that is for you, take 15 minutes a day to do your affirmations, pray, journal, or meditate.
5. **Think about what you are ready to let go of** in the way of anger, regret, resentment, guilt, blame, and worry. Harboring these emotions toward yourself, others, God, the Universe, or life in general, will keep you sick despite the physical measures you employ in this program.
6. Once that is cleared daily, create a list of emotions you would like to replace them with such as compassion, peace, joy, acceptance, gratitude, enthusiasm, and vibrancy. What you focus on expands so acknowledge the negative thoughts and emotions, but always end on a positive thought.
7. **You cannot cleanse physically without cleansing emotionally so do not be alarmed if uncomfortable emotions come up.** They are coming up for "review" so that they can be released and transmuted, just like the pathogens we are attempting to remove, replacing them with good, peacekeeping bacteria. The mental/emotional aspect of this program will require vigilance on your part. Please see the [*Mental-Emotional Cleansing*](#) handout for more details.
8. Please watch our video: [The Healing Powers of Chicken Bone Broth.](#)

Note: A small percentage of individuals may experience a histamine intolerance when consuming bone both. For more information see the [Histamine Intolerance](#) handout.

Recipes For The Fast



Healing Chicken Bone Broth

Prep and cook time: 12-24 hours

Makes: 6-8 cups

Ingredients:

- 5 pounds organic raw chicken bones*, rinsed and cleaned
- 2 tablespoons [raw apple cider vinegar](#)
- 1/4 teaspoon [Celtic](#) or [Himalayan pink salt](#)
- Herbs and spices to taste, such as basil, oregano, and/or cayenne

Directions:

- Mix all ingredients in a slow cooker filled with water.

Turn on low and cook for 12-24 hours. (This slow process draws the minerals out of the bones, making it pure medicine for immunity and gastrointestinal strengthening).

- After cooking, strain fat and solids and save broth.

Note: Our broth recipes include raw apple cider vinegar (ACV).

Because the ACV draws the minerals out of the bones and cooks off in the cooking process, this is the only exception on GT5 to include ACV until Step 4 (unless you are following Plan H).

*Ask your grocer for the chicken bones. Be sure to ask for the feet as well since that is where collagen is found. Collagen is helpful for protein synthesis and is nourishing to your skin, hair, and nails. You can also ask for the neck.

Beef Broth

Prep and cook time: 12-24 hours

Makes: 6-8 cups

Ingredients:

- 5 pounds organic raw beef bones* (they are usually femur bones), rinsed and cleaned
- 2 tablespoons [raw apple cider vinegar](#)
- 1/4 teaspoon [Celtic](#) or [Himalayan pink sea salt](#)
- Herbs and spices to taste, such as rosemary and thyme



Directions:

- Mix all ingredients in a slow cooker filled with water.
- Turn on low and cook for 12-24 hours. (This slow process draws the minerals out of the bones, making it pure medicine for immunity and gastrointestinal strengthening.)
- After cooking, strain fat and solids and save broth.

If you can't find bones, you can order them [HERE](#).

Vegetable Broth

Prep time: 30 min. | **Cook time:** 60 min. | **Makes:** 2 quarts or 8 cups

Ingredients: (Plan S, see Note below)

For every three quarts of pure water add:



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| • 1 large leek, chopped | • 2 carrots, sliced |
| • 1 cup of daikon, sliced (if available) | • 1 cup of root vegetables: beets, celery root, and parsnips |
| • 2 celery stalks | • ½ cup cabbage |
| • 2 cloves whole garlic (not chopped or crushed) | • ½ cup of Korean seaweed: nori, dulse, wakame, kelp, or kombu |
| • 4 ½ inch slice of fresh ginger | • Sea salt, to taste |
| • 1 cup organic summer squash or zucchini cut into large cubes | • 1 cup fresh or dried shitake or maitake mushrooms (If available; these contain powerful immune boosting properties.) |
| • 2 cups of chopped greens of your choice: kale, parsley, collard greens, chard, mustard greens, dandelion, cilantro or other greens | |

Directions:

- Add all the ingredients at once and place on a low boil for approximately 60 minutes. It may take a little longer. Simply continue to boil to taste.
- Cool, strain out vegetables (you may eat them later if you are not fully fasting) and store in a large, tightly sealed glass container in the fridge.
- Simply heat gently and drink up to 3 - 4 cups a day.

Note: Those on Plan S doing this option should begin making this broth **without the garlic and seaweed** and instead season with other spices like cumin, fennel, coriander, and/or turmeric.

Bieler's Broth



This recipe was developed by a pioneer physician, Henry Bieler, to heal a variety of illnesses. Most often, the soup was used as a fast.

Dr. Bieler would take a detailed study of the patients' endocrine glands. This includes the adrenal glands, pituitary gland, and the thyroid gland. He would then prescribe a dietary cure.

The cure depended upon the glands which were dysfunctional and would be a limited diet, or even a fast on Bieler's broth. The vegetables are like nature's vitamins and restore such elements as potassium and sodium to our glands. Dr. Bieler was particularly interested in restoring the liver as a way to good health.

Ingredients:

- 3 celery stalks
- 3 whole zucchinis
- 2 cups string beans
- 1 cup Italian parsley
- Enough water to cover the vegetables

Directions:

- Wash produce.
- Place water into a stockpot, add the string beans in first, and steam for about 5 minutes.
- Add celery and zucchini into the pot and steam for another 5 - 7 minutes or until tender, but still crisp. Do not overcook.
- Remove from heat and allow to cool slightly.
- Place vegetables and the water from the stockpot in a blender and puree until smooth.
- Add parsley, blend again until parsley is liquefied.

Green Juice

Prep time: 10 minutes | **Makes:** 16 ounces

Ingredients:

- 3-6 kale leaves
- 3 stalks celery with leaves
- 1 cucumber (peeled)
- 1 lemon, peeled (may substitute lime)
- 1 handful parsley
- 1 handful romaine lettuce
- 1 inch piece fresh ginger, peeled



Directions:

- Juice all ingredients.

Option: Add 2 ounces of aloe vera juice for soothing comfort and to alleviate constipation (**contraindicated for Plan S**)

Note: Be sure this is juiced, not blended, because we want to remove the fiber for easier digestion. You may also purchase a similar green juice without fruit for convenience. Please make sure it is organic.



Young Green Coconut Gel

This may or may not be an option for you. It is not required, but just another tool in your GT5 toolkit, especially if you are vegan/vegetarian or cannot tolerate bone broth.

Fresh, young, green, organic coconut water/gel simply comes from an immature coconut. It's a nutritional powerhouse of amino acids, electrolytes, and nutrients. Harvested before the water/gel converts to the fats that make the thick white coconut meat, the water/gel phase presents both coconut water and a gooey gel that is the pinnacle of coconut nutrition.

Most U.S. grocery stores do not carry fresh coconuts but they are widely available in Asian or Latino markets, at farmers' markets, and in health food stores.

Many companies sell cans of green coconut but finding organic is a bit more difficult. People often must order from a trading company that imports them from Thailand and Vietnam in crates of "diamond shaped" trimmed coconuts wrapped in shrink film.

You'll need to practice your machete and cleaver skills, watch your



fingers, and soon you'll be popping the lid right off your "Breakfast Smoothie in a Bowl" fresh, young, green, organic coconut. One great alternative is the [Coco Jack](#) tool set specifically designed to break through the coconut shell, scoop out the meat, and drain or sip the coconut water.

After drinking the water, you can scoop the gel/meat into a blender and add other "smoothie" ingredients or a base for soup (use your bone broth if you are drinking it or you can use vegetable broth instead). You may even add some basil for a Thai flavor full of an anti-pathogenic herb.

Why bother?

- Young Green Coconut Gel is anti-viral, anti-bacterial, and anti-fungal
- It helps other nutrients get absorbed better
- Provides a quick energy boost
- Provides antioxidants that can prevent cancer
- Supports the thyroid, kidneys, liver, heart, and intestines
- Helps balance blood sugar to support the pancreas and adrenals