

# THE 4-STEP PROTOCOL AT A GLANCE

## 4 SIMPLE STEPS TO HEAL BII

### STEP 1

Step 1 is the Kaufmann 1 Diet that will "STARVE THE FUNGI"

**CLICK THE FOLLOWING LINKS to learn more about Step 1:**

1. Overview of the diet
2. Some recipes
3. Allowed foods list

### STEP 2

Step 2 is implementing monthly rotation of recommended antifungals to "KILL THE FUNGI"

**WE ROTATE OUR ANTIFUNGALS MONTHLY**

**Click here to read Antifungals... How to Treat Biotoxin Illness with Natural Antifungals**

### STEP 3

Step 3 is adding probiotics to help REBUILD good gut bacteria & binders to MOVE the icky stuff out

**WE RECOMMEND SPECIFIC PROBIOTICS & BINDERS WE'VE FOUND EFFECTIVE**

**Click here to read about Probiotics and binders**

### STEP 4

Step 4 is ordering your Hair Tissue Mineral Analysis (HTMA) to KNOW what your body needs to heal

**NO GUESSING**  
Using hair mineral testing allows us to know what's going on in your body and how we can best support you back to health.

**Click here to read Why Hair Mineral Testing is Needed for Breast Implant Illness**

**CLICK HERE TO JOIN OUR PRIVATE FACEBOOK GROUP**

Click here to learn more about the root cause of breast Implant illness