

# Refining the Metal Element

Relieve grief, insecurity and  
loneliness for a richer sense of  
Self, inspiration, awareness and  
acceptance



**Jyllin**

Holistic Liberation

## Dietary Focus

- **Enjoy pungent foods** like ginger, garlic, onion, leek, shitake mushroom, radish, turnip, horseradish, mustard greens, daikon, parsnip, buckwheat and spelt.
- **Avoid sugar, dairy, yeast, and bread or pasta of any flour, especially gluten.** Grains refined into flour are harder on the colon (whether intolerant or not). All feed intestinal yeast overgrowth. Dairy produces phlegm and mucous.
- **Add aloe and chia seed to your vegetable juice.** Aloe cleanses and soothes the intestinal walls and chia acts as a binder to move toxins from the colon. Refrain from consuming other raw foods for the day.
- **Avoid cold foods and drinks, and limit raw foods.** The lungs and colon, especially in autumn, prefer warming foods and drinks.
- **Remove all processed foods and hydrogenated oils.** These are toxic on every level, taxing all detoxifying organs, including the lungs and colon. They are used in most restaurants — so limit and/or be mindful about where and what you eat out.
- **Enjoy high-fiber, nutrient-dense foods that aid intestinal cleansing,** such as ground flaxseed, chia seed, oat bran, or LSA (ground linseed/sunflower seed/almond).
- **Take physillium husk if particularly imbalanced in the colon.** Combine with liquid bentonite clay that draws toxins out of the intestinal wall. Physillium is a potent binder that moves toxins out of the colon.

**Gut  
Microbiome  
Focus**

- **Identify food intolerances and remove from diet** until gut is entirely healed. The most common offenders are sugar, alcohol, gluten, dairy, eggs, corn, and soy. See a functional doctor for help and request testing for intolerances, especially gluten, at [cyrexlabs.com](http://cyrexlabs.com).
- *Unless you have histamine intolerance*, include daily consumption of **prebiotics** in legumes, Jerusalem artichokes, flax seeds, almonds, onion, garlic, berries, oats. Consume **probiotics** daily with any fermented food or drink — ensuring none include ingredients you're intolerant to.

**Herbs, Spices  
&  
Special  
Protocols**

- **Enjoy pungent and warming herbs and spices in food and herbal teas**, such as lotus root, ginger, cloves, cardamom, cayenne, black and white peppercorn, nutmeg, mustard seed, and cinnamon.
- **Utilize DIY intestinal flushing** if/when bowel movements are blocked or incomplete. On empty stomach in the morning, dissolve 1-1.5 tsp. of non-iodized sea salt or Himalayan salt in 8 oz. of water. Drink without breathing. Drink 3-4 more 8 oz. glasses of water in the next five minutes. The salt water moves through the colon within approx. 30 minutes. You can repeat once/twice on the same day until bowel movements are clear as water. Ensure fast access to a toilet, and finish with green juice and plenty of water to rebalance electrolytes.
- **Use slippery elm and marshmallow root** for acute conditions such as coughs, colds, skin conditions, or GI disruptions, and for longterm support for both respiratory and digestive systems.