

THE CAROLINE PROTOCOL

In 2016, Caroline Williams utilized the following protocol to heal from a myriad of debilitating illnesses.

A SIMPLE & EFFECTIVE 2-PART PROTOCOL

FENBEN

MORNING

Happy Healing Fenben Pure

Start with 1/16 to 1/8 tsp (111-222mg).
Work up over time to 1/2 tsp (1000mg).

Step 1:

Dissolve Fenben in 1/2 Tablespoon
First Cold Pressed Organic Olive Oil

Step 2:

Add 1 Tablespoon
Barleans Total Omega 3-6-9

Step 3:

Add 1 Tablespoon
Tropical Oasis Mega Multivitamin
You may drink this straight or put into juice or
smoothie of your choice.

EVENING

Happy Healing Fenben Pure

Start with 1/16 to 1/8 tsp (111-222mg) and work up over
time to 1/2 tsp (1000mg)

Step 1:

Dissolve Fenben in 1/4 to 1/2 Teaspoon
Heiltropfen Low Odor 99% DMSO or
Any Pharma grade 99%.

Step 2:

Add 4-8 ounces of orange juice or other juice
(preferably fresh squeezed).

DETOX / CLEANSE

Drink plenty of fluids and take a cleanse product. It's important to have 2 bowel movements per day. If you need to, please take a cleanse product and take as much as you need (as long as it is non-addictive). Suggested products below.

Your body will detox through your skin (sweating, soaking in baths, scrubbing and dry brushing), your colon (bowel movements), your bladder (urinating) and your lungs (deep breathing and exercising). Check into infrared saunas, colon hydrotherapy, hyperbaric oxygen chambers, detox IVs, ozone therapy.

The product you use will depend on how your body responds.

SUGGESTED PRODUCTS:

Cleanse More (Renew Life)

Super Aloe 450 (Orthomolecular)

Mag 07 (Nutritional Brands)

Detoxifi (Happy Healing)

If you are already having 2 bowel movements per day, you can try other things. These are good overall, even when taking another cleanse because they help the body with any die-off symptoms you may be experiencing.

Pectasol

Serrapeptase (NutraMedix)