

AN ADVANCED GUIDE

Roots

*Healing from the ground up — a deeper journey for the body ready to truly
reset.*

BETTER OUT CO.

When gentle isn't enough

In *Steady*, my free guide to calm, steady energy, we spoke about small changes with big impact — the everyday way of eating that keeps most people well. For many, that's all they ever need. But some of us arrive at a different place: a body weighed down by years of accumulated burden, chronic symptoms that won't shift, and a deep knowing that it's time to change course completely.

If that's you — if you're tired of managing symptoms and ready to heal at the root — this guide is the deeper path. It's more advanced, more targeted, and more demanding than *Steady*. It's built around three burdens that sit beneath so much modern ill-health: **parasites, a disrupted gut flora, and chronic inflammation.**

You can't build vibrant health on a foundation that's quietly under siege.

These three are deeply intertwined. Parasites and overgrowths disrupt the gut's delicate ecosystem; a damaged gut flora drives inflammation; and inflammation weakens the terrain further, letting the cycle deepen. Heal them in the right order and the whole system can finally rebuild.

PLEASE READ THIS FIRST

This is educational — not a prescription, and not a substitute for medical care. A true deep-healing protocol is best walked **alongside a qualified functional-medicine practitioner**, ideally with proper testing first. Do not attempt the cleansing phase if you are pregnant or breastfeeding, are a child, are frail or seriously unwell, or take medications it could interact with. When in doubt, go slower, and seek guidance.

A journey in four phases

The single biggest mistake people make is rushing to “kill parasites” on day one. Done out of order, that floods an unprepared body with toxins and can leave you feeling far worse. Real healing follows a sequence – the same one nature and every good practitioner respects:

PHASE 1 Prepare · 2–4 weeks

Open the drainage pathways and steady the body *before* you cleanse, so that what you stir up can actually leave. Skip this and everything that follows backfires.

PHASE 2 Cleanse · 2–4 months

Gently reduce the parasite, microbe and metal burden using targeted herbs and binders – in monthly cycles, with rest weeks between, supporting the body throughout.

PHASE 3 Restore · 1–3 months

Rebuild the gut flora and lining and calm the inflammation – overlapping with and continuing well beyond the cleanse – so the terrain becomes one where health takes hold.

PHASE 4 Maintain · for life

Fold gentle, ongoing rhythms into normal life so the burden never rebuilds – the sustainable way to stay well for good.

SO HOW LONG, REALLY?

For most people the active work is **around 4 to 6 months** from preparing to a restored gut – sometimes longer for a heavy, long-standing burden. There’s no fixed finish line: you progress by how you feel, not by the calendar. Restore overlaps cleanse (you begin rebuilding even as you finish clearing), and maintenance simply becomes your new normal.



PHASE ONE

Prepare

*Open the doors before you clean the house. The
phase everyone skips – and the one that makes or
breaks the whole journey.*

Open the drainage pathways

Imagine cleaning a house with every door and window sealed shut – the dust just resettles. Cleansing without open drainage is exactly that. When you begin to kill parasites and clear overgrowth, they release a flood of toxins; your body needs clear *exit routes* to carry that out. Spend **2–4 weeks here first**.

The colon	The main exit. You must be moving your bowels at least once or twice daily before cleansing – constipation during a cleanse is what makes people ill. Support with fibre, magnesium, plenty of water, and the practice Better Out Co. is built around.
The liver & bile	Your master filter. Support it with bitter greens, beetroot, lemon water, castor-oil packs, and herbs like milk thistle and dandelion (see <i>The Kitchen Apothecary</i>).
The lymph	Your waste-collection network, which has no pump of its own. Move it daily: walking, rebounding, dry brushing, deep breathing.
The kidneys	Flush gently with adequate water and herbal teas like nettle (a mineral-rich tonic from the <i>Apothecary</i>).
The skin	Your largest organ of elimination. Sweat regularly – movement, sauna if you have access – and dry brush before bathing.

WHY BETTER OUT CO. LIVES HERE

This is exactly why coffee enemas sit at the heart of my world: they support the liver and colon – the two most important exit routes – precisely when the body needs them most. In a deep cleanse, keeping that main door wide open is everything. Always with genuinely mould-free coffee.

Steady the terrain & starve the overgrowth

While drainage opens, begin shifting the internal environment – making the body a far less welcoming home for parasites and overgrowths before you actively cleanse. This alone often brings real relief.

Cut the fuel Parasites and pathogenic microbes feast on refined sugar and processed carbs. Removing them – the deeper application of everything in *Steady* – quietly starves the overgrowth from day one.

Lower the load Reduce alcohol, seed oils and processed food so the liver isn't already overwhelmed before you begin (see *Low-Tox Living*).

Build the meals Centre on protein, good fats, and a wealth of vegetables and herbs – the broths and soups from *Steady* are ideal terrain-builders here.

Hydrate & mineralise Plenty of clean, filtered water with a little good mineral salt – hydration is the carrier for all drainage.

DON'T SKIP AHEAD

It is tempting to jump straight to the “exciting” cleansing herbs. Please don't. Two to four weeks of preparation is what separates a healing journey from a miserable one. If you can only do one thing well, make it this: **daily bowel movements and open drainage before anything else.**

The terrain isn't only food

You can eat perfectly and still struggle to heal if your *life* is working against your gut. The body only does its deep repair, detox and microbial housekeeping when it feels safe and rested – and modern living quietly robs it of exactly that. This groundwork matters as much as the food.

Circadian rhythm Your gut runs on a daily clock. The microbiome, digestion and the liver's detox cycles all follow the light-dark rhythm – eat and sleep at wildly irregular hours and the whole system falls out of sync, leaving the gut unable to do its nightly repair.

Blue light at night Screens and bright light after dark trick the brain into thinking it's daytime, suppressing melatonin – which isn't just a sleep hormone but a powerful gut antioxidant and healer. Dim the lights, and consider blue-blocking glasses in the evening.

Sleep Deep sleep is when the body repairs the gut lining, clears waste and rebalances the microbiome. Poor sleep alone can shift the flora toward the inflammatory and the overgrown – no herb can outwork chronic sleep debt.

Chronic stress Stress keeps you in “fight or flight,” which shuts down digestion, thins the gut lining and feeds inflammation. The gut and nervous system are wired directly together – you cannot heal one while the other is in alarm.

THE LINK TO PARASITES

Here's the part few mention: parasites and pathogenic microbes are *opportunists*. They flourish when the body is run-down, sleep-deprived and stressed, and when melatonin and immune rhythms are disrupted – the very immune surveillance that keeps them in check works on the circadian clock. Many people even notice symptoms and night-time restlessness worsen when their sleep and rhythm are off. A regulated, rested body is genuinely hostile terrain for them; a depleted one rolls out the welcome mat.

THE SIMPLE RHYTHM TO KEEP

Up with the morning light (get sunlight on your eyes early), meals at regular times, screens down and lights dimmed after dark, bed at a consistent hour, and daily stress-release – a walk, breathwork, time in nature. Unglamorous, free, and as powerful as anything in this book.

THROUGH EVERY PHASE

How to eat through it all

A fair question: if each phase has its herbs, what do you actually *eat* day to day? The answer is reassuringly simple — one core way of eating runs through the whole journey, with small shifts as you go:

**PREPARE &
CLEANSE**

Anti-parasite, anti-inflammatory eating

Starve the overgrowth and calm the body: plenty of protein, good fats, low-starch vegetables and abundant herbs — and **strictly minimal sugar and fast carbs**, which feed the very things you're clearing. Broths and bitter, antimicrobial foods (garlic, onion, herbs) throughout.

RESTORE

The same, plus rebuilding foods

Keep that foundation, and now *layer in* the gut-rebuilders: fermented foods, prebiotic fibres and carefully chosen whole carbs (more shortly). You don't switch diets — you add nourishment back onto cleared ground.

MAINTAIN

Relax into Steady

Once healed, you widen back out to the everyday *Steady* way — including fruit and gentle treats — with the worst offenders simply gone for good.

THE THREAD THROUGH ALL OF IT

Real food, low sugar, herbs by the handful, good fats, clean protein. The cleanse is the strictest stretch; restoration adds back; maintenance is simply *Steady* for life. You are never starving — you are eating *richly*, just without the things that feed disease.

The yes & no list

Especially through Prepare and Cleanse, this is the clearest map. Keep it on the fridge.

EAT FREELY

- Pasture-raised meat, poultry, eggs
- Smaller fish (sardines, mackerel, sole, cod)
- Bone broth & slow-cooked stews
- Low-starch veg: leafy greens, broccoli, cauliflower, courgette, asparagus, cabbage
- Onions, garlic, leeks (antimicrobial)
- Herbs & spices by the handful
- Good fats: olive oil, coconut, ghee, avocado, butter
- Pumpkin & sunflower seeds, soaked nuts
- Fermented foods (in Restore)
- Filtered water, herbal teas

AVOID FOR NOW

- All refined sugar & sweets
- Fruit & dried fruit (during cleanse — see overleaf)
- White bread, pasta, pastries, cereal
- Processed & packaged foods
- Seed & vegetable oils, margarine
- Alcohol
- Pasteurised dairy (unless raw/grass-fed)
- Large fish (tuna, swordfish — metals)
- Fizzy & sweet drinks, fruit juice
- Anything you react to or crave hardest

Cravings for the “no” list are often the parasites and microbes themselves asking to be fed. They fade — often within a week or two — as the burden lifts. That fading is a sign it’s working.

Sugar: the food of the burden

If there is one thing to understand above all, it's this: **sugar feeds the very things you're trying to clear.** Parasites, candida and pathogenic bacteria run on sugar — refined sugar most of all, but in a burdened body, *all* sugar counts, and that includes fruit.

THE TRUTH ABOUT FRUIT

Fruit is genuinely wonderful — in a *healthy* body it delivers living enzymes, vitamins, minerals and electrolytes. But in a body with overgrowth, fruit is still sugar, and it still feeds the bad bacteria and parasites just the same. This is why we set fruit aside **during the cleanse** — not forever. Once the gut is restored, real whole fruit returns to being the gift it was always meant to be.

Carbs during restoration

As you rebuild, carbohydrates come back — but *which* ones, and *how much*, matters enormously. The goal is to feed **you and your good bacteria**, without re-feeding the overgrowth.

Best to reintroduce Non-starchy veg always; then well-cooked-and-cooled potato & rice (resistant starch), pumpkin, butternut, sweet potato, carrots, lentils — in *modest* portions (a cupped handful per meal), always with protein and fat.

Fruit, gently Reintroduce low-sugar fruits first — berries, green apple — in small amounts with a meal, and only once cleansing is done and digestion feels strong.

Still leave out Refined sugar, white flour, fruit juice and dried fruit — these spike sugar fast and feed overgrowth no matter the phase.

THE SIMPLE GAUGE

If symptoms or cravings flare when you add a carb back, it's too much too soon — ease off, give the gut longer, and try again later. Let your body set the pace of return.



PHASE TWO

Cleanse

Now – and only now – we gently reduce the burden. Slowly, in waves, with the body fully supported.

The hidden burden: heavy metals

Beneath parasites and overgrowth sits an even deeper layer that most people never address: **heavy metals**. Mercury, lead, aluminium, cadmium and arsenic accumulate in the body over a lifetime – and they are often the very thing keeping a cleanse from ever fully working.

Where they come from Large fish (tuna, swordfish), old dental fillings, aluminium cookware and foil, conventional cosmetics and antiperspirants, pollution and traffic, tap water and old pipes, pesticides, and some cheap cookware. A daily, lifelong drip (see *Low-Tox Living*).

The brain Metals like mercury and aluminium cross into the brain and are increasingly linked by researchers to brain fog, poor memory, mood and focus issues, and neurological decline over time.

The gut They damage the gut lining and disrupt the microbiome – feeding the very dysbiosis and inflammation this whole guide works to heal.

The body Chronic fatigue, hormone disruption, weakened immunity and stubborn inflammation are all associated with a high metal load. They quietly burden every system at once.

WHY METALS & PARASITES TRAVEL TOGETHER

This is the crucial link: parasites and pathogenic microbes actually *bind and harbour heavy metals* – the body even tolerates the bugs because they soak up metals that would otherwise circulate. So if you kill parasites without binding the metals they release, you flood yourself with them and feel dreadful. This is exactly why **binders are non-negotiable**, and why metal-clearing is woven gently through the whole cleanse – never rushed.

A LIFELONG RELATIONSHIP

You don't clear metals once and forget them. Gentle binders (chlorella, coriander – see the *Apothecary*), sweating, and above all *reducing ongoing exposure* for life are what keep the load low. Lower the inflow, gently support the outflow, forever.

Reducing the parasite burden

Parasites are far more common than most of us are taught – we pick them up from food, water, travel, pets and soil. A healthy body keeps them in check; a burdened one lets them accumulate, where they can quietly drive fatigue, digestive chaos, skin issues, cravings, disrupted sleep and inflammation.

The traditional approach uses bitter, aromatic antiparasitic herbs – and two principles matter enormously: **rotate** them (parasites adapt to a single herb), and **pulse** them around the cycle, since parasites follow a roughly monthly life-cycle and eggs hatch in waves.

Black walnut hull The classic. Traditionally used against a broad range of parasites in their adult stage.

Wormwood Artemisia – one of the most time-honoured antiparasitics. Potent; used short-term and never in pregnancy.

Cloves Uniquely target the *eggs* – which is why clove pairs with the two above to break the life-cycle (see the *Apothecary*).

Everyday allies Raw garlic, pumpkin seeds, oregano oil, neem and papaya seeds – gentler kitchen-level support you can lean on throughout.

STRONG CAUTION – PLEASE READ

These herbs are medicine, not seasoning. Wormwood and black walnut are potent and for *short-term, cyclical* use only – never in pregnancy or breastfeeding, never for children, and not alongside certain medications. This is the phase to have a practitioner beside you. Start low, go slow, and stop if you feel unwell.

Binders — the non-negotiable partner

This is the step amateurs miss and practitioners never do. As parasites and microbes die off, they release a wave of toxins — the cause of that grim, flu-like “die-off” feeling (known as a Herxheimer reaction). **Binders** are substances that mop up those toxins in the gut and carry them safely out, instead of letting them recirculate and make you ill.

Activated charcoal A powerful broad binder for that heavy, toxic die-off feeling. Use occasionally and away from food.

Bentonite clay A gentle mineral clay that binds toxins through the gut — a traditional cleansing ally.

Zeolite A volcanic mineral used specifically to help bind heavy metals.

Chlorella A green algae that binds toxins and metals while adding nourishment — a gentler daily option.

Humble fibres Psyllium husk, ground flax and chia sweep the gut and keep things moving — the everyday foundation.

HOW TO USE BINDERS SAFELY

Take binders **well away from food, medications and supplements** (about two hours), as they bind those too. Always with plenty of water, and never if constipated — a binder with a sluggish bowel traps toxins in. They are the safety net of the whole cleanse: when in doubt, *more drainage and more binders, less killing.*

The rhythm of a cleanse

Putting it together, a cleansing month has a gentle architecture — never a relentless daily assault. A common, sensible shape:

Build up Begin the antiparasitic herbs at a low dose and rise slowly, watching how you feel. Drainage stays open throughout.

Pulse with the cycle Many follow the lunar or monthly cycle, intensifying around the full moon when parasites are traditionally said to be most active, then easing.

Bind daily Carry binders alongside, especially on the days you feel the die-off most.

Rest & repeat Run the cleanse in monthly cycles — typically **2 to 4 rounds over 2–4 months** — with a rest week between each, to catch every wave of newly hatched eggs. A heavy, long-standing burden may take longer; patience is the medicine.

LISTEN, ALWAYS

Your body is the protocol. Mild die-off can be part of it, but feeling genuinely unwell is a clear message to ease right back, double down on drainage and binders, and rest. There is no prize for suffering — gentle and consistent beats aggressive and intolerable, every time.



PHASE THREE

Restore

The most beautiful phase. Now we rebuild – the gut flora, the lining, and a calm, healed terrain.

Reseeding the gut flora

A cleanse clears space – restoration is what fills it with life. Your gut is home to trillions of beneficial microbes that train your immune system, make vitamins, calm inflammation and even shape your mood. After cleansing, we actively rebuild that inner garden, or the cleared ground simply grows weeds again.

Probiotic foods The living heart of restoration: sauerkraut, kimchi, water kefir, coconut yoghurt, fermented vegetables. A spoonful daily reseeds a diversity no capsule can match.

Probiotic supplements A good multi-strain probiotic can help, especially soil-based strains – useful, but a partner to fermented foods, not a replacement.

Prebiotic fibres The food your good microbes feast on: onions, garlic, leeks, asparagus, green bananas, cooked-and-cooled potato (the resistant starch from *Steady*).

Polyphenols Colourful plants, berries, herbs and good olive oil feed beneficial species – another reason to eat herbs by the handful.

GO GENTLY AT FIRST

A freshly cleansed gut can be sensitive. Start fermented foods with a *teaspoon*, not a bowlful, and build as tolerated. Diversity over time – many different plants and ferments across the week – is what truly rebuilds a resilient inner ecosystem.

Heal the lining, calm the fire

Years of burden often leave the gut lining frayed and permeable – so-called “leaky gut,” where particles slip through and keep the immune system in a state of low, chronic inflammation. Sealing that lining is how you finally turn the fire down at its source.

Bone broth The premier gut-healer – collagen, gelatine and the amino acid glycine that literally rebuild the lining. The broths from *Steady* come into their own here; sip daily.

L-glutamine An amino acid that is the primary fuel for the cells of the gut lining – a well-known ally for repairing intestinal walls.

Soothing demulcents Slippery elm, marshmallow root and aloe vera coat and calm an irritated, inflamed gut.

Anti-inflammatory foods Turmeric, ginger, omega-3-rich small fish, and a deep abundance of colourful vegetables – the everyday medicine that keeps inflammation low for life.

Remove the irritants Keep refined sugar, seed oils, alcohol and any personal trigger foods out while the lining heals – you can't soothe a fire you keep feeding.

INFLAMMATION IS THE THREAD

Notice how the whole journey lowers inflammation: clearing the burden removes the provocation, reseeded the flora calms the immune system, and healing the lining stops the leak. Lower inflammation isn't a separate step – it's the natural reward of doing the rest in order.



PHASE FOUR

Maintain

*Healing isn't a one-off event but a way of living.
Here's how to keep the ground fertile for good.*

Keeping the ground fertile

Once you've done the deep work, you don't need to live in permanent cleanse mode — that's neither necessary nor healthy. You simply weave in gentle, ongoing rhythms so the burden never builds back up. This is where *Roots* hands you back to *Steady*, for life.

Eat the terrain

Keep the everyday *Steady* way: real food, low sugar, herbs by the handful, fermented foods, broths. A body fed this way stays inhospitable to overgrowth on its own.

Drain, always

Keep the exit routes open as a way of life — movement, hydration, sweating, and the regular liver-and-colon support of your Better Out Co. practice, a few times a week.

Seasonal resets

Many do a lighter cleanse once or twice a year — a few gentle weeks, with the seasons — rather than one heroic effort. Far kinder, far more sustainable.

Lower the load for life

Carry the *Low-Tox Living* habits forward — less coming in means less for the body to ever clear again.

Deep healing isn't a destination you arrive at once. It's a relationship with your body you keep, gently, for the rest of your life.

The water fast

For those who feel called to go deeper, a short **water fast** — a few days on water alone — can be profoundly healing. Given true rest from digestion, the body turns inward to repair: clearing damaged cells (a process called autophagy), calming inflammation, and resetting the system in a way little else can. But it must be done *correctly and carefully*, or it does more harm than good.

THIS IS NOT FOR EVERYONE — PLEASE READ

A multi-day water fast is an advanced practice. It is **not** for anyone pregnant or breastfeeding, underweight, diabetic, on medications, with a history of disordered eating, or who is frail or unwell — and is best done with practitioner support. If you are new to fasting, start with the gentler overnight and intermittent rhythms in *Steady* before ever considering days.

Mineralise first — the golden rule

The greatest danger of fasting is not hunger but **mineral depletion**. A body low in minerals before a fast becomes depleted and unwell. So in the days *before*, build deep mineral reserves:

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- Shilajit** A mineral-rich resin traditionally taken to load the body with trace minerals and fulvic acid before fasting.
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- Mineral-rich foods** Bone broth, leafy greens, sea vegetables, a good mineral salt — eaten generously in the run-up.
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- Pure electrolytes** During the fast the body still needs minerals — but most electrolyte products are the opposite of healing: sugary powders full of flavourings, sweeteners and synthetic fillers in plastic tubs. I use **Quinton** instead, and it's in a category of its own.

WHY QUINTON, NOT THE SUGARY STUFF

Quinton isn't a made-up formula — it's pure **marine plasma**, harvested from nutrient-rich ocean plankton blooms and gently cold-filtered, nothing added. It carries the full spectrum of **up to 78 minerals and trace elements** in their natural, already-active *ionic* form — the same balance found in our own blood plasma, so the body absorbs it effortlessly, without having to break anything down. No sugar, no flavourings, no fillers, no plastic — just clean ocean minerals in glass. It comes in two forms: **Hypertonic** (stronger, energising — lovely in the morning or during a fast) and **Isotonic** (gentle, restorative — calming before bed). Exactly the kind of real, unadulterated mineral support a fasting or cleansing body thrives on.

Find it here: quintonstore.co.za/LAURA40955



THE KITCHEN

Recipes to heal by

*Twelve simple, repeatable meals to carry you
through – the everyday food of the whole journey.*

Living foods & healing drinks

CLEANSE-FRIENDLY recipes suit every phase; RESTORE ones come in once rebuilding.

Simple sauerkraut **RESTORE**

1 cabbage, shredded · 1 tbsp sea salt · (optional caraway or grated ginger).

Massage salt into cabbage till it releases liquid, pack tightly under the brine, leave 1–2 weeks at room temp. A daily spoonful reseeds the gut.

Quick cultured veg **RESTORE**

Carrots, cauliflower, peppers · garlic & dill · sea-salt brine (1 tbsp salt to 2 cups water).

Pack veg and brine into a jar, keep submerged, ferment 5–7 days. A crunchy, probiotic-rich side to any plate.

Golden turmeric chai **CLEANSE**

Homemade almond milk · turmeric, ginger, cinnamon, cardamom, clove · a little ghee or coconut oil · (pinch of cayenne).

Warm the almond milk with the spices and a little fat 5 min — the fat helps absorb the turmeric. A soothing, anti-inflammatory daily ritual, naturally sugar-free.

Ginger & lemon drainage tea **CLEANSE**

Fresh ginger · lemon · hot water · (pinch of cayenne).

Steep sliced ginger 5–10 min, add lemon. A warming daily sip that supports digestion and drainage between meals.

Herbal liver tea **CLEANSE**

Nettle, dandelion & a little milk thistle (see the *Apothecary*) · hot water.

Steep 8–10 min, covered. A gentle daily tonic for the liver and kidneys through the cleanse — mineral-rich and supportive.

Breakfasts that hold you

Sugar-free, savoury-led starts that keep blood sugar – and energy – steady all morning.

Herb & greens scramble **CLEANSE**

2-3 eggs · butter or ghee · spinach & courgette · big handful parsley & chives · avocado.
Soft-scramble in butter, fold through wilted greens and herbs, serve with avocado. The everyday sugar-free start.

Veg-loaded frittata **CLEANSE**

Eggs · asparagus, peppers, leeks, broccoli · garlic & onion · herbs · butter or ghee.
Sauté the veg, pour over beaten eggs, finish in the oven. Make a big one – cold slices are a perfect grab-and-go breakfast.

Savoury breakfast bowl **CLEANSE**

Leftover roast veg & greens · a fried egg · avocado · sauerkraut · pumpkin seeds · herbs.
Warm the veg, top with the egg, add avocado, a spoon of kraut and seeds. Breakfast as a complete, gut-loving plate.

Smoked fish & avocado plate **CLEANSE**

Mackerel or smoked trout · avocado · cucumber · rocket · lemon · dill & parsley.
No cooking needed – just plate and squeeze over lemon. Brilliant omega-3 fats and protein to carry you for hours.

Sautéed greens & eggs **CLEANSE**

Kale or spinach & mushrooms · garlic · ghee · 2 poached or fried eggs · herbs · pumpkin seeds.
Wilt the greens with garlic in ghee, top with eggs and seeds. Warm, savoury and deeply satisfying on a cold morning.

Coconut & berry chia porridge **RESTORE**

Ground chia or hemp & coconut, warmed in coconut milk to a porridge · cinnamon · a few berries · nuts.
Warm gently till thick and creamy – far nicer than a cold pod. The first gently sweet breakfast to welcome back in restoration.

Broths, soups & stews

The warm, healing heart of the whole protocol — sip and spoon these through every phase.

Healing bone broth **CLEANSE**

Beef marrow bones or a chicken carcass · splash of apple cider vinegar · onion, garlic, celery · bay, thyme, parsley · sea salt.

Cover with water, simmer low 8–10 hrs (beef bones) or 3–5 hrs (chicken). Strain. Sip a mug daily — the cornerstone of the whole protocol.

Anti-parasite veg soup **CLEANSE**

Onion, 4 cloves garlic, leek · broccoli, courgette, kale · 1 tsp turmeric · thyme & oregano · broth to cover.

Soften aromatics in ghee or coconut oil, add veg and broth, simmer 20 min, blend or leave chunky. Garlic and herbs make it quietly antimicrobial.

Oxtail & root stew **CLEANSE**

Oxtail · onion, garlic, carrot, celery · rosemary & bay · tin of tomatoes · broth.

Brown the oxtail, add everything, slow-cook 4–5 hrs till falling off the bone. Deeply mineral-rich and collagen-rich — healing in a bowl.

Chicken, greens & ginger soup **CLEANSE**

Chicken & broth · ginger, garlic, onion · courgette, greens, mushrooms · turmeric · coriander & parsley.

Simmer chicken in broth with ginger and garlic, add veg near the end, finish with herbs. The cold-and-flu healer — warming and restorative.

Creamy cauliflower & leek soup **CLEANSE**

Cauliflower, leek, onion, garlic · broth · ghee · thyme · coconut cream · chives.

Soften in ghee, simmer in broth till tender, blend with a little coconut cream. Silky and comforting, with no need for dairy or starch.

Savoury meals that nourish

Each one a full plate — protein, plenty of vegetables, prebiotics, herbs, and a tolerated carb where it fits.

Garlic herb chicken tray **CLEANSE**

Chicken thighs · Brussels sprouts, peppers, red onion, asparagus · garlic · rosemary & thyme · ghee or coconut oil. Restore: add roasted pumpkin wedges.

Toss everything on a tray, roast 35–40 min. Finish with fresh parsley and micro greens. A whole prebiotic-rich meal in one pan.

Baked fish & greens plate **CLEANSE**

Mackerel, sardines or cod · courgette, leeks, spinach · garlic & lemon · dill & parsley · butter or ghee. Restore: a little cooled quinoa.

Bake fish with lemon and garlic; sauté the greens and leeks alongside. Plate with herbs and a scatter of micro greens.

Liver, onions & cauli mash **CLEANSE**

Chicken livers · onion & garlic · cauliflower · butter or ghee · sage & thyme · side of sautéed greens.

Steam and mash cauliflower with butter; pan-cook livers with onion and herbs. Iron, B12 and vitamin A in one deeply nourishing plate.

Roast veg & pumpkin medley **RESTORE**

Pumpkin or butternut · Brussels sprouts, peppers, red onion, carrots · garlic · rosemary · ghee or coconut oil · a protein of choice.

Roast the medley till caramelised; serve beside eggs, chicken or fish. Pumpkin's gentle starch feeds you and your good bacteria both.

More mains & two healing salads

Beef & veg quinoa bowl **RESTORE**

Grass-fed mince or strips · broccoli, peppers, asparagus, courgette · garlic & onion · cooked quinoa · herbs · ghee or coconut oil.

Stir-fry beef and veg in ghee with garlic; fold through a modest scoop of quinoa. Top with parsley and micro greens.

Roast duck breast & the trimmings **RESTORE**

Duck breast · Brussels sprouts · roasted butternut · homemade red cabbage (Rotkohl: braised low with onion, clove, bay & a splash of vinegar) · thyme.

Pan-roast the duck in its own fat till the skin crisps and the centre stays pink; rest. Roast the sprouts and butternut; braise the cabbage slow. A gorgeous restore-phase feast.

Crustless gluten-free quiche **CLEANSE**

Eggs · leeks, asparagus, spinach, peppers · garlic & herbs · ghee · (cheese only if grass-fed & unpasteurised). Optional almond-flour crust.

Sauté the veg in ghee, pour over beaten herby eggs, bake till just set. Crustless for Cleanse, or with an almond-flour base. Brilliant hot or cold, all week.

Green salad, herby pesto dressing **CLEANSE**

Leaves, cucumber, avocado, roasted veg · pumpkin seeds · *pesto*: basil & parsley, garlic, olive oil, nuts, lemon, blitzed.

Pile the salad, add protein of choice, dollop with the herb pesto. All those herbs make the dressing practically medicine.

Healing ginger & herb salad **CLEANSE**

Shredded greens, cabbage, carrot, herbs · *dressing*: grated ginger, lemon, olive oil, garlic, fresh coriander & mint.

Whisk the warming ginger dressing, toss through. Bright, antimicrobial and digestion-loving — lovely beside any grilled protein.

Healing flavours: India & Arabia

Cultures that cook with healing spices and herbs by the handful – proof that protocol food can be a feast.

Palak paneer **RESTORE**

Spinach · onion, garlic, ginger · turmeric, cumin, coriander, cardamom · ghee · paneer (only if grass-fed & unpasteurised – otherwise cubed chicken or chickpeas).

Soften aromatics in ghee with the spices, add blanched spinach and blend smooth, fold through the paneer or protein. A turmeric-rich, deeply savoury classic.

Kitchari **RESTORE**

Split mung dahl & a little rice · ghee · cumin, coriander, turmeric, fennel, ginger · vegetables · coriander leaf.

Toast spices in ghee, add rinsed dahl, rice and veg, simmer to a soft porridge. Ayurveda's great gut-resting, restorative one-pot meal.

Malay kofta curry **CLEANSE**

Beef or lamb mince · onion, garlic, ginger · cumin, coriander, turmeric, cinnamon, clove · ghee · tomato · coriander & mint.

Roll spiced mince into koftas, brown in ghee, simmer in a spiced tomato sauce. Serve over cauliflower rice (Cleanse) or a little basmati (Restore).

Mezze: hummus, tabouleh & vine leaves **RESTORE**

Chickpea hummus with garlic, lemon, tahini, olive oil · herb tabouleh (cauliflower or quinoa, not bulgur) · stuffed vine leaves · spiced grilled chicken skewers.

A whole mezza feast of herbs, good fats and protein. Chickpeas and grains are restore-phase carbs – modest portions, with the chicken.

THE POINT OF ALL THESE

Look how much is on the table: spices, herbs, vegetables, good fats, real proteins, world flavours. Healing food was never about deprivation. Eat richly, cook with joy, and let these recipes carry you through – you'll barely notice what you left behind.



ONE LAST THING

Healing happens in order

If you take one thing from *Roots*, let it be this: the sequence is the secret. Prepare, then cleanse, then restore, then maintain. Open the doors before you clean the house. Support the body more than you challenge it. And never, ever rush.

This is the deep work — and it's some of the most rewarding you'll ever do for yourself. Walk it slowly, ideally with a good practitioner beside you, and let your body do what it has always known how to do: heal, from the roots up.

With care,

Laura

FOUNDER, BETTER OUT CO.

This guide is for general education only and is emphatically not medical advice, diagnosis or treatment. Deep-cleansing protocols, antiparasitic herbs and binders can be powerful and carry real risks; they can interact with medications and are not suitable for everyone. Do not undertake the cleansing phase if you are pregnant, breastfeeding, a child or adolescent, frail, immunocompromised, seriously ill, or unsure — and consult a qualified doctor or functional-medicine practitioner before beginning, ideally with proper testing. If you feel unwell, stop and seek professional care. Nothing here replaces the guidance of your own practitioner.