

2022: Have I Got Leaky-Gut?

**Asthma? Allergies? Watery Eyes? Asthma? Grave's disease?
Irritable Bowel? Lower-back pain? Arterial Sclerosis?
Auto-immune disease? Dementia? Parkinson's? Alzheimers?
Multiple Sclerosis?**

The 10-cent, 5-minute, Do-it-Yourself Leaky-gut Test

**First-thing in the morning, on an empty stomach,
peel and finely-chop 1 or 2 cloves of garlic to make 1 large teaspoon-full**

‘Swing’ the loaded teaspoon, between thumb and forefinger, into the mouth; gently tapping the stem of the spoon on the front teeth—to project the contents to the back of the throat (to minimise the unpleasant taste).

Wash-down with a mug-full of cold water

Eat and drink nothing for 1-hour

Then eat and drink normally

How does it work?

The garlic will kill most of the bacteria in your gut. The bacteria will rot and turn into endotoxins (highly poisonous chemicals) in around 6 to 20 hours. If you have Leaky-gut, those poisons will leak through the gut wall into your bloodstream, stripping the myelin insulation off the nerves in your brain, producing a bad headache. The liver will then cleanse the blood of the toxins; taking 20 to 24 hours to do so. When the blood has been cleansed the headache will disappear. If you do not have leaky-gut the toxins will not leak through the gut wall and the garlic will not produce a headache.

To control Leaky-gut

Keep the bacterial-count low, by repeating the above every 7 days. As the count reduces, every 7 days, the garlic-headaches will become less severe.