How this Slimy, Toxic Film Growing in My Body Unlocked the Secret to my 15-Year Battle with Fibromyalgia

The Biofilm & Fibromyalgia Connection and Why Many Doctors Still Haven't Heard of It

This is a bacterial biofilm.

If you want to uproot the cause of your fibromyalgia or chronic illness for good, this will be the most important message you will ever read. Here is why:

It took me years of research and trial-and-error to realize how important this was in ending my chronic health problems.

I suffered for a very long time with fibromyalgia/CFS and an autoimmune condition called Ulcerative Colitis.

It wasn’t until I began learning about biofilm and the role it plays in these type of conditions - that things began to dramatically shift.

What I’m about to share with you is something that’s not only worked for fibromyalgia/CFS, but for many conditions, such as IBS/IBD, autoimmune diseases, Lyme disease and Candida overgrowth.
I’ll spare you the story of my long, 15-year journey as I’m sure you may already understand how horrible it can be.

But suffice to say, I felt extremely alone. Even with my family and friends.

And the medical professionals, whom I’d put so much faith into, could never really understand the kind of life I was living on the inside. Nor did it seem like they really cared.

**Lesson #1:** Almost all “healthy” people you meet take their health for granted – and it’s almost impossible for them to understand just what you’re going through – until they’ve been there themselves.

Does this look familiar to you?

**Circle where it hurts**

I was such a mess. Although I didn’t admit it, I was hiding from the world.

This isn’t who I was. Nobody was seeing the REAL me. I felt like a shell of my former self, buried under foggy layers of fatigue, depression and just downright helplessness.

“Is this just my life now?” became a recurring question. It was also one of my deepest fears.
Give up or Fight...

And it was around this point I realized I was on my own.

I was the one who had to live with myself every day. Not my doctors. And I was the one who had to figure this thing out.

I had to make a decision. Either decide my life was basically over and give up, or fight for my darn life. Fight for answers I knew must be out there. Somewhere.

And I am almost certain I still would be sick today if it wasn’t for a medical study I stumbled upon. This study would reveal the 1 thing that 100% of the people who also have my symptoms, have. (I will reveal this study in a moment)

Then I did something really drastic. I quit my job. I moved back in with my parents and I dedicated my life at that time searching for answers. I poured over countless medical research papers.

My First Big Discovery...

When I would find something that showed compelling results in a study, I was determined to give it a try. Besides, I really had nothing to lose. I became so good at researching these studies, I was actually stumping the doctors and specialists I was seeing, who began asking me for copies of these studies.

And it took me years of trial-and-error. (Doing research through severe fibro fog and fatigue can be a job in itself)

And it wasn’t until much later that I made my first big discovery.

Earlier, I told you 100% of the people with fibromyalgia have this? Well, it's an overgrowth they have.
There was a new research study being done at Cedars Sinai in Los Angeles revealing that **100% of the people who had fibromyalgia also had something called SIBO** (small intestinal bacterial overgrowth).


This had me immediately sitting up in my chair. And it set me on a quest which would ultimately uproot the cause of my pain and symptoms and experience true vitality for the first time in my life.

“They Work Together As One Organism...”

And what I soon discovered next about these little bugs totally blew me away.

If you’ve been dealing with fibromyalgia or chronic illness, then **what I’m about to reveal is going to be an immensely important concept to grasp.**

Doing so will require a huge shift in your perspective. So please bear this in mind as I explain.

There is an epic battle for survival happening in our bodies each day, which science is only now beginning to scratch the surface on.

Did you know humans are actually made up of more bacteria cells than human cells? But did you also know that these stealthy invaders are literally talking with each other, as one organism, in order to manipulate our bodily functions? [2] Is eating behavior manipulated by the G.I. microbiota? Alcock J, 2014

Like trick our immune cells? Or trigger pain signals? They can even cause extreme sugar cravings!

I realized if these tiny organisms were causing my suffering, I needed to learn how to get rid of them ASAP.
That’s when I discovered something even more disturbing.

A new topic which was getting more and more attention. One that seemed to make even scientists uneasy - requiring a huge paradigm shift in how they viewed these microscopic bugs.

It’s something called **biofilm**.

Some people know biofilm as the plaque that forms on your teeth and is actually the main reason we get dental cavities. But biofilms are creating **problems in many other areas within our bodies as well.** [3]

cdc.gov/healthywater/hygiene/disease/dental_caries.html, 2010

**What is Biofilm?**

Biofilm is a slimy, toxic film these bugs will secrete. They use it to live under. To survive and to populate within our bodies. And it’s now considered to be the top reason why many chronic diseases persist and why antibiotics are no longer as effective as they once were.

That’s because biofilms are nearly impossible to penetrate. It’s been documented that bacteria protected within biofilms are up to 1,000 times more resistant to antibiotics, than if they were free-floating. [4] Bacterial Biofilms in Nature and Disease, J. William Costerton, 1987

Researchers are only now beginning to get a handle on exactly how these biofilms operate.
Not too long ago, scientists believed that these bugs were free-floating, or in planktonic states within the body. They’ve now discovered that roughly 95% of bacteria and other harmful bugs, (Candida, parasites and fungus), are not free-floating, but are instead thriving under the protection of these biofilm communities.

Here’s how biofilms work: They secrete a glue-like plaque, which permanently attaches along your insides. This plaque turns cement-like, creating a solid foundation for colonies to build upon. [5] http://bacteriality.com/2008/05/biofilm/, 2008

This plaque gets lodged into so many vital organs and systems. **It ends up blocking vital nutrients, blood flow and oxygen to your muscles.** This would definitely explain why more and more pain would pop up in my body.

Research shows biofilm colonies will grow almost anywhere in the body. Your G.I. tract, bladder & urinary tract, sinuses, arteries, lungs, mouth & eyes, and even your skin. [6] Biofilms the Hypertextbook Alfred B. Cunningham, John E. Lennox, 2001
How Biofilms Hurt Us

A study from 2016 had uncovered something very interesting. When these biofilms mature, they produce what’s known as bio-toxins. These are chemicals specifically designed to turn off our immune cells. [7] Bacterial Exotoxins: How Bacteria Fight the Immune System. Inka Sastalla, Denise M. Monack, 2016

The fact that these bio-toxins are harmful to us is concerning. But what’s even more alarming is they’re playing a key role in several autoimmune diseases, chronic inflammation and Alzheimer’s disease; as outlined in a 2015 study published by the Drexel University College of Medicine. [8] Alzheimers Disease: A Novel Hypothesis Integrating Spirochetes, Biofilm, and the Immune System Herbert B. Allen*, Diego Morales, 2016

The study discovered that our immune cells simply can’t penetrate this biofilm layer to kill these invaders. So instead, our cells will end up destroying our surrounding tissue, leading to severe devastation, much more rapidly.

It’s like your army of immune cells are lined up and ready for the fight. Only they’re never able to penetrate the enemy walls – and so they just end up fighting what’s left – your body.

I was shocked, (even a little grossed out), to discover what these studies had revealed. And this is just a tiny fraction of what science is currently uncovering on biofilms.

Just in the past few years alone, over 320 studies have surfaced, all linking biofilms with over a dozen different chronic diseases. What is going on?
A Toxic, Is Reached...

But inflammation isn’t the only thing working against you. As these populations increase over time, more and more bio-waste is generated over the life-cycles of these organisms.

All the living, dying and defecating of these microorganisms creates a daily influx of waste in the human body, slowly reaching a critical mass.

These bug secretions are currently being studied. Already, several types of neurological toxins, called “endo” and “exotoxins”, have been identified, and are suspected to play a major role in pain, fatigue, mood disorders and gastrointestinal distress. [9] Bacterial Exotoxins: How Bacteria Fight the Immune System. Inka Sastalla, Denise M. Monack, 2016

What are these toxins?

**Exotoxins** are what make up these biofilm layers.

**Endotoxins** are what these bugs secrete to break down passing nutrients and biological matter (human tissue), for food.

The body is literally being drip-fed an ongoing supply of these toxins. And in turn, this triggers a whole host of neurological symptoms such as pain, fatigue, gas & bloating and mood disorders [10] Regulation of microglial inflammatory response by sodium butyrate. Huuskonen J1, Suuronen T, 2004
The immune system sees these “foreign invaders” and mounts an all-out attack.

The only problem is, this attack is continuous. Never ending.

Your body is constantly “under attack”. In a continuous state of code red.

Your body becomes overburdened while this war is going on. And all of your energy gets zapped just to keep up with it all.

But this line of research got me excited. Could biofilms be at the root of my problems?

As I looked back at all I was going through, it started to make sense. That an overgrowth of these biofilms could be polluting my body and making my immune system go haywire.

How I Finally Found My Solution

I was intrigued. But what I needed was to find a way to beat this war that was going on in my body. Because no doubt, they were winning.

These biofilms were literally sucking the life out of me. By constructing their barricades all over my body (and probably my organs too), and increasing my pain each day.

I then read about a natural substance that proved to be a clear-cut winner at breaking down biofilm. In fact, it’s something our bodies already naturally produce to break down other unwanted things such as fibrin and scar tissue.

These are enzymes.

Each day we require hundreds of different enzymes for almost every action the body performs.
The problem is, **dissolving biofilm is a huge job**, and many of us simply don’t produce enough of these specific enzymes to keep biofilms in check. Coupled with the modern, sugary diet and America’s obsession with antibiotics, this problem becomes magnified.

There are literally thousands of unique enzymes the body produces. However, I isolated a handful which work extremely well to specifically dissolve biofilm.

Actually, these same enzymes have long been used for their **anti-aging**, **anti-inflammatory**, **anti-viral** and **blood cleansing** properties for centuries.

These all-natural enzymes can work quickly and effectively, to break down biofilm barriers to expose these harmful bugs.

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**My First Biofilm Protocol**

I began experimenting and found a specific combination of enzymes showing the most promise for safely dissolving biofilm in the body. I then decided to try them on myself. [11]

*Biofilm-degrading enzymes from Lysobacter gummosus. Anke Gökçen, 1 Andreas Vilcinskas, 2014*

I had nothing to lose at this point. So, I organized my arsenal of enzymes, and began my first biofilm protocol.
Not too long into the protocol, I realized these enzymes were hard at work. Quickly breaking down years’ worth of biofilm strongholds within my gut, sinuses and other organs.

I knew this because I could actually see the biofilm plaque leaving my body through my nose and stool. Yes, it’s gross, but if you’ve been sick for long enough, this kind of stuff is actually pretty exciting to see happen. Because something different is happening.

One of the very first things I noticed was my sinuses began clearing up. I was waking up with clear sinuses and my sense of smell had returned. I learned much later that sinus infections were actually biofilm issues.

In the first couple of weeks I noticed I wasn’t as tired or fatigued. I seemed to have a little bit more stamina and my constant neck pain had diminished.

It wasn’t until later I refined my approach, by following a specific diet and introducing spore probiotics to my daily regimen.

The diet was there to help kill off any resilient bug’s leftover, and the specialized probiotics were used to restore my gut microbiome with friendly colonies and help ease any bug die-off reactions.

**With each passing week, I was getting stronger and stronger.**

I began waking up feeling refreshed from a deep nights rest and my body just felt lighter.

It’s like my body began to feel calm. Like a giant engine inside me had finally turned off.
Lesson #2: The strange thing about being chronically ill is that I never *realized* how sick I was until I began to feel better.

By day 47 into my protocol, I felt totally different. It’s hard to explain, but it’s almost like my body was transparent. I felt no pain - nor heaviness. It felt like I stepped into a new body. One that was 25 years younger.

Looking back now, it makes perfect sense.

Because if our bodies are made up of more microbe cells than human cells, then shouldn’t the focus should be on balancing our microbiome?

Modern medicine is beginning to recognize this as well, and it’s exactly why so much research has been centered on the microbiome in the past few years.

The more vitality I began to experience, the more I wanted to share my discovery with others. I knew it would benefit so many, who like me, were trying to get free.

But first, I needed to simplify it. Fit it into a step-by-step, easy to follow protocol.

For the last 5 years, myself along with a few other former patients, have been perfecting and refining this method. And it’s already helped so many get their life back.

Here’s How It Works:

Essentially, there are 3 steps:

1. **Dissolve** - Dissolve the biofilm
2. **Remove** – Remove the dying bugs and toxic buildup
3. **Restore** – Restore the gut microbiome with specialized probiotics
I found it must be done in this order or else you’ll be perpetually stuck just trying to get past step 1.

The plan consists of 3 basic steps. **Disrupt, Remove & Restore**. We will try to give you as much detail as possible so that you can understand the why & how of this plan, without getting into information overload. (We’ve found if you understand the why & how it’s much easier to remember & follow through with the plan.

**The 3 Step Biofilm Protocol:**
I want to take you through, step-by-step, how to do it:

**Step 1: Dissolve**

**Dissolving** biofilm is a *big* job. It requires a large quantity of enzymes on a continual basis. You want to keep the pressure on these colonies. I find it’s best to keep a constant supply of enzymes circulating through your bloodstream for best results.

To achieve this you will need to take them systemically, which means on an empty stomach at least 1 hour away from food.

Now, you’ve given your body what it *really* needs to fight for you.
Here’s the most critical factor about enzyme supplements. **They need to be loaded with protease.** If they don’t have at least 150,000 HUT of protease, they aren’t going to do the job.

We’ve made sure to use at least 200,000 HUT of protease just to be sure they can do even the toughest job. Once taken, these enzymes will start to dislodge, break-up and eliminate these colonies. Marching them right out of your body, the same way they came in.

Biofilms are made up of proteins, sugars and fats. So you want most of your enzymes to specialize in the breakdown of these 3 things. Let’s examine exactly what’s required:

### Protease Enzymes

*Dissolves biofilms and fibrin. Cleanses the blood of debris and kills invading bacteria.*

Often referred to as the super enzymes, Serrapeptase and Protease S are the true workhorses of the biofilm disrupting component of this formulation. In order to breakdown the tough wall of biofilm, it requires a lot... of protein digesting enzymes and Protease S & Serrapeptase are among some of the most powerful enzymes currently used[^12]! Any biofilm disrupting supplement should have a minimum of 150,000 HUT (Hemoglobin unit on a Tyrosine basis) of activity. We made sure to provide a minimum of 200,000 HUT for our formula.
Cellulase & Hemicellulase

Dissolves the polysaccharide structures of biofilm walls. Converts sugars into energy.

No biofilm dissolving formula is complete without the use of cellulase and hemicellulase to support the break down of the polysaccharide element of biofilm. Polysaccharide are complex sugars that bind with protein... molecules which actually make up most of the biofilm structure. If you don’t have these sugar dissolving compounds, you are missing a critical element to biofilm disruption.

Glucoamylase & Amylase

Promotes the dissolving of biofilm structures and breaks down nutrients for the body.

Present in saliva, and also secreted by the pancreas, these enzymes serve 2 purposes in Restore 3: To support breakdown of the biofilm barrier by removing the free glucose molecules... from biofilm walls allowing their structures to further break down. And to convert these glucose molecules into immediate, usable energy for the body. Studies[^13] have shown glucoamylase may be useful in reducing gas, bloating, heartburn and loss of appetite.[^14]
Lipase

Supports the breakdown of leftover fats in the intestines, arteries and bloodstream.
Lipase is an enzyme the body uses to break down fats in food so they can be absorbed in the intestines.
Lipase is produced in the pancreas, mouth, and stomach. Lipase isn’t a proteolytic (protein digesting), however it compliments the action that the proteolytic enzymes have by working on leftover fats and carbohydrates both in the intestinal tract and the bloodstream — cleaning up what proteolytics cannot touch.

Step 2: Remove

The Remove step begins almost at the same time you start dissolving the biofilm. Once you’ve successfully opened up the biofilm layer, your immune system, and Restore 3, can now kill the bugs hiding beneath.

In the Remove step, I used something to bind with the toxins as they were being pushed out. This way, they wouldn’t get reabsorbed by my body. My favorite is EDTA, because of its successful use in clinical settings for several decades and because of its incredible ability to bind and remove heavy metals, bio-toxins and even buildup in the arteries.

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For people who are on an accelerated biofilm protocol, the Remove step is also where using natural antibiotics and antifungals, such as oregano oil, olive leaf extract or grapefruit seed extract can be extremely effective against any stubborn colonies.

These 3 natural extracts are very powerful against any type of bug that could be dominant in the body. Especially the 4 most common bugs: bacteria, yeast, parasites or fungus.

Another critical tip in this step was to keep my detox channels clear and moving at all times. Sometimes there can be a lot of dead and dying microbes leaving the body, along with the biofilm, and you want to make sure it doesn't clog up your system or get reabsorbed.

A few tips here: Keep your colon flushed. A clean colon is key! Make sure you are having at least 1 bowel movement per day with 2 or even 3 being ideal. Lots of water, lots of fiber, and moving your lymph system are all helpful, to make this step as comfortable as possible.

**Mini-trampoline – Best tool for moving your lymph fluid** (a.k.a. the body’s sewage system)
When you’re moving out biofilm colonies, you’ll be stirring up toxins that have been lodged in the body, often for many years. It’s important to make sure these toxins leave your body and don’t get stuck in your cells. Exercising on the mini-trampoline is a very effective way to properly move your lymph system within the body,
collecting this waste for safe removal.

**Toilet Stool** – Great for detoxification and keeping regular.
Something else I use daily is a toilet stool. Not only does it help with making the process a lot easier and less strained, but it’s actually designed so that you can achieve a full elimination every time you go, ensuring that you aren’t reabsorbing toxins as you are moving them out.

**Skin brush** – Dry skin brush before showers supports your largest detox organ – your skin.
A powerful detox tool, dry skin brushing can stimulate the lymph system, remove old skin cells and can help increase circulation.

**Step 3 – Restore**

Step 3 is the last and my most favorite step. The goal of this final step is to **Restore** your gut microbiome with friendly bacteria and the vital nutrients your body needs, in order to stabilize your health for good.

The general concept is to flood and recolonize your gut microbiome with a large amount of probiotics. Spore probiotics (soil-based), have shown to work best for people with a prior chronic illness. Because of 2 main reasons: They do not produce histamine, and they can survive even the harshest
stomach acids and reach the large intestine (where they belong), with over 90% survivability.

Most probiotics on the market are so sensitive, they generally won’t even survive the trip to your doorstep without losing the majority of their numbers.

One of the most powerful spore probiotics Dr. Donn recommends is a strain called Bacillus coagulans. This particular strain is specifically designed for killing harmful bacteria and yeast from your gut and reversing inflammation in the body. Bacillus coagulans has been recognized by the FDA as GRAS (generally regarded as safe) which is about as good as it gets with supplement ingredients.

Bacillus Coagulans

Probiotic bacteria promotes a healthy intestinal environment, supporting immunity, digestion & crowding out pathogenic bacteria.

Much research has been done on Bacillus coagulans in the past 10 years and several recent studies in particular have indicated B. coagulans to be a powerful catalyst in... significantly improving abdominal pain and bloating in people with IBS and other related symptoms [15],[16]! B. coagulans is one of the few probiotics that doesn’t require refrigeration and is able to survive the exposure to the acid and bile it encounters in the GI tract while having the unique ability to rapidly colonize once it reaches the intestinal tract. Most probiotic supplements do not go on to colonize the GI tract.
This next specialized probiotic, Bacillus subtilis, has been widely used for over 100 years in Japan and is one of the most powerful probiotics ever discovered.

Bacillus Subtilis

Suppresses the growth of harmful pathogens, strengthens immunity & enhances the growth of other beneficial probiotic strains.

Bacillus subtilis has long been an important part of the traditional Japanese fermented food, Natto, and the consumption of this has been linked to several health benefits. B. subtilis also exists naturally in a healthy human G.I. tract. Just like B. coagulans, it is an extremely hearty, spore forming probiotic that requires no refrigeration and studies indicate its ability to target and colonize and crowd out pathogenic bacteria in the gut, produce protease and amylase enzymes and stimulate the growth of various lactobacillus species of beneficial probiotics. B. subtilis has also been used as an anti-bacterial and anti-fungal agent in industrial and medical applications and at one point was widely used as a broad spectrum antibiotic, which was lost after less costly methods of producing antibiotics were discovered.

B. subtilis has been granted "Qualified Presumption of Safety" status by the European Food Safety Authority.

Lastly, you’ll want to restore your body with the most important mineral on the planet – magnesium. Magnesium is needed for over 300+ chemical reactions in the body and is almost always the first mineral we all go deficient in. It’s estimated that about 80% of the population is deficient in vital mineral. Magnesium malate, is the highest quality magnesium, which has around a 70% absorption rate, compared to a dismal 4% magnesium oxide has.
Do You See the Challenge with Biofilms?

This is breakthrough, leading edge science only now being uncovered. So it’s not your fault you didn’t know this. How could you know?

Many doctors still don’t even know this.

I’m willing to bet that a large portion of doctors still don’t know what a biofilm is, yet alone, how far-reaching the damages really go.

All any typical doctor would ever do for me was prescribe me something to numb the pain that I was in.

But I don’t want to numb the pain, I want to kill the cause - and get on with my life!

It’s been 5 years now since I first did that protocol and everything changed for me. There is a deep well of vitality and liveliness that lives in
me now. It never goes away. The dominant feeling I used to feel was hopelessness. Now it’s gratitude – for what my life feels like now.

I’ve since repeated this protocol 3 other times, and with other patients. With each new round, I’m dissolving deeper layers of biofilms. Bringing my body into fuller and more lucid states of vitality and wellness.

**Lesson #3: The body wants to heal. That’s the job it’s designed to do. It just needs the right environment to do so.**

And our job is to simply provide our body with the right environment. That’s what the 3 steps are all about.

My purpose in life became clear. To awaken this same vitality and vigor in others, and empower them with the action plan to do it.

I went through many pitfalls to get here. I’ve since guided hundreds of people who were just like me, struggling to find something that worked. Something that made sense.

We know what works and what doesn’t. We know how to accelerate this protocol so you see results much quicker. And we know where the traps are, that so many get stuck in.

Eventually, myself and a small group of other patients, distilled all of what we’ve learned into what’s now widely known as the Restore 3 Program.

It’s a proven, step-by-step system that quickly clears out the biofilms which are sabotaging the body’s recovery efforts. And it eliminates the root cause of pain. Finally, it restores the gut microbiome with the vital nutrients and probiotics it needs to repair itself for good.
But don’t just take our word for it. Here’s what Gail Powers, one of our earliest success stories from our beta program, wrote in to say about Restore 3:

“I wake up refreshed and alive…”

“I can’t begin to explain the type of life that I was living while coping with fibromyalgia. Some days I would wake up and just stay in bed for 2 hours. I would keep my coffee maker next to my bed, just to give myself a boost out of bed. Once Restore 3 got to work in my body, the changes were dramatic. I could now practically spring out of bed easily and without all those aches and symptoms. It was unbelievable. A welcomed, strange feeling to feel so good after so many years of feeling so bad. I could actually sleep deeply and wake up refreshed now, every day. Thank god I did this. It was like I was living my life walking around wearing lead clothing that just finally dropped off. I feel like I’ve got a new life.” -Gail Powers, Albany, NY

*Testimonials are individual accounts. Results may vary.

The Restore 3 Program
A Complete Enzyme & Probiotic Restoration Program

Discount Membership 3 Pack Discount Single Bottle

$49.00 / month

60 capsules - 1 month supply
Free Shipping - Free 67-page Guidebook

ADD TO CART

Rated 4.5 star (104 Customer Reviews)
Retail $67.99
Skip or Cancel Any time
60 Day Guarantee

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What’s Included in The Restore 3 Program:

Report #1:

**Instant Download of the “Restore 3 Handbook” eBook**

**FREE for a limited time only**, this guidebook, written by former long-time sufferers, guides you through an easy to follow, **3-Step Action Plan** which can help relieve your symptoms quickly†.

Inside this 67-page eBook you’ll discover:

- Our **3-step action plan** we used for our success
- The **Top 5 foods you absolutely must avoid**
- How this **1 simple trick** can boost energy levels
- **How to dissolve biofilms** safely and effectively

This eBook is available to members of the Restore 3 Program and **can be downloaded instantly to your computer after joining.**
Report #2:

Instant Download of “47 Proven Tips to Feel Better Fast” eBook

This Special Bonus Report titled “47 Proven Tips to Feel Better Fast” available for immediate download.

- The 1 thing you’re likely doing every day to keep you in the ‘sick-loop’

- How to safely jump-start this bodily process to give you all-day energy

- How to use this cheap & abundant natural mineral to help you sleep deeply

- The most important thing we make sure to do every day to ensure vibrant health.
How to Take Restore 3

With just 2 capsules per day, Restore 3 goes to work in your body. Doing the heavy lifting of breaking down tough biofilms which are causing the pain, fatigue and digestive bloating.

Some temporary side effects could include a familiar symptom or two resurfacing, once Restore 3 begins clearing and moving out these biofilm colonies. This is a good sign because it means it’s actually working for you.

Take it once, either in the morning or evening, whichever you prefer.

It’s all-natural and vegetarian. And doesn’t cause any of the dangerous chemical side effects a lot of pharmaceutical drugs do.

There’s not even a pharmaceutical drug out there that does this.

Restore 3 is in a class of its own, there really is nothing out there quite like it.

And they come delivered right to your doorstep each month. You pay zero shipping or handling.

**We’ve done all the trial-and-error for you.** Designed by former patients, Restore 3 completes all 3 actions in one formula, to target the root of the issue. And finally get your life back on track.

Each order comes with The Restore 3 Handbook. It’s your step-by-step guide that carries you through the protocol. It includes what to eat, the traps to avoid and how to maximize your results so you can begin feeling better - *fast.*
Why Restore 3?

**Supports Rapid Biofilm Disruption** – Quickly and safely eliminates fibromyalgia pain†

**Clears Out Bacteria & Yeast Buildup** – No more Fatigue & Digestive issues†

**Step-by-Step Guide** – Be guided along each step of the way†

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**A Growing Problem...**

*Here is a fact: biofilms aren’t going away.* They’re too resilient. I can guarantee you they’ll just keep on talking with each other, figuring out new ways to grow under the safety of their biofilms each day.

Unless they’re targeted and destroyed. That’s why Restore 3 was created.

What do you have to *lose*?

Except for the pain? Or waking up each morning stiff and achy? Or just plain *exhaustion* - not being able to take part in life because you’re just not fully present?

It’s no wonder you’re feeling this way. Your body is constantly at war, even in your sleep!
The #1 truth I've found, after walking hundreds of people through this protocol, is this: \textit{The sooner these biofilms are controlled, the faster your body can rest. And go back to doing the job it’s designed for.}

**My No-Hassle, 60-day Money Back Guarantee**

I’m going to take away all the risk for you, right now.

Why? \textit{Because I know this will work.}

And if it doesn’t work, \textbf{you can have every dollar back} you paid for it.

You don’t even have to decide now, I’ll give you 60 whole days to try it.

We don’t want you paying for something which hasn’t totally transformed you. \textit{We love} seeing total transformation in our customers. Honestly, it’s why we do this. \textit{We thrive} on hearing your transformation stories. And anything less is our fault.

We respond to every email, phone call and message we receive. Because we’re eager to serve those who have stood up – like we did - and made the self-honoring decision to take action and finally turn their life around.
What Comes with the Restore 3 Program?

- The Restore 3 supplement delivered directly to your doorstep each month to keep you on track.
- Instant download of “The Restore 3 Handbook” which covers, in detail, the exact steps you need to take in order to eliminate your fibromyalgia for good.
- Instant download of “47 Proven Tips to Feel Better Fast” which covers all the most effective body hacks you can do to immediately start feeling better.
- My iron-clad, no-hassle **100% money back guarantee** that lets you try out this powerful formula for yourself with absolutely no risk involved for you.

This is NOT about taking a “magic pill” and hoping your problems will simply go away.

This is a *proven roadmap* – a guaranteed way out of the nightmare that so many of us have become prisoners to.

What comes with your roadmap?

- Quickly dissolve fibrin buildup and other pain causing blockages in the body, so you can be more youthful and flexible.

- Enjoy a greater delivery of oxygen and nutrients into your cells for more energy and less muscle fatigue.
• Have an army of specialized, friendly probiotics going to work for you, targeting and destroying harmful bugs.

• Break down undigested fats, proteins and carbohydrates left sitting in your G.I. tract.

• **Accelerate and unlock your body's own healing power.**
  • Safely dissolve biofilms, exposing bad bugs and maximizing the effectiveness of antibiotics.

• **Magnify the power of any other supplements you take - and delivering them where they need to go, directly to your cells.**

• Why these 9 trendy "health foods" everyone is eating, are actually keeping you sick.

• **The simple fix you can do (for free) at every meal, to ensure you never experience gas and bloating again.**

• How to safely stimulate this bodily gland to flood your body with this natural, "pain-dissolving" compound each day.

• **The 1-hour fix to flush your body of these "pain-breeding" toxins - from the comfort of your own home. (pg. 28)**

• How and when to make your own probiotics for pennies on the dollar. (pg. 13)
• What the "Herxheimer reaction" is and how to use it to your advantage to propel your health into new heights.

• How to eliminate the biggest source of chlorine toxicity that almost EVERYONE is unknowingly exposing themselves to each day. (pg. 29)

• Learn the correct way to eat to drastically reduce indigestion after meals - you'll be surprised at how simple it is.

• How this 2 minute adjustment (you can do on yourself at any time) can fix over 50% of your digestive issues immediately. (pg. 30)

• How this cheap, product in everyone's kitchen cabinet unlocks the secret to fully hydrating at the cellular level. (pg. 31)

All for just $49.00 per month. But this price is increasing to $59.00 very soon.

What’s the worst scenario? If you’re not happy with Restore 3, you’ll get a full refund. No questions, no hassles, no problem.

And you can still keep the 2 eBooks that come with your order as a thank you for giving it a try.
What’s the best scenario? You can expect to feel lighter, have more vitality and energy…and finally be done with this issue once and for all…And get on with living the life you’ve been wanting to live.

“I was skeptical…”
“I was hesitant to try this product after many failed attempts at natural remedies for fibromyalgia. It was at the constant urging of my best friends mother who had tried Restore 3 with great results. It’s been a long road but I feel I’ve finally been able to get my life back. Thank you Native Formulas.”* -Sarah Bowman, Florida

*Testimonials are individual accounts. Results may vary.

“Really a complete supplement…”
“I’m very impressed to find a company that actually gets it. Soil based probiotics and systemic enzymes have both been incredibly effective in my journey to recovery and I used to have to purchase and take them separately. Restore 3 is a product that understands what fibro and cfs is about and have delivered a fantastic program. You have a loyal customer.”* -Bryant Conner, Alaska

*Testimonials are individual accounts. Results may vary.
“Wow…”

“I am so impressed with this product. I just wanted to write to say thank you for helping me get my life back. I didn’t realize how sick I was feeling each day until I began to get better. You have a loyal customer.” – Janelle Scott, Nevada

*Testimonials are individual accounts. Results may vary.

“Off my meds…”

“I was diagnosed with fibro in 03, which was before anyone even really knew what it was it seemed. It wasn’t until years later that I was able to take a prescription for it which seemed to help, but left me feeling dizzy and tired. Restore 3 wasn’t the first time I tried natural remedies for fibro, but it certainly will be my last because I am simply amazed at the results. My pain levels dropped from an 8 to a 2 in a matter of weeks. I have more mobility and best of all my mind is razor sharp again.” – Bruce D. Sunnyvale, California

*Testimonials are individual accounts. Results may vary.
P.S. Being sick for that long was the hardest thing I ever had to do in my life. I think the most painful part was that feeling of hopelessness - thinking I may never get better again.

I wish I’d known then, what I know now. I could have saved myself many years of agony.

What if this was what turned your life around?

What do you have to lose?

Thank you for taking the time to read my story.

My wish is that it’s provided you with a little hope. Or maybe offered you a different perspective on your own health challenges. But perhaps, my hearts true wish is that it’s inspired you to never give up trying. To never give up going down those different avenues, until you find the one that ultimately sets you free.

I wish you the highest levels of health and vitality,

Jean Stanford

Join the Restore 3 Program Now – Click Here
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