

# Dr. Robert Rakowski's Intense 4 "R" Program

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Dr. Bob has developed the followin Intense 4 "R" Program which includes:

- \* **Remove** bad foods and bad bugs
- \* **Replace** HCl and/or Digestive Enzymes
- \* **Repair** leaky gut
- \* **Re-inoculate** with good flora

This program lasts for 10 days and all four steps are supposed to be done concurrently, at the same time.

<b>REMOVE</b> <b>Remove Bad Foods and Bad Bugs</b> Length: 10 days		<b>REPLACE</b> <b>Replace Hydrochloric Acid (HCl) &amp; Digestive Enzymes</b> Length: 10 days	
<b>Remove Bad Bugs</b>		<b>Day 1:</b> Take <b>1 Metagest</b> tablet with each meal <b>Day 2:</b> Take <b>2 Metagest</b> tablets with each meal <b>Day 3-10:</b> Continue increasing by <b>1 Metagest</b> tablet per day, for each meal, until you feel a warmth in your stomach or until you reach 7 tablets per meal	
<b>Candibactin AR</b>	2 capsules, 3 times a day, for 10 days	Discomfort may develop later, as your body begins producing more HCl - reduce dose by 1 tablet at a time.  <b>NOTE:</b> Drink 8 oz of water with 1 tablespoon of baking soda, if warming is uncomfortable.  <b>IMPORTANT:</b> This test should not be undertaken if there is gastritis or any recent history of gastric ulceration (stomach ulcers)  <b>Pan 9x ES:</b> 1 tablet, per meal can also be added if needed.	
<b>Candibactin BR</b>	3 capsules, 3 times a day, for 10 days	<b>You will need:</b> <b>Metagest</b> (270 tablets) - 1 bottle (or 2 90 tab bottles) <b>Pan 9x ES</b> (90 tablets) - 1 bottle	
<b>Remove Bad Foods</b>  Each day eat only "Mono Meals" during the Intense 4 "R" Program. (See Footnote for examples)  The diet should be all organic and should be limited to lean proteins and green vegetables.  <b>NOTE:</b> Simple starches promote the growth of yeast, fungus and parasites.		<b>RE-INNOCULATE</b> <b>Re-innoculate with Good Flora</b> Length: 10 days	
<b>You will need:</b> <b>Candibactin AR</b> (60 Capsules) - 1 bottle <b>Candibactin BR</b> (90 Tablets) - 1 bottle		<b>Glutamine 1.1</b>	Glutamine - 4 teaspoons, 5 times per day
<b>Vitamin D3 10,000</b>	Vitamin D - 10,000 IU per day (1 softgel capsules per day)	<b>UltraFlora IB</b>	1 capsule, 3 times per day. (Best NOT with food)
<b>You will need:</b> <b>Glutamine 1.1</b> (500 grams) - 2 containers <b>Vitamin D3 10,000</b> (120 softgels) - 1 bottle		<b>UltraFlora Acute Care</b>	2 capsules, 3 times per day
		<b>You will need:</b> <b>UltraFlora IB</b> (30 capsules) - 1 bottle <b>UltraFlora Acute Care</b> (30 capsules) - 2 bottles	

\*\*Mono meal is simply when you eat only 1 type of food in a meal and you don't do any kind of food combining. Here are common examples of mono eating: Eating nothing but eggs for breakfast, eating nothing but broccoli for morning snack, eating nothing but grass fed steak for lunch, eating nothing but asparagus for afternoon snack, eating nothing but wild caught fish for dinner.