Twitter Thread by KingFit



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Here's how I'd make a sick person healthy again step by step.
A thread 🦾■

P.S i just found out Alica Schmidt.
You liek?

Step 1 : Gut cleanse

It's impossible to eat like a "normal" person for even a year and not have any gut issues.
You're eating pesticides, GMO foods, PUFAs and microplastics 3 times a day.

So let's clean your gut by implementing the following.



Here's the NO list:

Gluten
Sugar (it's ridiculous to promote sugar just because Ray Peat suggests it when someone's gut is wrecked)
Seed oils
Soy
Artificial sweeteners
Artificial colours
Caffeine
Alcohol
Nuts/Nut butters
Nightshades
Lentils
Peas
Protein powders
Non raw dairy

Nicotine
(Some) cleaning products such as chlorine
Food additives
Corn

Oats
Xanthan gum
Guar gum

Here's the YES list:

Seasonal non citrus fruit (except berries)
Raw honey
Fatty cuts of meat
Shrimp
Sardines
Oysters
Beef liver
Beef heart
Chicken heart
Extra virgin olive oil
Coconut oil
Blackseed oil
Grass fed butter
Swiss cheese
Mushrooms
Free range eggs
Raw dairy
Olives

Avocados
Pumpkin
Cherries
Bananas (ripe)
Mangos
Bone broth rice every other day

After this, you must drink bone broth for 2-3 weeks straight once a day.
Here's the recipe.

In the mornings, your going to supplement with magnesium citrate (do not exceed the recommended dose) with breakfast (just have some eggs and fruit).

In lunch and dinner I recommend supplementing with one of these capsules for 2-3 weeks.

You're also going to consume 500µg of B12 with breakfast.

After these two weeks, you'll stop consuming the bone broth and the candida support.

You'll add one of Gaia's probiotics (all of them are good) for 2-3 weeks and water kefir if you can find.

Obviously , please filter your drinking water.
This step is very important.

The last factors for gut healing are the sun and movement.

No one can have a healthy gut without these two.

What i recommend is just 5 minutes of sun exposure as soon as you wake up and 5-10 minute sun breaks during the day.

Two 20-35 minute walks per day are enough as well.

Grounding WILL massively help you also but you must set aside 15-30 minutes in order to get a nice effect.

It's worth it though.

Step 2: Normie detox

This is the hardest step.
You must stop consuming any normie content and indulge instead in ancient philosophers.

This will set your mind straight after about 3-4 weeks.

Start with a low dose of Heraclitus twice a day.

Let me know if you want a book list.

Note: the withdrawals will be intense.
You'll want to listen to fox news and look at IG thots.

DO NOT SUBMIT.

Let this before and after comparison motivate you.

Before After

You have been programmed to think like a normie and you must undo this by reprogramming your mind.

Step 3: Sleep
Getting quality sleep daily is crucial for your health.
Here's a full protocol.

Deep sleep protocol 101

-Waking up

Don't look at your phone or turn on any artificial lights.

(Keep your phone at a different room)

Go and drink a tall glass of salted water.

Have a shower and end it with cold water.

Either have a small cup of coffee with coconut oil and salt , tea, or fast.

Go outside for a 15-30 minute walk (sun gaze also).

Have a light breakfast if you are not fasting.

Go to work etc.

-Supplement with inositol at 12-3 P.M

-Go for a walk at sunset.

-If you are working out, workout at least 6 hours before your bedtime.

-Block the blue light on your devices and wear blue light blocking glasses.

Step 4: Move some iron 3 times a week. Here's a full workout.

Warm up

Foam roll each of the following body parts for 15-30 seconds in the following order.
Quads
Glutes
Back
Hamstrings
Calves
Quads
Glutes
Repeat this 1 more time and move on.

-3xHold the squat position for 15-30 seconds.
Rest for 30 seconds between sets.

-2x Sit on the floor with both legs out straight. Extend your arms and reach forward by bending at the waist as far as possible while keeping your knees straight. Hold this position for 15-30 seconds.
Rest for 30 seconds between sets.

https://t.co/0F3aPyhcru

<u>Exercise 4</u>: Tricep dips or Tricep dip machine (which will be referred to as dip machine from now on)

1st set : ⅓ of your max reps or 15 reps
2nd set: ½ of your max reps or 12 reps
3rd set: ½ of your max reps or 10 reps
4th set : 3-4 reps before failure or 10 reps

Rest 2-3 minutes between sets

Rest 1 minute and move on to the next exercise

<u>Exercise 5</u> : Ez bar bicep curls

1st set : 15 reps
2nd set: 12 reps
3rd set: 12 reps

Rest 1-2 minutes between sets

Rest 1 minute and move on to the next exercise

Step 5: fixing vitamin deficiencies

Most people also have some dr*g induced vitamin deficiency.

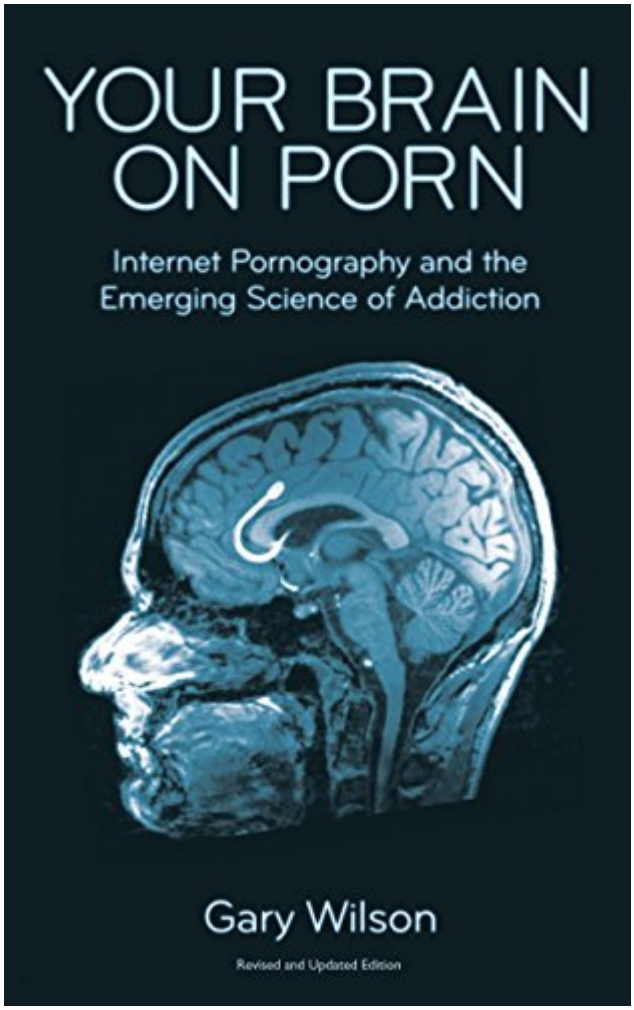
So here's which drugs cause deficiencies and which deficiencies :
-Stimulants: Electrolytes , B5 , Vitamin C
-Statins: CoQ10, D (maybe also vitamin A and E)
-Alcohol: B1,B12,mag,Na

-Birth control: Literally everything. Stop taking it. It’s worse than statins.
-Chemotherapy drugs: B vitamins
-Antipsychotics and antidepressants: B vitamins , vitamin K and D
-Metformin: B vitamins
-Steroids: B vitamins , vitamin C and D
-Antibiotics: B vitamins , Vitamin K +D

Step 6: Quit p0rn

P0rn has fucked up people's head beyond imagination. They've become junkies that can't get high from real women anymore and need to watch p0rn 36 times a day just to get hard.

Read this. It's quite simple and good.



The problem is so bad that we'll begin to notice dopamine infused bipolar disorders via horrific dopamine dysregulation.

Just go out and find some real women.

Now BAP said you can jerk off to images of success if you want.
Haven't tried this though.

Whatever you do, just stop watching p0rn. You're jerkin off to demons.

There are many beautiful women out there.

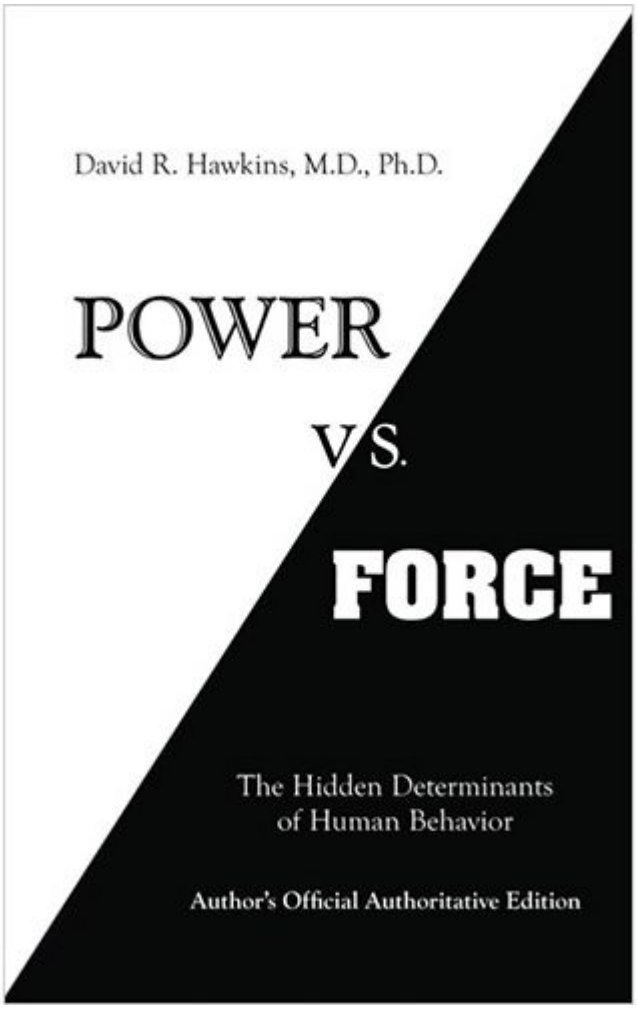
You're ancestors conquered half of the earth and you can't go to "gril" and say joke? You are GAY!

You should obviously do a dopamine detox for a few days every month or couple of months in order to reboot everything.



Step 7: Find high vibe friends

The only vibrational theory that David R Hawkins has taken zero credit for because people don't even realise it, is that when you're around high vibrational ppl, your vibration elevates too. The same implies for low vibrational people.



These non hippie vibrations (since most theories about "vibrations" are not spiritual theories but rationalisation from people that don't understand basic psychological concepts) actually play a HUGE role in your health.

Please do not ignore this and make good frens.

I know that i've mixed some schizo poastings in there but i hope you found something useful.

Have a good day ■■■■■

Please excuse, forgot to poast bone broth recipe ■

Here's how you make bone broth the easy way.

Get 2-3kg of marrow bones.

Put the bones in a large stock pot and cover them with cold water. Bring them to boil and simmer for 15 minutes in high heat. Then drain and rinse the bones with water.

Preheat the oven to 200 celsius and place the bones in a roasting pan. Roast for 35-45 minutes. Transfer the bones back to the stockpot. (Make sure to wash your pots after the bones are blanched and drained.) Fill the pot with water until the bones are fully submerged. Cover the pots and bring to a boil. Reduce heat to low and simmer for at least 6-12 hours (add more water if needed). Once the bones have simmered and your broth is ready, you will need to strain the broth through a strainer. Add as much sea salt as you want and you're done. Store the bone broth inside sealed jars in the freezer.

For more look here.
(Don't worry i have a free program too)
https://t.co/spVkZmuLKy