

**Dr. Riner Recommends all his patients to do this and is safe for the whole family  
Doing this yearly could prevent a wide range of problems from happening  
Excerpt out of Dr. Kelley's "One Cure for Cancer" book**

If there were only one kind of pill that would help everybody, the cancer patient or otherwise, it would be "Okra-Pepsin-E3" made by Standard Process, Inc. It would probably do the nation's health more good than any other one pill. It digests the mucus that coats the walls of many people's small intestine. Certain foods, such as pasteurized milk and many cooked foods, cause the mucus buildup on the wall of the small intestine (raw foods do not cause this mucus buildup). The mucus coats the villi on the wall of the small intestine. The villi are like tiny fingers that stick out from the intestinal wall to absorb nutrients from the digested food, which is primarily liquid. The mucus on the villi blocks the absorption of nutrients from the food. Sometimes the mucus gets so thick and tough it is almost like a plastic film. Almost no nutrition can get through to the body. A person with a severe mucus buildup could take \$1,000.00 worth of supplements a month along with a good diet and still get almost no nutritional value from them. He or she would be starving and therefore would want to eat more food including protein. That would lead to more of the pancreatic enzymes being used to digest the protein even though it could not be properly absorbed. When all the pancreatic enzymes are used up, there are none left in the blood to destroy cancer cells.

The okra is a very sticky, gooey, vegetable material. It tends to stick the pepsin enzyme to the mucus on the intestinal wall long enough to digest some of the mucus. The E-3 is a powerful tissue repair factor. It was originally developed for the patient with stomach ulcers or colitis.

If the Okra-Pepsin-E3 capsules are taken for a few days to several weeks, one after each meal (reduce the amount of capsules if diarrhea occurs), the mucus will gradually be digested. The blood can then receive more nutrients from the food, even if it is from a poor diet. Then, once a year, take the Okra-Pepsin-E3 capsules again for a few days or a week to keep the mucus from building back up.

The mucus blockage varies with different people. Sometimes it blocks minerals and larger molecules only, while in other people it partially blocks all nutrients.

The Okra-Pepsin-E3 is indicated for both underweight and overweight people. In both cases nutrients are not being absorbed. Even if they are taking enzymes to digest the food they eat, they absorb only the smaller carbohydrate molecules while the larger protein molecules are blocked. In underweight people the carbohydrates are used efficiently (burned for energy, not turned into fat), but the person becomes thin as they lose muscle mass from lack of protein absorption. In overweight people the carbohydrates are not used efficiently (they are turned into fat), and this causes the person to become overweight as they also lose muscle mass.

You can add SP Whole Food Fiber to move the mucous out of intestine after taking Okra for a couple days.

Dr. Kelley recommended this to all his patients and especially cancer patients, if you cannot absorb vital nutrients your body will start to decline and go towards the medical downward spiral. This helps restore leaky gut which is a big player in today's hard to fix problems and is vital on your road to good health!

## Examples

While taking the Okra-Pepsin-E3 capsules people who have heavily mucus-coated intestines might find mucus coming out with their stool, convoluted like the intestines. Dr. Kelley has had people who have been taking the capsules call him to say that they think they have just passed their intestines and what should they do? (He assures them it wasn't their intestines; it was ropes — or tubes — of mucus!)

One 37-year-old patient called Dr. Kelley to report that the Okra-Pepsin-E3 capsules worked a miracle by relieving reoccurring pain that she had suffered with for years. (The pain would come and go apparently without cause and felt like bricks were pressing against her internal organs and lower back and at the same time her right side and leg would feel numb.) On the morning of the eighth day, after taking one Okra-Pepsin-E3 capsule with each meal for a week, she spent 45 minutes sweating, straining and pushing to have a bowel movement, and when it finally came out she could hardly believe what she saw — long, intertwined black ropes (or collapsed tubes) of mucus filled the toilet! She feels lighter now and hasn't had the pain since that day. (After this bowel movement and the disappearance of her pain she realized that there must have been a connection to eating a large meal and the pain — food passing through the intestine would push the mucus-coated intestine onto nerves, which caused the pain and numbness.)

## Protocol

Take 1 capsule of Okra-Pepsin-E3 after every meal. If diarrhea occurs reduce the amount of pills

After 2-3 days take SP Whole Food Fiber to clear mucous that has broken loss/dissolved

For Adults it usually takes 2-3 weeks

For Kids its usually 1-2 weeks

Dr. Riner may also recommend doing IntraMin(after/during/before the small intestine cleanse) which is very good at detoxifying cells of synthetic vitamins, heavy metals and chemicals that accumulate over time and also replenishes the cells with organic vital nutrients!

For those wanting the most complete cleanse after the bottle of IntraMin you can do the Standard Process Purification Program which is a total body Purification! Dr Riner and his family does this once a year and recommends his patients do the same! This program will change the way you eat, the way you think about food and your energy level will be outstanding. One side effect of the purification is weight loss! Average weight loss for men is 15lbs and women 8-12 pounds over a 3 week period!

You may ask yourself why do I need to do all this and that is a very good question. While Dr. Riner does see families for wellness care and to keep athletes running at their very best, most of Dr. Riner's patients have been to several doctors before coming in. Most patients have been eating a very poor diet, but even the patients that have perfect diets cannot escape all the toxins we encounter every day. These toxins accumulate and cause problems if not removed! After All of this your body will now accept nutrients from food a lot better, your supplements will actually work better and faster and you will start to feel and see the new YOU!