

# BOWEL RESTORE TESTIMONIALS

## **From 6 Bland Foods - To Eating Everything**

"Hi Simon, it's Katie Todd. I rang you in December about getting Bowel restore from a stockist.. you recommended I double my dose to two scoops in the morning and my food sensitivities would go... I did just that and indeed they did!!

A miracle as I was down to only 6 bland foods I could barely tolerate at that stage. I can eat everything now. I've spread the word and will continue to do so. I think your product is extraordinary.

I've had forty years of chronic health in one way or other, and now am well got the first time ever. Life changing!! I've being doing the detox for three weeks... I've much to clear. I've had fibromyalgia, extremely chronic IBS, interstitial cystitis etc... all of which are virtually non existent now. **Katie Todd.**

I cannot thank you enough. I'm a psychotherapist and have done decades of soul searching to clear other factors in my health challenges, but needed the Bowel Restore to finally be free. I cannot thank you enough, and wish you all the very best in your work."  
**Katie Todd.**

## **My Experience**

"The last sixteen months has been one intense and painful journey. Six years ago, I was diagnosed with an auto immune disease, Ulcerative Colitis (inflammatory bowel disease). I had one big flare up at the age of twenty, but went into remission and all my symptoms disappeared.

Two/three years later I started to get gnarly side effects from all the medications, so I turned to alternative health therapies and along with yoga, I managed to heal myself. I felt better than ever. I let things slip when I was travelling and started partying a lot and became unconscious once again. Boy did I suffer after this.

I got another flare up. A bad one! It began about eighteen months ago. A flare up consists of chronic excruciating abdominal pain (as your whole colon is inflamed and irritated), you lose your appetite (I lost 17kg in two weeks) and you have chronic bloody diarrhoea. Like any illness comes many more issues such as; chronic fatigue, anxiety, malnutrition, insomnia, the list is endless really.

I was hospitalised three times for stints of ten days to two weeks, pumped full of medications, none of which my body responded well to. My symptoms still persisted. Until I found Bowel Restore. It saved me in so many ways. After taking the organic magic for just a few days I already started to see results. It was so nice to have some relief in over a year. My stool started to become solid. Bleeding in my bowel stopped. Pain and cramping became less and less. My energy and motivation came back. My skin complexion brightened and every person I met told me my eyes looked so clear. On a spiritual level, I

found myself dropping deeper and deeper into meditation as my mind became so clear. My gut which holds so much emotion was being rinsed out. The process of drinking Bowel Restore can bring us on a real cleansing and rejuvenating journey, as the body is cleared of toxins and stagnations on a physical and emotional level.

I am so grateful to have found Bowel Restore as it has assisted greatly in my healing process. As you have read, I am very passionate about Bowel Restore, this is why I have decided to distribute it so I can help people to heal themselves. I believe that Bowel Restore helps heal many problems - not just digestive issues - as our gut is linked to nearly everything else in the body. Bowel Restore is an awesome way to clear out and reset the whole body."

**Anna Hennelly**

### **Gut Issues and Parasites - No More!**

"14 years ago when I was 22 I started getting severe pain and diarrhoea after eating. It was so bad that on occasion my parents took me to ED because we didn't know what was going on. My GP diagnosed me with IBS and said that I would have to live with it and to increase fibre in my diet.

I remember going home and crying because I didn't want to live like that. I had anxiety about driving long distances in case I needed to go to the toilet and did not want to go out for dinner with friends anymore. I lost a lot of weight and felt fatigued and developed hormonal issues. I started looking for treatment options and began to see a naturopath. The naturopath I saw did not do any diagnostic testing and put me on many products to help repair my gut. I was told I had candida and leaky gut. This went on for years and after seeing many naturopaths I had little improvement with my gut issues.

I saw a naturopath a few years ago that does diagnostic testing (I think they all do now) and it was found that I had a parasite called Dientamoeba. I spent thousands of dollars on natural products to get rid of it and unfortunately nothing was working. I also took two different types of antibiotics when we realised the natural alternatives weren't working, and these unfortunately didn't work either.

I was told through a friend about 'Bowel Restore' and was given Simon's phone number. I gave him a call and discussed the product and he gave me some great information about Bowel Restore and why he developed it and also gave me recommendations about other products and practitioners that could be helpful.

I ordered the Bowel Restore and started taking it immediately. I started on one scoop once a day and went up to two twice a day and cut out most sugar from my diet. The results were amazing..... I won't go into details but I have never experienced a cleanse like it! I had more energy and no pain soon after taking the Bowel Restore. I took it for three months and was able to get rid of the parasite that I had for so many years.

I recently used Bowel Restore again when I had been on a long course of antibiotics and my gut was playing up. I immediately felt better after a day on the Bowel Restore. I have spent literally thousands of dollars a year on natural products and 'Bowel Restore' is the

most effective product that I have ever used. I am so thankful that I found it as it has changed my life!!! Thank you Simon for developing this product!!!"

**Taryn**

### **Complete Turn-a Round**

"I have had hormone issues for many years and lack of energy issues and heavy periods for quite a while, about 5 years. I had seen a GP, he took blood tests, found I was low on ferritin (iron), so somewhat anaemic. He recommended iron supplements, which I did take and they helped somewhat, but they didn't fix the problem. He also referred me to a gynaecologist, who referred me for a uterine ultrasound and found I had fibroids, big ones. That explained the heavy periods – but not the cause of fibroids. He recommended a hysterectomy. I thought that was a bit drastic so I tried other things, acupuncture and Chinese herbs mainly, which also did help a lot but again, didn't get to the root of the problem.

Then in September 2016, went to a Table Talk at a gorgeous little café in Fremantle, called Moore and Moore. I had never been to one of these talks before, so didn't know what to expect but it was about the Gut Microbiome and as I didn't know anything about that, I went along. I learnt a lot that night – it was a complete eye-opener as to how important the gut bacteria is to overall body health and affects so many things. Also, along with the speakers that night, there were stalls selling books, Kombucha drinks, Kvass, sauerkraut and more.

One of the stalls was Ultimate Formulations with Bowel Restore. After the talk I had just heard, I was pretty sure my microbiome was out of balance so I bought some. Started taking it the next day, started with one scoop of a morning and went from there, gradually building up to 2 scoops. What a journey it's been! First of all, the taste was really something else, it's a shock to the system and the very first time is the worst. After that it gets better – now 4 months later, I barely taste it while drinking it and find it much easier to take. Apart from the taste, there's the cleanse of the gut, WOW! Talk about volume and the smell, well, it's horrendous. However, it is so worth it.

The cleanse can last quite a while, which worried me a bit but I had a chat to Simon Cairns and he put my mind at ease that this is normal. He did recommend some changes to my diet – most of which I was already doing, but I did tweak it somewhat. Now, 4 months later, taking Bowel Restore and also with the help of a natural therapist (who also recommends Bowel Restore) my energy levels and health is much improved. The natural therapist found I had liver flukes (a parasite), candida and diverticulosis, which matched the symptoms I was having. She just recently determined that the liver flukes are gone as the microbiome of the body is changing and it's no longer a good environment for them, so the Bowel Restore did that. It's also getting rid of the candida and will lessen the diverticulosis.

The benefits don't end there - I sleep better and the hormones have settled. There are also other changes, as the gut microbiome changes, it affects seemingly unrelated things – like body odour. I have noticed much less body odour after sweating in the heat. I had a blood test and my ferritin levels are normal, even though I haven't taken the iron supplements for the last 4 months. I will have another ultrasound soon to determine whether or not the fibroids have shrunk, but I believe they have because my periods have returned to light bleeding like they were years ago. It's so good to have energy and life back!

Thank you, Simon Cairns – so glad you were part of the table Talk that night. Keep up the good work and keep spreading the word – you could change the health of this country, one person at a time."

**Keryn Morrison**

### **I Beat Chron's Disease**

"After being diagnosed with Crohn's disease i knew it had to be done naturally to live a normal life again.

After 2 and a half years of trying everything from specific diets, oregano oil protocols, raw milk diets, elemental diets, and spending £100s every week on probiotics and l glutamine just to try help me make it to the toilet, i had just ended up on a diet of plain organic white bread, and white pasta as everything else just came with worse side affects. This was not living!

After starting on the bowel restore and speaking to Simon I realised that I could now eat whole nutritious foods that would promote a healthy gut. This was very freeing in itself as i could now enjoy eating again.

The first weeks was a massive detox but as i progressed the brain fog and lack of energy that i had for years disappeared and I felt a lot happier as I realised just how bad and depressed I had got before.

Now after nearly finishing the protocol I feel so much healthier and now finally feel free to do whatever I want whenever I want. After years of searching I have finally found the answer... and it was definitely the cheapest and easiest protocol out of everything I tried.

Thank you so much Simon and Bowel Restore!!!!"

**James Cook**

## **Fantastic Product!**

"I contacted Simon to ask him about Bowel Restore for my son who has a chronic illness. He explained really well how the gut has a huge part to play in many illnesses and thought that the Bowel Restore would help and that he thought that my son would be starting to feel better about two weeks after starting Bowel Restore. (It had got to the stage that my son was pretty much bedridden, had multiple food sensitivities, severe fatigue and felt like hell.)

I thought "I really hope he is right" but didn't truly believe lol

But two weeks on Simon was proved correct. My son did start to feel better. And better. And better!!

He is doing other natural treatments but I truly believe that if he hadn't found Bowel Restore he would not be where he is today.

After 3 months he has gone from being bedridden to starting to reclaim his life.: ) : )

Thank you Simon"

**Peta**

## **It Wasn't Love At First Sight For Bowel Restore**

"It wasn't love at first sight for Bowel Restore.... but I am so happy with this product and so grateful for having been introduced to it... its a total game changer for your gut health!!

I am a 29 year old mother of two boys. Whilst I don't have any major health problems, I have always had gut & other health niggles such as bloating cramping, inconsistent bowel movements, poor digestion, candida, irritability, weight fluxuations, anxiety and depression. I never realised how out of whack my gut was (or the gut link) until both my babies suffered horrible chronic eczema, along with their own share of digestive issues and food allergies. The minute I stopped breastfeeding my second child I have been in major detox & restore mode, so coming across Simon and his product Bowel Restore was right up my street!

My first 'taste' of bowel restore was not a pleasant experience and I don't just mean the smell of it, but rather the side effects I started having from taking it. I started on 1/2 scoop twice per day & I blew up like I was 6 months pregnant, had period pain like cramps, got headaches, felt nauseated and was not happy with it at all! After a few chats with Simon and working out some potential allergens that I may be reacting to within the formula, we decided to halt things and get a slightly altered formula for me to try. When I received my new formula, I started again on 1/2 scoop doses and the exact same thing happened. I shelved the product and kind of resigned to the fact it was not going to work for me.

A few months later while talking to my husband about it (he was also on it and loving it), he suggested going straight up to the 2 scoops twice per day because maybe the Bowel

Restore is starting the release of toxins but there isn't enough of it to really push it thru, so its sitting there bubbling in my gut so to speak... I thought he was totally crazy!!!! This would for sure flare me up and put me in pain! No thanks!! He is persuasive, so I took a chance and what do you know! I thrived!!!

My first day, I had 7 bowel movements with absolutely no bloating and only very minor detox like symptoms which never returned. I took 2 full bottles of bowel restore over a 4-5 week period and the differences I found in myself were amazing!! I stopped bloating and cramping, I felt clearer and fresher and I actually removed black tar like substances from my colon. I am super excited to try the new kiwi formula as it has been a month or so of no bowel restore & I feel there is still plenty of room to improve my gut and clear more toxins.

If you have any kind of digestive, gut or health issues, I'd strongly encourage you to try this product. The more information that is coming to light showing us the link between gut and overall health is pretty profound and I really feel that products like this are the way forward for many people. Thank you Simon for founding such a worthy product."

**Hayley Jack**

### **Bowel Restore Has Helped To Heal My Gut And Intolerances**

"When I met Simon around 3 years ago, I was gluten free, dairy free and sugar free BUT still reacted to each and every food I consumed with severe gut pain, bloating, I had no energy, felt weak, foggy head...the list goes on. Bowel Restore has helped to heal my gut and intolerances.

Within 2 weeks I was not reacting to as many foods, it cleared parasites and plaque and helped heal my digestive tract. I took the product for a lengthy amount of time to get the healing my digestive system required. I am a Health Coach and put all of my clients on this product and within 2 days most of them are feeling so much lighter, then when they have been on the maximum dose for around 2-4 weeks, they are new people...emotionally, physically, mentally.

This is such an amazing product and I suggest everyone take it to just have a good cleanse or to do some much needed work within you."

**Ali Gowling**

"I just wanted to give you some feedback on a product I bought from you a few months ago. Bowel Restore & Bowel Maintenance. Since having Cancer and subsequent Chemotherapy, I was experiencing a chronic issue that had been going on since 2013. I used 2 tubs of the Restore and now have gone onto the Maintenance preparation (one scoop a day). I can happily say that these products are amazing and seemed to have corrected the problem I was experiencing. Nothing else worked so I am now over the moon. Thank you so very much for encouraging me to try it. I feel my life is normal again."

**Mandi Healy**