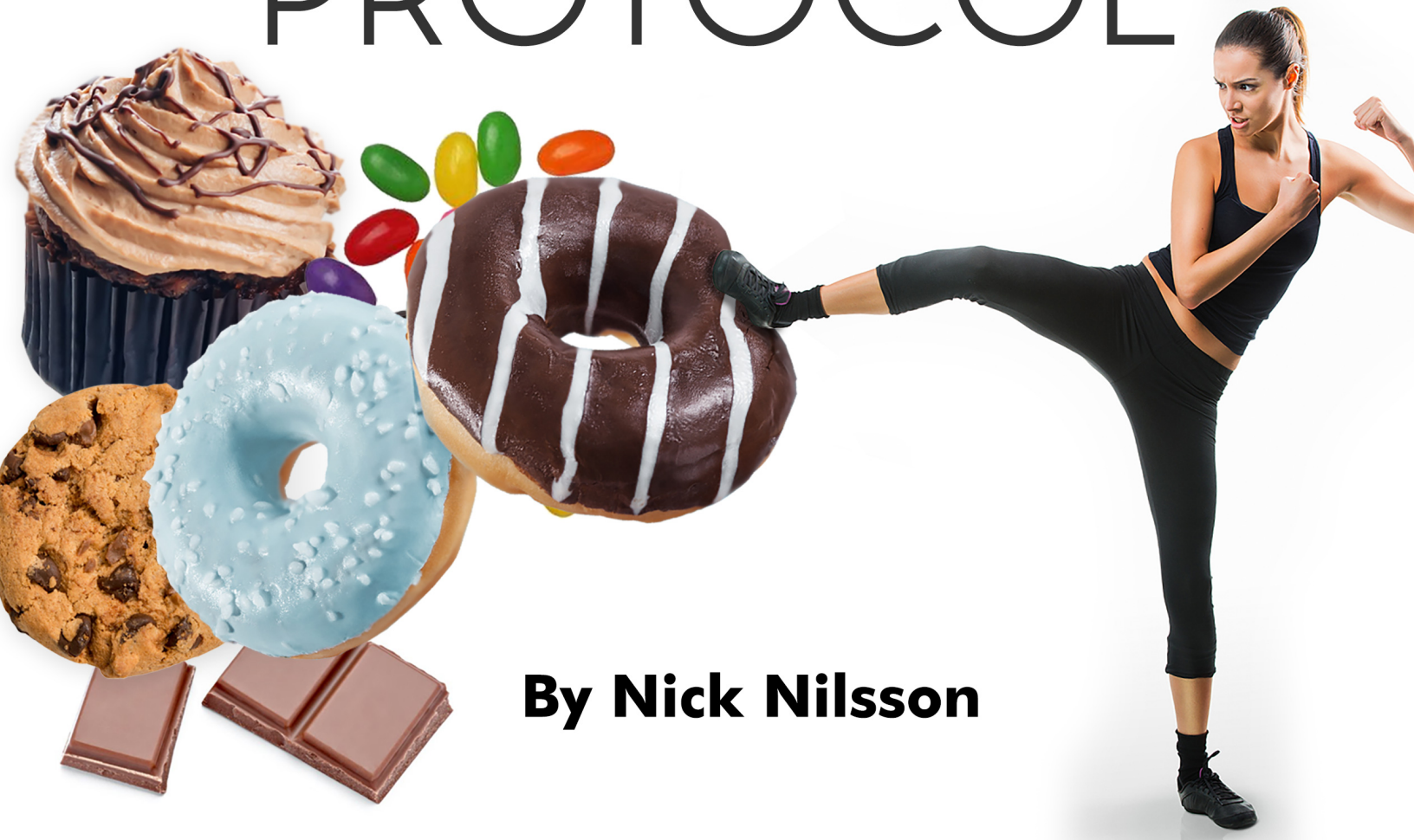


# THE 3-DAY CRAVING KILLER PROTOCOL



**By Nick Nilsson**

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# INTRODUCTION



When you're exercising and dieting for fat loss, cravings can be a hard thing to deal with...sugar, fatty foods, junk food, etc. Sometimes it's specific trigger foods, sometimes it's just entire categories of food.

And as you well know, these cravings can completely throw off your dieting efforts, setting you back and even totally derailing your entire fat-loss program.

They can be extremely intense, mentally draining and very hard to manage, especially in social situations when there is pressure to eat certain foods that may not be part of your plan.

Here's the thing...it's SORT OF not your fault...and it completely IS your fault...at the very same time.

I'll explain...

Your gut flora (the bacteria in your intestinal tract) consist of "good" and "bad" bacteria. These bacteria react to the foods that you eat. If you eat a piece of chicken, different bacteria process that chicken than the bacteria that processes a donut.

When you eat donuts, that "donut bacteria" flourishes. When you eat chicken, that "chicken bacteria" flourishes. Bacteria become specialists at digesting and needing certain types of food. It's a very simple cause-and-effect relationship whereby the foods you eat feed and grow the specific bacteria that process them.

Pretty straightforward, right?

# WHAT DOES THIS HAVE TO DO WITH CRAVINGS?

This is where it gets interesting.

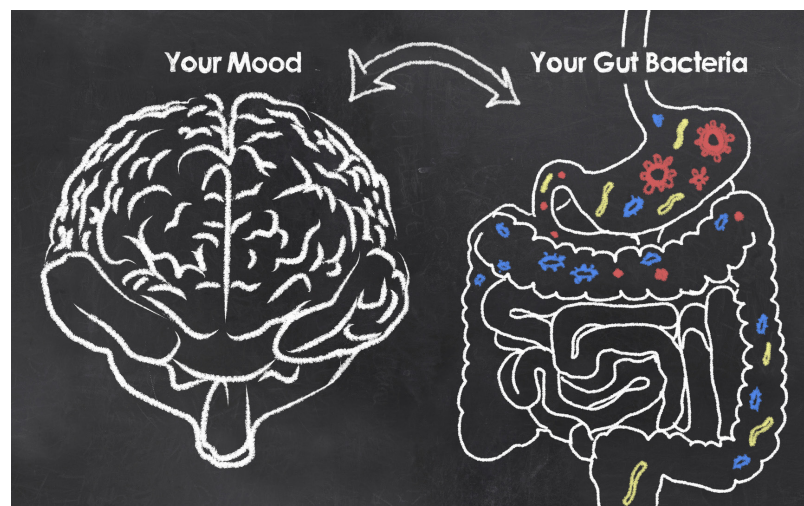
Your “gut” strongly influences your brain. The bacteria in your intestinal tract have the capability to release chemicals that can affect mood and brain state, either for good or for ill. (*Reference #1*).

In fact, there are two intestinal bacteria that can actually produce GABA, which is the most common “calming”/inhibitory neurotransmitter in the brain (*Reference #2*).

If you’re interested in the science behind this concept, this research paper (*Reference #3*) explains it nicely.

Essentially, when you go on a diet and don’t eat the “bad” foods anymore, the “bad” bacteria start to starve and release chemicals that cause you to feel...well... bad. Your brain then craves the food that feeds them so that when you eat those foods, you don’t feel bad anymore.

You get rewarded for feeding those bacteria by feeling better.



**You DO NOT** get cravings because your body is telling you that it needs certain nutrients. It doesn't work that way. This concept has been tested and found to be false (*Reference #4*). You don't crave a cheeseburger because you lack the nutrients in a cheeseburger.

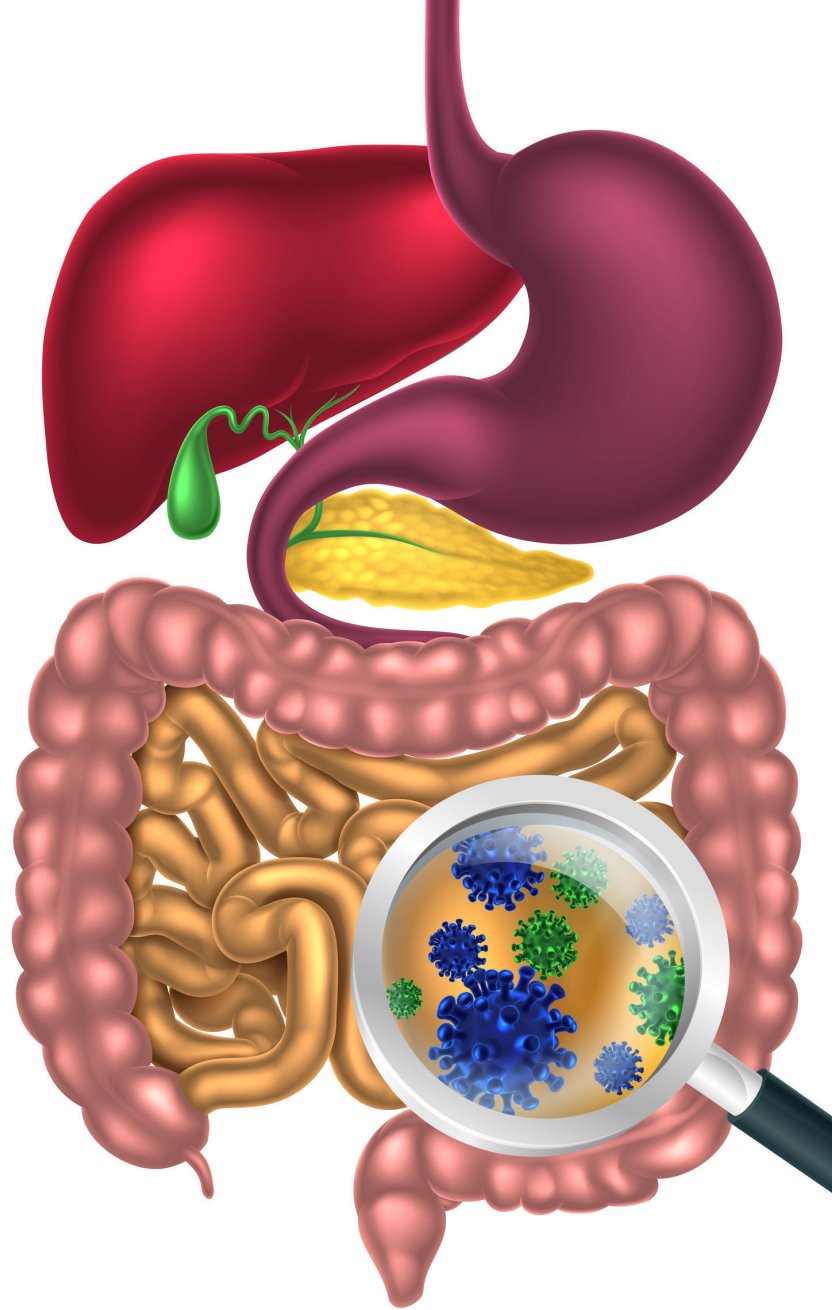


## THINK OF CRAVINGS AS THE “DEATH SCREAMS” OF THE “BAD” BACTERIA.

They’re desperately trying to get you to eat the foods that THEY (not you) need to survive.

When you give in to your cravings, you’re keeping those “donut bacteria” alive awhile longer, so they can come back and cause cravings again later on.

Now, I hesitate to say that the bacteria “learned” that causing those cravings in you kept them alive, but from a strictly evolutionary point of view (and I don’t have any studies to back this up), I would think that the “donut bacteria” that survived were the ones that were the “strongest” bacteria that put out the strongest chemical markers to cause those cravings. This would explain why cravings might get worse as you get further into a fat-loss diet.



# CANDIDA/YEAST

Now, in addition to “bad” bacteria causing sugar cravings, yeast (in the common form of *Candida Albicans*) can play a BIG role as well. An overgrowth of *Candida* can cause a host of problems in your body, in addition to intense, constant sugar cravings.

*Candida* requires sugar to live, which is a big reason those cravings happen. So every time you eat sugar, you’re

perpetuating the cycle of growth (and overgrowth) and all the health problems associated with *Candida*.

The good news is, the protocol we’re going to use to address the “bad” bacteria will also work on *Candida* as well, giving you a two-pronged approach to killing your sugar cravings for good.



# HOW DO WE KILL THE CRAVINGS?

There are several ways to make this happen.

**1** **First**, you can just not give in to the cravings, wait it out, and let those little buggers die. This can be tough, though, because they will not give up trying to signal that they need food until they do die. You will have to fight through the cravings and not give in.

**2** **Second**, you can take in probiotics (either supplemental or in fermented foods such as yogurt, kefir, kimchi, and sauerkraut). Probiotics are basically an infusion of “good” bacteria that help to crowd out the “bad” bacteria, so there are fewer of them around to cause issues. This is an EXCELLENT way to go. It will take about 4-6 weeks to really notice a difference in your cravings, depending on how many “bad” bacteria the good ones have to crowd out.

**3** **Third**, you can take in PRE-biotics (indigestible fiber, such as inulin) that serves as a growth medium for the “good” bacteria, encouraging them to flourish. You can take this as a supplement.

Kefir is a good example of a food that contains both pre and probiotics.

These are the three “normal” (and more passive) ways to encourage growth of good bacteria while nudging out the bad bacteria. They work.



# FIREBOMB APPROACH

I prefer a more aggressive “firebomb” approach that literally KILLS cravings...

We’re going to use natural antibiotic supplements to essentially “firebomb” the gut. I personally use and recommend oregano oil for this (*Reference #5*).

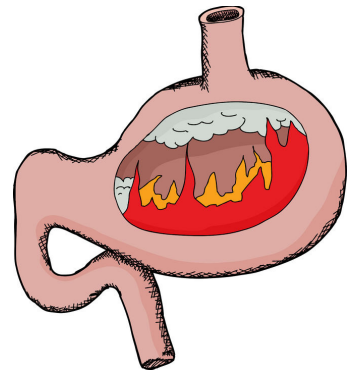
And yeah, I know it sounds harsh...after all, won’t we also be killing the “good” bacteria as well? Yep, that happens.

But what we’re going to do is very soon after reducing the numbers of all the gut bacteria, we’re going to strategically ADD

BACK IN the good bacteria (in the form of probiotics), along with the prebiotic “fertilizer” to help the good ones flourish and crowd out the bad ones FAST.

**We’re not even going to GIVE those “donut bacteria” a chance to release a “death scream craving.”**

It’s a three-pronged attack that changes your gut bacteria composition extremely quickly, without waiting for nature to take its course while you’re stuck fighting through cravings for extended periods of



## Think of it like a forest fire in your gut.

Forest fires are incredibly important for the health of a forest. The fire burns up all the dead trees, overgrowth, dead leaves and weeds.



And while it also burns the “good” trees and plants, these trees and plants grow back in a much healthier environment. In fact, there are trees and plants that have seeds that actually NEED fire to sprout and grow.

We’re using a natural antibiotic as a forest fire to take down ALL the gut flora, then selectively encouraging the “good” flora to grow, just like going in and planting trees and fertilizing them right after a forest fire. The bad plants won’t even have a chance to grow because they’ll be crowded out by the good ones. The bacteria that are causing your cravings are greatly diminished and unable to release enough chemicals to cause those intense cravings anymore.

**Your horrible sugar and junk food cravings? GONE.  
And you’re back in control.**

# THE 3-DAY CRAVING KILLER PROTOCOL



# THE 3-DAY CRAVING KILLER PROTOCOL

To perform this protocol, you'll need three supplements (and I'll give you links to the exact products I use below).

1. A probiotic
2. A prebiotic
3. A natural antibiotic/antifungal

While you CAN use food, being honest... it's not nearly as efficient. Even though I'm normally a big proponent of focusing on food rather than supplements for the most part, I don't recommend relying on foods to supply the pre and probiotics during this protocol. We want a standardized amount of both in order to ensure you're getting enough to have the desired effect of rebuilding the flora. Foods can be used for maintenance after the protocol is done.

While you're likely familiar with probiotics, PRE-biotics might be a new concept for you.

Prebiotics are useful in that they provide fuel to promote the growth of the SPECIFIC good bacteria in YOUR gut. Everybody has a different set of gut bacteria in them, particular to what they

Even though your cravings might be gone or greatly reduced, it doesn't mean those foods won't taste good to you anymore or that you can't digest them...we're just making it so you don't desperately feel like you need them anymore, giving you much more control over what you eat.



eat and their own personal environment (including if you have pets or not!).

Prebiotics encourage the growth of just the beneficial bacteria that are particular to YOUR internal environment. Probiotics supply external bacteria that are thought to be beneficial but in all honesty, may not be 100% necessary for YOU. This is why the prebiotic supplement is an essential leg of this three-pronged strategy.



## The natural antibiotic that I recommend and use myself is Oregano Oil.

Oregano Oil contains two powerful compounds called carvacrol and thymol. These have strong anti-bacterial and anti-fungal properties. It's extracted from a species of oregano called *origanum vulgare*....not the oregano you find in your spice cabinet, which is *origanum majorana*.

Oregano Oil is also a potent killer of *Candida Albicans* (*Reference #7*), which is going to address any potential fungal cause of your cravings as well.

This protocol is extremely simple....we're going to alternately use the Oregano Oil to take down ALL the gut flora then use the other two supplements to support the good flora.

How many times you use it will depend on the quality of your previous diet and how intense your cravings are. If you generally eat healthy and don't get super strong cravings, you won't have to repeat the protocol as many times. If you get very intense cravings or haven't been eating quality foods consistently for long, you'll likely need to repeat the protocol a number of times over 3-6 weeks (or until you find your cravings are gone).

### IMPORTANT NOTES:

During this protocol, DO NOT eat the foods that you would usually find yourself craving. Keep those foods out of the house and stay away from them. We're trying to kill the bacteria that send out signals for those foods (I'll tell you how to deal with those cravings below). Try to stick to unprocessed foods as much as possible, with very simple ingredients and no added sugar.

This protocol is most useful when done in conjunction with an overall fat-loss diet and program (for example, my [Metabolic Surge - Rapid Fat Loss program](#)).

If you have any digestive system issues or diseases (like IBS or colitis), PLEASE consult your physician before using this protocol. I've tested it in people with healthy guts and have encountered no issues, but that may not be the case when the digestive system is not technically "normal."

If you've never taken Oregano Oil before, start with a very small dose to determine your tolerance of it. It's actually quite potent and if you take too much, could cause stomach upset. After you gauge the first dose, you can increase it from there.

# DAY 1 PROTOCOL

## MORNING

### Firebomb the Gut:

Put 3-10 drops of Oregano Oil in a small shot of water (1-2 ounces) then throw it down quickly. Take this in the morning, before breakfast.

I'll tell you right up front, this stuff can be VERY potent, so the first time you take it, try just a few drops and have a "chaser" ready (either another drink or a bit of food). It doesn't need to be taken on a completely empty stomach, but I also wouldn't take it with a big meal. As you get more used to the taste of it and how you react to it, you can bump up the amount.

## AFTERNOON

### Reintroduce and Fertilize:

About 6-8 hours after taking the Oregano Oil, take your prebiotic and probiotic together (amounts will vary according to the product you use - go with the manufacturers serving recommendation).

This timing is important as you want to give the Oregano Oil enough time to work before replenishing the good gut flora. These two pre and probiotic supplements should be taken in the afternoon or early evening.

## BEFORE BED

### Firebomb Again:

Right before bed, take another shot of Oregano Oil (3-10 drops).

# DAY 2 PROTOCOL

## MORNING

### Reintroduce and Fertilize:

On this second day, you'll be starting the day off with pre and probiotics right away after waking instead of Oregano Oil. This changes up the pattern a bit, so that you're doing the replenishing twice today.

## AFTERNOON

### Firebomb the Gut:

Put 3-10 drops of Oregano Oil in a small shot of water (1-2 ounces) then throw it down quickly. T

## BEFORE BED

### Reintroduce and Fertilize:

About 6-8 hours after taking the Oregano Oil, take your prebiotic and probiotic together (amounts will vary according to the product you use - go with the manufacturers serving recommendation).

This timing is important as you want to give the Oregano Oil enough time to work before replenishing the good gut flora. These two pre and probiotic supplements should be taken in the afternoon or early evening.

# DAY 3 PROTOCOL

## MORNING

### Firebomb the Gut:

Put 3-10 drops of Oregano Oil in a small shot of water (1-2 ounces) then throw it down quickly. Take this in the morning, before breakfast.

## AFTERNOON

### Reintroduce and Fertilize:

About 6-8 hours after taking the Oregano Oil, take your prebiotic and probiotic together (amounts will vary according to the product you use - go with the manufacturers serving recommendation).

## BEFORE BED

### Firebomb Again:

Right before bed, take another shot of Oregano Oil (3-10 drops).

# DAY 4-7 PROTOCOL

For the next 4 days, just continue with the pre and probiotics at least twice a day on their own (morning and evening), with no oregano oil.

At this point, we want to give your good flora a chance to grow without taking it down, just like the forest recovering after the fire. The good bacteria will have a massive headstart on the bad bacteria in terms of growth.

\*\* It's also important to note that we don't want to overuse the Oregano Oil and take down your bacteria too much all once, which is why we're limiting it to just three days at a time.

As well, when Candida dies off, it can release toxic byproducts. By using short, 3-day intervals of this protocol with 4 days off, you give your body a chance to flush those waste products out so that you don't overwhelm your body's ability to deal with the waste products.

## MORNING

### Let The Forest Regrow:

Take your prebiotic and probiotic together (amounts will vary according to the product you use - go with the manufacturers serving recommendation).

## BEFORE BED

### Let The Forest Regrow:

Take your prebiotic and probiotic together (amounts will vary according to the product you use - go with the manufacturers serving recommendation).

# 3-DAY CRAVING KILLER PROTOCOL CHART

TIME	DAY 1	DAY 2	DAY 3	DAY 4-7
MORNING	Oregano Oil	Pre and Probiotics	Oregano Oil	Pre and Probiotics
AFTERNOON	Pre and Probiotics	Oregano Oil	Pre and Probiotics	--
BEDTIME	Oregano Oil	Pre and Probiotics	Oregano Oil	Pre and Probiotics

## Repeat If Necessary

You can repeat this 3-day protocol again the following week (and consecutive weeks), if you feel like you still have cravings. The best gauge is to repeat until you feel you can look at sugary foods without losing control of your cravings. This could be 1 or 2 weeks or could be 4-6 weeks (especially if you also have an overgrowth of Candida to deal with).

The real yardstick is how YOU feel in terms of craving control, not an arbitrary amount of time. Make VERY sure to give your body the 4 days of recovery time in between uses of the protocol, though, to make sure you give your good flora a chance to recover and grow, so they can squeeze out the undesirable flora.

## After the Protocol

I would HIGHLY recommend you continue taking/eating at least the probiotics, to keep good bacteria levels consistent in your gut. Prebiotics are also very good to take, but not as critical, once you've developed a good situation in your gut for the good bacteria to thrive.

I would also definitely recommend you eat plenty of pre and probiotic foods on a regular basis to help keep your gut healthy and balanced.

This is your maintenance plan.

# WHAT TO DO IF YOU HAVE A CRAVING AND WANT TO IMMEDIATELY KILL IT



This is very simple. If you can, immediately take a shot of oregano oil and drink a full glass of water.

That craving is a chemical signal from those “donut bacteria” that they’re hungry and need food. Instead of food, you will give them fiery death...

The glass of water will help fill up your stomach so you don’t have hunger pangs accompanying the craving.

Then, 4-6 hours later, take the pre and probiotic combo again. We always want to make sure we’re taking in those supplements fairly soon after the oregano oil to replenish and encourage the good bacteria.

# WHAT TO DO WHEN YOU EAT “CRAVING” FOODS ON PURPOSE

Food is food and the purpose of this protocol is not to prevent you from ever eating tasty foods like this ever again. The goal is help you TAKE CONTROL over how you eat those foods, so that you're no longer ruled by the primitive instincts of your gut bacteria.

You eat these foods when you want them... not when you feel like you HAVE to have them.

**This protocol puts you back in control.**

So with that in mind, when you do eat these foods that you likely would have found yourself craving in the past, **just do a quick “refresher” of the protocol.**

Several hours after (or even the next morning, if you ate these foods for dinner), take a shot of oregano oil to take down the gut bacteria then replenish and fertilize with the pre and probiotics again.

That's it!



# RECOMMENDED SUPPLEMENTS



# 1. PROBIOTICS

## CHOICE #1: PROBONIX

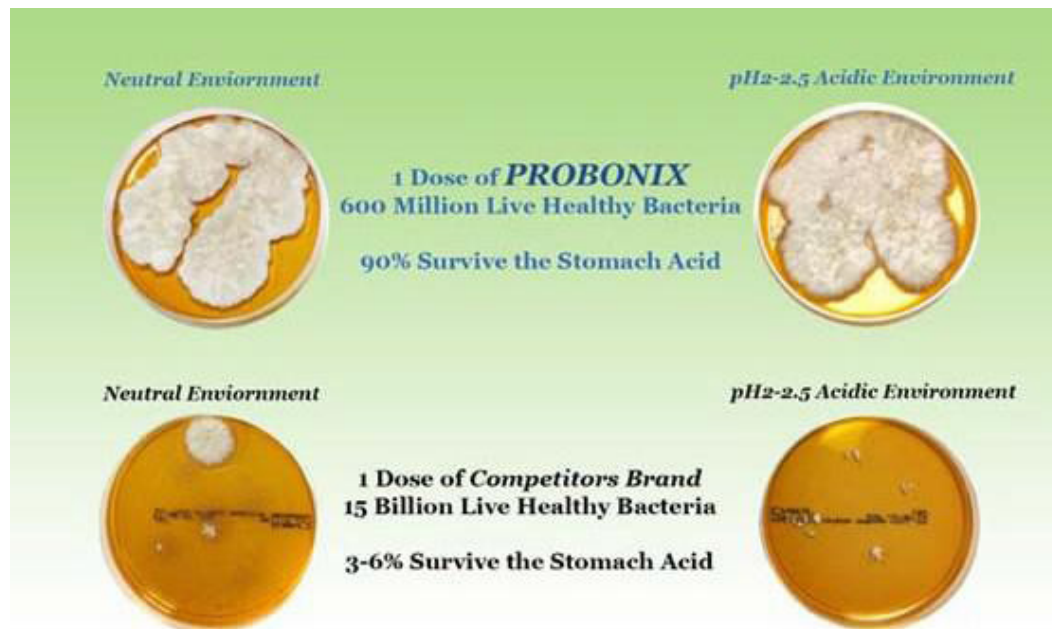
[Probonix](#) is my #1 recommendation for probiotics.

Use coupon code **NICK10** to get 10% off. It's a high-potency liquid formula that does not need refrigeration and tastes delicious.

Probonix has been proven in a "test gut" to be at least 10X more effective than it's closest competitor in terms of live bacteria getting through the acidic environment of the stomach and getting into the digestive tract, where it can go to work.

The proprietary formula actually places the probiotics into a "suspended" state so that they get through the stomach. And **ONLY** when they get through the stomach, are they then activated and go work.

[I literally cannot recommend this stuff any higher.](#) I've been taking it for the past 2 years myself and have noticed a BIG difference in my digestion. This is, in my opinion, the gold standard of probiotics and it's one I would definitely suggest you start taking long term to keep your "craving bacteria" at bay.

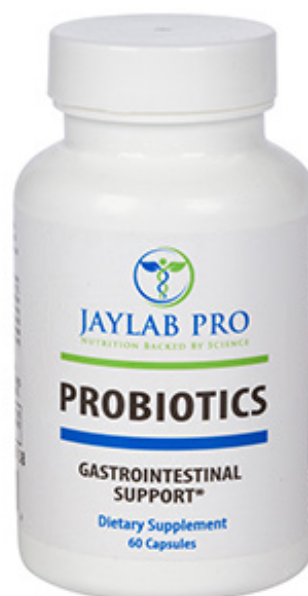


## CHOICE #2: PROBIOTICS FROM JAYLABPRO

Another excellent option is the [Probiotics formula from JayLabPro](#). Use coupon code **3DCK-20** to get 20% off your purchase.

This one has the benefit of also including PRE-biotics in with the formula, in the preferred form of **Fructooligosaccharides**. This means you don't have to purchase prebiotics separately and is a good cost-effective product to consider.

I know the owner and product formulator personally...this is a high-quality supplement that will definitely work great in the 3-Day Craving Killer Protocol.



## CHOICE #3: PRO-X10 FROM BIOTRUST

[Pro-X10 from Biotrust](#) also contains an excellent spectrum of high-potency probiotics and also includes a small amount of prebiotic as well, meaning you could also potentially just take this instead of separate products.

Again, I know the owners personally and can definitely vouch for the quality of their products.



### OTHER PROBIOTICS:

You can also pick up probiotics at any health food store (price will vary, depending on quality and pill count). Look for a few specific strains of bacteria (*L. acidophilus*, *B. bifidum* are the two most common). Look for a delivery method to help the probiotics make it through the stomach without getting destroyed. While probiotics are often found in the refrigerated section, production

technology has improved to the point where it's not necessary for many probiotic supplements. "Active cell count" is something else you'll see on bottles... this is more of a marketing tactic because honestly, science still isn't 100% sure if more IS actually better when it comes to the cell count of probiotic supplements. When they get through to the gut and you support them with prebiotics, they're going to multiply as needed anyway.

# PROBIOTIC FOODS FOR AFTER THE PROTOCOL

Now, you can definitely still eat these foods during the protocol but, again, I DO NOT recommend you rely on using just foods for probiotics while using the protocol as we want to ensure we're getting optimal amounts of probiotics.

Good probiotic foods include:

- » Plain yogurt
- » Sauerkraut
- » Kefir
- » Miso
- » Tempeh
- » Kombucha
- » Pickles (made in salt and water, not vinegar)
- » Natto



# 2. PREBIOTICS

## CHOICE #1: PREBIOTIN

The brand that I use and definitely recommend is called [Prebiotin](#).

This is a multi-spectrum product that contains a blend of two different ingredients (inulin and oligofructose) that act in different areas of the intestinal tract (because of their different rates of fermenting) for a more complete effect on your entire digestive system.

The oligofructose ferments faster, so it acts sooner in the intestinal tract while the inulin takes longer, so it acts further on in the intestinal tract.

Put together, you get complete coverage.

It's the best prebiotic I've found and has a light, pleasant taste. You can mix it with plain water or any other beverage... you can even sweeten your coffee with it instead of sugar!

It is HIGHLY recommended to take this one during the Craving Killer Protocol. I would also suggest using it to maintain healthy gut bacteria afterwards as well. This will help you keep any regrowth of "bad" bacteria at bay.

You can usually find prebiotics at good health food stores as well, though other than the brand above, you may only find inulin or oligofructose separately.



[Prebiotin](#), however, is very thoroughly researched, it works extremely well for me, it's not expensive, and I [buy it on Amazon](#), so it can be shipped just about anywhere very fast. You can also order it directly from the manufacturer here ([www.prebiotin.com](http://www.prebiotin.com))...use coupon code **3DCK20** with them to get 20% off (and free shipping).

# PREBIOTIC FOODS FOR AFTER THE PROTOCOL

Again, you can eat these during the protocol, but I recommend a supplement to ensure you're getting optimal amounts.

There are a variety of foods that contain the type of fiber that can help support the good flora in your gut in the long run.

- » Bananas
- » Kefir
- » Asparagus
- » Raisins
- » Raw or cooked onions
- » Raw chicory root
- » Raw Jerusalem artichoke
- » Raw dandelion greens
- » Raw garlic
- » Raw leeks



## 2. OREGANO

### CHOICE #1: ROYAL OREGANO

The brand that I get and recommend is from the Wolfe Clinic, and is called [Royal Oregano](#).

It's the STRONGEST, high-potency Oregano Oil product I've found. I've personally used it for years and I've found it to work extremely well for any sort of anti-viral, anti-bacterial, and anti-fungal applications.

You can buy Oregano Oil in most health food stores but I can't vouch for the quality or effectiveness of what you'll get. The [Royal Oregano](#) I know works and works GREAT.

There are no food sources of this product strong enough to produce any effect. This is something you absolutely need to use as a supplement.

It's extremely effective as a general antibiotic, antifungal and antiviral, so it's good to have around in case you get sick. It's been shown to be effective in reducing the number of and preventing the growth of E. Coli bacteria (*Reference #6*), so if you ever suspect you have food poisoning, use it.



Just FYI, the label on this particular brand says "take 1-2 drops per day." I actually don't recommend taking this every single day. Use this only during the 3 days of the protocol or if you feel you need a natural antibiotic due to illness, etc.

Cycle on and off and always follow up with probiotics to keep gut flora healthy.

# CONCLUSION

Above all, this protocol is designed to help you get **CONTROL** over what you eat, so that you're not plagued by strong cravings that interfere with your fat-loss nutrition.

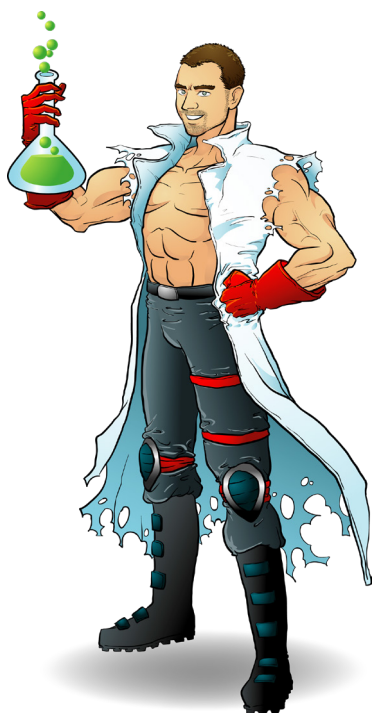
As a beneficial side effect, you'll likely find that your overall health and mood also improves as your gut "micro-biome" also improves.

Get the supplements and give this protocol a try. I definitely want to hear the results you get with it!

You can contact me at [support@fitstep.com](mailto:support@fitstep.com) with your experiences, results and any questions or comments you have!

**Nick Nilsson**

The Mad Scientist of Muscle



**Step 1 - [Get Your Probonix Probiotics Here](#)** (Use coupon code *NICK10* to get 10% off a one-month or two-month supply)

**Step 2 - [Get Your Prebiotin Prebiotics](#)**

**Step 3 - [Get Your Oregano Oil Here](#)**

**Step 4 - KILL Your Cravings!**

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