

# THE DEEP-SWEEP PROTOCOL

The Two-Stage Gut Detox for High-Performance Professionals.

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# The Executive Reality: Removing the Drag

You cannot optimize your cognitive output if your gut is actively poisoning you.

Between chronic stress, sleep deprivation, and heavy client dinners, the executive gut microbiome takes a massive hit. Brain fog, chronic fatigue, and irregular digestion aren't just inconveniences; they are physical drags on your leverage.

Bentonite clay and psyllium husks form one of the most powerful, clinically backed—and highly underrated—natural detox combinations available to clear this systemic backlog.

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# The Physician's Experience: Ingesting Ash

*A note from Dr. Piner, Resident Physician:* "I was highly skeptical of this protocol. You are essentially eating clay—the same stuff we played with on the shores of the Great Lakes as kids. I assumed it would wreck my digestion, so I started with a micro-dose of just 1 teaspoon.

The ROI was immediate. It felt as though a toxic weight sitting in my stomach was instantly soaked up. My energy rebounded dramatically. I eventually scaled the dose to 1-2 tablespoons every other day. After a few weeks, the massive initial benefits leveled off as my system cleared, and I transitioned to a maintenance protocol—deploying it only after heavy, unhealthy meals to neutralize the damage."

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# The Mechanics: How the Two-Stage System Works

Using clay alone can cause severe constipation, as it binds toxins but lacks the motility to exit the body. This protocol operates as a two-stage system: **The clay captures, the fiber clears.**

## Stage 1: The Magnet (Bentonite Clay)

A naturally occurring volcanic ash with a strong negative electrical charge. As validated by the *National Institutes of Health*, it travels through the GI tract acting as a biological magnet, adsorbing positively charged toxins, heavy metals, and harmful bacteria.

## Stage 2: The Sweeper (Psyllium Husks)

Derived from *Plantago ovata* seeds, this soluble fiber forms a viscous gel. The *Mayo Clinic* highlights its ability to slow digestion, feed beneficial bacteria, and seamlessly carry the clay—and the toxins it trapped—out of your system.

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# The ROI for High Performers

When you stop the enterohepatic circulation (the continuous recycling of toxins through your gut), you immediately lighten the load on your liver and kidneys.

## Sustained Cognitive Energy

A balanced microbiome is directly linked to eliminating afternoon brain fog.

## Cholesterol Support

Soluble fiber effectively binds bile acids, naturally lowering LDL levels without statins (*Harvard T.H. Chan School of Public Health*).

## Bloat Reduction

Neutralizes the gas-producing bacteria that cause physical discomfort during 14-hour days at the desk.

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# Execution: The Dosing Protocol

Bentonite is one of the oldest, safest, and cheapest ways to detox, but dosing requires precision. Too much will strip away your protective mucus lining; too little won't clear the bad bacteria.

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## Phase 1 — Start Small

Mix 1 teaspoon of bentonite clay in water on an empty stomach.

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## Phase 3 — Scale Up

If tolerated well, work up to 1–2 tablespoons of each, taken every other day.

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## Phase 2 — The Sweep

Follow immediately with 1 teaspoon of psyllium husks mixed in a full glass of water.

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## Phase 4 — Maintenance

Deploy sporadically as a tactical countermeasure after heavy client dinners or periods of high stress.

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# Sourcing & Risk Management

## Sourcing is Non-Negotiable

You must use food-grade clay. Cheap industrial clay contains heavy metals. Dr. Tom explicitly recommends [BestBentonite.com](https://www.bestbentonite.com)—sourced in Wyoming at a depth of over 6 feet, delivering 100% pure bentonite with zero fillers and a highly alkaline pH (>9.7).

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## Risk Management

- **Timing:** Take this stack at least 2 hours away from any medications or other supplements. The clay will bind to your prescriptions and neutralize them.
- **Hydration:** Psyllium absorbs massive amounts of water. If you do not hydrate aggressively, you will cause a severe blockage.

❏ *Disclaimer: For educational purposes. Consult your concierge physician before deploying, especially if you have renal or GI conditions.*

# Further Briefings

If you are actively optimizing your physical leverage for a demanding career, access our related intelligence briefs at [HealthyBankers.com](https://HealthyBankers.com):

## Gut Health for Professionals

*Why Your Microbiome Dictates Your Career Trajectory.*

## Stress Management for Bankers

*Science-Backed Strategies for the Deal Desk.*

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