

THE TAR SUL SOLUTION

Cleanse the Gut. Restore the Body. Reclaim Your Health.

By Russell Guillemot

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www.Tarsul.com

DEDICATION

To those who have been told "there is no cure" and refused to accept it.

And to the memory of the forgotten healers whose wisdom guides us still.

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INTRODUCTION: THE MISSING PIECE

We are living in an era of abundance, yet our bodies are starving.

Walk into any supermarket, and you will see aisles overflowing with food. We have more calories available to us than any generation in history. Yet, despite this abundance, we are facing a silent epidemic of chronic illness. We are tired. We are bloated. Our digestion is

sluggish, our joints ache, and our skin flares up. We go to the doctor, and we are given a pill to mask the symptom, but the underlying problem remains.

Why?

Because we are missing something fundamental.

Since the mid-20th century, modern industrial agriculture has prioritized yield over nutrition. We have bred our crops to grow faster, bigger, and more resistant to pests, but in doing so, we have stripped them of the vital minerals that our bodies evolved to depend on. We are eating "food-like substances" that are calorically dense but nutritionally bankrupt.

The most critical casualty of this shift is potassium.

Our ancestors consumed a diet rich in potassium, primarily from wild plants, fruits, and vegetables. Today, the average modern diet is dangerously low in potassium and excessively high in sodium. This imbalance disrupts our body's electrical system, our fluid balance, and most importantly, our gut health.

The Tarsul Solution is the answer to this modern crisis.

It is not a magic pill. It is not a synthetic drug born in a high-tech lab. It is a rediscovery of a simple, natural truth: that the body has the innate ability to heal itself, provided it is given the right raw materials.

This book is the story of how one man's personal health crisis led to the rediscovery of this missing piece. When I found myself debilitated by a condition that conventional medicine could only treat with surgery, my desperate search for a solution led me to a forgotten 1991 patent. It detailed a simple, all-natural formula of Cream of Tartar and MSM Sulfur.

I reproduced it in my own kitchen. It worked.

But the real revelation was why it worked so well, and why I have continued to take it daily for nearly 20 years. It wasn't just about fixing a temporary problem. It was about replacing the critical potassium that our modern food can no longer provide. It was about cleansing the gut of the toxic "sugar bugs" that thrive on our processed diet. It was about restoring the structural integrity of the body's tissues.

This book will introduce you to the Cleanse & Restore framework. You will learn how Cream of Tartar acts as a gentle cleanser, changing the gut environment to drive out harmful bacteria. You will learn how MSM Sulfur acts as a restorer, rebuilding collagen and reducing inflammation. And you will learn the Dynamic Dosage method, a system that empowers you to listen to your body and adjust your intake based on your own unique needs.

You are not a passive patient. You are the healer. And Tarsul is the tool you have been waiting for.

CHAPTER 1: THE TARSUL STORY

The story of Tarsul begins not in a laboratory, but in a moment of desperation.

For years, I enjoyed what I thought was excellent health. I was active, I ate what I considered a normal diet, and I rarely saw a doctor. But like many people, I had a vice: a relentless sweet tooth. I didn't realize it at the time, but this habit was slowly wreaking havoc on my internal ecosystem.

It eventually caught up with me in the form of a debilitating case of sugar-induced hemorrhoids.

If you have never suffered from this condition, count yourself lucky. It is painful, embarrassing, and relentless. I tried the over-the-counter creams and ointments. They offered temporary relief, numbing the pain for a few hours, but they did nothing to address the root cause. The condition kept coming back, worse than before.

I went to the doctor. The options presented to me were grim: more creams, or surgery. I had a deep, intuitive distrust of the "cut and drug" approach of conventional medicine. It felt like they were trying to patch a leaking dam with a band-aid, ignoring the pressure building up behind the wall.

I knew there had to be a better way.

The Discovery

I began to research. I dove into old medical texts, herbal remedies, and alternative health forums. I was looking for something that made sense, something that addressed the why and not just the what.

In 2008, my search led me to the digital archives of the U.S. Patent Office. There, buried among millions of documents, I unearthed a nearly forgotten patent from 1991 (U.S. Patent 4,985,257).

The patent described a "Method and Composition for Treatment of Hemorrhoids." The formula was shockingly simple. It didn't contain any unpronounceable chemicals or synthetic compounds. It consisted of just two ingredients:

1. Cream of Tartar (Potassium Bitartrate)
2. Sulfur (specifically, sublimed sulfur or MSM)

The patent claimed that this specific combination, when taken orally, could reduce inflammation, soften stools, and actually shrink hemorrhoidal tissue.

I was skeptical, but I was also desperate. These were common, natural ingredients. Cream of Tartar is a baking staple found in almost every kitchen. Sulfur is a mineral found in every cell of the human body. What did I have to lose?

The Experiment

I went to the grocery store and bought a tin of Cream of Tartar. I went to a health food store and found pure MSM Sulfur powder. I followed the ratios outlined in the patent, roughly 75% Cream of Tartar to 25% Sulfur, and mixed them in a glass of orange juice.

I drank it.

Within 24 hours, I noticed a difference. The pain was less intense. My digestion felt calmer. I continued taking it daily. Within a week, the condition that had plagued me for months was effectively gone. The swelling had subsided. The pain had vanished.

But something else happened, something I hadn't expected.

I had more energy. My skin looked clearer. A nagging stiffness in my knees began to fade. I felt lighter, cleaner, more vibrant.

I realized that I hadn't just treated a localized condition. I had stumbled upon a systemic solution. The hemorrhoids were just a symptom, a warning light on the dashboard telling me that my internal engine was struggling. The Tarsul formula hadn't just smashed the warning light; it had fixed the engine.

A 20-Year Journey

That was nearly 20 years ago. Since that day, I have taken Tarsul every single morning.

I am not a doctor. I am a researcher, an experimenter, and a survivor. Over the last two decades, I have refined the formula, sourcing the highest quality pharmaceutical-grade ingredients. I have shared it with friends and family, and watched as they experienced their own transformations, relief from constipation, improvement in skin conditions like acne and psoriasis, and a reduction in joint pain.

I founded Tarsul to share this discovery with the world. This book is the culmination of everything I have learned. It is the manual I wish I had been given twenty years ago.

CHAPTER 2: THE SCIENCE OF "CLEANSE AND RESTORE"

To understand why Tarsul works, you have to understand the environment of the modern gut.

Imagine your gut as a garden. In a healthy state, it is a diverse ecosystem, lush with beneficial bacteria that help you digest food, produce vitamins, and regulate your immune system.

But the modern diet, high in sugar, processed carbohydrates, and artificial additives, is like dumping toxic sludge on that garden. It kills off the good plants and encourages the growth

of weeds. These "weeds" are pathogenic bacteria and yeasts (like Candida) that feed on sugar. I call them "sugar bugs."

When these sugar bugs take over, they ferment the food you eat, producing gas, bloating, and acidic waste products. This toxic environment inflames the gut lining, leading to "leaky gut," where toxins escape into the bloodstream. This systemic inflammation is the root cause of everything from brain fog and fatigue to skin rashes and joint pain.

Tarsul works by addressing this problem with a two-pronged approach: Cleanse and Restore.

1. Cream of Tartar: The Cleanser

The first ingredient, Cream of Tartar (Potassium Bitartrate), is the Cleanse agent.

Cream of Tartar is a natural byproduct of winemaking. It forms as crystals inside wine barrels during fermentation. Winemakers have known for centuries that it helps control fermentation in the wine.

In your body, it performs a similar function.

- **pH Modulation:** Cream of Tartar is an acidic salt that has an alkalizing effect on the body once metabolized. However, in the digestive tract, it creates an environment that is hostile to the "sugar bugs." It disrupts their ability to ferment and multiply.
- **Osmotic Action:** It acts as a gentle osmotic laxative, drawing water into the bowel. This softens the stool and flushes out the accumulated waste and toxins where these bacteria thrive.
- **Potassium Replenishment:** Most importantly, it floods the body with bioavailable potassium. Potassium is the "pump" of the cell. It is essential for moving nutrients in and waste out. By restoring potassium levels, we re-energize the body's natural detoxification pathways.

2. MSM Sulfur: The Restorer

The second ingredient, MSM (Methylsulfonylmethane), is the Restore agent.

Sulfur is the fourth most abundant mineral in the human body, yet it is often ignored. It is the "beauty mineral," essential for the structure of collagen, keratin, and elastin. It is the glue that holds our tissues together.

- **Tissue Repair:** It provides the raw building blocks to repair the damage. It helps rebuild the gut wall, strengthening the barrier so toxins can no longer leak into the bloodstream.
- **Detoxification:** Sulfur is a key component of glutathione, the body's master antioxidant. It enhances the liver's ability to filter toxins from the blood.

The Synergy

Taken alone, each ingredient is powerful. Taken together, they are transformative.

Cream of Tartar clears the weeds and prepares the soil. MSM Sulfur plants the seeds of repair and rebuilds the fences.

This synergy is what makes Tarsul unique. It doesn't just suppress symptoms; it changes the terrain of the body. It creates an internal environment where health is the natural state, and disease struggles to take root.

CHAPTER 3: THE DYNAMIC DOSAGE METHOD

One of the biggest mistakes people make with supplements is treating them like pharmaceutical drugs: "Take one pill, twice a day, forever."

Your body is not a static machine. It is a dynamic, living ecosystem. Its needs change from day to day, depending on what you eat, your stress levels, and your current state of health.

That is why I developed the Dynamic Dosage method.

This method empowers you to listen to your body and adjust your intake of Tarsul to match your needs. It consists of three distinct phases: Attack, Transition, and Maintenance.

Phase 1: The Attack Phase

Goal: Aggressively cleanse the gut, halt acute symptoms, and clear toxic overgrowth.

When to use:

- When you are first starting Tarsul.
- During an acute flare-up of hemorrhoids, constipation, or skin issues.
- After a period of poor eating (holidays, vacations).

The Protocol:

- Dosage: 1 level teaspoon of Tarsul powder.
- Frequency: 2 to 3 times per day.
- Duration: Typically 3 to 7 days.

What to expect:

You are flooding your system with potassium and sulfur. You will likely experience a "flush." This means loose stools or more frequent bowel movements. This is normal and desired. You are physically flushing out the toxins and the "sugar bugs."

Note: If the flush is too intense (watery diarrhea), reduce the dosage immediately. You want a "productive flush," not dehydration.

Phase 2: The Transition Phase

Goal: Shift from cleansing to repairing. Stabilize potassium levels and support tissue healing.

When to use:

- Once acute symptoms have subsided.
- When bowel movements have become regular and comfortable.

The Protocol:

- Dosage: 1/2 to 1 teaspoon of Tarsul powder.
- Frequency: 1 to 2 times per day.
- Duration: 2 to 4 weeks.

What to expect:

Your energy levels will stabilize. Bloating should disappear. You will notice improvements in your skin and joint comfort. Your bowel movements should be regular, soft, and easy to pass.

Phase 3: The Maintenance Phase

Goal: Fill the nutritional gap, protect long-term health, and prevent recurrence.

When to use:

- This is your "new normal" for long-term wellness.

The Protocol:

- Dosage: 1/2 teaspoon of Tarsul powder.
- Frequency: Once per day (preferably in the morning).
- Duration: Indefinite.

What to expect:

This daily dose provides the essential potassium that is missing from the modern diet. It keeps your gut environment slightly alkaline and hostile to sugar bugs. It ensures you have the sulfur needed for daily tissue repair.

The Golden Rule of Dynamic Dosage:

Listen to your gut. If you feel bloated or constipated, bump yourself back up to the Attack Phase for a day or two. If you feel loose, drop down to Maintenance. You are the captain of your own ship.

Powder vs. Capsules: Choosing Your Path

When it comes to taking Tarsul, you have two distinct options: the loose powder and the convenient capsules. Understanding the difference between the two is key to getting the most out of this solution.

The Powder: Targeted Relief and Dynamic Control

The Tarsul powder is your tool for active management. It is designed for those moments when you need to take control of a specific issue, whether it is a flare up of hemorrhoids, a bout of constipation, or a concerted effort to clear out Candida. The powder allows you to use the Dynamic Dosage method. You can easily scale your intake up during an Attack Phase and dial it back down during a Transition Phase. It puts you in the driver's seat, allowing you to adjust your intake based on exactly what your body is telling you on any given day.

The Capsules: Daily Maintenance and Prevention

The Tarsul capsules serve a completely different, but equally vital, purpose. They are designed for long term, daily maintenance.

To understand why this is so important, we have to look at how our food is grown today. For thousands of years, natural flooding would revitalize the soil, depositing rich minerals across the land. Today, we have built dams to control the water. The floods have stopped, and the natural mineralization process has stopped with them. At the same time, essential minerals like potassium are simply too expensive for commercial farmers to manually add back into their soil at scale.

The result is that the food on our plates is fundamentally missing these vital nutrients. Even if you eat a "healthy" diet, you are likely not getting the potassium your body evolved to need.

This is where the capsules come in. Taking two Tarsul capsules every day delivers exactly what is missing from our modern food supply. It is not about fixing an acute problem; it is about preventative wellness. It is a daily routine to ensure your body has the raw materials it needs to maintain a healthy, slightly alkaline gut environment, support tissue repair, and keep your systems running smoothly. It is the foundation of long term well being, ensuring you get the essential minerals that your daily food simply cannot provide.

CHAPTER 4: PROTOCOLS FOR SPECIFIC CONDITIONS

While the core Tarsul protocol benefits the whole body, here is how it specifically addresses common conditions.

1. Acne

- Mechanism: The skin is a primary detox organ. When the gut is overloaded with toxins or bad bacteria, the body pushes those impurities out through the skin, resulting in acne and breakouts. Tarsul works by cleansing the gut environment, acting as an eradicator so the skin does not have to do the heavy lifting. Furthermore, MSM Sulfur is a direct building block for healthy collagen and keratin, helping the skin repair itself from the inside out.
- Protocol: Consistency is the secret here. Use the Transition Phase (1/2 to 1 teaspoon daily) for at least six weeks. Skin cycles take time to turn over, so be patient and let the internal healing reflect on the outside.

2. Arthritis and Joint Pain

- Mechanism: MSM Sulfur is widely recognized for its ability to support joint health. It helps reduce inflammatory markers and provides the raw materials needed to repair cartilage and connective tissue. Meanwhile, the potassium from Cream of Tartar helps flush out metabolic acids, like uric acid, that can settle in the joints and cause stiffness and pain.
- Protocol: Rely on the Maintenance Phase (1/2 to 1 teaspoon daily, or two capsules) for long term support. Many users report a significant reduction in knee, back, and hand discomfort after a few weeks of consistent daily use.

3. Boils

- Mechanism: Boils are often a sign of a localized bacterial infection or a systemic pH imbalance. For generations, sulfur has been known as a traditional remedy for boils because of its ability to support the skin's natural defenses and draw out impurities. The Cream of Tartar alkalinizes the body, creating an environment where the underlying bacteria struggle to thrive, while the MSM Sulfur helps the skin repair the damaged tissue.
- Protocol: At the first sign of a boil, start the Attack Phase (1 teaspoon, 2 to 3 times a day) to aggressively alter your internal environment. Continue until the boil comes to a head and begins to heal, then taper down to the Transition Phase.

4. Candida Overgrowth

- Mechanism: Candida is an opportunistic yeast that thrives in an acidic gut environment, especially when fed by a modern diet high in sugar and processed foods. When it overgrows, it causes digestive distress, bloating, and fatigue. Tarsul tackles this with a powerful dual action. First, the Cream of Tartar rapidly alkalinizes the gut, shifting the pH balance to create an environment where Candida simply cannot survive. It acts as an eradicator, actively suppressing the yeast. Second, the MSM Sulfur steps in to repair

the damage. Candida overgrowth often leads to "leaky gut," where the yeast damages the intestinal wall. MSM reduces this inflammation, helps rebuild the mucosal barrier, and boosts the body's natural detoxification pathways to flush out the toxins released as the yeast dies off.

- Protocol: Start with the Attack Phase (1 teaspoon of powder, 2 to 3 times a day) to aggressively alter the gut environment and halt the overgrowth. You may experience a "die-off" reaction, which is a sign the yeast is being eradicated. Once symptoms stabilize, move to the Transition Phase, and eventually to the Maintenance Phase to keep the gut environment balanced and prevent recurrence.

5. Constipation

- Mechanism: The osmotic effect of Cream of Tartar draws water into the colon, naturally hydrating and softening the stool. Simultaneously, the high potassium content stimulates the smooth muscle of the bowel, promoting natural peristalsis (the wave like muscle contractions that move food through the digestive tract).
- Protocol: Use the Attack Phase (1 teaspoon, 2 times a day) until a breakthrough occurs. Once you have relief, find your personal "sweet spot" dose in the Transition Phase that keeps you regular without making your stool too loose.

6. Edema and Water Weight Gain

- Mechanism: If you often feel puffy, swollen, or are holding onto stubborn water weight, the culprit is often an imbalance of sodium and potassium. Modern diets are overloaded with sodium and severely lacking in potassium, causing the body's cells to hold onto excess fluid. Cream of Tartar is a potent, highly bioavailable source of potassium, which acts as a natural diuretic. It signals the kidneys to flush out the excess sodium, and the trapped water goes right along with it. By replenishing this missing nutrient, Tarsul helps restore your body's natural fluid balance.
- Protocol: For acute bloating or swelling, use the Attack Phase (1 teaspoon, 2 times a day) for a few days to encourage the body to release the excess fluid. For long term management and to prevent water retention from returning, rely on the Maintenance Phase (1/2 teaspoon daily or two capsules) to ensure your daily potassium needs are met.

7. Heartburn and Acid Reflux

- Mechanism: Heartburn is often a sign of an overly acidic stomach environment or poor digestion. Cream of Tartar is an alkaline salt. When ingested, it helps neutralize excess stomach acid, providing rapid relief from the burning sensation. Additionally, the

potassium helps signal the gut muscles to contract properly, keeping food moving downward instead of splashing back up into the esophagus.

- Protocol: For immediate relief during a heartburn episode, mix 1/2 teaspoon of Tarsul powder in a small glass of water and drink it slowly. For chronic heartburn, use the Transition Phase daily to help maintain a balanced stomach pH.

8. Hemorrhoids

- Mechanism: Cream of Tartar softens the stool, eliminating the hard straining that causes hemorrhoids to flare up in the first place. At the same time, MSM Sulfur works to reduce the inflammation and swelling of the affected veins, providing soothing relief.
- Protocol: Start immediately with the Attack Phase. Take 1 teaspoon, 3 times a day, until the pain and swelling subside (usually within a few days). Then move to the Transition Phase to keep things soft and prevent them from returning. Drink plenty of water to help the osmotic action work.

9. Hypertension Support

- Mechanism: Potassium is the natural antagonist to sodium. Increasing your potassium intake helps relax the walls of your blood vessels and encourages the body to excrete excess sodium through urine. This natural process helps lower and stabilize blood pressure.
- Protocol: Rely on the Maintenance Phase (1/2 teaspoon daily or two capsules).
- Caution: If you are on blood pressure medication (especially potassium-sparing diuretics) or have kidney disease, you must consult your doctor before taking potassium supplements.

10. IBS (Irritable Bowel Syndrome)

- Mechanism: IBS is characterized by unpredictable digestion, alternating between diarrhea and constipation, often accompanied by severe cramping. Tarsul helps regulate this chaotic environment. The Cream of Tartar provides the potassium needed for smooth, coordinated muscle contractions in the gut, reducing spasms. The MSM Sulfur helps soothe the inflamed intestinal lining that often triggers IBS flare ups.
- Protocol: Because IBS is highly individual, start slow. Begin with the Transition Phase (1/2 teaspoon daily) and monitor your body's response. Adjust your dosage up or down using the Dynamic Dosage method until you find the amount that brings you stability.

11. Leaky Gut Syndrome

- Mechanism: Leaky gut occurs when the lining of the intestines becomes inflamed and porous, allowing toxins and undigested food particles to leak into the bloodstream. This is often caused by an overgrowth of bad bacteria or yeast. Tarsul acts as a two part solution. The Cream of Tartar alkalizes the gut to eradicate the bad bacteria causing the damage. Then, the MSM Sulfur provides the critical building blocks needed to repair the mucosal barrier, reduce the inflammation, and seal the leaks.
- Protocol: This requires a dedicated approach. Start with the Attack Phase for a few days to clear out the bad bacteria, then settle into a long term Transition Phase (1/2 to 1 teaspoon daily) for several months to give the intestinal wall the time and raw materials it needs to fully repair.

12. Missing Minerals (Preventative Maintenance)

- Mechanism: We are living in an era where our daily food is fundamentally missing vital nutrients. For thousands of years, natural flooding would revitalize the soil, depositing rich minerals across the land. Today, we have built dams to control the water. The floods have stopped, and the natural mineralization process has stopped with them. At the same time, essential minerals like potassium and sulfur are simply too expensive for commercial farmers to manually add back into their soil at scale. The result is that even if you eat a healthy diet, you are likely not getting the minerals your body evolved to need. Tarsul delivers exactly what is missing. It is not just about fixing an acute problem; it is about preventative wellness.
- Protocol: This is where the Tarsul capsules shine. Taking two capsules every day is a simple routine to ensure your body has the raw materials it needs. This daily maintenance keeps your gut environment slightly alkaline, supports tissue repair, and keeps your systems running smoothly. It is the foundation of long term well being, ensuring you get the essential minerals that your daily food simply cannot provide.

13. Psoriasis

- Mechanism: Psoriasis is an autoimmune condition that causes rapid, inflammatory skin cell turnover. While Tarsul is not a cure for autoimmune diseases, it provides significant support. MSM Sulfur is a powerful anti-inflammatory agent that helps calm the systemic inflammation driving the flare ups. It also provides the sulfur necessary for healthier skin cell production.
- Protocol: Like acne, this requires patience. Use the Transition Phase (1/2 to 1 teaspoon daily) consistently for several months. You are working to calm an overactive immune response and support healthier skin regeneration from the inside out.

14. Repel Insects

- Mechanism: This is an old, traditional use for sulfur. When you consume bioavailable sulfur (like MSM) regularly, your body secretes trace amounts of sulfurous compounds through your pores and sweat. While this is generally undetectable to humans, it creates a natural, invisible barrier that is highly unappealing to mosquitoes, ticks, and other biting insects.
- Protocol: If you are entering bug season or traveling to an area with heavy insects, ensure you are consistently in the Maintenance Phase (two capsules or 1/2 teaspoon daily) for at least a week prior to build up the sulfur levels in your system.

15. Stop Smoking Support

- Mechanism: Quitting smoking is incredibly difficult due to nicotine withdrawal and intense cravings. Cream of Tartar has been used as a traditional home remedy to help flush nicotine out of the body faster. Because it is a natural diuretic, it increases urine production, helping to accelerate the detoxification process. Some users also report that mixing it with orange juice helps alter the taste of cigarettes, making them less appealing.
- Protocol: Mix 1/2 teaspoon of Tarsul powder into a glass of orange juice and drink it once a day, preferably at night before bed, to help flush the system and manage cravings during the difficult early days of quitting.

16. UTI (Urinary Tract Infection)

- Mechanism: Urinary tract issues are often caused by bacteria, such as E. coli, taking hold in the bladder or urethra. These bacteria thrive in an acidic environment. Cream of Tartar is an alkaline salt. When it is metabolized by the body, it alters the pH of your urine, making it more alkaline. By changing the pH, Tarsul creates a hostile environment where these bacteria struggle to survive and multiply. It acts as an eradicator, changing the terrain to flush out the unwanted guests.
- Protocol: At the first sign of discomfort, begin the Attack Phase. Take 1 teaspoon of Tarsul powder mixed in a glass of warm water, 2 to 3 times a day. Adding a squeeze of fresh lemon juice can further support the alkalizing effect. Continue this for a few days until the discomfort subsides, then move to the Transition Phase. If symptoms persist or worsen, always consult a medical professional.

CHAPTER 5: THE TARSUL LIFESTYLE

Tarsul is a powerful tool, but it cannot fix a broken lifestyle on its own. To get the most out of this solution, pair it with these simple habits.

1. Hydration is Non-Negotiable

Tarsul works by moving water. If you are dehydrated, it cannot do its job. You must drink at least 8 glasses of water a day. A good rule of thumb: drink a full glass of water with every dose of Tarsul, and another one between meals.

2. Reduce the "White Death"

Sugar and processed flour are the fuel for the "sugar bugs." Tarsul helps kill them, but if you keep feeding them, you are fighting an uphill battle. Try to reduce your intake of refined sugar and white bread. You don't have to be perfect, but every bit helps.

3. Eat "Real" Potassium

Use Tarsul to hit your baseline, but try to add potassium-rich foods to your diet. Avocados, spinach, sweet potatoes, and bananas are excellent friends to Tarsul.

4. Listen to Your Body

I cannot stress this enough. Your body is smart. If you feel great, keep doing what you're doing. If you feel off, adjust. The Dynamic Dosage method is designed to be flexible. Trust your intuition.

CONCLUSION: A NEW PATH FORWARD

You now hold the missing piece.

For too long, we have been told that our health is out of our hands, that it is a matter of genetics, or luck, or having the right insurance plan. We have been taught to fear our bodies and to rely on experts to fix us.

The Tarsul Solution is a rejection of that narrative.

It is a declaration that health is simple. It is a return to the fundamentals of nature. It is an acknowledgment that when you give the body what it needs, when you cleanse the toxicity and restore the nutrients, it will reward you with vitality.

My journey started with a simple desire to avoid surgery. It turned into a 20-year mission to share this truth.

I invite you to join me. Try the protocol. Commit to the Cleanse. Experience the Restore. Take back control of your health.

You are the healer you have been waiting for.

ABOUT THE AUTHOR

Russell Guillemot is a researcher, health advocate, and the founder of Tarsul.

He is not a doctor, and he considers that his greatest asset. Unbound by the rigid dogmas of the conventional medical establishment, Russell has spent the last two decades

investigating natural solutions to chronic health problems.

His journey began in 2008 when a personal health crisis led him to rediscover a forgotten 1991 patent for a Cream of Tartar and Sulfur formula. After healing himself, he dedicated his life to refining the formula and making it accessible to the world.

Russell lives with his family, where he continues to experiment, research, and advocate for the power of self-healing. He has taken Tarsul every day for nearly 20 years and credits it as the foundation of his enduring health and vitality.

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READY TO RECLAIM YOUR HEALTH?

Get the authentic Tarsul formula today.

Don't guess with grocery store ingredients. Tarsul provides the precise, pharmaceutical-grade ratio of Cream of Tartar and Organic MSM Sulfur needed for optimal results.

Visit us online to order:

www.Tarsul.com

Cleanse the Gut. Restore the Body. Be Your Own Healer.