



**GUT THRIVE** *in* **5**  
*5 Steps to Gut Healing*

## **Handbook**



## Gut Thrive Outline/Index

### HOW TO: Navigate the GT5 Portal

### GETTING STARTED:

#### Course Lessons:

#### Lesson 1: Setting Expectations

Welcome to Gut Thrive in 5™ – Video with Christa

Setting Expectations – Video with Christa

#### Downloads:

- Gut Thrive Handbook (excludes meal plans, supplement protocols, and calendar)
- Gut Thrive Outline/Index
- Goals Sheet for Getting Started
- Physical Symptom Wheel for Getting Started
- Gut Thrive Calendar
- Gathering Supplies and Resources

#### Lesson 2: Understanding the Assessment

The Assessment – Video with Jack Tips, PhD, CCN

#### Lesson 3: Taking the Assessment/Order Supplement Kit

#### Lesson 4: The Supplements/Order Supplement Kit

Understanding the Supplements - Video with Christa

Phase 1 of the Supplements - Video with Christa

Phase 2 and 3 of the Supplements - Video with Christa

Order Supplements

#### Downloads:

- About the Supplements
- Plan F Supplement Protocol
- Plan H Supplement Protocol
- Plan P Supplement Protocol
- Plan S Supplement Protocol
- Additional Supplements & Product Substitutions for GT5

#### Lesson 5: Prepping the Body and Mind

Prepping the Body and Mind- Video with Christa

The Shocking Truth About Food by Lissa Rankin- Video

#### Downloads:

- Prepping Your Body and Mind Action Items
- Primary Food Defined
- Water and Hydration



- Getting In Your Greens
- Basic Food Combining
- At-Home pH Testing
- Food Effects on Acid-Alkaline Body Chemistry
- Quick Breakfast Ideas
- 8 Reasons Why We Should Decrease Caffeine
- Cumin, Coriander, and Fennel (CCF) Tea
- How to Do a Castor Oil Pack
- The Mindset of Health with Mary Shenouda

**Lesson 6: Webinar #1 – The Gut Thrive Overview**  
**30-MINUTE CONSULTS WITH JACK TIPS**

**Downloads:**

- Webinar Slides

**STEP 1: THE DIET - SLASHING INFLAMMATION**

**Course Lessons:**

**Lesson 1: The Gut Thrive Diet Program**

The Diet - Slashing Inflammation- Video with Christa

**Downloads:**

- Plan F Dietary Guidelines, Meal Plans, and Shopping Lists
- Plan H Dietary Guidelines Meal Plans, and Shopping Lists
- Plan P Dietary Guidelines Meal Plans, and Shopping Lists
- Plan S Dietary Guidelines Meal Plans, and Shopping Lists
- Master Recipe List for ALL Plans
- Vegan/Vegetarian Dietary Considerations
- Snack Recipe Guide for ALL Plans

**Lesson 2: Webinar #2 – The Diet & Webinar #3 - Live Q&A**

Grocery Store Tour - Video with Christa

**Downloads:**

- Webinar Slides

**STEP 2: THE PATHOGEN PURGE**

**Course Lessons**

**Lesson 1: The Pathogen Purge Strategy**

Introduction to the Pathogen Purge - Video with Christa

The Pathogen Purge Strategy - Video with Jack Tips, PhD, CCN

**Lesson 2: Webinar #4 – The Pathogen Purge Detail, Webinar #5 - Live Q&A, & Webinar #6 - Live Q&A**

**Downloads:**



- ] The 4-Day Fast Protocol
- ] Why Coffee Enemas Rock and How To Do One
- ] Neuro-Sensory Activators
- ] The Salt Water Flush
- ] The Detox Bath
- ] Oil Pulling
- ] Tongue Scraper
- ] Magnesium Self-Test
- ] Why Do We Need Extra Magnesium?
- ] Constipation
- ] Diarrhea/Loose Stools During A Cleansing Program
- ] Pathogen Dossier
- ] Pathogen Purge Daily Checklist
- ] Webinar Slides

### **Lesson 3: Supporting the Purge**

How to Make your Sludgy Cocktail– Video with Christa

How to Close your Ileocecal Valve– Video with Jack Tips, PhD, CCN

#### **Downloads:**

- ] Ileocecal Valve

## **Step 3: THE RESEEDING AND GUT HEALING PROCESS**

### **Course Lessons:**

#### **Lesson 1: Reseeding and Healing the Leaky Gut Overview**

Introduction to Reseeding and Healing of the Gut – Video with Christa

The Reseeding and Healing of the Gut – Video with Jack Tips, PhD, CCN

#### **Downloads:**

- ] Emotional Preparation for Step 3
- ] The Importance of Chewing and Mindful Eating
- ] Food Mood Journal
- ] Basic Breathing and Meditation Practice
- ] Healing Affirmations

#### **Lesson 2: Webinar #7 – Reseeding and Healing the Leaky Gut Detail & Webinar #8 - Live Q&A**

#### **Downloads:**

- ] Webinar Slides

## **Step 4: THE HCL EVALUATION AND TRANSITION**

### **Course Lessons:**

#### **Lesson 1: HCL Evaluation**

Introduction to the HCL Evaluation – Video with Christa



Upper GI Education with Jack Tips, PhD, CCN- Video

**Downloads:**

- Take the HCL Challenge

**Lesson 2: Terraforming**

Intro to Terraforming – Video with Christa

Understanding Terraforming – Video with Jack Tips, PhD, CCN

**Downloads:**

- Terraforming the Human G.I. Tract
- Fiber – Soluble, Insoluble and Resistant
- Fermented Foods
- Bacteria and Raw Milk – a Very Healing Food

**Lesson 3: Webinar #9 – HCL Evaluation and Terraforming**

**Downloads:**

- Webinar Slides

**STEP 5: THE 80/20 MAINTENANCE**

**Course Lessons:**

**Lesson 1: The 80/20 Maintenance Intro**

Intro to 80/20 Maintenance - Video with Christa

**Downloads:**

- Transition Supplements
- International Transition Supplements

**Lesson 2: Webinar #10 – Defining Your 80/20 Maintenance**

**Downloads:**

- Webinar Slides
- The Whole Journey Cookbook: 180 Delicious Ways to Use Food as Medicine

**Lesson 3: Moving Forward**

Moving Forward- Video with Christa and Jack Tips, PhD, CCN

**Downloads:**

- Symptom Wheel for Step 5
- Goals Sheet for Step 5
- 5 Days of Meals, Movement and Meditation
- Symptom Wheel for Terraforming



## **BONUSES AND ADDITIONAL RESOURCES**

### **Course Lessons:**

Dr. Tom's Perspective on Gut Healing- Video with Christa and Dr. Tom O'Bryan

### **Downloads:**

- [ ] Gut Thrive Bonus Recipes
- [ ] 5 Steps to Permanent Gut Healing with Dr. Tom O'Bryan Transcript
- [ ] Christa's Thyroid Protocol
- [ ] Thyroid Medication eBook by Izabella Went
- [ ] Prevent Reverse Thyroid Dysfunction
- [ ] Organic Foods and the Dirty Dozen
- [ ] Get Slow
- [ ] Healthy Fats and Oils
- [ ] Importance of Consuming Organic and Clean Animal Products
- [ ] Lifestyle Suggestions
- [ ] A New Approach to Cholesterol
- [ ] Sleep Tips
- [ ] Soy: The Good The Bad The Ugly
- [ ] 10 Steps for Dealing with Sugar Addiction
- [ ] Top 4 Personal Care Products to Avoid
- [ ] GMOs
- [ ] SIBO Handout
- [ ] Young Green Coconut Gel
- [ ] Histamine Intolerance
- [ ] Healthy Cookware
- [ ] Clinical Trial Findings



## Goals Sheet for Getting Started

Now that you've watched the video on "Setting Expectations", I want you to clarify which issues you want to address and what you think is possible for your health and your life in the upcoming months, please take a few moments to fill in the following. Write three goals for each time period.

Make them specific and measurable (i.e. - less bloating, 1-2 bowel movements daily, antibodies lowered, etc)

### One Month

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### Three Months

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### Six Months

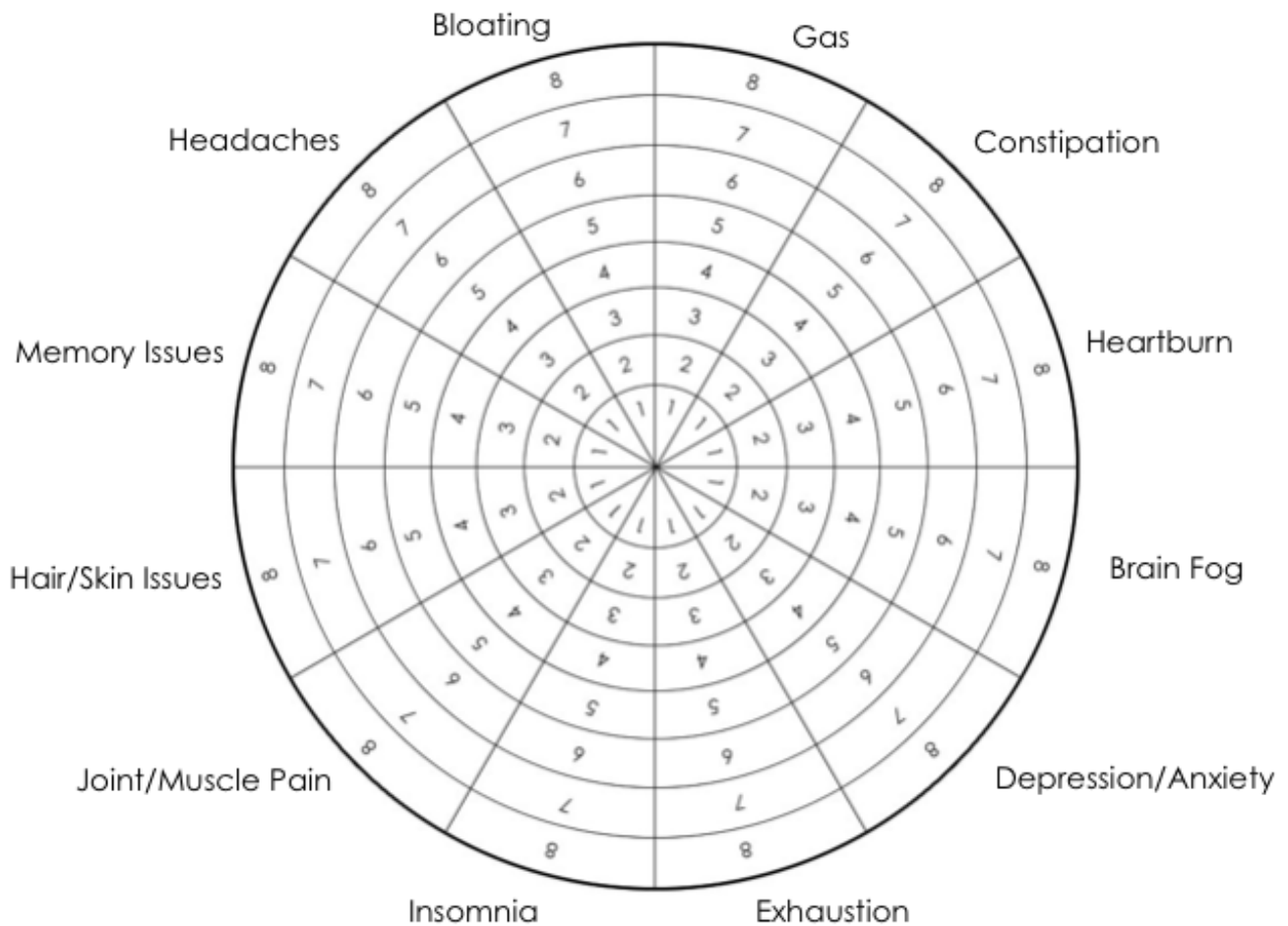
1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## Physical Symptom Wheel for Getting Started

**Date:** \_\_\_\_\_

This exercise is intended to use as a marker to show how you feel about the top 12 symptoms those coming into Gut Thrive experience. It has twelve sections. Look at each section and place a dot on the line to designate how satisfied you are with the corresponding area of your health. A dot placed closer to the center (1, 2, 3) indicates dissatisfaction, while a dot placed on the periphery (6, 7, 8) indicates close-to-optimal wellness in that area. Connect the dots to see your physical symptom wheel of life. This will give you a clear visual of imbalances so that you can determine where you may wish to spend more time and energy to create balance within your body throughout this program.

Make sure to print and date this. You will be filling it out again at the end of the program and again after your 3-4 month Terraforming process as a marker of your progress based upon your perception of how you experience these symptoms.





## Gathering Supplies and Resources

Below is a list of supplies and resources that you may find useful during Gut Thrive in 5. Our intention is for you to personalize your program. You may end up using all of these supplies or just some of them in the next 12 weeks.

Please check in the GT5 member portal for more information on Castor Oil Packs (Getting Started: Lesson 5), Coffee Enemas, Salt Flushes, Detox Baths, Tongue Scraping, and Oil Pulling (The Pathogen Purge: Lesson 2) in order to familiarize yourself with your options.

### Supplies:

Baking Soda for Detox Bath (2 pounds per bath)

***ARM&HAMMER 13.5 lb Bag***

Bath-Ball Water Filter and Refill

***Sprite Bath Ball Filter***

***Sprite Bath Ball Filter Replacement***

or

***Crystal Quest Bath Ball Filter***

***Crystal Quest Bath Ball Filter Replacement***

Berkey Water Filters

***Big Berkey Water Filter***

Blender/Food Processor for preparing Smoothies & Cilantro Pesto

***Cuisinart PowerBlend Duet Blender and Food Processor***

Body Brush for Dry Skin Brushing

***Bernard Jensen's Body Brush Natural Bristle Brush***

Castor Oil for Castor Oil Packs

***Premier Caster Oil by Premier Research Labs***

Celtic Sea Salt or Himalayan Pink Salt for Salt Flushes

***Celtic Sea Salt***

or

***The Spice Lab Finely Ground Pure Himalayan Salt, 2 pounds***

Young Green Coconut Tool

***Coco Jack***

Coffee Grinder or Mortar & Pestle for Cumin, Coriander & Fennel Tea

***Kuhn Rikon Vase Grinder***

***Spicely Mortar & Pestle*** (Shop → Accessories)

or

***Marble Mortar and Pestle***

Containers for organizing daily supplements

***7 Day 4 Compartment Pill Organizer***

or

***Pill Bags - 100 Count***

Enema Bag & Bucket Set

***Plastic Enema Kit***

or

***Stainless Steel Enema Kit***

Epsom Salt for Detox Bath (2 pounds per bath)

***EPSOAK Epsom Salt 5 lb bag***

Infrared Portable Sauna + Negative Ion Detox

***Far Infrared Portable Sauna***

Fruit & Veggie Wash for cleaning produce

***KD Gold Fruit and Vegetable Wash***

Glass (best) or Stainless Steel Water Bottle

***Swig Savvy Glass Water Bottle***

or

***BOJE Stainless Steel Water Bottle***

Hot Water Bottle or Heating Pad for Castor Oil Packs

***Rubber Hot Water Bottle***

or

***Sunbeam Heating Pad***

OraWellness drops for Oil Pulling (optional)

***Nut-Free HealThy Mouth Blend***

Organic Coffee for Coffee Enemas

***Bulletproof Coffee***

Organic Flannel, Wool or Cotton for Castor Oil Packs

***Wool Flannel***

or

***Cotton Flannel***

Organic Oil - Raw Coconut or Sesame for Oil Pulling

***Coconut Oil***

or

***Sesame Oil***

pH Strips for Measuring Saliva & Urine

***pHydrion pH Strips***

Portable Clock or Timer for Enemas

***Mechanical Timer***

Toilet Stool

***Squatty Potty***

or

***Wellness Step***

Tongue Depressors for Neuro-Activator Exercise

***Wood Tongue Despressors 100 count***

Tongue Scraper for Tongue Scraping

***Dr. Tung's Tongue Cleaner***

Stockpot or Crockpot if preparing your own Bone Broth for Pathogen Purge

***Stockpot***

or

***Crockpot***

Tea Infuser/Strainer for CCF Tea & Ginger Lemonade

***Spicy Tea Infusers*** (Shop → Accessories)

or

***Tea Infuser***

Tea Pot with Strainer

***Spicy Tea Pot w/ Strainer*** (Shop → Accessories)

or

***Glass Kettle Tea Pot w/ Strainer***

Vegetable Peeler for Turmeric, Ginger Lemonade & Ginger Pickle

***Dual Julienne Peeler & Vegetable Peeler***



Zester/Grater for Ginger Pickle & Frozen Lemons

[\*5 Piece Progressive Grater Set\*](#)

or

[\*2 in 1 Vegetable Julienne Peeler + Lemon & Citrus Zester\*](#)

**Please take a look at “Recommended Products and Service Providers” in the First Lesson of “Step 1: The Diet – Slashing Inflammation” for information on how to order bone broth, high quality meats & seafood, and other food products.**

### **Resources:**

[\*Homemade Healing Spice Tea\*](#) Recipe (HUGE digestive benefits)

[\*Oil Pulling Blog\*](#) The At-Home Remedy that Heals your Entire Body

[\*YouTube video\*](#) on How to Make a Castor Oil Pack



## About the Supplements

As a clinical nutritionist I am well aware that all supplements are not created equal. I'm obsessed with only using top quality supplementation. Vitamin and supplement companies do not undergo the same scrutiny as pharmaceutical products. This can result in ineffective and even dangerous products with poor processing practices and added chemicals.

Your health care practitioner has to be the watchdog for you, so in the case of GT5, that's me!

I have spent years researching and testing various supplement brands for quality, efficacy, and the utmost purity. I find out if the supplement was food-based and if so, how it was grown, if the soil was re-mineralized (we must check the microbiome of the soil), which oil(s) they use to lubricate their machinery, how high they heat that oil, and how they ship as well as what all the "other ingredients" mean and how they interact with the body.

All of these are crucial factors that go into the quality of a product. I strongly feel if you are going to take supplements, they should be top quality and you should FEEL the difference.

### Tips to Consider

- Supplements should be free of artificial additives, gluten, dairy, and soy. Even small amounts can be detrimental and interfere with absorption.
- Excipients are inert substances used in manufacturing as binders, filler, and lubricants and it's important to know the source of them to make sure they are harmless to the body and do not add an additional burden to the liver in order to process them. None of the brands I recommend will contain toxic excipients.
- Formulations matter because certain ingredients don't mix well and can impair the absorption of other nutrients
- Methylated forms of B12 (methylcobalamin) are superior to cyanocobalamin.
- Folic Acid should always be in the form of methylfolate, especially for those with MTHFR gene variations and especially for pregnant or nursing women or women wanting to conceive.

I understand that the GT5 supplements are a big investment for you. I know money doesn't grow on trees and that you've likely reached a frustration point with how much you've spent on your health.

I respect your journey and trust that this investment will be one of the best (and hopefully last) that you make in really making a positive dent in your health.



I believe in the philosophy “teach a man how to fish” instead of “give a man a fish” and have over a 90% success rates with these formulas in changing and improving people’s lives in a lasting way.

I have taken all of the above into consideration and truly so much more.

This program is carefully crafted with years of research by myself and by Jack who’s worked side-by-side with Systemic Formulas molecular biologist.

They are so delicate that they were meant for people who have food and chemical sensitivities. They were meant for people who’ve been suffering and struggling with chronic digestive and autoimmune issues for years. They also help people who are generally healthy and just want to get healthier as well. They are vibrationally balanced on all levels

The strength of your supplement program comes from the unity of all the herbs acting synergistically. This way none of the “bad critters” living inside your body will get smart and become resistant to them, and you will be set up for great success.

These formulas work synergistically to re-establish order to your entire microbiome and to make sure this happens in the most holistic way possible. That means you’ll be able to find what works for your genetics and you’ll allow your immune system to do the work and to build instead of having formulas “do it for you”.

Each product undergoes rigorous testing by a third party laboratory to verify label claims, potency and purity. All the products are free of gluten, soy, corn, and dairy (except a few of the probiotics and colostrum) and additives that may impair absorption or put a burden on the liver.

Order your supplements, be extremely faithful to every single dose, and get started on the road to better health.

## Additional Supplements & Product Substitutions for GT5

This document is meant to be a key resource for you as you continually customize your Gut Thrive journey to your unique needs. Some of you won't need any additional supplements beyond the ones you take to rejuvenate your microbiome and some of you will.

Our Gut Thrivers often request finding additional support for energy, sleep, thyroid or adrenal health, additional anti-fungal protection post GT5 or antioxidant support.

Some have requested high quality recommendations for to help them construct a customized supplement maintenance program to continue your healing and keep energy strong after the program ends.

These options below have been talked about during the program webinars. They are vetted, recommended, high quality supplement options for different needs you may have. Be careful not to go overboard with taking too many supplements. This sheet is just a rough guide to help you choose *a few* that might further support your journey.

The products that begin with an asterisk are Vegan supplements that can be substituted for original GT5 program supplements.

Clicking on the link for each supplement will tell you more about it and the recommended dosage.

***Alpha Lipoic Acid*** – a powerful antioxidant for autoimmune conditions especially those related to the skin. Alpha lipoid acid is key for rosacea and Graves Disease. It's highly supportive to thyroid function.

***Ashwagandha*** – Stemming from Ayurveda, the Indian Healing system, ashwaganda has been a most key supplement for me personally and for my practice. It is an adaptogen that is very helpful for the adrenals and thyroid. It can be a key nutrient in overcoming adrenal fatigue and assisting the stress-induced thyroid issues. Clinical studies have shown ashwaganda to be as effective as anti anxiety meds within 5 days of use.

***B Complex liquid*** – refill your vitamin B stores after recovering from a gut infection (or during recovery) to give you more mental clarity and energy. A must for those recovering from an H. pylori infection or for those who have ever been on acid blockers or PPIs. Liquid is a better choice in this case because it will bypass the GI tract and be absorbed faster. Incredibly helpful for depression and exhaustion. Keep in mind that your desiccated liver is stacked with Vitamin B12 and be cautious not to "over vitamin" yourself.

***Berb-Evail*** – very helpful for continued SIBO treatment after GT5 but not recommended to stay on for more than 4 weeks post GT5. Do not take concurrently with our program as you have berberine botanicals already in your supplement protocol. This would be a good choice for those

***Betaine HCL with Pepsin*** – Did somebody say HCL Challenge? You had better know the good use for this one if you followed the program!

***Best Rest Formula*** – for occasional use to calm and soothe the mind and nervous system so you can relax and let go into a deeper REM sleep. Remember pathogens are more active at night so sometimes insomnia can creep up during the pathogen purge. This formula provides support for that. Should be combined with a calming nighttime ritual like a hot bath, journaling, stretching or meditation.

***Calcium with Vitamins D&K*** – to maintain strong bones and a healthy nervous system. Those with chronic low vitamin D levels should include vitamin K2 to improve absorption.

***Candidid Forte*** – a safe and effective supplement for the normalization of the microbial ecology of the intestines in mild to moderate cases of candida infection. This could be used as general maintenance for one month after GT5 or if you ever go on antibiotics again in combination with your probiotics and mucosal lining support to prevent candida overgrowth from happening again.

***Caprylic Acid*** – if you have a long history of Candida, occasional use of caprylic acid with keep yeast levels health and in check after GT5 ends especially as you add things in like wine in your 80/20 balance.

***Cat's Claw*** – joint, cardiovascular and GI support. A helpful addition post program to those whose program was slanted toward viral or with a history of chronic fatigue or Epstein Barr (EBV) if feeling under the weather or if those around you are sick.

***Chlorella Manna*** (powder) or ***Quantum Chlorella*** (capsule) – both of these supplements are packed with amino acids, peptides, beta glucans, polysaccharides and nucleic acids that work together to support your body's natural detoxification processes. Chlorella is especially helpful in providing additional assistance in the removal of heavy metals from the body. It is totally safe to take even if you have amalgam fillings. Bonus for pregnancy and breastfeeding: chlorella filters the breastmilk!

***Chromium GTF*** – for those of you with sugar cravings or trouble controlling blood sugar, chromium is a common deficiency and short-term supplementation (6-12 weeks) can be very helpful. This supplement was a lifesaver for me during my healing process 10 years ago as it's highly supportive to the pancreas. Great for type II Diabetes or metabolic syndrome. See Glucose Support Formula below before making your decision.





**Cod Liver Oil** – a great daily addition to protect brain, immune, and heart health and to make sure you’re getting adequate vitamin A and D.

**Collagen** – joint, hair, skin, nails, and intestinal lining support.

**Colostrum 40% IgG** – highly recommended for kids and to take for 4-6 weeks after your program to continue strengthening your immune system. Colostrum is full of powerful immune and growth factors and a key nutrient in decreasing or eliminating food sensitivities by way of healing leaky gut and recharging immunity. Our other colostrum alternative is GI Restore below.

**Curcumin** – the single best anti-inflammatory out there and a good one to keep on hand. Think of it as “nature’s ibuprofen”.

**Deglycyrrhizinated Licorice (DGL)** – An alternative formula for healing leaky gut for those of you who have sensitivities to other ingredients in other formulas.

**\*DGL Plus** – this product provides soothing botanical support for the GI tract and is extremely helpful in supporting stomach and esophageal health. GI-Encap can be used as a Vegan or alternative substitute for Mucosagen in the GT5 protocol.

**\*Digestive Enzymes Ultra** – an excellent vegetarian-based enzyme. Can be used as a Vegan or alternative substitute for Digestzymes in the GT5 protocol.

**Digestzymes** – for those who have trouble digesting heavy meat or fat or when food sits “like a rock” in your stomach. A good one to keep around for heavy holiday meals or those “burger and fries” nights. This is a core product in the Gut Thrive protocol and will be helpful to keep an extra bottle or two on hand.

**GI Restore** – 100% pure bovine colostrum that provides a rich source of IgG and PRPs (Proline-Rich Polypeptides). GI Restore also supplies protein, immune factors, growth factors, vitamins and minerals which all help support gut health and vitality while protecting against irritations from toxins in the GI tract.

**GI Shield** is Dr. Tom’s brainchild and a must have after you finish Gut Thrive to keep on hand before eating out. It’s like ZGLUTn but it also has a non-starch prebiotic in it to feed your new good gut flora (which is why it’s suggested AFTER your re-seeding phase has been successful) as well as 2 different strains of powerful probiotics and a good yeast strain that combats bad yeast.

When eating out, take 1-2 before your meal to minimize exposure to gluten, GMO corn, dairy, or soy. It will pulverize the proteins in wheat, dairy, soy, egg, nuts, fish, hemp, pea

within 90 minutes. This is one of the only products on the market that works in both the small and large intestine.

***Ginkgo Biloba*** – Has known to be supportive for cognitive and brain function, especially memory as well as provide relief for ringing of the ears.

***Glucose Support Formula*** – helpful for diabetes, weight and metabolism management. The combination of minerals and herbs in this formula will stabilize blood sugar and regulate sugar cravings. Do not use concurrently with chromium because it already contains an adequate amount of chromium.

***Glutamine powder*** – helpful to continue the repair of gut lining on a semi-regular basis. Try adding it to your smoothie a few times a week for maintenance or especially if you've been consuming sugar, alcohol, or excessive caffeine.

***Glutathione*** (pill) or ***Liposomal*** – a most powerful antioxidant for autoimmune disease, in cancer-recovery, or for those with genetic mutations who have trouble detoxifying. It helps the liver cleanse and balance itself and improves cellular energy. The liposomal version of glutathione is highly recommended for individuals that have difficulty with methylation.

***Iberogast*** – A prokinetic used for motility, Iberogast contains nine different herbal extracts which have a positive influence on the entire gastrointestinal tract. Iberogast assists with regulating peristalsis, reducing pain and cramping, and alleviating heartburn and gas. This product is one of our top picks for individuals who are challenged with irregularity. This supplement also can be combined with Calm & Neurosyn. (Please choose only Iberogast OR MotilPro (below) as they are not intended to be used together)

***L-Carnitine*** – a helpful amino acid to support heart health. Great for those with family history of heart issues, MTHFR, or Graves' Disease. It functions primarily to support fat utilization by acting as a carrier of fatty acids into the mitochondria, where they are oxidized and converted to energy.

\****Liver Rescue*** – provides a synergistic botanical blend that assists with detoxification, bile flow and protection of the liver and kidneys. Liver Cleanse can be used as a Vegan or alternative substitute for Desiccated Liver in the GT5 protocol. Highly recommended for individuals experiencing detoxification symptoms during Step 4 of the GT5 program. I take this when I travel if I know I am going to be increasing my consumption of alcohol.

***Magnesium Glycinate*** – for help relaxing, alleviation of headaches and body aches, constipation, or insomnia.

***Medicinal Mushroom Immune Support*** – boosts immunity by up to 300% after consumption. This formula is a great one to have around for when you are feeling run down

or others around you are sick. I always take this at the change of the season (from fall to winter) or before flying.

**Methylated Bs** – for those with low energy or the MTHFR genetic mutation, make sure the B vitamins you take are activated/methylated.

\***MethylAssist** – for those who did really well on MoRs. Methyl donors to assist the detoxification process. Methyl-Guard can be used as a Vegan or alternative substitute for MoRS in the GT5 protocol.

**MITOCORE** – a powerful mitochondrial boosting multi-vitamin for those with low cellular energy, neurological issues, or trouble detoxifying, as it contains the above antioxidants, methylated Bs and the micronutrients necessary for improved mitochondrial function. I put all of my male clients on this for preconception as it strengthens the sperm.

**MotilPro** – this digestive formula helps improve upper GI comfort, motility, nutrient absorption and fluid uptake. MotilPro’s ingredients help calm and nourish the nerve endings in the GI tract, and help control smooth muscle contraction (peristalsis). You can follow the dose on the bottle at 3/day and work up to 6 as your body responds.

This supplement can also be combined with Calm & Neurosyn. (Please choose only Iberogast OR MotilPro as they are not intended to be used together)

**Mucosagen** – soothes and nourishes the lining of the intestine, slashes inflammation, and promotes larger and more frequent bowel movements. A good one to stock in the medicine cabinet instead of a laxative. This core product in the Gut Thrive protocol, can be helpful for individuals who are having difficulty tolerating Proteolytic Enzymes (or for those with Gastritis) in Phase One.

**NAC (N-Acetyl Cysteine)** – for those with trouble detoxifying that don’t do well on glutathione, NAC is a precursor to glutathione and can help your body to produce more of it’s own while supporting detoxification pathways.

**Natural D-Hist** – This powerful natural antihistamine and helps with rashes. The combination of herbs actively promote healthy nasal and sinus passages for individuals with elevated histamine and respiratory irritation. Natural D-Hist provides non-drowsy seasonal sinus relief, and sinus and nasal passage health with four naturally immune-balancing ingredients.

**Nutrient 950** – a standard, high quality multi-vitamin to make sure your bases are covered after the program ends. I really this one for transition and maintenance so you aren’t taking so many things individually.

**Olive Leaf** – a powerful immune booster, especially for those who tend to slant toward fungal infections or yeast overgrowth. A good maintenance to keep on hand for those who did Plan F to take when feeling under the weather or if a family member is sick.

**Pancreatic Enzymes** – if your pancreas is healing and needs a rest, short-term use of enzymes will help you digest protein, carbs, and fats better. Very helpful for those with brain fog, sugar cravings, or for previous history of alcoholism.

**Prenatal Complete** – this is a new prenatal by Orthomolecular that also contains DHA. It has a wonderful combination of nutrients that are easy to absorb.

**Prescript Assist** – Prescript-Assist is a broad-spectrum soil-based prebiotic and probiotic supplement that delivers a proprietary blend of 29 separate strains of beneficial bacteria to help support optimal gut health and a normal balance of beneficial microflora in your intestinal tract. Recommended as an alternative probiotic option for individuals following the Plan S protocol. If you have trouble with MBC, you may try either this before you return to MBC in a few months.

**Probiotic 50B** – a multi strain probiotic that is part of your transition package. In the future, you may want to take this a few times a year for a few weeks at a time to keep your gut health strong and to help out your newly established good bacteria from time-to-time. It will be essential to take if you are ever on antibiotics. This is included in your transition package to take every other day as your microbiome terraforms.

**PureProbiotic** – a six strain, allergen free probiotic containing 5 billion CFUs. This a great one for daily or weekly maintenance. This is a nice low dose for those who are not yet ready for heavier amounts of probiotics.

**Reacted MultiMin** – a wonderful, bioavailable way to supplement for mineral deficiency across the board. Supports bone, muscle, cardiovascular, and adrenal health.

**Reacted Selenium** – an important antioxidant for thyroid health, especially Hashimoto's Disease as it has been proven to lower thyroid antibodies.

**Rhodiola Rosea** – a highly coveted adaptogenic herb to help create a balanced stress response. It's helpful during periods of increased stress (I take it when we launch GT5 ;) and when recovering from chronic fatigue or adrenal fatigue.

**Saccharomyces boulardii** – a yeast eating strain of probiotic that is helpful for Candida/ yeast overgrowth and an important strain of probiotic that will prevent leaky gut (dysbiosis) during or after a course of antibiotics. This product can be especially helpful for individuals



that are following the Plan F protocol and experiencing constipation- best if used at the beginning of the Pathogen Purge.

**Thyroid Support** – check with your doctor before starting thyroid support. A chronically low temperature might make this product right for you to pick up your energy.

**Trace Minerals** – are cofactors for most enzymes in the body and are essential for proper hormone and neurotransmitter function. Deficiencies of specific trace minerals can have an adverse impact on cardiovascular health, bone health, fertility, cognitive health, and immunity. Even mild deficiencies in trace minerals can result in poor growth and development. Many dietary trace minerals are found in fruits and vegetables; however, mineral depletion of the soil has rendered much of the produce we buy deficient in these essential nutrients. Because of these circumstances, supplementation may be indicated.

**Vitamin D3** – a crucial factor in a healthy immune system and gut lining. 80% of the population has a vitamin D deficiency. You should be 50-100 in lab values to be considered in the “functional range”.

**Zinc** – immune boosting and an important mineral for GI health. Zinc is a constituent of over two-dozen enzymes involved in digestion and metabolism, including healthy storage and metabolism of carbohydrates. It is also related to the normal absorption and actions of the B vitamins. Zinc is crucial to help build testosterone and libido.

## Prepping Your Body and Mind Action Items

This week we are going to do some preliminary work to set the stage for greater ease and grace within the program. Below are your 12 action items for the week.

All of the supporting materials you need are included in PDFs within this section. I suggest getting a three-ring binder and printing out all of your GT5 materials so that you can take notes and keep everything organized.

### Action Items

1. Make a list of your top 5 “Primary Foods” after you read about them
2. Listen to my interview with Mary, The Paleo Chef on the “Mindset of Health” for those with digestive issues (Audio file included in this section)
3. Watch the TED Talk entitled “*The Shocking Truth About Your Health*” by Lissa Rankin MD
4. Start your day with 12-16 ounces room temperature (purified or mineralized) water with the juice of half a lemon as soon as you wake up
5. Check the pH of your urine and saliva for 6 days
6. Do not combine fruit with starch
7. Consume 2 servings of leafy greens daily. One serving = 1 cup cooked or 2 cups raw
8. Evaluate caffeine intake and take it down a notch
9. Consume Protein with Healthy Fat within 1 hour of waking. Examples include a smoothie with 30g of high quality protein powder, coconut oil, and coconut milk or coconut water or almond milk.
10. If you are consuming gluten and dairy, begin to titrate off
11. Make Cumin, Coriander, and Fennel Tea (CCF tea) and have one to cups daily
12. Do 3 castor oil packs this week (preferably one every other day unless you have time to do one each day)



Supporting materials included in this section to help you execute these action items include:

- Primary Food Defined
- Water & Hydration
- Getting in Your Greens
- Food Combining
- pH Test and Foods Effects Chart
- Quick Breakfast Ideas
- Caffeine
- CCF Tea
- How to Do a Castor Oil Pack

## Primary Food Defined

What we consider nutrition today is really just a secondary source of energy. Think back to a time when you were passionately in love. Everything was exciting. Colors were vivid. You were floating on air. You forgot about food and were high on life.

Or, remember a time when you were deeply involved in an exciting project. You believed in what you were doing and felt confident and stimulated. Time seemed to stop. The outside world faded away. You didn't need to eat. Someone had to come by and remind you.

Or, what about children playing outside with friends. Its dinner time, and the mother cries out, "Time to come in and eat." "No, Mommy, we're not hungry yet," they respond. Once at the table, the mother feels her role is to enforce the rules of "good nutrition" and yells at the children to eat their food. Eventually, the child forces down the minimum acceptable requirement and rushes out again to play.

Finally, at the end of the day, the child comes in exhausted and goes to sleep without thinking about food at all.

Children live on primary food. The fun, excitement, and love of their daily life feeds them, so that nutrition is secondary.

On the other hand, think of a time when you were depressed, or your self-esteem was at a low. You were starving for primary food. No amount of secondary food would do. Eat as much as you want, and you'll never feel satisfied. Even in good times, we come home at night and look into the refrigerator for something to eat, when all we really want is a hug or someone to talk to.

Primary food feeds us, but it doesn't come on a plate.

Things like a spiritual practice you feel connected to; a career that inspires you; physical activity that makes you want to move; and honest and open relationships feed your soul and your hunger for living.

It is our opinion that the more primary food we receive, the less we will be dependent on secondary foods and the more our physical health will improve. It's scientifically proven that when we engage in these activities and experience pleasure, we release chemicals such as endorphins and oxytocin, and both have very positive health effects.

Both endorphins and oxytocin decrease circulating levels of cortisol, a stress hormone that drives the fight-or-flight response. Since many of us are living under stressful conditions that cause cortisol to be chronically elevated, anything that can reduce cortisol levels will probably be beneficial for health.





Endorphins also enhance immune function and oxytocin (give someone a hug every day) can lower blood pressure and improve response to stressful events.

The opposite is also true. The more we fill ourselves with secondary foods, the less we are able to receive the primary food of life.

That is why every spiritual tradition encourages people to fast – to have times during the year when we reduce our intake of secondary foods, so that we are more able to be aware of the primary foods in our lives. You will soon get this opportunity with your upcoming 4-Day Fast.

I encourage you to explore your primary foods as you journey through this program and to make a list below of simple things that feed you OTHER than food that you can incorporate regularly into your life.

1:

2:

3:

4:

5:

Adapted from Joshua Rosenthal, founder and director of Institute for Integrative Nutrition©; reprinted with permission. ®

## Water and Hydration

As you sip on your morning lemon water, I want you to evaluate how much and what type of water you are drinking.

Not only does water improve the way we function, but it also improves the way we feel and look. Some of the natural perks water has to offer include:

- Hydration of internal organs thus enabling them to function properly
- Hydration of skin and keeping it looking fresh and healthy
- Weight control (water is your single, most effective weight management tool.)
- Increased energy
- Alleviation/prevention of a variety of ailments by keeping the immune system healthy
- Regulation of body temperature
- The flushing out of waste and toxins (uber important on GT5!)

### Hydration Tips

Drink 1 liter (about 34 ounces) of water for every 50 pounds of body weight (example: 150 pounds=3 liters or about 100 ounces of water per day).

Do your best to drink room temperature water between meals so as to not dilute your precious digestive enzymes.

Water with minerals is very important. If you drink tap water, always purify it first. When drinking reverse osmosis or purified water, add **concentrated essential trace minerals** (found in the supplement section of the health food store) to your water to add back the minerals taken out by the purification process. This actually hydrates your cells. Add 10-15 drops of minerals per liter of water.

Drink water every 15-30 minutes while exercising.

Drink BEFORE you get thirsty; thirst is a sign of dehydration.

Limit your consumption of caffeine which acts as a diuretic and can dehydrate you.

Coconut water is the best re-hydrant because it matches the exact electrolyte profile of our blood plasma. It is nature's Gatorade! You are allowed 12 ounces a day on GT5.

Carry a non-plastic, reusable water bottle with you at all times.

Eat more fruits and vegetables since they contain a high percentage of water.



Learn the signs of dehydration: headache, fatigue, muscle cramps, increased heart rate and body temperature, and decreased perspiration and urination. Many everyday ailments can be cured by increasing water consumption.

Feel free to watch our "[Water](#)" video if you want more info!

## Getting in Your Greens

The food missing most in modern diets is green vegetables. Learning to cook and eat greens is essential to creating health and better energy. When you nourish yourself with greens, they naturally crowd out the foods that make you sick. Green is associated with spring: the time of renewal, refreshment, and vital energy. In Asian medicine, green is related to the liver, our organ for emotional stability and creativity. Physiologically, greens help to detoxify the liver.

### **Nutritionally, greens are very high in:**

- calcium
- magnesium
- iron
- potassium
- phosphorous
- zinc
- vitamins A, C, E, and K
- folic acid
- chlorophyll

### **Benefits from eating dark leafy greens are:**

- blood purification
- cancer prevention
- improved circulation
- strengthened immune and respiratory system
- promotion of healthy intestinal flora
- subtle, light, and flexible energy
- lifted spirit and elimination of depression
- improved liver, gall bladder, and kidney function
- clearing of congestion by reducing mucus

There are many greens to choose from, so I want you to try a wide variety and see which ones you digest best. Sticking only to foods you know when you have digestive problems can cause food sensitivities, so branch out as you feel comfortable. Try adding some of these into your diet:

- bok choy
- nappa cabbage
- kale
- collards
- watercress
- broccolini
- mustard greens
- broccoli rabe
- dandelion greens
- arugula
- endive
- red leaf or butter lettuce
- romaine lettuce
- mesclun
- mixed field or wild greens
- green cabbage

**NOTE:** Spinach, Swiss chard, and beet greens are best eaten in moderation or eaten only cooked because they are high in oxalic acid which may deplete calcium. Cook these vegetables with something rich, like seeds, nuts, beans, butter, animal products, or coconut oil to offset their oxalates.

## Preparing Greens

Try a variety of methods like steaming, boiling, sautéing in coconut or ghee, water sautéing, salads, and waterless cooking. Boiling makes greens plump and relaxed and might be the easiest on your digestive system at the moment.

We recommend boiling for under a minute so that the nutrients in the greens do not get lost in the water. Steaming makes greens more fibrous and tight, which is great for people who are trying to lose weight.

Raw salad is also a wonderful food since it is refreshing and cooling and provides live enzymes. Get into the habit of adding leafy green vegetables to your diet as much as possible.

There are many green recipes in your GT5 meals plans or on [The Whole Journey website](#).

## Basic Food Combining

Since you made it here to GT5, I know you know that the gut is our second skin. It is a single layer of cells supported by a network of related systems which permits the passage of nutrients into our bodies and maintains a barrier against harmful substances and organisms. Complex or elaborate food combining can lead to digestive problems such as decreased nutrient assimilation, intestinal gas, abdominal pain, swelling, constipation, contaminated blood, and mental fog.

There are many rules regarding food combining, but our cardinal rule at The Whole Journey and within Gut Thrive in 5 is **to never combine fruit with carbohydrates (starches)**. By avoiding this combination, fermentation, bloating, and gas will be minimized. This is your one anti-cancer rule of food combining for life!

Fruit and grains (or carbohydrates) have a similar digestion rate, so they, in turn, compete with one another. The grain or complex carb (butternut squash, sweet potato, etc.) wins the competition, and the fruit putrefies and ferments while it waits its turn to be digested. Examples of carbohydrates include potatoes, grain, bread, and legumes. This is especially terrible for those with Candida/Fungus or SIBO.

Melon – Eat it alone, or leave it alone. Due to its quick fermentation process, melon will create bloating and gas if eaten with any other foods.

For those with well-functioning digestion, you can enjoy fruit with nuts. Since nuts take so long to digest, the fruit will get to digest first and, therefore, not create gas. Keep in mind you are soaking your nuts/seeds throughout much of the GT5 program.

A good rule of thumb to follow is to eat fruit at least 30 minutes before a meal or 1 hour after.

### What if it's too late?

When you overeat or eat improperly combined foods resulting in intestinal discomfort, instead of an over-the-counter remedy, try one of the following:

- Raw apple cider vinegar in water (1 tablespoon in 4 ounces water)
- Digestive enzymes (1-2 capsules 20 minutes before a meal or 2 capsules after a meal that has caused bloating)
- Ginger tea before or after a meal
- One pinch of baking soda in 4-6 ounces warm water to neutralize acid

## Food Effects on Acid-Alkaline Body Chemistry

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Low Acid	More Acid	Most Acid
lime nectarine persimmon raspberry watermelon tangerine	grapefruit cantaloupe honeydew mango dewberry loganberry	lemon pear apple avocado blackberry cherry peach papaya	orange apricot banana blueberry pineapple raisin/currant grape strawberry	<b>fruit</b>	guava dried fruit fig date	plum prune tomato	cranberry pomegranate	
lentil yam onion daikon taro root sea vegetables burdock	kohlrabi parsnip garlic kale parsley endive mustard greens ginger root broccoli sweet potato	potato bell pepper mushroom cauliflower eggplant pumpkin collard greens	brussel sprouts beet chive okra turnip greens squash lettuce	<b>vegetables beans legumes</b>	spinach fava beans kidney beans string beans chutney rhubarb	tofu pinto beans white beans navy beans aduki beans lima beans chard	green pea peanut snow pea carrot chickpea	soybean carob
pumpkin seeds	poppy seeds	primrose oil sesame oil cod liver almonds sprouts	avocado oil seeds (most) coconut oil olive oil flax oil	<b>nuts seeds sprouts oils</b>	pumpkin seed oil grapeseed oil sunflower oil pine nuts	almond oil sesame oil safflower oil	pistachio pecan canola oil	hazelnut walnut brazil nut
			quinoa wild rice	<b>grains cereals</b>	millet kasha bastille amaranth brown rice	buckwheat wheat spelt semolina	corn rye oat bran	barley
				<b>fowl</b>	wild duck	goose turkey	chicken	pheasant
				<b>meat fish shellfish</b>	venison fish	lamb elk shellfish	pork veal mussels/squid	beef lobster
		quail eggs raw goat milk	raw milk	<b>eggs dairy</b>	chicken eggs cream yogurt	pasteurized cow and goat milk aged cheese soy cheese	casein fresh cheese	processed and pasteurized cheese ice cream
		green tea rice syrup raw honey stevia liquid coconut sugar	ginger tea sucanat	<b>beverages sweeteners</b>	espresso maple syrup	black tea stevia powder	coffee saccharin	alcohol sugar cocoa
baking soda	spices	apple cider herbs (most)		<b>vinegar other</b>	rice vinegar curry	balsamic vinegar vanilla	nutmeg	white vinegar jam/jelly

Choose more foods from the alkaline side of the chart





We are focusing on many things in GT5 like blood sugar stability, thyroid and adrenal function. So we cannot adhere too strictly to many other rules of food combining beyond this, because we need appropriate macronutrient (fat, protein, carb) combinations with meals to feed our cells so that they can make energy during the healing process.



## At-Home pH Testing

Health is all about balance. When you improve the acid/alkaline balance of the body, you simultaneously improve every other system in the body. In order to function properly, the blood and other body fluids must maintain a very narrow acid/alkaline balance which is measured by the pH factor (potential hydrogen).

pH ranges from 0-14 (very acidic to very alkaline)

A pH below 7.0 is acidic and above 7.0 is alkaline. Note: there is a tenfold difference between each number. For example, a pH of 5.0 is 10 times more acidic than a pH of 6.0.

Blood pH does not shift easily. The pH of our blood is between 7.25-7.45, and if the blood's pH falls below or above that range, the body cannot function. A tremendous amount of energy is then expended to maintain blood pH levels, and the body is forced to pull from its alkaline mineral reserves, therefore causing deficiencies and health disorders.

When we maintain proper pH levels, injuries heal faster and health challenges improve more quickly. This is due to the fact that the body is oxygenated and, therefore, can detoxify and heal itself. If cells are energized in this way, we develop strong immunity to disease and a significantly lower propensity for cancer. I will teach you how to do this throughout GT5.

### **Symptoms of an acidic body**

- weight gain
- low energy /exhaustion
- chronic inflammation
- increased toxins
- mental fog
- heartburn
- digestive issues
- acid reflux/GERD
- cancer
- gingivitis
- osteopenia/osteoporosis

Since there is no lab work involved in GT5, we want you to have easy, free, at home tests you can do to measure your progress, and the pH test is one of them.

Pathogens are acidic. They excrete metabolic waste and that is highly acid forming. It's likely you are acidic and that you could continue to be acidic all the way until after the re-seeding phase. Use this test as a gauge, but try not to obsessively check your pH as health is a process and it will change and improve over time.

Keep this sheet, along with a pen, in the bathroom for six days to note your pH balance. You can print off two copies and do this pH test again AFTER you have finished your pathogen purge to measure your progress.

Name: \_\_\_\_\_ Test Start Date: \_\_\_\_\_

Upon waking, test your saliva with the pHDrion paper. Wet the end of a pHDrion test strip with your saliva before brushing your teeth, drinking, or eating. Note the color change, and write down the corresponding pH number on the appropriate blank below. The pH should fall between 6.8 and 7.2. The lower the number (yellow), the more acidic you are. The higher the number (green), the more alkaline you are.

### 1st Saliva:

Day 1 \_\_\_\_\_ Day 2 \_\_\_\_\_ Day 3 \_\_\_\_\_ Day 4 \_\_\_\_\_ Day 5 \_\_\_\_\_ Day 6 \_\_\_\_\_

After testing your saliva (if it is acidic, you must oil pull and tongue scrape throughout this program to clean up your microbiome), test your first urine of the morning between 5-8 a.m., even if you go back to bed.

This is urine that has been stored in your bladder during the night and is ready to be eliminated when you get up. Urinate on a clean strip of the pHDrion paper, note the color change, and write down the corresponding pH number. If your body has efficiently eliminated excess acid during the first four hours of sleep, this reading should be more acidic than your second reading. This number, compared with the second urine reading, will let you know if your body is doing efficient, clean-up work during sleep to remove acid from the joints.

### 1st Urine:

Day 1 \_\_\_\_\_ Day 2 \_\_\_\_\_ Day 3 \_\_\_\_\_ Day 4 \_\_\_\_\_ Day 5 \_\_\_\_\_ Day 6 \_\_\_\_\_

Next, test your second morning urine (before eating if at all possible). **Please wait to drink your lemon water until after the 2<sup>nd</sup> Urine test has been completed.** This number should be the pH of your second urine after you have eliminated the acid load from the day before (first urine). The acids should be gone the second time you go to the bathroom, so your urine pH should ideally read from around 6.8 to 7.2. This second reading is very important because it indicates what your body chemistry is like during the day.

### 2nd Urine:

Day 1 \_\_\_\_\_ Day 2 \_\_\_\_\_ Day 3 \_\_\_\_\_ Day 4 \_\_\_\_\_ Day 5 \_\_\_\_\_ Day 6 \_\_\_\_\_



You can purchase pH strips at your local health food store or on Amazon, [here](#).

Please read your PDF entitled Foods Effects on Acid-Alkaline Body Chemistry. I recommend printing that page off and keeping it on your refrigerator to familiarize yourself with more alkaline-forming foods.

## Quick Breakfast Ideas

These are 5 very fast breakfast ideas for your prep week, but keep in mind that once you fill out your assessment and know what Plan you fall into, you can pull more elaborate ideas from your respective meal plan.

### Berry Green Delicious Smoothie

- 1 cup unsweetened almond milk, coconut milk, or coconut water
- 1 cup frozen organic berries
- 1 large handful of kale or spinach, washed and de-stemmed
- 1 teaspoon coconut oil
- 1 scoop high quality whey or goat protein powder\* (equaling 30g of protein)

### Energy-Boosting Breakfast Wrap

- 2 scrambled eggs (organic/pasture-raised)
- 1/2 small avocado
- 1 handful greens (mixed field, spinach, or sprouts)
- Himalayan pink salt, to taste

#### *Paleo Wrap*

*(Vegan option to substitute eggs with tempeh, wild rice, and/or black beans)*

### Plant Protein Smoothie

- 1 cup unsweetened almond milk or coconut milk
- 1/2 avocado
- 2 tablespoons hemp seeds
- 1 scoop plant-based protein powder\* (equal to 30g of protein)
- 1 large handful kale (de-stemmed) or spinach
- 4-6 ice cubes
- 1/8 teaspoon Himalayan pink salt
- 1/2 lemon, juiced (optional)

### Instant Wrap for Breakfast Skippers

#### *Paleo Wrap*

- 2 tablespoons unsweetened almond butter
- Sea salt to taste
- (Can sub out almond butter for organic turkey or chicken slices and 1 tablespoon sprouted hummus)*



## **Protein and Fruit**

**Applegate Farms** Nitrate-Free Turkey Sausage - 3 links or patty's  
2 pasture-raised poached eggs  
1 cup organic berries

### **\*Suggested Protein Powders**

Goat/Whey Protein Powder: ***Tera's Whey, Plain***

Plant-Based Protein Powder: ***Hemp Seed Protein Powder*** or ***Pea Protein Powder***

\* Do not combine Pea Protein Powder with fruit in smoothies

## 8 Reasons Why We Should Decrease Caffeine

I love a good cup of coffee as much as the next guy, and yes, sometimes I need it more than love it, but when reliance becomes a regular thing, I know it's time to pull back. If you've been struggling with digestive or other health problems for any length of time, you've probably used caffeine as a crutch to get through your daily responsibilities or to keep your mood up. You don't have to quit cold turkey. We will slowly replace energy-giving foods and activities in lieu of our daily caffeine jolt. For now, I want you to be aware of these 8 reasons we are going to take a break from it in GT5.

### 1. Cardiovascular Problems

Caffeine increases your heart rate, elevates your blood pressure, and can contribute to the development of heart disease. Both decaf and regular coffee increase your cholesterol and homocysteine (very bad for those with MTHFR genetic mutation), the biochemical that science has linked to increased risk for heart attack.

### 2. Stress

Caffeine stimulates the excretion of stress hormones, which can produce increased levels of anxiety, irritability, muscular tension and pain, indigestion, insomnia, and decreased immunity. Increased levels of stress can keep you from having healthy responses to normal daily stress.

### 3. Emotional Disturbances

Anxiety and irritability are hallmark mood disturbances associated with caffeine consumption, but equally important are depression and attention disorders. Depression may occur as part of the letdown after the stimulant effects of caffeine wear off. Depression may also appear during the recovery period after quitting caffeine while the brain's chemistry is readjusted.

### 4. Blood Sugar Swings

Diabetics and hypoglycemics should avoid caffeine. Caffeine stimulates a temporary surge in blood sugar followed by an overproduction of insulin, causing a blood sugar crash within hours. This roller coaster causes weight gain since insulin's message to the body is to store excess sugar as fat.

### 5. Gastrointestinal Problems

Many people experience a burning sensation in their stomach after drinking coffee, because coffee increases the secretion of hydrochloric acid leading to an increased risk for ulcers (and if you're in GT5, you shouldn't be inappropriately forcing HCL production but rather gently teaching your body how to make it on its own). Coffee, including decaf, reduces pressure on the valve between the esophagus and the

stomach, so that the highly acidic contents of the stomach pass up to the esophagus leading to heartburn and gastro-esophageal reflux disease.

## **6. Nutritional Deficiencies**

The vast majority of the population has mineral deficiencies. Caffeine inhibits the absorption of some nutrients and causes the urinary excretion of calcium, magnesium, potassium, iron, and trace minerals, and all essential elements necessary for good health. This is how it can contribute to long-term constipation by creating a magnesium deficiency and slowing peristalsis.

## **7. Aging**

Many people find in their forties that they can no longer tolerate the same level of caffeine consumption as they could in their twenties and thirties. Production of DHEA, melatonin, and other vital hormones decline, and caffeine speeds up that downhill drop. Caffeine dehydrates the body and contributes to the aging of skin and kidneys. It has been shown to inhibit DNA repair and to slow the ability of the liver to detoxify foreign toxins.

## **8. Adrenal Exhaustion**

Caffeine consumption exacerbates adrenal exhaustion which can leave you vulnerable to a variety of health disorders related to inflammation, autoimmunity, and fatigue.

Please check out my video, "[The Smartest Ways to Drink Coffee and Tea](#)" to find alternatives so you can still have that morning ceremonial cup of something without sacrificing your health.

Adapted from *Caffeine Blues: Wake Up to the Hidden Dangers of America's #1 Drug* by Stephen Cherniske, Warner Books

## Cumin, Coriander, and Fennel (CCF) Tea

### Your Homemade Healing Spice Tea with HUGE Digestive Benefits

Cumin, coriander and fennel tea (aka CCF tea) has long been revered as an Ayurvedic method to improve digestion.

It calms and soothes inflammation, helps with protein digestion and assimilation, and it can also train your pancreas to produce more of its own enzymes!

This tea is GREAT not only for digestion, but for weight loss, mental clarity, and detoxification.

These 3 seeds are incredibly therapeutic for you!

### Cumin Seeds

Cumin is well known for its positive effects on digestive health and its ability to cleanse and detoxify the body.

#### **Benefits include:**

- ✓ Supports the pancreas, helps digest protein
- ✓ Reduces gas, indigestion and cramps
- ✓ May help absorb minerals from the intestines to prevent deficiency
- ✓ Eliminates toxins and congestion from body (and mind)

### Coriander Seeds

This is the seed of the cilantro leaf. It is small and round. This is a very balancing seed that cools and calms the GI tract.

#### **Benefits include:**

- ✓ Reduces heat or acid in the stomach
- ✓ Decreases congestion
- ✓ Calms the digestive system
- ✓ Helps alleviate joint pain
- ✓ Improves skin irritation or rashes



## Fennel Seeds

This seed is a cousin to Anise and Dill and is cylindrical in shape. Fennel seed is often chewed at the end of an Indian meal to support digestion. Growing up in a 100% Italian family, we used to eat fresh fennel in between courses during big Sunday dinners to cleanse our palate and support the digestive process.

### Benefits include:

- ✓ Relieves bloating, gas, and cramping
- ✓ Calms the mind and improves mental clarity
- ✓ Supports healthy menstrual flow
- ✓ Emotionally, fennel (essential oil) is known to alleviate overwhelm and help one feel empowered to manage life's responsibilities.

## Make CCF Tea fresh daily to support digestion and detoxification!

### Here's the recipe:

- 1/4 teaspoon whole coriander seeds
- 1/4 teaspoon whole cumin seeds
- 1/4 teaspoon whole fennel seeds
- 1 1/2 cups room temperature water
- Dark liquid stevia to taste

### Directions:

1. Grind together coriander, cumin and fennel (CCF) seeds in a mortar and pestle or a coffee grinder.
2. Bring 1 1/2 cups of water to a boil without covering the saucepan. Add the ground CCF mixture. Reduce heat to low and let it simmer uncovered for 3-4 minutes to infuse flavors and nutritive properties.
3. Strain and let it cool completely before adding stevia.

Option: pour over ice and add the juice of half a lime.

Yields: 1 cup.

[Click here](#) if you'd like to watch my video on how to make it.

You can also purchase pre-made, packaged CCF Tea [here](#)



## How to Do a Castor Oil Pack

### About Castor Oil

Castor oil has long been revered as an inexpensive, yet highly effective home remedy for rebooting the liver, detoxing the gastrointestinal tract, healing the skin, and calming the emotions. It is also helpful for sleep which makes a castor oil pack a good nighttime self-care technique. Insomnia is the #3 symptom people have coming into GT5. If you struggle with it too, this could ease you into the program nicely and help you get a deeper, quality rest.

Castor oil's healing properties go all the way back to ancient Egypt. Castor oil packs have a remarkable ability to reduce inflammation and to help the organs communicate and work better together as a team, which is our top priority for the first three weeks of Gut Thrive.

They also improve elimination and circulation, especially of the lymphatic system, and help rejuvenate the immune system.

I would like you to do 3 castor oil packs during your preparation week, but if you have time for more (to do them daily), that would be great and you will get extra credit. ;)

They will likely become a tool you will use once a week throughout the next ten week on GT5 after this first period of preparation.

Castor oil packs are made with several layers of flannel and cold-pressed castor oil (both of which can be purchased online or from a local health food store).

### How to Make a Castor Oil Pack

#### Materials:

- ✓ A soft, clean, thick material like flannel, wool, or cotton (organic is best)
- ✓ **Castor oil**
- ✓ A glass bowl or glass jar that you can pour the castor oil in over your flannel
- ✓ A hot water bottle or heating pad
- ✓ Old clothes that you don't mind getting stained since castor oil stains fabric
- ✓ A plastic bag (I find kitchen or regular garbage bags work best)
- ✓ A large, old towel



**Instructions:**

1. Put on your older clothes or just take your clothes off altogether.
2. Take your piece of flannel and place it in your bowl or glass container and pour enough castor oil over it to soak it (make sure it's saturated, but it doesn't need to be dripping in oil.)
3. Get your hot water bottle or heating pad ready
4. Place your towel on a flat surface (either a couch, your bed, or the floor. I like to lay on a bolster on the floor when I do my castor oil packs.) For added protection, you can put down a garbage bag so that your bed or couch won't get stained from any oil that manages to escape from the plastic cover.
5. Once you lie down, place your saturated flannel over the affected area of your body.
6. Cover the pack with plastic.
7. Place the heating pad or hot water bottle over the pack and let it sit for at least 30-45 minutes. During this time you can rest, read a book, listen to music, meditate, or do your healing affirmations.
8. When the time is up, remove the pack and clean the area with water and a bit of baking soda to get the stickiness off.
9. You can keep the pack for reuse, stored in a plastic bag in a cool place. I keep mine in a sealed ziplock bag under my bathroom counter. Just add another 2-3 tablespoons of castor oil for the next session.



For my visual learners, [here is a great YouTube video](#) that shows you how to do it. It's from the 1970's so this shows you that this holistic method has withstood the test of time!!!

## The 4-Day Fast Protocol

### 3 Variations to Choose From

The 4-Day Fast takes place at the beginning of the Pathogen Purge. There are 3 options and you do not have to fast if that is new or scary to you.

The reason behind the fast is give you a jump start on starving the sugar-producing bacteria and other pathogens in your system, so that your health may progress further, faster, and with more grace during the actual Pathogen Purge.

It also helps with leaky gut and immune system healing.

Many of you are at different places in your health, so you should choose the type of fast that is supportive to your current state of health, energy levels, and dietary restrictions.

There is no right or wrong way to do this. Listen to your body.

### Factors to Consider When Choosing Your Fast

#### Adrenal and Thyroid Issues

If you are in phase II or phase III adrenal fatigue (feeling super exhausted and weak), or have severe low thyroid issues, you must eat concurrently with the fast. Therefore, you should choose between **Option #2** and **Option #3**.

#### Vegans, Vegetarians, and those with Histamine or Glutamine Intolerance

If you are a vegan/vegetarian, the coconut gel and veggie broth fast will be appropriate for you (and again, you may also eat with the fast if you are chronically fatigued).

If you have a histamine or glutamate intolerance, you will also do the coconut gel and veggie broth fast. Once you heal, you should be able to tolerate bone broth once again. **Option #3** is the vegetarian and histamine/glutamate intolerance bone broth fast.

*Note: At the end of this handout, you'll find recipes for all of the different broth variations and green juice.*

## OPTION #1: The True Broth Fast

Our ideal for you to starve the bacteria and get a jump start on the pathogen purge is to do a bone broth fast. For this version, make enough chicken bone broth or beef bone broth (or a combination of both) to accommodate 48 ounces of broth daily for 4 days. Recipes for both are listed below.

### Ordering Broth for Those Who Don't Want to Make It:

If you cannot find high-quality bones or are too tired or busy to make it yourself (and live within the lower 48 states of the US), you can order it from our friend Lance, The Flavor Chef [here](#). Lance makes top quality, slow cooked broth (24-hour cook time) and he has even removed the mushrooms from his beef broth just for GT5. You will need a total of 192 ounces of broth.

If The Flavor Chef sells out, you can order from our friends at Pete's Paleo [here](#) (they are a little more expensive but their broth is equally as great and shipping is included). They have made a special ordering site exclusively for Gut Thrivers where you may choose to order beef broth, chicken broth, or a combination package that will last your entire fast.

## Option #1 Sample Broth Fast Day

### Breakfast

12 ounces broth with 1/2 teaspoon of raw coconut oil, a pinch of sea salt, and 1 tablespoon [collagen](#) or [gelatin](#) (this is optional but most find the extra protein is helpful).

### Mid-Morning

16 ounces green juice with lemon or lime OR 16-24 ounces of Bieler's Broth

### Lunch

Repeat broth from breakfast

### Mid-Afternoon

16 ounces green juice with lemon or lime OR 16-24 ounces of Bieler's Broth

### Dinner

12 ounces of broth with 1 teaspoon [ghee](#) (clarified butter so it's dairy free) and 1 tablespoon of [collagen](#) with 1 cup of organic berries of your choice on the side.

## OPTION #2: Broth Fast with Food for Blood Sugar Stability

### Ordering Broth for Those Who Don't Want to Make It:

If you cannot find high-quality bones or are too tired or busy to make it yourself (and live within the lower 48 states of the US), you can order it from our friend Lance, The Flavor Chef [here](#). Lance makes top quality, slow cooked broth (24-hour cook time) and he has even removed the mushrooms from his beef broth just for GT5. You will need a total of 192 ounces of broth.

If The Flavor Chef sells out, you can order from our friends at Pete's Paleo [here](#) (they are a little more expensive but their broth is equally as great and shipping is included). They have made a special ordering site exclusively for Gut Thrivers where you may choose to order beef broth, chicken broth, or a combination package that will last your entire fast.

## Option #2 Sample Broth Fast Day

### Breakfast

12 ounces broth with 1/2 teaspoon of raw coconut oil, a pinch of sea salt, and 1 tablespoon [collagen](#) or [gelatin](#) (this is optional but most find the extra protein is helpful).

Serve with steamed greens of your choice and either 2 poached eggs with sea salt or 4 ounces of turkey sausage and 1 cup of organic berries.

### Mid-Morning

16 ounces green juice with lemon or lime OR 16-24 ounces of Bieler's Broth

### Lunch

12 ounces broth with 1/2 teaspoon of raw coconut oil, a pinch of sea salt, and 1 tablespoon [collagen](#) or [gelatin](#) (this is optional but most find the extra protein is helpful)

Serve with 4 ounces of steamed, baked, or broiled fish of your choice and 2 cups of lightly steamed mixed vegetables that are "legal" for your plan

### Mid-Afternoon

16 ounces green juice with lemon or lime OR 16-24 ounces of Bieler's Broth

### Dinner

12 ounces of broth with 1 teaspoon [ghee](#) (clarified butter so it's dairy free) and 1 tablespoon of [collagen](#) with 4 ounces of lean protein (fish, chicken, or turkey) baked, grilled, broiled, or steamed, 2 cups lightly steamed non-starchy vegetables/greens

## **OPTION #3: Vegan, Vegetarian, Histamine or Glutamine Intolerance**

This option consists of young green coconut gel and meat, Bieler's broth, vegetable broth, and green juice without fruit. Fresh, young, green, organic coconut water/gel simply comes from an immature coconut.

It's a nutritional powerhouse of amino acids, electrolytes, and nutrients. Harvested before the water/ gel converts to the fats that make the thick white coconut meat, the water/gel phase presents both coconut water and a gooey gel that is the pinnacle of coconut nutrition and acts similar to bone broth for healing leaky gut. Not all of you will be able to find fresh coconuts at your local health food store, but you can try an Asian or Mexican Market. If you can't find or order them from somewhere, you can skip this and just do the broths and green juice.

*Note: vegetarians who do not wish to fast may incorporate up to 1 full avocado/day and up to 6 tablespoons of soaked nuts and seeds per day with their breakfast, lunch, and dinner. Those who are not vegan/vegetarian using option #3 for histamine or glutamate intolerance may abide by the food rules above in Option #2 if you prefer not to go without food.*

### **Option #3 Sample Broth Fast Day**

#### **Breakfast**

12 ounces vegetable broth with 1/2 teaspoon of raw coconut oil, a pinch of sea salt along with 1 young green coconut gel and meat

#### **Mid-Morning**

16 ounces green juice with lemon or lime OR 16-24 ounces of Bieler's Broth

#### **Lunch**

16-24 ounces vegetable broth with 1/2 teaspoon of raw coconut oil, a pinch of sea salt along with 1 young green coconut gel and meat

#### **Mid-Afternoon**

16 ounces green juice with lemon or lime OR 16-24 ounces of Bieler's Broth

#### **Dinner**

16-24 ounces of vegetable broth with 1 teaspoon **ghee** or coconut oil and 1 cup organic berries of your choice



## Broth Recipes

*Note that our recipes for broth include raw apple cider vinegar (ACV). Because the ACV draws the minerals out of the bones and cooks off in the cooking process, this is the only exception on GT5 to include ACV until Step 3 or Step 4.*

### Healing Chicken Bone Broth

Prep and cook time: 12-24 hours    Makes 6-8 cups

5 pounds organic raw chicken bones,\* rinsed and cleaned  
2 tablespoons **raw apple cider vinegar**  
¼ teaspoon Celtic or **pink salt**  
herbs and spices to taste, such as basil, oregano, and/or cayenne

Mix all ingredients in a slow cooker filled with water. Turn on low and cook for 12-24 hours. (This slow process draws the minerals out of the bones, making it pure medicine for immunity and gastrointestinal strengthening). After cooking, strain fat and solids and save broth.

\*Ask your grocer for the chicken bones. Be sure to ask for the feet as well, since that is where collagen is found. Collagen is helpful for protein synthesis and is nourishing to your skin, hair, and nails. You can also ask for the neck.

### Beef Broth

Prep and cook time: 12-24 hours    Makes 6-8 cups

5 pounds organic raw beef bones (they are usually femur bones),\* rinsed and cleaned  
2 tablespoons **raw apple cider vinegar**  
¼ teaspoon Celtic or **pink salt**  
herbs and spices to taste, such as rosemary and thyme

Mix all ingredients in a slow cooker filled with water. Turn on low and cook for 12-24 hours. (This slow process draws the minerals out of the bones, making it pure medicine for immunity and gastrointestinal strengthening.) After cooking, strain fat and solids and save broth.

If you can't find bones, you can order them [here](#).

## Vegetable Broth

Prep time: 30 minutes Cook time: 60 minutes Makes: 2 quarts or 8 cups

For every three quarts of pure water add:

- 1 large leek, chopped
- 2 carrots, sliced
- 1 cup of daikon, sliced (if available)
- 1 cup of organic summer squash or zucchini cut into large cubes
- 1 cup of root vegetables: beets, celery root, and parsnips
- 2 cups of chopped greens of your choice: kale, parsley, collard greens, chard, mustard greens, dandelion, cilantro or other greens
- 2 celery stalks
- ½ cup of Korean sea weed: nori, dulse, wakame, kelp, or kombu
- ½ cup of cabbage
- 4 ½-inch slices of fresh ginger
- 2 cloves of whole garlic (not chopped or crushed)
- Sea salt, to taste
- 1 cup fresh or dried shitake or maitake mushrooms (If available; these contain powerful immune boosting properties.)

Add all the ingredients at once and place on a low boil for approximately 60 minutes. It may take a little longer. Simply continue to boil to taste.

Cool, strain out vegetables (you may eat them later if you are not fully fasting) and store in a large, tightly-sealed glass container in the fridge.

Simply heat gently and drink up to 3 - 4 cups a day.

**Note: Plan S Gut Thrivers doing this option should begin making this broth without the garlic and seaweed and instead season with other spices like cumin, fennel, coriander, and/or turmeric.**

## Bieler's Broth

This recipe was developed by a pioneer physician named Henry Bieler to heal a variety of illnesses. Most often, the soup was used as a fast.

Dr. Bieler would take a detailed study of the patients' endocrine glands. This includes the adrenal glands, pituitary gland, and the thyroid gland. Dr. Bieler would then prescribe a dietary cure. The cure depended upon the glands which were dysfunctional. The cure would be a limited diet, or even a fast on Bieler's broth. The vegetables are like nature's vitamins, and restore such elements as potassium and sodium to our glands. Dr. Bieler was particularly interested in restoring the liver as a way to health.

### Original Bieler Recipe

1 pound of string beans  
2 pounds zucchini  
a hand full of curly parsley  
enough water to cover your veggies

Wash produce. Place veggies into rapidly boiling pure water and boil for 10-15 minutes until fork goes through the outside of zucchini, puree using the water you cooked it in and make it the consistency you desire.

## Green Juice

(Make sure this is juiced not blended because we want to remove the fiber for easier digestion. You may also purchase a similar green juice without fruit for convenience. Please make sure it is organic.)

Prep time: 10 minutes    Serves 2

3-6 kale leaves  
3 stalks celery with leaves  
1 handful parsley  
1 handful romaine lettuce  
1 inch piece fresh ginger, peeled  
1 lemon, peeled (may substitute lime)  
1 cucumber (peeled)

Juice all ingredients.

Option to add 2 ounces of aloe vera juice for soothing comfort and to alleviate constipation (**contraindicated for Plan S**).

## Additional Notes for the Fast:

- Now is the perfect time to get 1, 2, or even 3 colonics while you are fasting for these four days. This is not required at all, but if you are familiar and/or comfortable with colonics and have the discretionary income, it should be supportive.
- Whether or not you employ colonics, do at least 2 coffee enemas while on your 4-day fast to prepare the liver better for the journey ahead. This should increase your energy and vitality and decrease your detox symptoms. If you instead opted for colonics, ask your hydrotherapist if they are willing to do a coffee implant after the colonic.
- Make sure you are tongue scraping throughout this process as your tongue may develop a white coating on it (especially those of you on Plan H and Plan F). This is actually a good sign.
- Do something for your emotional state every day of the fast. Many of the world's great religions incorporate fasting as a way to connect to a higher power. Whatever that is for you, take 15 minutes a day to do your affirmations, pray, journal, or meditate. Think about what you are ready to let go of in the way of anger, regret, resentment, guilt, blame, and worry. Harboring these emotions toward yourself, others, God, the Universe, or life in general will keep you sick despite the physical measures you employ in this program. Once that is cleared daily, create a list of emotions you would like to replace them with like compassion, peace, joy, acceptance, gratitude, enthusiasm, and vibrance. What you focus on expands so acknowledge the clouds but always end on a positive thought. You cannot cleanse physically without cleansing emotionally so do not be alarmed if uncomfortable emotions come up. They are coming up for "review" so that they can be released and transmuted, just like the pathogens we are attempting to remove, replacing them with good, peacekeeping bacteria. The mental/emotional aspect of this program will require vigilance on your part.

## Resources



[\*The Brothery\*](#)



**PETE'S PALEO**

[\*Pete's Paleo\*](#)



[\*US Wellness Meats\*](#)

Watch Christa's video: [\*The Healing Powers of Chicken Bone Broth\*](#)

## Young Green Coconut Gel

This may or may not be an option for you. It is certainly not required, but just another tool in your GT5 toolkit, especially if you are vegan/vegetarian or cannot tolerate bone broth.

Fresh, young, green, organic coconut water/gel simply comes from an immature coconut. It's a nutritional powerhouse of amino acids, electrolytes and nutrients. Harvested before the water/gel converts to the fats that make the thick white coconut meat, the water/gel phase presents both coconut water and a gooey gel that is the pinnacle of coconut nutrition.

Most U.S. grocery stores do not carry fresh coconuts but they are widely available in Asian or Latino markets, at farmers' markets, and in health food stores.

Many companies sell cans of green coconut, but finding organic is a bit harder. People often must order from a trading company that imports them from Thailand and Vietnam in crates of "diamond shaped" trimmed coconuts wrapped in shrink film.

You'll need to practice your machete and cleaver skills, watch your fingers, and soon you'll be popping the lid right off your "breakfast smoothie in a bowl" fresh, young, green, organic coconut. After drinking the water, you can scoop the gel/meat into a blender and add other "smoothie" ingredients or a base for soup (use your bone broth if you are drinking it or you can use vegetable broth instead). You may even add some basil for a Thai flavor full of an anti-pathogenic herb.

### Why bother?

- Young Green Coconut Gel is anti-viral, anti-bacterial, and anti-fungal
- It helps other nutrients get absorbed better
- Provides a quick energy boost
- Provides antioxidants that can prevent cancer
- Supports the thyroid, kidneys, liver, heart, and intestines
- Helps balance blood sugar to support the pancreas and adrenals

## Histamine Intolerance – A Gut-Microbiome Consideration

Histamine is an extremely important, natural chemical necessary for efficient functioning of many body systems.

What it is and what it does:

- A neurotransmitter or chemical messenger in the brain
- Regulates stomach (gastric) acid (HUGELY important in GT5)
- Controls blood vessel permeability
- Is necessary for muscle contraction
- Regulates the lungs inflammatory response to the external environment
- Is required for proper brain function
- Plays essential roles in defending against pathogenic bacteria, viruses and other foreign bodies

Histamine is made and stored within leukocytes (white blood cells) such as mast cells in tissues and in basophils in the blood. When the immune system is activated in response to foreign protein entering the body, histamine is the responding "defense chemical" that unleashes inflammation. Inflammation is the body's natural response to a perceived or actual threat.

So, histamine is always present with inflammation, and if in excess or triggered by non-threats (chronic food sensitivities caused by leaky gut), the body still experiences an inflammation-response, i.e. heat, swelling, redness, hives, and basic allergic-reaction symptoms such as runny nose, itchy eyes, and cloudy brain.

Histamine is a key mediator of the allergic reaction when an allergen is encountered. Allergens are things such as plant pollens, dust and dust mites, animal dander, mold spores, and certain proteins in foods. An allergic reaction occurs when the immune system mistakes a harmless substance for an actual threat.

### Histamine Intolerance

Histamine intolerance is not a real allergy, because no antigen-antibody reaction occurs. What happens is the body fails to break down outside factors (absorbed histamines) that occur naturally in foods such as meat, red wine, aged cheese, vinegars, pepperoni, salami, tomatoes, citrus fruits, strawberry, raspberry, tomatoes, apricots, cherries, plums, eggplant, pumpkin, kefir, bologna, eggs, shellfish, hot dogs, fish, and sauerkraut ... **AND BONE BROTH.**

Bone Broth helps heal the gut mucosa, but histamine-intolerant people may not be able to use it until after there is significant improvement in the gut microbiome and a less inflammatory gut lining. A substitute for bone broth to consider for leaky gut healing is aloe vera and organic, young green coconut water and gel. This is also the choice for vegetarians. Together they provide nutrients and peptides that the body can use to repair itself.

Such reactions can occur when there is an impaired histamine catabolism, or enzymatic break-down of histamine molecules. There are two enzyme system that accomplish this:

- DAO (Diamine Oxidase) in the intestinal mucosa
- HMT (Histamine N-Methyl Transferase)

If the amount of acquired or generated histamine exceeds the ability of those two enzymes to degrade them, then the person can suffer symptoms similar to acute allergic reactions.

Gut Thrive in 5 seeks to repair the leaky gut and therefore reduce or eliminate histamine intolerance.

## Symptoms of Histamine Excess

Whatever the source of histamine, from foods or from the immune system, when the levels exceed the capacity to break it down, excess histamine symptoms occur:

- Anaphylaxis
- Anxiety / Panic Attack
- Blackouts lasting a couple of seconds
- Chest pain
- Confusion
- Conjunctivitis (irritated, watery, reddened eyes)
- Eczema
- Fatigue
- Itching: skin, eyes, ears, and nose
- Headaches
- Heartburn
- Hives
- Indigestion
- Irritability
- Low Blood Pressure
- Menstrual Pain
- Nasal congestion and runny nose
- Reflux
- Swelling of face, lips, mouth, throat.
- Tight throat.
- Tachycardia (increased pulse rate, “heart racing”)

Many drugs can cause histamine intolerance including the popular “baby aspirin,” antibiotics, non-steroidal anti-inflammatory drugs, diuretics, antidepressants, since ALL interfere with the DAO enzyme process.

## Microorganisms in the Colon – The Gut-Histamine Connection

Many microorganisms produce histamine as a normal part of their metabolic processes. The bacteria produce an enzyme, histidine decarboxylase, that converts the protein, histidine, into histamine. Therefore, a high amount of dietary protein coupled with an overgrowth of histamine-producing bacteria can overwhelm the ability of the body to handle it. The excessive histamine can be conveyed through the bowel wall to various sites in the body.

### The Truth About Shellfish Allergies!

Some foods such as shellfish are known to have elevated histamine levels. Microorganisms capable of converting histidine to histamine exist in fish intestines and in shellfish. As soon as a fish dies, its innate gut bacteria start to break down the food-tissue proteins, releasing histidine, which converts to histamine. The level of histamine in the un-gutted fish can double in just 20 minutes. The longer a fish remains un-gutted after it dies, the higher the level of histamine in its tissues. Shellfish are not gutted after harvesting and so their gut bacteria will produce histamine as long as the fish remains uncooked. Many a reaction to fish or shellfish has been blamed on “shellfish allergy”, when actually it was a histamine reaction. Cooking shrimp in beer helps reduce the histamines.

### Combined Histamine-Sensitivity Aggravators

Histamine tolerance levels fluctuate with changing conditions. For example, when a person is experiencing allergy to airborne pollens, the histamine released in that allergic response can increase sensitivity to histamine foods. Also, at such times, avoiding histamine-associated foods will no longer relieve allergy symptoms, because the total level of histamine will still be too high. So during pollen allergy season, food reactivity increases. Hence the importance of using [\*Christa's bee pollen tolerance test\*](#) to alleviate seasonal allergies by building up antibodies to local flora and fauna.

As a result of the multiple factors contributing to excess histamine, combined with each individual's genetic or innate capacity to handle histamine, symptoms of histamine intolerance fluctuate from day to day. Unlike pollen allergies, which require the pollen to cause allergic misery, histamine intolerance is hard to pin down because a specific food does not always result in a reaction. It becomes a consideration to total histamine exposure.

Often, instead of correcting the cause, (i.e. gut-microbiome imbalance, lack of probiotic biodiversity and overgrowth of histamine-producing species), a person will instead limit their diet and nutrition (and not eat leftovers) in attempt to avoid all high-histamine foods.





Gut Thrive in 5 seeks to correct the underlying cause of histamine intolerance, and therefore to eliminate it.

The natural health techniques of improving the gut-microbiome, reducing the set-point of inflammation, and following full and varied eating plans can help restore the body's histamine response to an acceptable level.

## Why Coffee Enemas Rock and How To Do One

Coffee enemas are a key aspect of the Gut Thrive Pathogen Purge because they can make the whole process easier on you. When surveyed, our Gut Thrivers voted them the #1 most effective way to ward off constipation and keep energy high on the program. They may sound extreme at first, but once you try it a few times, I'm sure you will be hooked!

Originally brought to the forefront by late cancer physician Dr. Max Gerson, coffee enemas have been safely used in healing practices for decades, dating all the way back to World War I.

Caffeine and other beneficial compounds found specifically in coffee can stimulate the liver to produce its own master antioxidant called glutathione S-transferase (GST) which will then allow the liver to detoxify itself. This GST is known as the "master detoxifier" and is a powerful enzyme that binds with toxins and flushes them out during the enema process.

The more toxins you eliminate on GT5, the better you will feel and the faster you'll get results.

While coffee enemas are not *required* on GT5, they are strongly encouraged because they:

- Can reduce systemic toxicity levels by up 700%
- Cleanse and heal the colon and digestive tract
- Improve peristalsis to alleviate chronic, long-term constipation.
- Boost energy levels, mood, and mental clarity.
- Assist greatly in the elimination of pathogens
- Detoxify and repair the liver
- Can help relieve chronic pain and ease "die-off" symptoms

It is recommended to do a coffee enema 2-3 times per week during all four weeks of the Pathogen Purge.

### How to Perform a Coffee Enema:

- Bring 2 tablespoons of coffee (I really like *upgraded Bulletproof coffee*, but any organic coffee will work) and about 4 cups of water to a boil. Then simmer for 13 minutes.
- Add 2 cups of room temperature or cool water to the mixture and make SURE it cools to room or body temperature. You do not want boiling hot water going up the shoot!

- Strain out the grinds by either passing them through a coffee filter as you pour them in your enema bucket, or **slowly** decant and as you pour the coffee in, the grinds should stay behind in the pot.
- Pour coffee into an enema bucket. If you don't have an enema bucket, you can pick one up at your local drugstore or you can find a higher quality stainless steel one online [here](#)
- Hang the bag or bucket 3 or 4 ft above you (usually on the shower) for good flow.
- Make yourself a nice cushioned pad on the floor, near the toilet, so you can relax. Take a deep breath! Adding your favorite essential oils during this process are very helpful (like Young Living's Release).
- Lie on your right side (liver side down) and insert tip. A little coconut oil, olive oil, or any other lubricant you usually use will work just fine. Just don't use too much because it can cause the tube to slip out.
- Take in as much as possible.
- Using acupressure points, you can rub the right calf area and rub and slightly twist the right pinky toe while doing your enema to support the further release of toxins (do this in the last 5 minutes as both can produce a bowel movement).
- If you begin to cramp, stop the flow and take a few deep breaths. The cramping should pass and allow you to take in more.
- Hold for 20 minutes. If you've never done a coffee enema before you may only be able to hold it for 5 minutes or so because the sensation is so new and strange. The more you do, the easier it will become to hold it for 20 minutes.
- Use this time as "you" time: meditate, listen to your favorite music or podcast and just relax. Lightly rub your lower abdomen in circles to encourage further elimination.
- Expel. It's time to poop. Let go of all of those toxins that you can feel so much better. The squatting position when you eliminate will help you eliminate deeper and further. It's recommended to put a foot stool or a [Squatty Potty](#) by the toilet when you go #2.

**Notes:** If you are short on time, you can simmer the coffee in less water, then top it off with cold water or use ice cubes to get it to body temperature.



You should feel relief of symptoms after the enema. If not, consider a second one OR the next time (if you are especially constipated), you might consider doing a regular enema with distilled water FIRST to clear out the colon and THEN do a coffee enema. If your triphala is not producing a bowel movement daily, this is a good plan for you.

It is completely normal to get a bit nauseous or to get chills during or right after a coffee enema as a large amount of toxins are being eliminated.

If you have further questions, please search the knowledge base as there is plenty more information on coffee enemas there as well in our webinars in this section so please be sure to watch them.

## **Neuro-Sensory Activators (Exercises that Stimulate the Brain and Vagus Nerve)**

Part of awakening from Sensory Motor Amnesia (happens when the brain forgets to do things such as have regular bowel movements) is a twice-daily exercise that tickles the brain and vagus nerve to re-engage their jobs of helping the brain regulate the autonomic body functions.

Much is said about the “Gut-Brain Connection”, but that’s only half the story. A “connection” implies a response, hence the “Brain-Gut Connection”. The communications between the intestinal microbiome and the brain and the brain back to the intestinal microbiota are “bi-directional” – an actual conversation.

People with SIBO (Small Intestinal Bacterial Overgrowth) and sometimes Candida often have their brains failing to regulate proper motility and thus have inveterate constipation.

Think of it like the brain putting its fingers in its ears and saying, “La, la, la, la, la....I.... I don’t hear you” really loud. Thus, we need some exercises to help the brain, nervous system, and the musculoskeletal system better regulate the daily motions.

Slow motility, where the brain loses the direction over the bowels, can occur due to taking antibiotics, anesthesia, and opiate or anti-depression/anti-anxiety drugs and is further compounded by a diet too high in starch and too low in magnesium.

Neuro-Sensory Amnesia also occurs for a variety of other reasons including: physical and emotional trauma; and “if you don’t use it, you lose it” situations such as frequent use of laxatives, enemas, thyroid medications, digestive aids, and environmental toxin exposure (causes inflammation of hypothalamus and cell membranes.)

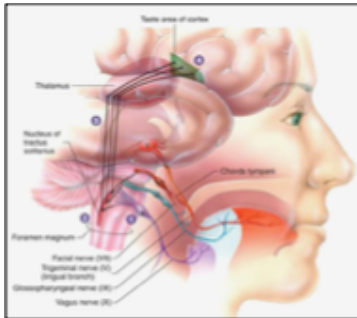
So while the Standard American Diet, plus Western Medicine, are the primary causes, even natural health devotees can get SIBO due to overuse of “candida killers,” excessive use of hydrolytic enzymes, and other life circumstances.

You have several exercises here, so please do not feel forced into doing one that you don’t want to do. The best choice is to rotate through these exercises, doing one each day, as each one works on a different brain connection with different intensity. The one you are most comfortable with might be the least effective for you for that very reason - you are comfortable and familiar with it. So plan on doing them all and rotating.

The most popular method is singing loudly. But if you are already an avid singer in the choir, perform backup vocals for Mick Jagger on tour, or appear regularly at Carnegie Hall; then singing is not going to be something new and enlivening. But if you don’t sing very

often, here's your chance to prepare for American Idol and loosen those pipes up in the shower.

## Exercise 1



**Singing A Happy Song Boldly with Operatic Volume.** This will bring a whole new dimension to fun in the shower or the drive to work for many of us. Pick a fun and easy song that you know. Beware: “It’s a Small World After All” can become irreversibly stuck in your head. So can “Don’t Worry, Be Happy”, “Faniculi Fanicula”, “Bingo”, “Valerie, Valera”, and “Row, Row, Row Your Boat.” So get your playlist ready and belt it out ... loudly with authority, affectedly with feeling! To avoid bodily injury from a family member, please find a private time.

**Singing Instructions:** Choose a song to sing. Make it happy and fun. Adopt a theatrical presence and just belt it out, loudly, with all the authority you can muster, 3-5 minutes, twice a day, on singing days.

## Exercise 2



**Gargling.** To wash one's mouth and throat with a liquid kept in motion by exhaling through it.

This method has been researched for over 30 years via the Carrick Institute; thus it's a tried-and-true method. Like singing loudly in the car or shower (or other location), this one is easy to do in the shower or at the bathroom sink. A strong and enthusiastic gargling episode sends signals directly to the vagus nerve via the gargle muscles with a message, albeit garbled, that is interpreted as a wake-up call of re-engagement of the brain/nerve function. Some people will experience lachrimation (tearing of the eyes) during this process, which is nothing to worry about.

**Gargle Instructions:** Take a full glass of pure water and gargle your way through each sip. Fine to swallow the water as part of your daily water intake. Gargle with enthusiasm and push your limits. This technique works when you gargle outside your comfort zone, i.e. the amount of time. Twice a day on gargle days.

## Exercise 3



**Yogic Breathing.** Like gargling, deep-belly breathing, as practiced in pranayama exercises, helps enliven the brain and reestablish better brain regulation of intestinal motility. Again, if you're already a yogi and do deep breath-work, it would be better to pick a new exercise for this study. However if you're not a yogi, then this deep breathing technique will bring welcome relaxation, opening of the lungs, and oxygenation of the brain (and will also help alkalize the blood – a huge bonus when eliminating pathogens). You can also experiment with various other pranayama breathing techniques as you advance. Here's the most simple and basic one to get the job done.

**Instructions:** Lie flat on your back and close your eyes. Place your right hand on your abdomen and keep your left hand resting at your side. Relax your whole body. Inhale deeply through your nose and feel your abdomen rise and expand. When you've inhaled as full as you can, pause, and then exhale completely through your nose. Repeat the exercise. Do 10 deep breaths to start and increase to 20 as able. When finished, roll onto your right side before pushing up to a seated position. Do twice a day on yogic breathing days.

Pause during inhalations and exhalations, keeping the throat soft, and relaxing the entire body. Keep your breath smooth and regular throughout the exercise. The exhalation should take twice as long as the inhalation.

## Exercise 4



**Gagging.** The “gag reflex” strongly stimulates the vagus nerve. Use a tongue depressor to the back of your throat and gag. Please avoid jabbing your tender throat with a toothbrush handle or acrylic nail file. Instead, get wooden tongue depressors at the drug store. Beyond gargling, gagging is an even stronger wake-up call to initiate better neuro-regulation when it's become dulled. Not as much fun, but it's a powerful innate response that engages massive self-regulatory processes.

A good gagging involves the esophagus and even the stomach, so best to do this exercise on an empty stomach. After a good gag (oxymoron?), it's okay to rest shortly before repeating. Sometimes repeating a gag quickly engages a stronger reaction and this is good.

**Gagging Instructions.** Gently lay the tongue depressor on the back of your tongue, then firmly press down. This will initiate the body's “retching reflex” called “gagging” and an

instinctive muscle contraction will occur. Kindly note that you are NOT jabbing the back of your throat. Do 5 gags to start, building up to 10.

## Exercise 5



**Coffee Enemas.** Part of your program anyway, coffee enemas can help reestablish intestinal motility via the gastrointestinal nicotinic acetylcholine receptors [nAChR—neuron receptor proteins that signal for muscular contraction upon a chemical stimulus] as well as their impact on the brain. Plus, they stimulate a good liver/gall bladder cleansing. We'll be doing coffee enemas (without cream and sugar ;) during your Pathogen Purge. Mark your calendar now and be sure you have an enema kit.

**See your coffee enema PDF for more details.**

**BUILD BRAIN-GUT AXIS FUNCTION** — By building the brain via nutritional support and activating sluggish neuro-pathways, coffee enemas exercise both the gut-brain and the brain-gut “bi-directional” communications.



## The Salt Water Flush

This is an old technique from Chinese Medicine that flushes out the intestines. It was popularized by Stanley Burrows back in the 1980's as part of a master cleansing routine. It's terrific for most people, but first read about the cautions cited below.

Once you learn this process and customize it for your body, you'll have a helpful tool that not only cleanses the bowels, but helps the small intestines as well. It's an entire gastrointestinal flushing that loosens bacteria and helps move matter down the pipe and out of the body. Thus, it's often helpful for SIBO (Small Intestinal Bacterial Overgrowth) sufferers with their sluggish motility issue that contributes to their errant overgrowth of fermenter species in the small intestines.

This technique has to be tailored to the individual, because it's based on getting the correct concentration of salt water to match the saltiness (specific gravity) of your individual blood. Thus, the recipe must be tailored to your personal blood specific gravity, so that the salt water is not absorbed into the body (no osmosis absorption occurs when mineral concentrations are the same), but instead the mildly brackish salt water flushes through the intestines and soon it all exits the body.

On the first try, some 60% of people will get it right and have an enthusiastic evacuation and pass the entire quart of salt water right on out. The remaining 40% must try again and address the amount of salt, the mineral-concentration of the water used, and the amount of contents (food matter) in their intestines, which may interfere with success. It is best to do this on an EMPTY STOMACH.

This technique is cited to work for EVERYONE — **if and when it is done correctly** and at the right time. If you have more questions, please search the knowledge base as there is plenty more information on salt flushes there as well in our webinars in this section so please be sure to watch them.

### Things You Should Know

- ▶ **Salt water flushes do not kill off your beneficial bacteria.** Salt and ingesting salt water (ocean swimming) is and has been part of the human adaptation to life on earth. Neti pot irrigation of sinus passages with saline water is a well-established, beneficial tradition for thousands of years for millions of people. It does not destroy the nasal microbiome.
- ▶ **Drinking a very strong saltwater can cause vomiting.** But this is NOT a strong solution of salt water! It's barely brackish, meaning not strong at all. However, some people are highly sensitive. Historically, drinking a strong salt-water solution (as salty as

can be) was a “go to” method to purge if something disagreed, i.e. food poisoning in the stomach, a deliberate poisoning, and as a “vomit” technique. If doing a salt water flush causes vomiting, it might be your body saying, “This technique is not right for me at this time.” There are other cleansing methods in GT5 to choose from.

- ▶ **If one does not use the right amount of salt**, it can be absorbed (which we do not want) and thus you will experience a rise in blood pressure and swelling (edema). Then the kidneys must deal with the salt, so people with weak kidneys or kidney problems should consider “what if I don’t get the amount of salt right the first time.”

## How to Perform a Salt Flush

**Put one quart of purified warm water** in a glass container. A quart Mason or Bell jar is terrific.

**Add between 2/3 tablespoon to 1 TBSP of Sea Salt (Celtic or Himalayan Pink Salt) to water.**

If you have really soft water, a tablespoon of salt added to the water works well. But if a hard mineral water is used, then you might try 2/3 tablespoon of salt. Adjusting the amount of salt may take a little trial and error. Just know that the mineral concentration of your chosen water is a variable in your individual recipe and results.

**Stir or shake** it to dissolve all the salt into the water.

**Chug it down.** You now drink the entire quart of salt water. (If you played college beer pong, it’s now paying off!) It can be a little bit distasteful and cause a slightly nauseated feeling, but it won’t be long before it “cleans the pipes”, giving you a bowel movement, at which point the nausea should pass with the toxins you expel.

**Suggestions for squeamish people who find it difficult to drink a brackish liquid:**

- You can put a small squeeze of lemon into the water so there’s some flavor.
- You can make it warm so you think its broth.
- You can lick a tiny bit of maple syrup off a spoon between gulps.

**The best time** to drink that quart of salt water is early in the morning after your intestines have some “room at the top” and are not all filled up with food. It can work particularly well after an enema routine or even before your coffee enemas. Sparse eating ensures less food volume in the intestines.

Within 25-40 minutes, you should have a nice, whooshing bowel movement as the entire quart of salt water departs bringing with it bowel contents, planktonic bacteria, and bowel toxins.

## Understanding the Variables

The key is getting the salt water to match your blood's specific gravity.

Some people:

- Have weak adrenals that do not make adequate aldosterone hormone, which helps the kidneys retain minerals in the blood, and thus have weak, thin blood. Thus a lower salt-dose works well.
- Are mentally and emotionally “retentive” and will have “bio-energetic resistance” to this process. They tend to struggle with “trusting” and “letting go.” This is a good time to go back to visit your healing affirmations because physical and emotional cleansing go hand-in-hand. Breathe and let go. You must address this to be successful on Gut Thrive in 5.
- Have thick blood and are full of congestion and therefore need a slightly stronger salt amount.
- Are on synthetic drug blood thinners that impact the quality of their blood.
- Are vital, dynamic and have great blood specific gravity. They can use 1 full tablespoon and a quart or a liter and everything will work just fine.

Since the salt water is not supposed to be absorbed, this flush does not adversely impact blood pressure or kidney function when it's “dialed in” to the individual.

So if you master this technique, it'll be a huge blessing; and if you don't, no big deal. We've got coffee enemas, colonics, infrared saunas, oil pulling, and many other cleansing methods that will work for you.

Keep in mind that most “manipulations” of the body are not fun, and yes they can be a little scary not knowing what to expect, but the results should be well worth it and enjoyable. After all, it's all about you and your biochemical individuality.

Happy Salt Flushing!

## The Detox Bath

### A Moment of Rejuvenation of Body, Mind, Spirit

Seems sometimes we just need a “spa hour” to regroup our being-ness to cope with life’s travails.

Think: Detox Bath to take the edge off of the rigors of life in the 21st Century.

Anytime you feel out of sorts, this bath can be a breath of fresh air to restore your adrenals and soothe the nervous system. This bath is great for grounding oneself during travel, when an “ahhh” moment is required for sanity, or when Gut Thrive in 5 is causing a little detoxification, fatigue, or “headachy-ness”.

Side benefit: the Detox Bath can help reduce surface nuclear radiation or air pollution particles that settle on the skin.

Frequent detox baths can be an inexpensive way to get a positive attitude adjustment that can make the entire world a better place. This bath is a nutrient boost (magnesium and sulfur, sodium and bicarbonate), electrolyte booster, detoxifier, cleanser, pH adjuster, and all around “mother’s little helper.”

#### Instructions:

**Fill a comfortable bathtub with warm, pure water.** Since tap water is not fit for human exposure due to toxic chlorine, fluoride, and often over 100 toxic chemicals including prescription drugs; hopefully your water is purified or you are using a filter. If traveling, hopefully you have a portable filter or **chlorine-removing bath ball**. If not, then you can correct that next time.

**Add 2 pounds of Epsom Salt.** That’s good ole magnesium sulfate, and 2 pounds isn’t much –it’s heavy stuff!

**Add 2 pounds of Baking Soda.** That’s good ole sodium bicarbonate. Also 2 pounds isn’t much ...just a couple of little Arm & Hammer boxes.

**Hop in and soak for 25 minutes!** Add more hot water as it’s good to sweat into the water. Get the water as hot as you are comfortable with—like how to boil a frog—keep increasing the heat as long as you are comfortable. The heat opens your pores and lets the toxins out and the beneficial electrolytes in. Keep a face towel handy to wipe your brow. A good sweat is good for the soul (i.e. feet). You’ll steep your humanity.

**Nourishing beverage.** During your soak, it's good to have something special to sip on like iced tea, cool water with fulvic minerals, a smoothie, a [GoodOnYa Hydrate](#) beverage, coconut water, or cucumber lemon water. Since you are “sweating it out”, it only makes balanced sense to replace electrolytes and boost healthy nutrients.

**Enhance your experience.** This optional step can include relaxing music, a terrific book, a friend to massage your feet, a floating candle, a rubber ducky ;), or some aroma therapy essential oils - whatever floats your boat. Enjoy your moment of just being. Creative people may need to keep pencil and paper handy, as this bath can open the flow to what really matters.

It's terrific to do this before going to bed, as it's said to improve both sleep and dream recall. Best of all, it's often a way to shake off the “stuff” of the day, relieve aches and pains, detoxify, and recharge your batteries!

Detox baths are suggested 2-3 times weekly during the pathogen purge and once a week to recharge after that.

## Oil Pulling

Oil pulling is an ancient Ayurveda (Indian medical system) practice that helps the body rid itself of accumulated toxins, especially trapped bacteria in the mouth and gums. This practice promotes healing from within by aiding our bodies in its own curative process. Oil pulling is a very simple, safe, and inexpensive remedy.

The mouth is full of different bacteria that can lead to issues such as cavities and gum disease. The toxins in our mouth can get into our bloodstream causing an array of diseases in different parts of the body, thus the importance of minding the oral microbiome.

Oil pulling stimulates the immune system to fight toxins in our mouths and to prevent those toxins from finding their way into our bloodstream. This will stimulate our body to go into a healing mode and begin curing itself of other illnesses. It is absolutely essential if you have ever had a root canal and trapped bacteria in the mouth. The beauty of oil pulling is that it doesn't only make your teeth whiter, gums brighter, and breath fresher, but it helps your body heal itself of other issues that aren't even in your mouth!

I recommend starting slowly since it will feel very foreign at first. Try to oil pull for perhaps 5 minutes at a time and then build up to 15 minutes a day for a full month during your pathogen purge, hopefully longer (throughout Step 3) if you like it. This will be so valuable for your body. The most beneficial oil to use for this practice is raw coconut oil. Coconut oil has anti-bacterial, anti-fungal, and anti-viral properties that will eliminate the buildup of toxins at an even deeper level. Use 1 teaspoon of oil (just put it in your mouth and it will melt quickly) and pull it through your teeth, not swishing like mouthwash, but a sucking and pulling action. Be patient, as well as methodical, and reap the remarkable health benefits of oil pulling.

It's recommended to add 2 drops of [OraWellness drops](#) to the oil before putting in your mouth.

If you struggle with anxiety, the ancient Ayurveda doctors would recommend that you use organic sesame oil in lieu of coconut oil as it's known to calm the emotions (you can also rub it on your feet and face at night before bed). This can be purchased at any grocery store. When you use sesame oil, it turns into a thick white milky substance (full of bacteria) when you spit it out. This does not happen with coconut oil because of the nature of the oil, but you are still extracting considerable toxins/bacteria.

Please watch my video on "[Oil Pulling](#)."

## Tongue Scraper

The **tongue scraper**, an inexpensive and transformational utensil, is a simple, thin, u-shaped piece of stainless steel with a well-defined, blunted edge used to remove gunk from the surface of the tongue. Dentists in America are recommending the tongue scraper more and more, because it helps fight cavities by removing bacteria in the mouth. It also reduces bad breath, especially for people who eat a lot of dairy and, therefore, build up mucus in the mouth, nose, and throat.

The tongue scraper comes from the tradition of Ayurveda. Some people ask if the same effect can be gained by brushing the tongue with a stiff toothbrush. Brushing the tongue moves the bacteria around and is somewhat helpful, but a tongue scraper is more effective as it clears out the deep deposits and generally keeps the area cleaner.

The tongue scraper also helps to reduce cravings by cleaning the tongue of leftover food residue that could lead to cravings from foods previously eaten. Scraping your tongue allows you to taste subtler flavors in food, so that you can actually taste the sweetness in vegetables, fruits, and whole grains.

### Directions:

- Apply a few quick strokes, 2–3 times a day.
- Use the rounded cleaning edge to scrape gently down the tongue several times while applying slight pressure.
- Rinse the tongue scraper under running water and gently scrape again until no white residue is remaining.
- There should be no pain or gagging involved whatsoever. If you feel any discomfort, you are probably scraping too hard or starting too far back on the tongue.

## Magnesium Self-Test

### Do You Have A Functional Magnesium Deficiency?

**Check all that apply.**

- |   |   |
|---|---|
| <input type="checkbox"/> Agitation, nervousness             | <input type="checkbox"/> Heartbeat irregular                  |
| <input type="checkbox"/> Alcohol use, frequent              | <input type="checkbox"/> Heartbeat rapid (resting >82/min)    |
| <input type="checkbox"/> Angina                             | <input type="checkbox"/> Heart disease                        |
| <input type="checkbox"/> Appetite, low or loss of           | <input type="checkbox"/> Hypertension                         |
| <input type="checkbox"/> Arthritis                          | <input type="checkbox"/> Hyperthyroidism                      |
| <input type="checkbox"/> Back pain, low and mid areas       | <input type="checkbox"/> Hypothyroidism                       |
| <input type="checkbox"/> Bladder leakage                    | <input type="checkbox"/> Hip pain, chronic                    |
| <input type="checkbox"/> Blood pressure elevated            | <input type="checkbox"/> Kidney stones                        |
| <input type="checkbox"/> Body odor troublesome              | <input type="checkbox"/> Knee pain, chronic                   |
| <input type="checkbox"/> Carpal Tunnel Syndrome             | <input type="checkbox"/> Legs restlessness                    |
| <input type="checkbox"/> Chronic Fatigue                    | <input type="checkbox"/> Muscle movements jerky               |
| <input type="checkbox"/> Confusion, frequent                | <input type="checkbox"/> Muscular weakness                    |
| <input type="checkbox"/> Constipation                       | <input type="checkbox"/> Muscles injure easily                |
| <input type="checkbox"/> Cramps in feet or calves           | <input type="checkbox"/> Muscular tension, tightness          |
| <input type="checkbox"/> Depression                         | <input type="checkbox"/> Nausea, frequent                     |
| <input type="checkbox"/> Diarrhea, chronic                  | <input type="checkbox"/> Osteopenia, Osteoporosis             |
| <input type="checkbox"/> Disoriented, loses direction       | <input type="checkbox"/> Perspiration during sleep            |
| <input type="checkbox"/> Dizziness episodes                 | <input type="checkbox"/> Perspiration copious, uncontrollable |
| <input type="checkbox"/> Dysmenorrhea (menstrual cramps)    | <input type="checkbox"/> PMS (Pre-Menstrual Syndrome)         |
| <input type="checkbox"/> Epilepsy                           | <input type="checkbox"/> Pores on the face enlarged           |
| <input type="checkbox"/> Feet, coldness                     | <input type="checkbox"/> Spaciness, blanking out of brain     |
| <input type="checkbox"/> Fidgets, taps, restless hands/feet | <input type="checkbox"/> Stress, prolonged                    |
| <input type="checkbox"/> Hands, coldness                    | <input type="checkbox"/> Twitches, muscular                   |
| <input type="checkbox"/> Headaches, pre or during menses    |   |

**Scoring:**

8-10 checked = likely mild magnesium deficiency. Use 200mg Mg morning and evening, with food  
 11-15 checked = moderate magnesium deficiency. Use 400mg Mg morning and evening, with food  
 16+ checked = severe magnesium deficiency. Use 400mg Mg morning, noon, and evening, with food



## Why Do We Need Extra Magnesium?

Magnesium is an essential mineral that plays myriad role in the health of the human body. Some of which are outlined below.

- ✓ It is one of the five most common nutrient deficiencies in the SAD (Standard American Diet) and thus in the population.
- ✓ Can be used by beneficial probiotic bacteria to build positive biofilm structure (but calcium is the primary mineral! Magnesium is a distant “second fiddle”, as are many other minerals such as iron.)
- ✓ Is Nature’s gift via whole foods - both vegetable and animal.
- ✓ Helps with bowel motility (constipation) via cellular metabolism and muscle function.
- ✓ Is necessary for 300+ enzyme systems that operate a healthy body.
- ✓ Is required for digestion, elimination, sleep, vitamin D function, brain, and bone health.
- ✓ Is required for bowel motility.
- ✓ Is required for serotonin, the neurotransmitter responsible for relaxation and feeling happy.
- ✓ Builds muscles via Insulin-like Growth Factor (IGF-1).
- ✓ Supports flexible muscles, whereas calcium can harden muscles (and arteries).
- ✓ Prevents, asthma, heart attacks, psychiatric disorders, diabetes, migraines, frequent urination and hundreds of health issues.
- ✓ Reduces the damaging impact of stress on the nerves.
- ✓ Is required for cells to make ATP (Adenosine Triphosphate), the chemical energy of life!
- ✓ Is absolutely necessary for the thyroid hormone, calcitonin, to activate bone building and regulate osteoblast/osteoclast activity, and is actually much more important to bone strength than calcium!
- ✓ Reduces errant chocolate cravings (and best of all, chocolate provides magnesium.)

- ✓ Enhances insulin receptivity on the cell membranes (mitochondrial membranes) and thus helps prevent and solve the diabetic “insulin-resistance” issue (along with other minerals such as chromium.)

## Food Sources of Magnesium

### On GT5 Steps 1-4

Organic Avocados, Organic Beans (best to avoid Soy as being GMO and unsuitable for human nutrition – start with Aduki beans to see if you can digest beans); Organic Dark Chocolate (cacao), Organic Dark Leafy Greens, Wild Caught Fish (not farm raised); Organic Nuts, Organic Seeds.

### Step 5: The 80/20 Maintenance

Plan to slowly incorporate organic bananas, organic brown rice, a few types of beans, apricots, figs, dates, plums, and raw goat cheese into Step 5 of Gut Thrive when you build your 80/20 maintenance for long-term digestive health. Prior to that, you still have many choices of high-magnesium foods.

## Supplementing with Magnesium

For bioavailability, we’d prefer you use elemental magnesium via magnesium oil since the absorption rate is about 10x that of magnesium taken orally. You can spray magnesium oil on your feet at night (and mix it with coconut oil to prevent itching) and then put on socks, put a few ounces into a hot water foot soak as part of a nighttime sleep ritual, or take a bath with 4 ounces of magnesium oil to replenish your magnesium stores. We like *Health and Wisdom* and *Ancient Minerals* Magnesium Oil.

If you prefer to take magnesium supplements, here are our top recommendations. You can take between 400mg - 800mg/day to help with constipation, nervousness, anxiety, or sleep, but remember to let food be your medicine and to incorporate high-magnesium foods into your diet (and to decrease stress and take the time to wind down in the evenings.)

*Pure Encapsulations Labs Magnesium Glycinate*  
*MegaFood Magnesium*  
*Innate Response Formula*

### A Note About Magnesium Stearate:

Magnesium stearate is a combination of stearic acid and the essential mineral magnesium. This product has been used for encapsulated products and is fine to ingest as long as you know and trust the quality of the production, as it’s an oil used to lubricate machinery. Magnesium stearate is only in ONE GT5 product, Mucosagen by Orthomolecular (OM). I am confident that OM does not heat up the mag stearate too high



and that they change this oil frequently and even for those with a "sensitivity" to it, it should not cause a reaction. A few other facts (and myth-busters) about mag stearate are below.

1. Provides magnesium
2. Provides steric acid, a molecule found in food
3. Considered harmless in hundreds of studies
4. Ensures better accuracy of nutritional formula ingredient levels
5. Minuscule (less than 1%), insignificant amount needed for capsulated products
6. Helps prevent pathogenic biofilms in the intestines
7. Does not inhibit bioavailability or assimilation of supplemental nutrients

## Constipation

Believe it or not, constipation is when your body is having less than two bowel movements daily. With the onset of processed and broken foods and a fast-paced, convenience driven stressful lifestyle, constipation has become a major, chronic problem in the US.

Bowel movements are your body's main way to detoxify and eliminate what does not belong. Therefore, regularity is essential to good health, as we should be eliminating up to 2.2 lbs. of toxins daily. If you are not eliminating normally and productively at least once daily, then your liver, kidneys, and lymphatic system must work much harder to keep you healthy.

In GT5, we are removing many offenders to healthy bowel function and attempting to keep the pipes flowing with our food, supplement, and lifestyle choices.

It is important to note that the reason we incorporated one of our supplements, Triphala, into all of the GT5 Supplement Kits is to specifically address this issue. Because Diatomaceous Earth can be constipating, it is especially important to take Triphala directly after it.

### **The following may contribute to constipation:**

- Too much calcium or iron
- Low thyroid hormone
- Lack of exercise
- Side effects from anti-depressants, painkillers, or other medications
- Depression
- Lack of hydration
- Dehydration

If you are still experiencing constipation on GT5 after following the diet, supplements, and cleansing methods (coffee enemas, neuro-activation techniques, etc.), you may try a few of these things below. Keep in mind that bodily change does not happen overnight. If you've struggled with lifelong constipation or constipation for years, you are now re-educating your system to work differently, and this could last all the way through the terraforming phase.

What we want to do is keep you eliminating while you are retraining your body toward health.

## Suggestions and Tips

1. As an exception to the meal plans, you may try including 2-3 prunes in the morning upon waking. Chew extremely well. You may also stew the prunes in water and then drink the whole mixture with a little lemon. Or, drink 4-6 ounces prune juice mixed with 4-6 ounces of water
2. Try melting 2 tablespoons of ghee in 6 ounces of warm water and drinking it before bed.
3. Drink water and herbal teas regularly or drink water with 3 tablespoons chia seeds mixed in/once daily (not for Plan S). Allow the chia seeds to sit in the water for at least 2 hours to become gelatinous.
4. Temporarily using a Senna or Cascara Sagrada based product like drinking **Smooth Move** tea nightly for up to 1 week (and no more than 3x/week after that).
5. Instead of room temperature water upon waking, make it hot water with lemon and ginger.
6. Castor oil packs.
7. Consuming mostly warm, moist, cooked foods. Staying away from dry, hard foods.
8. Take your time and breathe! If you don't have a bowel movement in the morning, it is less likely you will have one during the day. Create a morning ritual that allows a slow, easy pace and allot plenty of time to go if the urge comes. Sitting and breathing can induce the urge to go. Release anxiety and tension immediately through deep breathing.
9. Exercise. Walk, do yoga, ride a bike. You must move even if you are tired and not feeling well. Do whatever you can to move for at least 30 minutes daily.
10. Supplement with magnesium. See our magnesium self-test handout to determine deficiency and dose.
11. Try squatting to allow the urge to strengthen. When sitting on the toilet, place a box or stool under your feet to raise your knees to mimic the squatting position. Or invest in the **Squatty Potty**. This is a normal, natural position for elimination used all throughout Asia.



When our previous GT5 groups were surveyed as to what helped the most with constipation, here's what they said were the top 5 most helpful tools in the program:

- 1: Coffee enemas
- 2: Increasing Triphala
- 3: Salt Flushes
- 4: Increasing water intake
- 5: Exercising

You may do all five of these at the same time.

Triphala is known to be safe to stay on for up to six months.

Sometimes the simplest things are the ones we forget, so please keep your hydration up to at least 34 ounces for every 50lbs of body weight and make sure you are moving your body.

Rebounder trampolines are a great way to move the lymphatic fluid. They are also easy on the knees and very effective at detox and helping with constipation. You can find them for as low as \$30 at Target and other places.

For those of you, especially on Plan S, struggling with inveterate constipation, you are good candidates to work on the brain-gut connection to mobility using **Neurosyn** and **CALM**.

There are also two other products that may be something for you to try for reawakening gut motility by working on the gut-brain connection to motility so the above formulas and one of these below will work on "both lanes of the highway" so to speak.

**MotilPro:** MotilPro is an advanced gut signaling support formula, which helps regulate neurons embedded in the walls of the GI tract. Those collective neurons make up what's called your enteric nervous system or your "gut brain". They communicate via neurotransmitters (which you worked already with Neurosyn and CALM) to coordinate smooth muscle contraction. You can follow the dose on the bottle at 3/day and work up to 6 as your body responds.

**Iberogast:** This is another product aimed to improved motility in the GI tract (I would only choose ONE, not both if you are going to try a prokinetic). The mechanism of action to relax and stimulate the smooth muscle in order to regulate peristalsis is similar but the ingredients are different than MotilPro so I wanted you to have two choices.

## Diarrhea/Loose Stools During A Cleansing Program

Diarrhea is one of the tools the body uses to regulate itself. While often this can be a good thing as the body thinks it's doing what is best to restore optimal health, there are times when loose stools become a concern regarding dehydration or nutrient absorption.

### During a cleanse or pathogen purge, the stool can become loose when:

- ▶ The body reacts to new, therapeutic herbs and nutrients and chooses to get rid of them, and accompanying debris quickly. This is called “reacting against the supplement” because it's new and disturbs the “status quo.” However, such disturbance serves the greater good by getting rid of unwanted microbes. Thus a person might want to lower the dose, have a short time of adjustment, then resume.
- ▶ The body takes advantage of the herbal anti-microbials and helps get rid of unwanted pathogens and parasites by bringing more water into the intestines to help the process. This helps flush pathogens off the intestinal lining and allows for them to be expelled.
- ▶ Pathogens become “riled up” due to the anti-microbial nutrients, biofilm disruptive influences, or probiotic agents and the immune system becomes better alerted to their presence. The body responds by increasing water into the intestines to help get rid of the pathogens and to ensure that they don't enter the body via “leaky gut” areas where the intestinal barrier is compromised.
- ▶ As pathogenic biofilm walls are destroyed and pathogens become exposed to the immune system, i.e. their biofilm and planktonic forms are perceived by the body, the body increases motility to expel the offenders.

### Pros: How to tell if a loose stool is serving the health improvement process:

- The stool mildly loose and watery with no accompanying fevers or weakness.
- The stool quickly returns to being “formed” when the supplements stop.
- The person sees morbid matter, rope worms, and impacted debris leave the body.
- It only lasts a few days and then a more normal stool and regular motions occur.

## Cons: How to tell if diarrhea might be a symptom of illness:

- The diarrhea causes pain, severe cramping, and is accompanied by nausea, vomiting.
- There is a fever suggesting an intestinal illness. Sometimes this is a good thing too, as a fever is also the body's innate vitality dealing with pathogens by "pasteurizing" them with heat and by mobilizing the immune system more assertively. However, a person needs to keep an eye on what's going on and be sure there is no "food poisoning" or serious infection occurring.
- The diarrhea causes dehydration. Loss of electrolytes can derange cellular metabolic functions throughout the body.
- The diarrhea lasts longer than 30 hours after stopping all supplements.
- There is blood in the stool.
- The stools are black and tar-like, suggesting intestinal bleeding.

If supplements cause a loose stool that is disturbing, stop or reduce the supplements so that a more normal bowel function occurs. Then gradually increase as the body gets used to their beneficial presence.

Change, for better or worse, can be disruptive to the body's equilibrium. Each person should decide if the loose stool is a welcome process of the body engaging a healing process, or if it's a coincidental illness. If it's a too-aggressive "opening of Pandora's box," then back off from the program and take a slower pace, so that more normal day-to-day functioning is the norm.

## Recipe to Help Stop Diarrhea

### Carob & Banana

- In a small bowl, take ½ banana (ripe) and mash it into a paste
- Add 2 TBSP carob powder (carob is a natural healthy chocolate substitute, a bean from the carob tree)
- Stir into a pudding paste and eat

This tasty "carob/banana pudding" has a reputation for helping the body stop loose stools. There is a dietary compound found in carob called tannins, which are likely responsible for its effectiveness in treating diarrhea and other stomach issues. In most other plants, tannins are soluble, meaning they dissolve in water, but carob's tannins don't dissolve in water. The tannins in carob help prevent harmful bacterial growth in the intestines, while the





natural sugars in carob help thicken loose stool. *One study* found carob bean juice to be a safe and effective way to treat diarrhea in young children and adults.

Each person is different and responds differently. Learn to work with your body and its efforts to regulate itself yet, move toward more optimal health.

**Note:** even though banana is not technically allowed in the GT5 diet, this is an exception to the rule.

## Pathogen Purge Daily Checklist

- Lemon Water upon Rising
- \_\_\_\_\_(Saltwater Flush and/or Coffee Enema)
- Oil Pulling
- Close Valve
- Tongue Scraping
- Magnesium spray, or supplements, or soak
- \_\_\_\_\_(Choose 1: Singing, Gargling, Yogic Breathing, Gagging, Coffee Enema)
- Sludgy Cocktail
- EVOO
- Detox Bath?
- Colonic?

# of Bowel Movements: \_\_\_\_\_

# of Hours of Sleep: \_\_\_\_\_

Weight: \_\_\_\_\_

Exercise \_\_\_\_\_

## How to Close Your Ileocecal Valve: The Open Sesame to Intestinal Distress

The Ileocecal Valve is located between the small and large intestines. Its function is to allow digested food materials to pass from the small intestine into the large intestine and block large intestinal bacteria and contents from backing up into the small intestine, where there is a different microbiome. It is a **one-way valve**, only opening up to allow processed foods to pass through, but not allowing the reverse flow.

This is important because the separated microbiomes operate on different pH levels and with different cellular secretions.

### In normal function, the ileocecal valve:

- Remains closed except to allow small intestinal contents to pass into the colon (large intestine)
- Opens briefly to let the contents of the small intestine flow into the colon
- Closes quickly to prevent any materials or bacteria in the large intestine from going “upstream”

A problem occurs when the valve stays open, because then it becomes possible for feces and bowel bacteria to get backed up into the small intestines, where they do not belong. Even though there might be good “probiotic” species in the bowel, they become “pathogens” if they take up residence in the small intestines because they are in the wrong place.

This is one of the main issues with SIBO (Small Intestinal Bacterial Overgrowth) that causes bloating, constipation/diarrhea, and fermentation in the small intestines. Once the wrong bacterial species take up residence in the small intestines, it can become difficult to make them leave and therefore restore proper function.

Ileocecal Malfunction (staying open) is linked to a myriad digestive symptoms including bloating, distention and abdominal pain, colitis, and constipation. It is also linked to chronic fatigue, headaches, heart palpitations, acne, eczema, adrenal and chronic fatigue, psoriasis, shoulder pain, thrush, candida, depression, sinus infections, knee pain, and nausea.

Therefore, if you have any of the above symptoms, you should follow our advice (Jack shot a video about it) and close your ileocecal valve. This is especially important for those on Plan S and Plan F.

## Why would the valve stay open?

- Dehydration – just not enough water to facilitate proper function
- Emotional upsets which often negatively impact the gut
- Overeating (consistent)
- Incomplete food chewing resulting in large globs of food running through the pipes (chew 30x each bite!)
- Snacking (more than 2-3 times/day)
- Inflammation – impairs intestinal cell performance as well as brain and nerve function
- Negative emotions and thoughts, e.g. fears and gut-reactions to life
- Poor diet such as the Standard American Diet, or diet that aggravates the intestines
- Fatigue, straining of the abdominal muscles
- Imbalances in the acupuncture meridians
- Impaired Brain/Gut Connection – the brain gets “lulled” by antibiotics, anti-depressant drugs, negative emotions, and opiate drugs and becomes disinterested (amnesia) in intestinal function. Inflammation of the hypothalamus cell membranes from environmental toxins interferes with the Brain/Gut Connection.

## A do-it-yourself technique to reset the ileocecal valve:

Using a thick saucer, press it into the place where your right leg meets your torso. (See our video entitled “How to Close Your Ileocecal Valve” on the page Step 2: Supporting the Purge.) There is a reflex point there that can allow an open valve to reset. The tenderness or pain felt there can actually be a good sign to “alert” the brain to resume command. Do not put so much pressure as to bruise, but applying firm pressure where you are tender can help close the valve.

Doing this for 7 days in a row while on the pathogen purge is very helpful.

## Emotional Preparation for Step 3

The Gut Thrivers that have come before you asked for this handout.

When surveyed, our GT5ers found it surprising that the most emotional part of Gut Thrive in 5 was not actually The Pathogen Purge; it was the Reseeding Phase, Step 3.

We know that microorganisms in our digestive system secrete a very large number of chemicals and “among those chemicals are the same substances used by our neurons to communicate and regulate mood, like dopamine, serotonin and gamma-aminobutyric acid (GABA). These, in turn, appear to play a function in intestinal disorders, which coincide with high levels of major depression and anxiety.”

If we know this to be true, then you might think, “sure I had depression and anxiety but now that I’m changing my gut bacteria and planting new seeds, why wouldn’t I just feel great?”

The reason is that you are the grey area called Transition, the place where all the magic and power and transformation happens. The place where YOU decide how much of your neutral, commensal bacteria converts to good bacteria not just from the food you eat and the supplements you take, but from the thoughts you think and the emotions you feel.

As you have purged pathogens and prepare to reseed, we’ve found you must also emotionally purge old habits, patterns, belief systems, hurts, and ways of being that keep you stuck and small, in order to move into a new model of cellular and complete health for yourself. You will hear from Jason Brody, MS in psychology and transformation coach on this topic in the first webinar of Step 3.

Anytime we work with advancing the health of the physical human body, we must also work to advance our emotional and spiritual bodies as well – to cleanse them of the past so that we can truly be borne anew.

So knowing this, carve out time for meditation, counseling, or any other type of support that can usher you into a new way of being. Now is the time.

Do your best to not get frustrated if some old emotional “stuff” comes up for review (“This again? I thought I processed all of this before?!?”) when you get to reseed.

Be the brave warrior that you are and face it versus distract yourself from it. The latter is the easy way out and the ease is the only reward.

When you actually move through it, you truly move on and life can be new, fresh, and different in the most profound way. You get to be more of the amazing being you are, sans all the unnecessary static.

## What is Happening in Step 3

So much is going on in your body as you move into Step 3.

Your brain is recalibrating, your nervous system is recalibrating, your immune system is recalibrating and your metabolism is changing for the better. You are evolving, so enjoy the ride, expunge the old, greet and welcome the new and amazing you that was always there but was covered up by the stuff of life that happens to each and every one of us.

“There are at least three ways gut microbes are communicating with the brain: the first is directly through the vagal nerve, which connects the network of nerves in the gut to the brain; the second is through circulating immune cells that are primed, or educated, in the gut and then travel to the brain; and the third may be metabolites, molecules that are produced by microbes in the gut that enter the blood and circulate to regions of the brain where they affect behavior.”

## Emotional Freedom Technique and Exercise

A tool you may want to explore if your emotions run high during this time is the Emotional Freedom Technique (EFT), also called tapping.

It is a simple healing tool that can provide impressive results for physical, emotional, and performance issues. EFT operates on the premise that no matter what part of your life needs improvement, there are unresolved emotional issues in the way. Even for physical issues, chronic pain, or diagnosed conditions, it is common knowledge that any kind of emotional stress can impede the natural healing potential of the human body.

In many cases, EFT can be applied directly to physical symptoms for relief without exploring any emotional contributors. However, for the most powerful, longest lasting results with EFT, we do expect to identify and target related emotional issues.

Think of it like non-invasive acupuncture to clear the energy within the body.

If you want to explore this more, you can start here:

- Read the book: [The Tapping Solution](#)
- Watch [this video](#) to learn the tapping points

As added support, please make sure you are exercising on Step 3 of Gut Thrive. It will help move your energy, your emotions, and your bowels. :)

Constipation may return for some of you in this phase, which is perfectly normal.

Try walking or light jogging 2-3 miles daily, use the stair climber or the elliptical machine at the gym, bounce on a trampoline or rebounder, and give yourself belly massages before bed.

I leave you with one of my favorite descriptions of the “grey area” called transition.

## **The Flying Trapeze**

Sometimes, I feel my life is a series of trapeze swings. I’m either hanging on to a trapeze bar swinging along, or for a few moments, I’m hurtling across space between the trapeze bars.

Mostly, I spend my time hanging on for dear life, to the trapeze bar of the moment. It carries me along a certain steady rate of swing, and I have the feeling that I am in control. I know most of the right questions and even some of the right answers. But once in a while, as I’m merrily, or not so merrily, swinging along, I look ahead of me into the distance, and what do I see?

I see another trapeze bar looking at me. It’s empty, but I know that this new bar has my name on it. It is my next step, my growth, my aliveness coming to get me. In my heart-of-hearts, I know that for me to grow, I must release my grip on the present well-known bar to move to the new one.

Each time it happens, I hope – no, I pray – that I won’t have to grab the new one. But deep down I know that I must totally release my grasp on my old bar, and for some moments in time, I must hurtle across space before I can grab the new bar. Each time I am filled with terror. It doesn’t even matter that in all my previous hurtles, I’ve always made it.

Each time I am afraid I will miss, that I will be crushed on unseen rocks in the bottomless basin between the bars. But I do it anyway. I must.

Perhaps this is the essence of what the mystics call faith. No guarantees, no net, no insurance, but I do it anyway because somehow, to keep hanging on to that old bar is no longer an option. And so for an eternity that can last a microsecond or a thousand lifetimes, I soar across the dark void of “the past is over, the future is not yet here.” It’s called a transition. I’ve come to believe that it is the only place that real change occurs.

I’ve noticed that, in our culture, this transition zone is looked upon as a “no-thing,” a no-place between places. Sure, the old trapeze-bar was real, and the new one coming towards me, I hope, is real too. But the void in between? That’s just a scary, confusing, disorienting “no-where” that must be broken through as fast and as unconsciously as possible. What a shame!



I have a sneaking suspicion that the transition zone is the only real thing, and the bars are illusions we dream up to not notice the void. Yes, with all the fear of being out-of-control that can accompany transitions, they are still the most alive, growth-filled, passionate moments in our lives.

And so, transformation of fear may have nothing to do with making fear go away but rather with giving ourselves permission to “hang-out” in the transition zone between trapeze bars. Allowing ourselves to dwell in the only place where change really happens can be terrifying. But, it can also be enlightening. Hurtling through the void, we just may learn to fly.

Author Unknown

**Article Links:**

<http://www.nytimes.com/2015/06/28/magazine/can-the-bacteria-in-your-gut-explain-your-mood.html>

<http://www.livescience.com/49373-google-hangout-on-brain-and-microbiome.html>



## The Importance of Chewing and Mindful Eating

So often we eat mindlessly. We stuff food in while working on our computer, watching TV, or on the run. The pleasure of eating lies in slowing down and fully experiencing all elements of food. This simple act will improve your relationship with both food and self and will allow you to see how certain foods make you feel. Take some time to explore each of the following during your next meal:

**Sight** – In many cultures, the aesthetics is just as important as the taste. Take a moment to recognize the art in food.

**Smell** – Bring the food up to your nose. Without naming the scent, experience the smell of the food.

**Physiological Reaction** – Now focus on what is going on in your mouth. Begin to notice that saliva happens, even though you haven't put the food in your mouth. You're noticing a mind/body phenomenon, the senses responding to the anticipation that something's going to be eaten. This is the digestive process starting.

**Taste** – After becoming aware of the food in your mouth, start biting into it very slowly. Then begin to chew. Notice that the tongue decides which side of the mouth it's going to chew on. Give all your attention to your mouth and take a few bites. Then stop to experience what's happening. And what's happening is invariably an explosion of taste. Express what's going on; be really refined. What is the experience? Is it sweet, or sour, or juicy? There are hundreds of words that describe the experience called tasting.

**Texture** – As you continue to chew, the taste changes and so does the consistency. At a certain point you will become aware of the texture of the food because the taste has mostly passed. The texture becomes a bit aversive and you may want to swallow it.

**Swallowing** – Don't swallow yet. Stay with the aversion, as well as the impatience and the inborn impulse to swallow. Do not swallow until you detect the impulse to do so. And then observe what is involved in actually getting the food over to the place where it's going to be swallowed. When you detect the impulse to swallow, follow it down into the stomach, feel your whole body, and acknowledge that your body is now exactly one bite heavier.

**Breath** – Next, after a pause for a moment or two, see if you can taste your breath in a similar way. Bring the same quality of attention that you gave to seeing the food, feeling the food, smelling the food, and tasting the food to the breath.

**Silence** – Then, drop into silence. By this point, you understand something of what meditation is. It's doing what we do all the time, except we're doing it with attention: directed, moment-to-moment, non-judgmental attention.

The main thing is to have fun, learn something, and understand yourself better.

## Mindful Eating Checklist

- ✓ Make time for one mindful meal each day.
- ✓ Make eating an act all by itself. This means no computer, reading, talking on the phone, or watching television.
- ✓ Be aware of the types of conversation you are having with others while you eat. Do not eat when upset.
- ✓ Eat while you are sitting down. This does not mean sitting in a car and driving. Check in and see how hungry you are before starting.
- ✓ Sit in silence a minute before you begin eating.
- ✓ Imagine the food you are going to eat before you eat it and notice how it feels in your body.
- ✓ Do not gulp down your food. Savor each mouthful and chew well before you swallow.
- ✓ Do not eat until you are overly full. Leave some room in your stomach to enhance digestion.
- ✓ Sit quietly for a few minutes after you finish eating. Do not immediately rush off to do the next activity of the day. After you are done, notice how the food you just ate is making your body feel.

## Food Mood Journal

Now that you are focusing on mindful eating and chewing your food, it's time to use The Food Mood Journal as a powerful tool to bring awareness to your eating patterns. Feel free to print and copy the worksheet. In the comments section, note how you are feeling PHYSICALLY and EMOTIONALLY during that meal or snack. At first it may feel unusual to do so, but as you well know by now, digestive health and emotional health are inextricably connected. Use the guide below on physical and emotional clues for balance and imbalance as your guide. Keep your Food/Mood Journal for 7 days.

### Physical (symptoms are body sensations)

12. **Clues for imbalance:** headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, no concentration, pallor
13. **Clues for balance:** bright eyes, hunger, stamina, natural and deep breathing, high energy, restful sleep, focus, alertness, strength, good attention span, good color

### Emotional (symptoms may be a little harder to detect)

1. **Clues for imbalance:** anxious, bored, scared, mad, sad, depressed, scattered, restless, irritable, agitated, hyper
2. **Clues for balance:** confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient

The idea of keeping a food journal may make you feel uneasy and/or outright terrified. Sometimes people really do not want to look at how they eat or their relationship with food (because it can be a metaphor for their relationship with other things in life). You may have feelings of hopelessness or failure attached to what you eat based upon all you have been through with your health. You may be surprised that food has an even bigger emotional charge for you than you realized.

This food journal process is designed to be fun, informative, and free of negative judgment. If negative feelings arise, just remember that recording this information will help you later see the connection between what you eat and how you feel emotionally and physically.

If you forget to record a meal, just keep going. It's all fine. Just keep writing.

Please watch our video on "[Mood Boosting Foods](#)."

Adapted and reprinted with permission from the [Institute for Integrative Nutrition](#)©.

## Food Mood Journal Worksheet

<b>When</b> (date & time)	<b>Food</b> (preparation, how much)	<b>Hunger Level</b> (0 – 5)	<b>Situation</b> (place, activity)	<b>Comments</b> (emotional/ physical/ mood)
<hr/> Pre-Breakfast				
<hr/> Breakfast				
<hr/> A.M. Snack(s)				
<hr/> Lunch				
<hr/> P.M. Snack(s)				
<hr/> Dinner				
<hr/> Evening Snack(s)				

## Basic Breathing and Meditation Practice

Our energy level, digestive wellness, and state of mind can be dramatically, positively or negatively, affected by our breathing. Slow, deep breathing helps to alkalize the body (easier elimination of acidic poisons) while activating the parasympathetic nervous system which gives the body a chance to recuperate, regenerate, and heal. Incorporate five minutes of deep breathing a day, and you will surely experience tremendous benefits.

### Breathing Techniques

When you watch a baby breathe, the whole belly expands and contracts. As we age, we tend to breathe more from our chest, resulting in shorter, shallower breaths. As you concentrate on “breathing from your belly,” you will bring more oxygen into your lungs and throughout your body. You will feel more focused and centered. The beauty of these techniques is that you can do them anywhere – in the car, in the middle of a meeting, before a big event, etc. They do not require any special equipment, and you don’t even have to close your eyes once you have learned the techniques.

### Diaphragmatic Breathing and Patterns of Breathing

Place a hand on your belly, just above your navel. Place your other hand on your chest. Close your eyes and just notice your breath. Which hand is moving?

Consciously try to allow your belly to expand more during your in breath.

As you breathe in, say silently to yourself, “I feel my breath coming in.” As you breathe out, say silently to yourself, “I feel my breath moving out.”

As you become comfortable with the deep, diaphragmatic breathing, begin to shift your breathing to different patterns. Begin by breathing in for a count of 3, out for a count of 6. Then in for a count of 4, out for a count of 8. Keep moving up the ratios as your lung capacity expands, always exhaling for twice as long as you inhale.

The goal is to be able to take time out during each day to practice your breathing while keeping ordinary thoughts of the day at bay. The advantage of using patterned breathing is that your mind has something specific to focus on, so your thoughts won’t wander. As you become more proficient at “letting go,” you will be able to just switch over to the deep breathing without the patterns.

## The Earth Breath: For Improved Digestion

Lie on your back with your feet flat. Inhale and let the upper abdomen expand and the back arch. Expand your lower diaphragm. Exhale and release it all, especially from your upper back and neck. Repeat for 5 minutes.

## Imagery Meditation

Begin by practicing diaphragmatic breathing for 5-10 minutes to begin to relax and release and then spend a few minutes in meditation. Imagery is easier when the physical body is quiet. Using all of your senses, begin to let a picture develop in front of your closed eyes.

Think of a place that is real or imagined. Let it become alive before your eyes. What colors do you see? What do you hear? What does the air feel like on your skin? What aromas are around you? What does the ground feel like beneath your feet?

What is your heart's desire? Begin to picture your life as if it has already happened. What does that feel like? What would you be doing today?

Imagine a beautiful ball of healing light coming down over your body, entering your heart, and spreading to all the cells of your body with the strength of your breath. Imagine your body healed, healthy, and thriving.

Taken from [anjionline.com](http://anjionline.com). Check the website for other helpful resources for books, CDs, and information. Reprinted with permission from the [Institute for Integrative Nutrition](http://www.instituteforintegrativenutrition.com)©.

## Healing Affirmations:

### Emotional Roots to Physical Health Issues and Affirmations to Overcome Them

Some research suggests there are emotional roots to physical health issues. As human beings we are a beautiful and complicated mix of the mental, emotional, spiritual, and physical. You are actively working to heal your physical body within this program. We want your healing to be all encompassing, on all of these levels. We encourage you to use this chart as a guide to identify new, positive affirmations for yourself and take the time to journal and practice these affirmations daily. Remember, as the microbiome improves, it's clinically proven that thoughts and emotions improve as well. This is the perfect time to embrace “new” affirmations and belief systems to match a “rejuvenated” YOU.

<b>Problem</b>	<b>Probable Cause</b>	<b>Affirmation</b>
Abdominal Cramps	Fear. Stopping the Process.	I trust the process of life. I am safe.
Adrenal Problems	Defeatism. No longer caring for the self. Anxiety.	I love and approve of myself. It is safe for me to care for myself.
Anxiety	Not trusting the flow and the process of life	I love and approve of myself and I trust the process of life. I am safe.
Arthritis	Feeling unloved. Criticism, resentment.	I am love. I now choose to love and approve of myself. I see others with love.
Bowels	Represent the release of waste.	Letting go is easy.
Candida	Feeling very scattered. Lots of frustration and anger. Demanding and untrusting in relationships. Great takers.	I give myself permission to be all that I can be and I deserve the very best in life. I love and appreciate myself and others.
Constipation	Refusing to release old ideas. Stuck in the past. Sometimes stinginess.	As I release the past, the new and fresh and vital enter. I allow life to flow through me.
Depression	Anger you feel you do not have a right to have. Hopelessness.	I now go beyond other people's fears and limitations. I create my life.
Diarrhea	Fear. Rejection. Running off.	My intake, assimilation and elimination are in perfect order. I am at peace with life.
Eczema	Breath-taking antagonism. Mental eruptions.	Harmony and peace, love and joy surround me and indwell me. I am safe and secure.
Gallstones	Bitterness. Hard thoughts. Condemning. Pride.	There is joyous release of the past. Life is sweet, and so am I.

<b>Problem</b>	<b>Probable Cause</b>	<b>Affirmation</b>
Gas Pains	Gripping. Fear. Undigested ideas.	I relax and let life flow through me with ease.
Gastritis	Prolonged uncertainty. A feeling of doom.	I love and approve of myself. I am safe.
Headaches	Invalidating the self. Self-criticism. Fear.	I love and approve of myself. I see myself and what I do with eyes of love. I am safe.
Indigestion	Gut-level fear, dread, anxiety. Gripping and Grunting.	I digest and assimilate all new experiences peacefully and joyously.
Inflammation	Fear. Seeing red. Inflamed thinking.	My thinking is peaceful, calm and centered.
Insomnia	Fear. Not trusting the process of life. Guilt.	I lovingly release the day and slip into peaceful sleep, knowing tomorrow will take care of itself.
Liver	Seat of anger and primitive emotions.	Love and peace and joy are what I know.
Liver Problems	Chronic complaining. Justifying fault-finding to deceive yourself. Feeling bad.	I choose to live through the open space in my heart. I look for love and find in everywhere.
Pancreatic Issues	Rejection. Anger and frustration because life seems to have lost its sweetness.	I love and approve of myself, and I alone create sweetness and joy in my life.
Rashes	Irritation over delays. Babyish way to get attention.	I love and approve of myself. I am at peace with the process of life.
Tape Worm	Strong belief in being a victim and unclean. Helpless to the seeming attitudes of others.	Others only reflect the good feelings I have about myself. I love and approve of all that I am.
Thrush	Anger over making the wrong decision.	I lovingly accept my decisions, knowing I am free to change. I am safe.
Ulcers	Fear. A strong belief that you are not good enough. What is eating away at you?	I love and approve of myself. I am at peace. I am calm. All is well.
Viral Infections	Lack of joy flowing through life. Bitterness.	I lovingly allow joy to flow freely in my life. I love me.

These excerpts are derived from *Heal Your Body*, a book by Louise L. Hay on the mental causes for physical illness and the metaphysical way to overcome them.



## Take the HCL Challenge

When you get to step 4 in GT5, we need to see if you are producing adequate HCL on your own again. We've given the parietal cells (cells that make HCL) a break by supplementing with meals and the supplements have been hard at work restoring order.

For at least 50% of you, adding in my **Ginger Pickle recipe** twice daily for 3 weeks along with raw apple cider vinegar will be enough to boost and balance HCL. The other half of you will need to do what is called "The HCL Challenge".

This simple test can help you determine whether you have the appropriate level of hydrochloric acid in your stomach for optimal digestion. You should not complete this test, however, if you have ulcers or are currently taking antacid medications. In the case of the latter, you can remain on your digestive enzyme supplement containing HCL since it includes a lower dosage of hydrochloric acid (such as **Digestzymes** from **Designs for Health** or **Orthodigestzyme** by **Orthomolecular**).

### Instructions:

Begin by taking 1 capsule of betaine hydrochloride (BH) 20 minutes before your largest meal of the day. You should feel a burning or warming sensation in your stomach or upper abdomen. You may also feel slightly "acidic," or as though you have indigestion.

Any reaction of this nature indicates you should stop taking the pills and that your stomach acid is sufficient. You should then be able to maintain with the ginger pickle taken occasionally (1-2x/week) and the use of apple cider vinegar 1-2x/week.

You may want to repeat this test annually since stomach acid levels tend to decrease with aging, as well as stress.

If no reaction is felt after taking the BH, repeat the process the following day with 2 pills before your largest meal. If you still do not feel anything, continue to increase by one pill per day until you feel any change in your digestive system or you reach the maximum of 14 pills.

Remember, you should feel something after one or two pills - this is normal. Taking more without feeling any response is a definite indication your stomach acid level is low.

Once you reach the point at which you feel the warming or burning sensation, it's important to not cease taking the HCL capsules. In fact, you have just uncovered your level of deficiency. Simply take one less pill the next day and remain at this number of pills daily until the warming sensation returns. Continue to decrease in this manner by one pill each



time you feel the warming sensation. This weaning down process restores your stomach acid levels, training your body to produce adequate stomach acid on its own again. To recap: you will increase steadily by 1 pill daily until you reach the burning/warming point and slowly wean yourself off the pills by decreasing your dosage by 1 pill each time the sensation returns.

Be patient and stick with it. This process will ensure you have just the right amount of stomach acid – not too much and not too little –for excellent nutrient absorption, one of the key secrets to looking and feeling your best every day (as well as GLOWING skin).

Recommended Betaine/HCL – *Designs for Health*  
Adapted from Dr. Natasha Turner: [www.clearmedicine.com](http://www.clearmedicine.com)

## Terraforming the Human G.I. Tract

Popular in science fiction writing for over 40 years, the concept of terraforming (earth-forming) is to transform planetary environments and ecosystems to resemble the earth so that it can support consistent and sustainable human life.

We use this word today, loosely, to refer to the process of building a new gut-microbiome, which is a dynamic relationship between:

- The brain (the Brain/Gut Connection)
- The immune system (the gatekeeper between the inner body and the external environment)
- The innate and acquired microbes that colonize the intestines (the Gut/Brain Connection)
- Our individual diet (full and varied by now or at least moving in that direction)
- Our genetics

*The gut microbiome* is all the DNA/RNA of the microbes: the bacteria and the virus that live inside the bacteria; the yeasts and fungus; the protozoa and other wiggling life forms; the parasites, commensals (neutral bacteria you've hopefully converted to the forces of good), and helpful species.

*The gut microbiota* refers to the conglomerate of life-forms, the combined genetic material of all the microorganisms living in your gut.

Whereas science fiction stories of terraforming refer to a barren or inhospitable planet, we talk about the process as taking a deranged or altered intestinal terrain and returning it to one that supports health and vitality so that YOU can THRIVE (hence the name of our program ;).

This is a hot topic, because science is proving daily that the microbes in the intestines talk directly with our brains and immune systems, and thus have a HUGE say in diseases and inflammation.

It's well understood that the current appalling agricultural methods of flooding animals with antibiotics in their feed (which are then ingested by the consumer); spraying crops with poisonous pesticides; genetic-modification of foods so more pesticides can be doused on them; and altering plants to produce their own pesticides; is causing poor health and intestinal distress. It's well understood that modern-day food processing strips the nutrients out of foods creating an empty harvest that supports pathogens in the human intestines. And so our health suffers greatly (but not yours because you've completed or have almost completed Steps 1-4).

The immune response to the low quality, altered foods that line grocery store shelves, is responsible for chronic degenerative and autoimmune diseases. Coupled with toxic air and water, compounded stress levels of higher demands, and a 24-7 leash to technology, the human body reels from living on a toxic planet. Prescription drugs also add to the body's toxic burden. This makes "terraforming" a renewed intestinal microbiome and "detoxification" critically important practices for those individuals who wish to live in good health for many years to come.

## **Terraforming the intestines is best left up to the body itself.**

After all, the biochemically-unique and individual's brain and genetics are involved. So, the concept is to provide the body's innate vitality an opportunity to self-correct, (rather than dictate what we think might be best for it) and to that, we must consciously and judiciously help correct the damage that's been done, and provide the materials the body lacks.

What we must accomplish is:

**Step 1: Dietary Improvement and Lowered Inflammation**, e.g. organic foods, whole foods, real foods, pure water (non-chlorinated, non-fluoridated, free of prescription drugs and industrial chemicals). Thus out with the bad and in with the good.

The immune system must relax so the "set point" of inflammation can be lowered so the body can stop damaging its own cell membranes. With lower inflammation, the intestinal lining can better heal itself.

**Step 2: Reduce Pathogenic Biofilms.** Hydrolytic enzymes and Diatomaceous Earth help break down biofilm walls. Probiotic species attack pathogenic species. Chelators extract heavy metals from within biofilms causing them to collapse. Herbs help disrupt pathogenic quorum sensing (bacterial survival mechanism) while generally sparing the probiotic species which are more well-adapted to botanical anti-pathogenics.

**Step 3: (Part 1) Re-Colonizers**, e.g. probiotics used as peacekeepers and ousters of pathogenic species. Because of errant dietary practices; antibiotics in meat, fish, and milk; pesticides in non-organic food; food processing and chemicals; and overuse of starches and any use of trans-fats; dysbiosis must be reversed. This means getting rid of pathogens and increasing probiotic species. Ultimately the individual's genetics and immune system decides what species are most desired. Thus also out with the bad and in with the good.

**Step 3: (Part 2) Heal the Leaky Gut.** Damaged intestinal linings must be repaired. Aloe, lipozyme, allantoin, bone broth, peptides such as proline, glutamine, licorice, slippery elm, lion's mane mushroom, collagen, glutathione, and colostrum can help the body repair.

**Step 4: HCL Balance.** Balancing stomach acid so that the body can protect itself from future invasion and utilize key nutrients consumed in the diet like vitamin B12, calcium, and iron.

### **If You Build It, They Will Come.**

Thus Part 2 of Step 4 comes in once the hard work is done and lasts for 3-4 months post GT5.

A wholesome diet must be embraced, pathogens ousted, probiotics enlisted to keep the peace, inflammation lowered —THEN the terraforming work begins based on your diet.

### **What should that diet be?**

A full and varied array of whole, organic foods, straight from nature: fermented vegetables and products (water and coconut kefir, kombucha, sauerkraut, kvass, etc.), and natural supplements to help compensate for the environmental factors: electromagnetic disruption of DNA processes (cell phones, microwave towers, wifi, etc.), nuclear particles from governmental/military and medical use, toxins from industry, pesticides sprayed into the air, car and plane exhausts and chem-trails, additives to water, etc. - all the common sense and wholesome things you learn from natural health leaders.

### **The Terraforming Two-Step.**

Rather than taking a rocket toward the sun, the terraforming process will be more a of two steps forward, one step back process. That is normal and natural and does not mean you are not progressing.

When you improve the environment—e.g. your intestinal ecology—then the body can engage self-improvement.

A food may cause bloating, then the brain assesses that food and learns to accept it once again (or maybe for the first time). Then eating it again later may prove it to be fine (no bloating). Just like an infant's body learned to accept new foods by way of encountering something new and then spitting up, then learning and accommodating that new food, you will do something similar in the terraforming process.

With a wholesome and varied diet, terraforming can take 3-4 months for things to stabilize as shown by regular bowel movements; a hearty appetite; and lack of burping, bloating, and gas. Once the intestinal balance is altered, the body can seize that opportunity to have a better relationship with the external environment.



It's important to maintain an improving trend by using occasional probiotic supplements and fermented foods that supply lactic acid producing species upon which a healthy gut-ecology is based. Over time, the terraformer notices fewer G.I. related symptoms; and best of all, lowered inflammation which means brain fog goes away, remote symptom-expressions dissipate and even go away (thanks to epigenetics, which says that symptoms can depart as the cells 'choose' to transcribe to a better, healthier function.)

As science links discomforts and impaired health more and more to the altered gut-microbiome, the natural health model shines as a way for you to take charge of your own health and achieve excellent health in this strange land of toxins and suppressions. Within your own body awaits your right discrimination and wise efforts.

You have done, and are doing good work. Do not give up and maintain a positive attitude throughout your healing process.

"Be Realistic. Expect a miracle." – Osho

## Fiber – Soluble, Insoluble and Resistant

### What is Fiber and Why is it Important?

New research suggests that due to our modern day toxin exposure and all the excess estrogen we're receiving, that a healthy body should be eliminating a whopping 2.2 pounds of toxins/day.

For that to happen (unless you sit in an infrared sauna for 40 minutes/day, which I know some of you actually are ;), you're going to have to increase your dietary fiber to eliminate the majority of those toxins via the bowels. However, you're going to have to do it with the right type of fiber and at the right time during your microbiome rejuvenation program. It will be different for everyone.

Let's start by defining what fiber actually is.

Dietary fiber refers to nutrients in the diet that cannot be digested by gastrointestinal enzymes. It is the indigestible part of plant foods that push through our digestive system, absorbing water along the way, helping to invite peristalsis for healthy bowel function.

We agree that it's essential, but most of us still don't get enough. We need 25-40g/day, which would be the equivalent to 1 full bunch of asparagus, an organic apple, ½ cup raw almonds, and 1 cup of either quinoa or wild rice.

There are three types of fiber: soluble, insoluble, and resistant.

### Soluble Fiber

Soluble fiber dissolves in water (insoluble does not) and becomes a gel-like substance. It changes as it goes through the digestive tract slowing down food, which stabilizes blood sugar and weight.

Besides improving intestinal health, soluble fiber helps prevent heart disease by lowering LDL (pulls out toxins, which lowers inflammation, which in turn lowers LDL).

Research shows that increasing soluble fiber by 5 to 10 g/day reduces LDL cholesterol by about five percent.

One of the ways soluble fiber may lower blood cholesterol is through its ability to reduce the amount of bile reabsorbed into the intestines. When fiber interferes with the absorption of bile in the intestines, the bile is excreted in the feces. To make up for this loss of bile, the liver makes more bile salts. The body uses cholesterol to make bile salts. So, in order to

obtain the cholesterol necessary to make more bile salts, the liver must increase its production of LDL receptors.

These receptors are responsible for pulling cholesterol out of LDL molecules in the bloodstream. Therefore, the more bile salts made from the liver, the more LDL cholesterol is pulled from the blood.

It also helps prevent some cancers and reduces blood pressure. Because soluble fiber slows digestion, it's also associated with lowering insulin resistance, which helps control weight.

Fruits and vegetables provide great sources of soluble fiber, but so do legumes (peas and beans), and chia seeds (my personal favorite added to my morning smoothie at least 3x/week).

Soluble fiber will be crucial to keeping you regular after GT5. Although many of you will have to go slowly in the terraforming phase if you are to introduce peas and legumes and some gluten free grains. Your body should be able to adapt and utilize these "new" foods with time.

## **Insoluble Fiber**

Next, there's insoluble fiber, which does not dissolve in water. Insoluble fiber has a laxative effect and feeds probiotic species. Insoluble fiber will also be crucial to your terraforming process post GT5.

It is very helpful to scour those obscure pockets of your intestines with a sponge. Insoluble fiber goes through the digestive tract without changing its forms.

Insoluble fiber can be found in whole-grain foods such as brown rice, quinoa, millet, many vegetables, and fruit with skin.

But what about when fiber is NOT good for you?

While both types of fiber are typically a great preventative tool for constipation and wonderful contributors to long-term health, they can sometimes be contraindicated for major digestive issues like IBS, SIBO, or the other issues you may currently be experiencing.

SIBO, or Small Intestinal Bacterial Overgrowth, is a hot topic these days, because so many people have it. This is tricky, because in this situation, fiber can feed the bacterial overgrowth, making it worse and causing extreme bloating and pain.



When digestive issues are present, we know that we must slash inflammation with food and enzymes, clear out overgrowth and other pathogens, heal the leaky gut it caused, and be sure the ileocecal valve is closed – (remember, the ileocecal valve is the sphincter muscle valve that separates the small and large intestine that when closed, limits the reflux of colon contents, thus reducing overgrowth – many SIBO folks have it open), and then add in fiber in small amounts to support good digestive health.

But what if you are in the above-mentioned category like many Gut Thrivers and want to jump on the fiber bandwagon WHILE you are healing during the program? That's where resistant fiber comes in.

## Resistant Fiber

This is why we incorporate a soluble kind of fiber in GT5 called resistant fiber.

Resistant fiber or resistant starch is the least aggravating type of fiber to SIBO, fungus, parasites and other pathogens and least likely to “feed” them so they can proliferate. **It's digested many hours later and only by the good bacteria** – still making it a prebiotic, but also much less aggravating than your regular fiber.

This new fiber on the block is becoming famous in adrenal fatigue circles as well because it also gives you the benefits of both soluble and insoluble fiber since unlike most other carbohydrates, it creates little to no insulin response. Thus it will help to stabilize your blood sugar without adding sugar.

NMD Dr. Alan Christianson says in his book *The Adrenal Reset Diet* that resistant fiber can even produce less of an insulin response than many non-carbohydrate foods like meat, poultry, and eggs.

Sources include green (unripe) bananas (they work, I've been adding them to my AM smoothie with glowing results and can go hours without food afterward compared to a ripe banana so try ½ of one in a Gut Thrive smoothie), boiled potatoes, cannellini beans (new hummus, anyone?) great white northern beans, some types of peas, and navy beans. Plaintains and **cassava flour** are also types of resistant starch. You can also try **green banana flour** and/or **unmodified raw potato starch** (if you like to make pancakes or add either to a smoothie (sans fruit if using potato flour)).

In an eight-week study of sixteen obese men and women with insulin resistance, resistant starch decreased blood sugar, decreased insulin, and increased the ability of the muscles to utilize glucose by 65%. The results occurred without other dietary or exercise changes.

**In addition to** feeding only your good probiotic species, it can reduce inflammation, and increase motility.

## Other Benefits of Resistant Starch

1. The exciting thing about resistant starch is that it supports the gut microbiota to help reduce obesity via supporting the probiotic species called Bacteroidetes over the Firmicutes species (sugar-producing bacteria), which drive insulin resistance by being super glucose producers. People with Bacteroidetes over Firmicutes species are more obesity-resistant whereas the inverse is true if Firmicutes are too plentiful.
2. Resistant starch improves insulin sensitivity at the mitochondria membranes via short chain fatty acids.
3. Reduces bowel cancer by influencing gene expression, lowering inflammation, supporting gene repair, and encouraging beneficial apoptosis (cell death to avoid cancer longevity.)
4. By supporting microbiota butyrate production, resistant starch is a powerful anti-inflammatory agent, not only in the intestines, but throughout the body via short chain fatty acids.
5. Resistant starch helps reduce intestinal permeability/leaky gut and reduces the uptake of inflammatory toxins into the blood, lymph and liver.
6. Increases the absorption of minerals (calcium, iron, zinc, and magnesium) in animal studies.

As with any starch during a digestive repair program, begin SLOWLY and see how your body responds to find the right type and amount that is supportive to your current state of health and build from there.

## Fermented Foods

Most Asian cultures consume fermented foods with their meals. The average American diet does not include sufficient amounts of fermented foods needed for good digestive health. Fermented foods aid the digestive process and help the formation of good bacteria in our gut, and the gut is the foundation of our health.

Certain foods are difficult for our bodies to break down which therefore may lead to digestive issues and nutrient malabsorption. The reason is due to the various compounds in certain foods, known as anti-nutrients (which interfere with our body's ability to readily absorb nutrients). These types of compounds are found in foods such as soybeans, some grains and legumes, pasteurized dairy products, and even certain vegetables.

It is not what we eat, but what we absorb that makes up our health. The process of fermenting food (like dairy, grains, soy, and vegetables) involves using different types of beneficial yeasts and bacteria which help in the chemical breakdown of the hard-to-digest substances mentioned above. Fermentation basically pre-digests these foods making the vitamins and minerals they contain easier for the body to absorb and use.

For example:

**SOY** - Non-fermented soy (tofu, soy milk) inhibits the uptake of iodine which is necessary for thyroid hormone production. It also has phytic acid which decreases absorption of nutrients. Acceptable fermented soy products are tamari, tempeh, and miso. Fermented (MUST be organic and ideally non-GMO) soy can promote good bacteria in our intestines which, in turn, aids in digestion, nutrient absorption, and immune function.

**GRAINS** - Many grains contain a substance called phytic acid. As with soy, phytic acid binds to minerals and decreases the absorption of certain minerals. When we eat fermented foods, our bodies can better tolerate phytate-rich foods. This is because the mineral-binding phytates are broken down more effectively by good bacteria, and therefore, we get more of the nutrients that whole grains have to offer. Soaking grains for 1-3 hours (and then draining them) before cooking is another way to decrease their phytate content.

**DAIRY** - If you can tolerate dairy, choose lacto-fermented dairy products such as raw kefir. The process of fermentation breaks down the lactose (milk sugar) into a simpler sugar that is easier to digest. Be sure to buy organic and 100% grass-fed dairy (cow or goat) products.

**VEGETABLES** - An easy (and our favorite) way to incorporate more fermented foods into your daily diet is with raw sauerkraut or kimchi. The fermented cabbage of sauerkraut is loaded with probiotics (good bacteria).

It helps to have raw sauerkraut before meals to improve digestion and the assimilation of

nutrients. Look for raw sauerkraut in the cold section of your local health food store. It is important to buy raw sauerkraut because processed sauerkraut does not have the live beneficial bacteria. Kimchi comes from Korea and is a combination of different fermented vegetables which are also just as beneficial as sauerkraut. It comes down to a matter of taste preference.

## **Some of Our Favorite Homemade Fermented Recipes:**

### ***Fermented Hot Chili Sauce***

By Nourished Kitchen

Fermented hot chili sauce – explosive with heat and teeming with food enzymes, beneficial bacteria, vitamin C and carotene. Traditionally, all hot chili sauces were prepared through fermentation – and many of the world’s most renowned and well-loved sauces are still prepared through this time-honored technique of combining hot chilies with salt and allowing it to sit and brew away. Both Tabasco sauce and Sriracha are traditionally prepared through lactic acid fermentation – chilies, salt and time are the only absolutely necessary ingredients. Get the recipe [here](#).

### ***Coconut Cultured Popsicles***

By Nourished Kitchen

This recipe for homemade popsicles begins first by culturing coconut milk and coconut water with kefir starter culture. Get the recipe [here](#).

### ***Fermented Lemon Kale Savoy Cabbage***

By A Harmony Healing

We recommend making a large batch of this to have a little bit each day for a week or even up to two weeks. Get the recipe [here](#).

### ***Cinnamon Coconut Water Kefir***

By A Harmony Healing

Cinnamon coconut water kefir is one of the easiest beverages to make for vibrant health. If you’re dealing with low energy, blood sugar issues, excess weight, sugar cravings, and digestive issues, coconut kefir will help you heal. This wonderful fermented beverage is rich in beneficial bacteria, enzymes, vitamins, and minerals that are crucial for digestive and immune system health. Get the recipe [here](#).



### ***Plain Coconut Kefir***

by Donna Swank

Coconut kefir tends to be very thin and separates quite quickly when made according to the basic recipe. Donna uses coconut butter/spread as a secret trick to make it creamier and tastier than most! Get the recipe [here](#).

## Bacteria and Raw Milk – A Very Healing Food

### What is raw milk?

This is a VERY different food than the pasteurized milk you're used to. Natural, organic, raw milk contains living and beneficial bacteria, enzymes, lactase-forming bacteria, and many enzyme-based, pathogen-killing systems. It can significantly boost immunity (especially in children who get sick frequently), help heal asthma, improve digestive function and ability, improve the bioavailability of vitamins and minerals, and deliver essential fats for cell protection. If you are lactose intolerant when drinking pasteurized milk, **it's likely you will not be lactose intolerant when you drink raw milk**. This is because lactase enzymes are being formed when you digest raw milk.

### How is raw milk different from pasteurized milk?

Raw milk is a whole food the way nature intended it to be. By pasteurizing milk, many anti-microbial and immune-enhancing components are greatly reduced in effectiveness and completely destroyed by ultra-pasteurization. (Scientific American, December 1995.)

Pasteurized milk is heated to 160 degrees or higher within 15 seconds, and all bacteria, enzymes, proteins, and immune-boosting properties are killed. By consistently killing good bacteria in our food supply through the pasteurization process, we have caused catastrophic damage to our immune system's ability to fight pathogens and its response to antigens in the body.

### What are the benefits of raw milk?

1. Raw milk helps to prevent pathogen absorption across the intestinal wall.
2. It strengthens the immune system (lymphocytes, immunoglobulins, antibodies, hormones, and growth factors). Scientific American, December 1995
3. In early studies involving humans, raw milk was shown to be superior to pasteurized milk in protecting against infection, diarrhea, rickets, tooth decay, and tuberculosis.
4. In early animal studies, animals that were fed raw milk had better growth, denser bones, greater integrity of internal organs, less anemia, fewer signs of anxiety and stress, and fewer signs of nutrient deficiency than animals fed pasteurized milk.



## Additional Information

In the early 1900s, the Mayo Clinic administered the “Milk Cure,” which consisted of drinking 4-5 quarts of raw milk per day, obtaining favorable results for a range of illnesses including cancer, weight loss, kidney disease, allergies, skin problems, urinary tract problems, prostate problems, and chronic fatigue. These results are not obtained using pasteurized milk.

For normal digestive tracts, raw milk is wonderful and very effective at rebuilding your immune system and overall digestive ability over time. Modern Americans are subjected to harsh antibiotics, sterilized foods, preservatives, GMOs, chemicals in our air, water, food, kitchens, work environments, cars, soils, and much more. Our natural immunity has been compromised, and it may take patience to rebuild it. A strong immune system means that your body has “earned” its own ability to do battle and protect itself.

Note: Raw milk will NOT be for everyone so tread lightly. You may consider trying it now or trying it AFTER your program completes. Make sure you know and trust the origin of your raw milk. It should come from pasture-raised, grass-fed cows, and the farm should test the microbial count of the milk twice weekly. See if you can find raw goat's milk in your area. **Organic Pastures** is our favorite brand.



## Transition Supplements to Support Terraforming & More

Where to go next?

HUGE congratulations, you've gone through your 5 steps!!!

Now it's time to give the body just enough of what it needs to terraform like a rockstar. Remember, Rome was not built nor destroyed in a day and neither was your gut and immune health. Good things that last take time and nurturing.

Once you've completed this step in terraforming, your body should be fully qualified to truly take over so that you can cut back on supplements dramatically, maybe just maintaining your health with a good quality multivitamin and fish oil down the road.

To support and enhance the terraforming process so your gut and immune health can continue to improve exponentially over the next 3-4, I've listed my top 5 suggestions for supplements to use as reinforcement of your program along with explanations for each, because it's crucial that you understand what's happening inside your own body.

These supplements are designed to keep "tilling the seeds" you have planted, further assist with thickening the mucosal lining (eliminating food sensitivities), and also contribute to more energy and hormonal balance. They are built to do the "finishing work" part of the rejuvenation process.

I highly suggest that you take your transition supplements beginning two weeks after you finish Phase 3 of your GT5 supplements. The body should have a two week break (kind of like taking the training wheels off) to establish a new normal for itself, and then it will benefit tremendously from this reinforcement support.

You may order each product separately (just click on the name of the product below to do that) or you can order everything together in one package with free shipping.

Again, please read about each supplement below so you understand each one's specific role in the terraforming process.





## Christa's Gut Thrive Transition Package

[Click here to order](#)

**This package includes:**

### **1: *Probiotic 50B***

You've completed your heavy hitting peacekeeping dose of probiotics with MBC at 100 billion CFUs and you will now add in fermented veggies and kefir water as your body will allow. To further advance and fully leverage this tender terraforming period, adding 25% of the dose of the probiotics used in Step 3 is extremely valuable. That means you should be taking 25 billion CFUs/day for 4 months and then you should be fine to stop probiotics altogether and let your body enjoy the new terrain it has achieved. Probiotic 50B was carefully selected in this plan, because it is soy and dairy free and contains the specific lactobacillus and bifidobacterium strains you need which are acid resistant (to get past your stomach and into the intestines now that you have rebuilt your HCL!). This product will further contribute to support your epithelial integrity (reinforcing a strong gut lining), healthy immune response (continually training the body to stop attacking healthy tissue), and inflammatory balance. Notice that this product contains 50B CFUs and I only want you taking 25B a day so the recommended dose is one every OTHER day away from food. One bottle is all you need for the full 4 months of terraforming.

**Suggested dose: 1 every OTHER day without food (4-month supply)**

### **2: *Thorne's Basic Nutrients III***

Specifically chosen to enhance nutrient absorption post GT5, this multi is top of the line and includes higher amount of methylated Bs to nourish the neurotransmitters and adrenal glands, while providing enough selenium to support the thyroid in making T3 (energy hormone), and a usable form of chromium that will fill in a major mineral deficiency and contribute to balancing your blood sugar and moods. Zinc and Vitamin D are also essential to your terraforming process to boost and inform the immune system and offset a very common vitamin deficiency involved in depression and skin health. Packed with adequate essential trace minerals to support neurological function and whole body health, this is highest quality and best quantities of nutrients I could find for you all packed into one bottle.

**Suggested Dose: 2 with breakfast and 1 with lunch (2-month supply) If you choose to continue with product after two months, drop the dose to 2/day.**

### **3: *O.N.E Omega***

It's time to further nourish the brain and to give cellular energy a boost. Including this potent fish oil in the terraforming phase will assist with memory, brain function, and enhancing mitochondrial production (the powerhouse of your cells). I chose O.N.E because it offers twice the potency of other fish oils and I want to do *more* with *less* in your terraforming process.

**Suggested dose: 1 with breakfast and 1 with lunch (cut dose in half if on blood thinners) Option to continue afterward with only 1 per day.**

#### **4: Digestive Enzymes Ultra**

To further encourage optimal digestion and absorption in your first month of terraforming, reinforcement enzymes (without HCL/Betaine/Pepsin/Ox bile) are suggested to continue to tone and assist your digestive organs and cells as they come back “online” more and more. These specific enzymes are chosen for your terraforming phase because, they are a lower dose, vegetarian, and work across a wide pH range. They will help you breakdown your carbohydrates better as you branch out toward new foods in the terraforming phase, reaching your potential of a full and varied diet. They will also assist your body to break down and use the extra fiber you are now adding in during terraforming so you don’t bloat. Look at these enzymes as a gateway assistant for your body as you train it to accept and use more fiber over the next 3-4 months. Then you can be self-sufficient at processing fiber and therefore feeding the good bacteria that now lives within you!

**Suggested dose: 1 per meal for one month only**

#### **5: Colostrum (Pure Encaps 40% IgG)**

You’ve had lactoferrin in your Mucosagen for healing leaky gut. Now after a short break, it’s time to add in a straight colostrum product to put the finishing touches on rebuilding the immune system and further reinforcing the healing of the gut lining. Colostrum is a highly-concentrated source of powerful immune and growth factors produced from the mammary glands of pasture-raised cows (fine for those with dairy intolerance) shortly after giving birth. Pure Encapsulations Colostrum is derived from BSE-, hormone-, pesticide- and antibiotic-free herds (of course!!). This product provides exceptional, synergistic support as follows:

- ▶ Immunoglobins, lactoferrin, proline-rich polypeptide, lymphokines, interferons and interleukins for immune support.
- ▶ Growth Factors including Insulin Growth Factors (IGF-1 and IGF-2) and Transforming Growth Factors (TGF-A and TGF-B).
- ▶ Oligosaccharides and lysozyme for intestinal support.

**Suggested dose: 1 capsule per meal for one month only**

The full transition package can be ordered [here](#)

### **Bonus Supplement for Eating Out:**

If you know you have a sensitivity to gluten, corn, soy, or dairy, stocking a bottle of GI Shield (I keep one at home and one in the glove box of my car) is a very good idea because it will pulverize the protein in all four foods within 90 minutes. This is record speed



and means you won't have to deal with inflammation from unwanted exposure when you eat out.

Your GT5 equivalent of this was Z-Glutn, which cleaned up OLD gluten and casein molecules that were causing inflammation. GI Shield is recommended in your transition package, because it also contains probiotics (different strains than your probiotic listed above) and prebiotics (to feed the good probiotics), making it the perfect "terraforming" product for you whenever you eat out.

You can order GI Shield [here](#).

## **What About Your Stomach Acid?**

If your stomach acid is still low or you need the HCL challenge and you haven't done it yet (you should have though if you're reading this ;), it's crucial you do that sooner rather than later to prevent reinfection and to "seal in" all of your hard work.

[Here's a link](#) to our recommended top quality HCL for the challenge.

May you terraform in peace and love and may the force be with you!!!

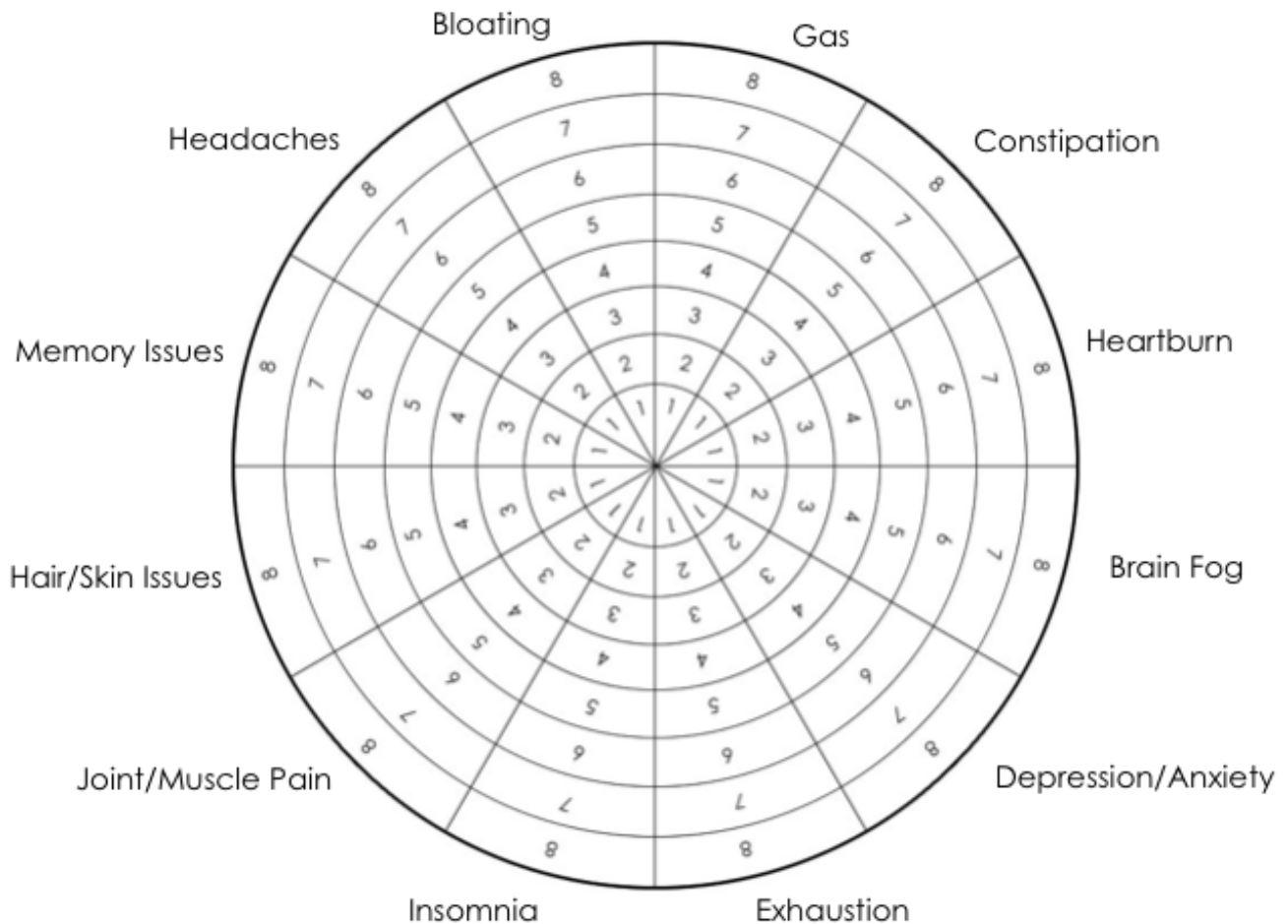
## The Physical Symptom Wheel for Step 5

**Date:** \_\_\_\_\_

It's time to fill out your physical symptom wheel again WITHOUT looking at the one you originally filled out when GT5 began. A dot placed closer to the center (1, 2, 3) indicates dissatisfaction, while a dot placed on the periphery (6, 7, 8) indicates close-to-optimal wellness in that area. Connect the dots to see your physical/symptom wheel of life. This should give you a clear visual of how far you've come and what you will work on in the terraforming months ahead.

Only when you are finished, go back and compare it to the first one you filled out at the onset of GT5. Many of you should have at least a 50% improvement or more in these symptoms.

Be sure to print and date this. You will be filling it out again after your 3-4 month Terraforming process.



## Goals Sheet for Step 5

Now that you've reached Step 5, it's time to pull out the goal sheet you filled out in the Getting Started Module and see which goals you've reached. Realistically evaluate everything and then create another specific, measurable list of goals for you to accomplish while you terraform for the next 3-6 months. Enjoy this process and know we are pulling for you to reach ALL of your goals.

### One Month

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### Three Months

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### Six Months

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## The Physical Symptom Wheel 3-4 Months After Terraforming

Date: \_\_\_\_\_

Now it's time to fill out the Physical Wheel one final time to gauge your perception of your progress based upon on how you feel with the following 8 symptoms. Keep going with your Terraforming and healthy eating and your Physical Wheel should continue to bloom into more and more of a fully rounded circle!

