

Phase 1 Supplements Transcript

Let's start off with Step 1. The supplements you're taking, now are going to be slashing inflammation with the diet, but we're also using supplements to do that. So I have found over the years that people who have digestive issues also tend to have a little bit of a sluggish liver. They have adrenal fatigue, whether it's phase one or phase two, pretty tired. There's lethargy, not a lot of energy, and that goes hand-in-hand with the thyroid, because the adrenals and the thyroid, they're a team. So working this in, I want you to move into Step 2 feeling good. So I decided to put a desiccated liver, this is grass-fed beef liver, so natural, into the program that basically you're going to be taking this formula for a month. So by taking the desiccated liver, that will strengthen your own liver which is already dealing with a lot. If you have leaky gut, the liver is working double time. So we want to build it up in Step 1. We want to support it. We want to build cellular energy so that you can go into this feeling better.

You'll get loads of B Vitamins, supports the adrenal glands, and then we move into using enzymes. So we do the house-cleaning with enzymes. You're slashing inflammation a lot with the foods that you're going to be eating in Step 1, but we're giving you carefully, carefully crafted digestive enzymes that covers all parts of digestion. So we're taking care of the pancreas, the stomach, the gall bladder, the liver. And we really, what we want to do here, is give the body as little work as possible.

When you think about, what does an enzyme do? An enzyme catalyses the response. It makes something happen faster. So with the enzymes that you're taking, you're going to have Betaine and HCL because a lot of you aren't producing enough of it. Then you're going to have pancreatic enzymes to help you actually digest your protein much better so you can think clearly. You're going to be able to digest carbohydrates better than you were before. So we want to give the body a lift right away with these kinds of enzymes, but then we have to clean up old molecules of inflammation. So just like a vacuum cleaner is going to be your ZGlutn. It's going to go in and it's going to clean up old casein from dairy and old gluten molecules that are still causing inflammation two, three, four weeks after you've consumed those foods even if you are not consuming them now. They get into the deep folds of the intestines to start cleaning that up. It's like we are putting you through a car wash.

Then the next thing, we also use a different type of enzyme called a proteolytic enzyme. So we have digestive enzymes to digest our food. We have the ZGlutn to clean up old molecules of inflammation, but what about inflammation that exists throughout the rest of the body? That's where you use a proteolytic



enzyme that is going to go through and scavenge the body for molecules of inflammation and process them through the bowels. I love using this whenever women have female issues or fibroids. You can get to them before they get so big. You can prevent surgery some of the time as long as you get to it soon when you're using a proteolytic enzyme.

You should start to notice on these formulas right away a lift in energy, less joint pain. You start to notice you can think a little clearer, and obviously, we're looking for digestive improvement with these guys. What's the number one symptom that I've found? I found constipation is a problem for so many of you, and we need to get the pipes flowing right away, make sure the channels of elimination are open, so by the time we get to step two - the pathogen purge - you can get further faster. But again, we want to work with the body instead of against it and not give it a laxative, so-to-speak, so it forgets how to do peristalsis. We just want to support the natural process of the body. So we use something called, Triphala, which comes from India. If you've heard of Ayurveda, which is the Indian natural medical system, Triphala is fantastic. It's a combination of three different fruits that will nourish and moisturize the lining of the intestine to help with constipation. So it's going to help. We're trying to add the value to the lining and approach healing leaky gut from a very gentle place. This is the strategy that we employ for Step 1 for slashing inflammation.