

## Phase 2 and 3 of the Supplements Transcript

Step 1 gave you two weeks to build up the system and now we're in step two which is the pathogen purge. The power of this step is the strategy behind it to where we are not launching an attack. We're not doing that traditional Western way of antibiotics, we're not doing that traditional natural way of launching a botanical assault on the body. We're interrupting the way that the pathogens in your body communicate, and we're making the environment unappealing so that they leave and they do a lot less damage. They leave a lot less metabolic waste, means you have a lot less die-off, means you have a lot less leaky gut and less work to do in the next step. This is the pathogen purge, and the power of it is the brevity of it. We only have a three-week pathogen purge where we do hit it semi-hard, and then we drop off for that fourth week that we're going to have a transition week where we take less of the purging botanicals. This is a really very powerful step.

Step two, we are going to address biofilms, because remember, these little guys inside of your body they want to stay alive, so they build protective forts called biofilms. That's where this Diatomaceous Earth comes in, it's a food-grade Diatomaceous Earth. If you've heard of it before a lot of people know it as a pool cleaner, but it's old, tiny little fossils that act like razor blades to the pathogens, but don't harm you and don't harm the human body. It's a highly effective formula. It changed the game in my private practice once I've discovered Diatomaceous Earth and truly understood how to work with it.

So the Diatomaceous Earth is going to go and slice biofilms, and we pair that with Bentonite Clay - the highest quality clay you can find. This is what's going to happen is once we get the biofilms, the clay can then catch it so that we can start to carry it out of the body. The clay is going to bind the toxins, excess estrogens, bind the heavy metals in the system, and start to pull them out. You're already taking Trifala in step one, so then you're going to moving these things out of the body much quicker. Very powerful. We're going to end up calling this your sludgy cocktail. In your protocol, I tell you how to take it, and there's going to be a video that I shoot for you that I tell you how to take it, how to make it, how to mix it.

Then we're taking very powerful botanicals, and again, for all of your plans, they're going to be different. Everybody has oil of oregano, but you're going to be taking different antipathogenic herbs based upon what plan you're in. The beauty of this program is there's not too much of any one herb to cause an effect, to cause resistance - that's a big problem why antibiotics aren't working these days. Pathogens figure out how to beat the immune system and become resistant. We don't want that. We want to use a gentle amount, but enough to be highly effective, and I wanted to include a liquid formula, so that you guys can determine your dose and further customize for your own system. We don't want you to have what's called a Herxheimer's response which is like a ten-car pileup on the freeway - the body is trying to get rid of pathogens more than the channels of eliminations will allow. This way you can control the pace of how you detox.

Now, on that same note, there's a genetic mutation about 30% of the population is coming up with called the MTHFR genetic mutation. If you haven't heard about it, don't worry. But what happens is a lot of people, when they have this mutation, they don't have the ability to detoxify like the rest of us. And so what we want to do, regardless of if you have it or not, is we want to support the body to help it detoxify with more grace and ease. So I put in something here called methyl donors, which gives you usable B-vitamins and usable antioxidants so that, again, we can make this graceful and keep the channels of elimination open.

And then we're also at the same time, using botanicals that are going to re-educate and re-inform the immune system. We're setting you up for step three with this formula attack, because what we're doing is we're boosting the immune system with things like medicinal mushrooms and elderberry. And so we're starting to educate the immune system that, hey, we're going to begin to operate in a different way once we move to the next phase. So this is such a powerful strategy and it's such a different strategy. Ten years ago, even, we didn't understand the true way that pathogens were able to communicate and the way they were able to build colonies. But now that we understand them, we can go ahead and intercept that and really set the stage for powerful reseeded, which is going to be step three. Step three, the receding and the healing of the leaky gut is a two-week process that we start to add in the good bacteria, and we're shifting the strategy now. A lot of people think once you get to step three you stop the pathogen purge, and they get worried, "Hey, what if all the pathogens aren't gone yet?" But here's the thing, remember I told you about commensal bacteria. We have the pathogenic bacteria, which too many isn't good. We have the good bacteria which contributes to our good digestive health, and we have the neutral bacteria - the commensals. So these guys are like impressionable teenagers, and they could go either way based upon the influence exerted upon them. So, we don't want to keep hitting the body with antipathogenics.

But we change the strategy and now we introduce the heavy hitting probiotics to exert a positive influence on those commensal bacteria. So you're still getting a pathogen purge but the strategy has changed. Because the more good you have, the less bad that you'll have. It's really a beautiful, gentle strategy. Again, give the body what it needs, it will heal itself, and that's the goal here. So you're going to see that you'll have MBC, a Microbiome Colonizer, in your program. This is a really powerful product. It's a 100 billion CFU's of probiotics. The standard dose is usually five or so. We've chosen this - this product has been over formulated so it can withstand heat and retain its potency. Don't worry about refrigerating it, if you're going to take your supplements within six months of ordering them, they won't lose their potency if they're not refrigerated.

So we get the probiotics in, and you get to decide based upon your plan whether or not you're ready for probiotics. Some people in Plan S, they might have to start slower, or you can kind of judge and pace out. We'll guide you, but it's a beautiful thing to decide how much probiotics your body is actually ready for at that time. And then we start healing and sealing the leaky gut. So, you've been doing this all along the way in prepping your body in Step one. In Step two, what we're really focusing on it with the formula using Mucosagen.



The role of this product is to go in and heal your tight junctions. So remember, if you think about the lining of your small intestine like a brick wall, we're going to go in and add extra mortar and extra caulking. It's a very balanced formula, because what we're using in it is we're using a glutamine product. We're also using NAC which is a very powerful antioxidant that's going to play off the liver. All these formulas work really synergistically, and that's going to help to strengthen the liver and again, boost and build cellular energy. That translates to your mental clarity, to lack of joint pain, and to how you feel. We also have milk thistle to help the liver continue to detoxify itself. Now that we're healing the leaky gut, the liver is getting less of a burden, which is really exciting. Things are starting to work. We have zinc to build and boost immunity, and then Lion's Mane. I love this medicinal mushroom called Lion's Mane, and it's a three-for-one. Not only does it really help with memory support - it's primary use - most practitioners will use it to help with nerve regeneration, and nerve growth, and tissue repair, which is wonderful for adrenal fatigue or neurological problems. It's also going to give a giant boost to your immune system, which is exactly what we're looking for. Because now the immune system is taking on a new directive it's getting ready to take over for you, so we're helping it, and getting it strong so that it can thrive on its own.

The third aspect of this is Lion's Mane, also, helps to heal the tight junctions. So it's the second reinforcement to healing leaky gut. When you combine all of these strategies together, how they work synergistically in every single phase, it's so powerful. Honestly, there's nothing else out there like it. Then you are going to move into step four where we evaluate HCL. You may or may not take HCL supplements. Once we get to step four, you may be able to do it through food. I am going to tell you fun things like the Ginger Pickle recipe.

Then in Step 5 you'll be able to evaluate your transition and maintenance and what you need to do personally to continue the terraforming process. Whatever transition supplements you may need to get you to that point to where you're self-sufficient after that. That's the strategy behind the supplements, a little bit about them, we'll be talking about them more throughout the entire program. I just wanted to kind of touch and show you, so that you can feel the power of the things that are hopefully in the mail, on the way to you right now. If you haven't ordered your supplements yet, there's a link that you can do that right in this section.