

The Assessment Transcript

Now it's time to talk about the assessment, because what you can measure you can improve. We wanted to find a way that we could help people without having them run lab work. As a clinician that spent 10 years in private practice, I have run a lot of lab work. A lot of before and a lot of after, and it's very expensive, and I'm sure you've run tests that have been very expensive. Sometimes, it's not even all that accurate. You really have to learn, as a clinician, to hack tests to make sure they become more accurate. I used to take a four day stool sample and have my client do it for eight days, or induce diarrhea or do something different to get as much of a sampling of the intestinal tract as I could get to try to find all of the bugs that were in there and figure out what might be the bug that was the root cause. So that's why we developed this assessment. It's to cut all of that out and to give you an idea to find out which plan you belong in to try to identify the root of your issues.

That is where Jack Tips comes in. Jack has his PhD in Nutrition, he's a certified clinical nutritionist, and he also has 30 years of private practice. I used to take my toughest digestive cases to him years ago. And, for the last two years, he's been running a scientific trial with before and after lab work as he's developed this assessment that you are going to take. There's 180 questions, it has four variables of frequency and severity, so we're really going for precision to find the right plan for you. Now I'm going to turn it over to Jack so he can tell you more about how he designed the assessment you're going to take.

Hello everyone. Let's take a moment to talk about this questionnaire assessment. In natural health, we do something that so many other disciplines don't do. It's all about the individual, so this questionnaire is really all about you. That's part of our holistic model, because we don't separate let's say the spirit, from the mind, from the body, quite as much, and so rather than looking at a lab test where it's very tempting then for the practitioner to treat the lab, and not treat the person - treat those results - we're going to look here at an assessment that really stems out of the fullness of the holistic model. One example would be that one person could have a little bit of a pathogen, and that pathogen would be secreting metabolic information to the body and their body could really be reacting to it, and it would be a big deal, but they only have a little. Another person, they could have a lot, not even know it. Again, we're looking at the individual.

The questionnaire assessment is coming from over 30 years of clinical experience. My forte in that practice was that I was trained in lab work, and looked at lab work, but also maintained the strong roots of the holistic model of looking at the individual and individualizing programs. Sure, this program could be a one-size fits all program, and it would probably cost you \$100 more because there would be supplements that would have to be included that you don't really need, but they wouldn't do any harm. This individualization process is giving us a finer edge to get better results, tune it into you, streamline it; do the most with the least. Think of it a little bit like a sorting hat [chuckles] to see if you're a Gryphon, or a Slytherin, or a Dagwood sandwich of piled up questionnaires,

because I've developed questionnaires now for 30 years. I've been very interested in, how could a set of questions-- or sometimes that's called differential analysis. How could questions reveal what needs to be done and what not needs to be done for an individual? That's what I mean by a Dagwood here, is that these questionnaires, there's literally ten independent questionnaires that have been stacked up into this one questionnaire, so that it can indeed serve as the sorting hat. When you come out of the questionnaire assessment, your program linking the botanicals to you and your individual concerns, that's going to be in the forefront.

I'll say one other aspect that comes to a questionnaire like this, is that we have to link it with the impact of the nutrients. How much liver support, how much drainage support. We also have to look at the fact that in the natural kingdom, the herbs - which I believe are the true medicines for a human being because the plants grow up in nature having similar suffering as a human being. They have the hot sun. They have competitors. They have predators, microorganisms, and they have to make their niche in a competitive ecosystem as well. So there's innate abilities of these botanicals as they adapt and survive in their environment. When we take plants and herbs as our foods, as our nutrients, they impart to us characteristics that help us adapt and survive and have the best health possible.

When we use botanicals, we do rely on a person's innate intelligence, that force within a person that is indeed seeking optimal health from within. So the botanical agents - the herbs and foods that you're being exposed to in this program, they're not dictatorial. Like, let's say a drug would come in and impact a person's metabolism in a dictatorial way and tell the body, you've got to do this, this way. The botanicals come in and allow the body to use them as it sees fit. We just have to get the right materials for you as an individual to ease your way through this process.

So let's just give you an example here. Take the bacteria *H. pylori*, *Helicobacter pylori*. Human beings have been involved with this bacteria probably since the get go. Literally, thousands and thousands of years. And *H. pylori* is becoming one of our-- science will call it commensal, although that's a term that we might use dubiously because everything in the holistic model affects everything, and commensal means it doesn't really have an impact. But *H. pylori* is part of our microbiota that make up the human microbiome. That's just saying its part of the bacteria that live in, on, and about our bodies, and it impacts how our immune systems work, how our brains work, how our intestines work. And the thing about *H. pylori* is it can be our friend but if it is in overgrowth, if the terrain causes it to mutate-- what would do that? A diet that's too rich in sugar, an antibiotic that might kill off species that limited that, because it's like knocking out a segment of society or something. So when you lose the controlling species-- let's say *H. pylori* starts to overgrow. Most people would know that this bacteria is associated with, let's say stomach ulcers or something like that - burning pains in the stomach and so forth - and they would go to their medical doctor, the doctor could look in there and go, you have *H. pylori* overgrowth. It's causing your immune system to attack your own stomach, it's causing your immune system to try to attack the *H. pylori* and you're getting this burning pain and damage to your body. So then that would then be treated. But *H. pylori* is not just in the stomach, it could be in the small intestines, it



can be in the large intestines, it can be part of a vaginal infection, it could be part of a bladder infection.

So when we look at a questionnaire like this and there's key questions, you might say, salted all through it that show the relationship of that bacteria, or it shows the relationship of a protozoa species that would cause problems, or a viral species that causes problems, or a fungal species such as that we've all heard of. So these different species leave different footprints in the human body's reaction to them, in the human body's reaction against them. That's what we're looking at. This questionnaire is layered up in just a mere 180 questions that will shed light over how you can proceed. I call it, with grace, with ease, doing the most with the least. That's what it's all about, individualizing your experience so that you can have the best health with the least amount of work. That's the value of this questionnaire. Now you know the method behind the madness as to how this assessment was designed. Let's talk about what it's designed to do. What does it mean for you? This assessment is really going to help us understand which plan to put you in. We're going to be putting you into one of four plans based upon the information that you fill out. That information that you fill out, these questions were intended to look at the microbiome's role in cellular health and overall health. We're looking at all parts of digestion specific to you. How does your microbiome as it stands right now, how does that affect your glucose metabolism? Where is the current state of the health of your pancreas, of your liver? How much leaky gut may you or may you not be experiencing right now? Are you producing enough hydrochloric acid or are you not? We're taking into account parasitic environments, we're taking into account pathogenic biofilms. All of this information is going to get crunched and calculated and really be specific to you to put you into one of four plans. It's important for you to know that all plans address everything. All plans are going to be looking at heavy metals, and they're going to be looking at pathogens within the body. All plans are going to address leaky gut, they're going to address hydrochloric acid. We're just trying to find the right plan that is slanted towards you.

We have four plans. We have Plan S - that plan takes care of all parts of the microbiome, but it's slanted towards people who have aggravation with carbohydrates called, SIBO potentially, FODMAPs. You may or may not have it. We're not diagnosing you. We're just slanting it. Plan S also addresses the small intestinal bacterial overgrowth as the main issue. All of the plans are going to address everything, but we're really looking for a root cause here. Then we have Plan H which has a higher slant towards the upper GI tract, and that focuses a little bit more on *H. pylori* as it focuses on the rest of the microbiome. Plan P is going to address protozoa and parasites. Again, we're not diagnosing you, it does not mean you have parasites or that you have worms, it just means that based upon your history and your current state of health, this is the plan that we see as most advantageous to you and your cellular health of rejuvenating the microbiome. And the last plan is the plan that I always fall into with a background. That's Plan F for fungal, viruses, heavy metals. That's the slant towards that program.

It's really important once you get your plan that dictates the supplements you're going to take, the diet that you're going to eat, and the extra cleansing protocols that you're going to



go through. Once you get your plan, you will understand that we're not diagnosing you but we have given you a slant based upon, now, 700 variables. I also want to say that this does not matter about lab work that you've had before. For example - I want you to understand the way microbes really interplay with each other - you could have H. pylori and not know that you have it. Sometimes Candida causes H. pylori. Sometimes H. pylori causes Candida. So let's say you had a diagnosis of H. pylori but yet you end up in Plan F, you can trust the process of the assessment that it's really, truly looking for the root and applying the best possible plan for you.

This is exciting, ground-breaking stuff. We are talking about brand new insights to how microbes affect cellular health and how that cellular health influences your overall health and truly, your entire experience of life. So I can't wait to see what plan that you end up in. I hope you're as excited as I am to head right over, take your assessment, and figure out which plan you will be in, in Gut Thrive.