



Understanding the Supplements Transcript

All right, guys, it's time to talk about supplements. You've taken the assessment, you know which plan you're in, and now we're really ready to execute this strategy. So when it comes to supplements, quality is everything. As a clinician you're only as good as the quality of the formulas that you work with. That's why when choosing these formulas after ten years of practice, of knowing what works and knowing what doesn't. We really work hand in hand with the companies that produce them to understand how do they grow the botanicals, how do they re-mineralize the soil, do they heat up the machinery, how high do they heat it up, because they're using oil to lubricate the machinery to make the supplements. So we want to know everything within the production process and that is really important, because the supplement industry is not regulated like the pharmaceutical industry. That means I have to be the watchdog for you and I have to really understand the formulas.

So, with quality you also have to make sure there's not a lot of extra stuff, additives and fillers and excipients. I know that a lot of you are sensitive to a lot of different things. So we really have to make sure that this applies to the masses, and it's as gentle and powerful as possible. That's the strategy behind Gut Thrive, and that's why you can get so much further, so much faster, with the supplements more than diet alone. It is a carefully crafted strategy that has been tried and tested on thousands of people. We're going to go in and we're going to talk about the three steps. So the three phases of supplements you're going to be taking are based upon those three steps, but before I start explaining them, it's really important that you don't use this video as your absolute guide for your supplements. Your plan will tell you exactly how to take your supplements. I'm going to talk about the core foundational supplements that are in every plan, but keep in mind, we're customizing this so your plan is going to have a few extras and different ones than the other plans have.