



Welcome to Gut Thrive in 5 Transcript

Let's get started. Welcome to Gut Thrive in 5. I am so happy that you have found your way here, and I am very excited about what we are about to embark upon together for the next ten weeks, and I hope it is life changing for you. That's my highest intention. I want to give you a little bit about my background, so you know personally why I'm here and also that I've been in your shoes. I affectionately say that I was raised on pizza, pasta, and antibiotics. I love my dad, but he was in the pharmaceutical industry for 42 years. So whenever we sneezed at home, we got an antibiotic instead of a tissue, and by the time I was six years old, I was immune to most of the major antibiotics. I had to really move into the heavy hitters. So you can imagine, I wasn't breastfed as a baby, I was a cesarean baby, I had a lot of odds stacked against my immune system, and I developed candida, and the worst form of candida. I was constipated, I had yeast infections all the time, I had no idea what was going on. I had no energy, and I remember my high school years of all of my friends playing sports, but no, I was tired and I had to go home and be on the couch after school. I needed caffeine to get going, and I couldn't sleep very well, and I just got used to this as being kind of the norm. Thank goodness I found the field of nutrition. I would not be sitting here in front of you as I am now. I know that I would have diabetes and weight problems and several autoimmune diseases, because if I had just kept going on like that it would be a cascade.

Maybe that's why you're here. Maybe you've been struggling for years and you're ready to stop this cascade and really reverse it, and that's the strategy of what Gut Thrive in 5 can do. It can lead your life in a completely different trajectory. When you figure out the root cause of your health issue, and you heal it from there. So, of course, I just couldn't believe that life could be like this, having experienced what I experienced for all of those years, that I could have energy and vitality and so, of course, I changed directions, I changed careers, and I wanted to commit my life to this field. I've spent the last ten years in private practice, really working with people one on one, developing a process to get rid of candida, and that spun out into the entire digestive system, because I would have people come to me, debilitating menstrual cycles, alopecia, you name it, rheumatoid arthritis. That was kind of the last stop. They would feel better for a little while if they worked with another practitioner, went through a different process, but invariably within six months to a year, everything would start to come back. I'm all about finishing work. Approaching the foundation and moving on from there, so that you can consistently build your health and wellness, and that's what Gut Thrive in 5 can do for you. It's first base to healing the rest of your body.

That's why I want you to approach this program like your life depends upon it. I know it's an online program, and you're not meeting with me individually, but I want you to treat this as if you are, because if you can incorporate all the tenets of Gut Thrive in 5, that will change your life. This is your time, you enrolled in this program, and



you're looking for the benefits that it can provide. I am all about teaching a man how to fish versus giving a man a fish. So what I mean by that, and you're going to hear me say that throughout the program, is I want you vested in your own process. I want you to understand the strategy and what your body is going through at every stage. So, in the Getting Started module, I want you to read all the materials and watch all the videos, and really start to dive in, so you understand this very powerful process that you're about to go through.