

## Webinar #5 - The Pathogen Purge Q&A Transcript

Christa: Hey everybody! Good evening. I see Janice is our first one here. Janice our pea pal from South Carolina. We love you right back. Taty, you're here. Jason's here. All right. "Lost 20 pounds. This is amazing." That's amazing Jason, congratulations! You guys are awesome. Susanna is here from Peterson, Utah, "The good news, feeling the junk flowing out of my body." Here comes Jack.

Jack: We had the power go out just gone.

Christa: Hey Jack. The power was gone but you're here with us live.

Jack: Yeah. They brought the power back I guess. Doggarnit .

Christa: Oh no, we don't see your video camera on.

Jack: It is or it's not?

Christa: It is not on. We can't see you.

Jack: All right.

Christa: Sue from Oregon. Kim from Cincinnati. Aloha Zoe from Maui. Melinda. All right. You guys are doing awesome. Laurie says, "First coffee enema. I'm a believer." I got to tell you, our whole team is pumped, because the pathogen purge is such a big deal and we knew you guys, you're getting ready. You're one week on the pathogen purge and that's the hardest part.

The hardest part is almost over. You're already one week into it and we're going to keep going. We have three more weeks, so just keep fine-tuning and keep getting all this stuff out of our body. This is really fantastic. I want to welcome Ryan and Mary Ellen, and Larry. This is so great.

We're going to start off guys tonight, we're going to hear ... I want to hear more about how it went for you with the fast. I know we answered a lot of questions with the fast. The good, the bad, all of it. Then we're going to talk a lot more about the pathogen purge. Start with housekeeping and then a lot of common questions that came through customer service.

I had some clinical tickets come to me that I think a lot of you would benefit. There's information I think that you guys would benefit from hearing. I just want to comment on this. Caroline, "Easiest fast I have



ever experienced." Yes, fist bump. Kelly from Del Mar, "We're just a couple of miles away from you right now." Welcome, welcome, welcome. Fantastic. All right Jack, the power is back?

Jack: We got it going here.

Christa: All right. Are you all moved in and settled now?

Jack: Well, not quite settled but all moved, yes.

Christa: All right. Are you having a storm out in Texas that made the power go out?

Jack: No, I think we've just been having people pull plugs and they've had our water off all day today and stuff like that. We just had a little finishing up from some of the AT&T people and so for the people putting in all the power and computers and things.

Christa: Okay.

Jack: I think we're good to go. They've all gone home.

Christa: They've all gone home. It's 7:00 out there. I knew you would make it. I just want to go through a couple of housekeeping things. I've got a document up here that came through from all of our awesome people in customer service. For our Plan S people, we've gotten a lot of tickets about the Plan S Supplement Protocol. That's been corrected.

A lot of you, there was, I think it said VRM 3 was 60 capsules, but it's not. It was always intended to be 30 capsules so you're not missing any supplements. You can go back to the dashboard in the portal, and you can re-download that protocol. You're not missing anything there.

We've gotten a handful of tickets about the pau d'arco tea and when you should be drinking that. I put that in the reseed phase and it will go through Step 3 and Step 4. Because a lot of you, actually all of you, have some level of pau d'arco within your pathogen purge now. That's an antiviral. Basically, that's going to help get viruses under control.

For our Plan F people, our Plan P people, you'll be drinking the tea when you're finished with the pathogen purge. You'll be drinking that just when you're on the reseed phase and step 4. Let's see. We want to come up with a couple of highlights. It looks like those who have had trouble navigating the portal, are starting to figure it out. Which is good. The more comfortable you are with the portal, the easier you'll find the information you are looking for and you're really using the outline.

Which is why we created it. Just another reminder for anybody having trouble navigating the portal, to print out your outline. It will tell you where every single document in the whole portal is, and really help you navigate it. I know that some of you are confused in the timing of supplements. I know you have questions about the salt water flush, the lemon water, coffee enemas, sludgy cocktails. Tonight is going to be pretty much straight Q & A.

I'm going to go over a couple of extra cleansing modalities we didn't talk about last time. Just so that you know them and you can use them now. You can use them later. You can use them years down the line. I just want to be able to educate you and give you more tools in your toolkit so that when something's not working for you, you have another place to turn so that you can keep moving forward.

We're going to talk about the bone broth. Some anxiety. People saying can I do it wrong? Can I do this fast wrong? We certainly expected that. Because this is something new, and no you cannot mess it up. We'll really talk about all of that.

Frequently asked questions. There's something I wanted to bring up, and Jack, as I'm talking through this, just feel free to jump in. I answered a clinical ticket about kidneys. It was really interesting. This clinical ticket I answered, she said, "I started to get headaches and I increased my desiccated liver does and the headaches went away."

That was a beautiful thing to do and that's great advice for all of you. What we're doing is self-balancing. If you start reacting during the pathogen purge, you have two choices. You either increase your supports, your detoxification, your methylation. You increase your liver support, your castor oil packs, your colonics, your coffee enemas, or you decrease the does of the supplements.

In this case, you guys are starting to find that self-balancing and as you heal, you're going to keep doing the steps and it will get better. What about the kidneys? I got a ticket that said, "I'm experiencing pain in my lower back, which I know is where my kidneys are." We know that the liver and the kidneys are our main detoxification organs.

I wanted to give you some tips and some foods if anyone else is experiencing pain, or you just want to kick it up a notch for your kidneys. Parsley is one of the single best foods for the kidneys. I will recommend having one full cup of chopped or diced parsley spread out in two or three servings throughout the day to give your kidneys a boost.

Or, you can juice it. Or, if you go to a juice bar and you're drinking green juice, make sure you always get parsley or extra parsley that's going to support the kidneys. Lemon water, really helpful. This is a wonderful tip on a number of levels is, bioflavonoids are really powerful antioxidant that support the kidneys. They are proliferate in the white part of the rind of the lemon.

What I would like for you guys to do is, take a note if you have a pen and paper with you, is to get a frozen organic lemon. I mean, excuse me. Get an organic lemon. Wash it, and then freeze it. Then, what I would love for you to do, to support your kidneys as you go through the purge.

If you're urinating a lot and you really feel that your kidneys are struggling, this is really helpful. Freeze it and then shred it in a food processor. You can do two, three, four, five lemons. Then, I want you to put a tablespoon in your water every time you drink a glass of water. Then, drink the rest of that. You'll get all those bioflavonoids.

If you need further support after that, for your kidneys, you can pick up rose hips at the health food store and follow the direction on the bottle. What do you think Jack? Do you have anything else to add for kidney support as we go through the next three weeks of the purge?

Jack: Sure. The thing that we're recognizing there for people, when they start having that kidney pain is that, they're pushing their limit. They're pushing their limit of what they can do to detoxify. One of the reasons we've got the salt and soda bath. The Epsom salts and the baking soda up in the bathtub.

Then, as you start to sweat, into that water, into that magnesium sulfate baking soda water. Not only are you detoxing some of those chemicals and heavy metals that are hitting the kidneys hard and causing problems, but you're using your skin as a third kidney.

Now you've got more kidney action and you break through. You get through that back log, and then you don't have the pain and you can keep the pedal down and go right on through the detox. We're going to find that doing two pounds of Epsom salts, or salt. Either way, and two pounds of baking soda, and have that good soak in the bathtub for maybe 20, 25 minutes. Really nice warm water, so that you sweat. You'll get relief certainly within a few hours from that and you can press right on.

Christa: That's awesome. I want to know how many of you have done the salt and soda bath. Remember, two pounds of Epsom salt, two pounds of baking soda right?

Jack: Baking soda. Yeah. People can use sea salt if they have sea salt around. Epsom salts is good because it's got the magnesium.

Christa: Okay, so we'll use our skin as the third kidney. That's cool. I've actually never heard you say that before. Then, we got a question about MTHFR. All the different types of the mutations and is glutathione okay. Especially for the C6 mutation. Yes, glutathione is okay, and that would be helpful to help open up your detoxification pathways and to support the liver further.

The other thing you can do, if those of you who are leery about using glutathione, which is a master antioxidant, you can use N-acetyl cysteine, NAC, a straight form of that. You have it in your MoRS. If you want extra, if you have really a lot of trouble detoxifying, you can pick up N-acetyl cysteine at the health food store.

That's a precursor to glutathione, and that will be a super supporter for the liver and the brain, and mental clarity as you go through the program. Only if you're struggling, because like I said, you already have it and don't need to go on overkill.

Jack: With the C6 mutation, if a person knows if they are homozygous, it's a good idea to pick up a form of B vitamin, the B12 called hydroxocobalamin. Most people are taking methylcobalamin. Methylcobalamin is in the program along the 5-methylfolate.

If you know you're a homozygous, not just heterozygous, you're homozygous. Both chromosomes on that C6, then, pick up a little bit of the cyanocobalamins that are made from bacteria. Hydroxocobalamin is the form, and that's going to help with that limitation on your detox capabilities.

Then, you'll be less reactive as well. The MoRS and glutathione are going to team up like wonderful partners. They're a marriage made in heaven. You're going to accelerate cellular detox. You pick up that hydroxocobalamin which is the very form of the B12 that's made by your gut bacteria. That's going to help for those people.

The other mutations, all the other mutations are not so significant to that one fact, but that's just some of the research on that picking up that extra little different form of B12 and it's not a methylated form. It's

just your own body's form, but that will help in that. That would be a little tip to help there.

Christa: Jack, okay. Now, they're getting methylcobalamin in MoRS and they're also getting B12 from their desiccated liver. With those with homozygous C6, if they take the hydroxocobalamin, can you give us a dose in comparison with what they're taking already of that?

Jack: Boy, that's going to be hard because of their metabolic, individual metabolic and their body weight and their metabolism. What's called fast oxidizers and slow oxidizers. What I'm really saying, rather than a concrete number, it's really tailored to the individual.

To further that message, they've got the, probably, the gut B12 in the desiccated liver. They've got B12 in MoRS. Different forms going through different metabolic pathways. Now, the hydroxocobalamin is going to go through different pathways. I'm going to say, just maybe a couple of hundred on micrograms should be amply sufficient. We're just looking at a little touch that's going to help the C6 and the rest of the numbers. The C6 mutation for methylation.

Christa: Yeah. Okay, great. Kim was asking which dose. Kim, 200 to 300 micrograms I think, you could start with and see how you do from there.

Jack: Yeah, you're right. It's looking for a little touch because it's going to smooth out some of the pathways within the cells.

Christa: Mm-hmm. (Affirmative) Thank you. I see you guys are posting in and we're going to get to that in about five minutes. I want to just answer a couple of other questions that have been coming in. I'm just looking at this document. Jacky asks and a couple of other people submitted tickets. "Can triphala make you constipated?"

No. Triphala, if you're getting constipated, and you weren't constipated. If your pipes were flowing, but now they're not so much, you can lower the dose of the diatomaceous earth and the clay. Also make sure you're drinking enough water. The earth and the clay can make you constipated. The triphala is in there to not make you constipated.

Some people are having trouble with the Medi-Clay caps. Opening them up and mixing them. "If the caps get stuck, is it okay to swallow them?" That's no problem. You can take the Medi-Clay and then you can drink your sludgy cocktail, which is not going to be a cocktail right? It's just going to be the earth, and have a little olive oil afterwards. That is completely fine.

Those who are having problems absorbing more fat. Because a lot of you are increasing your fat from where you were before you started this program. Basically, if your poop floats, you're having trouble digesting fat. We got a couple of tickets with that. What you can do are two things.

You can increase your Digestive Enzymes whenever you're having a meal that has higher fat. More nut butter, more avocado. You're using a full fat coconut milk, or something like that. You can take an extra Digestive Enzymes or you can just get a straight ox bile at the health food store. Because that is going to help you to digest your fat better.

Or, you may also want to lower your fat dose a little bit. Because we really want to make sure that you're absorbing your fat and you can get all of your fat soluble vitamins. We don't want to create any deficiencies. Really glad to hear how many vegetables you guys are all eating as you're writing in.

Jack: Christa, coming from the fat phobia years of the last 20 years of American dietary culture, most people are not eating enough fat. Not the good fats. It will take the body a little bit of time to transition into creating more ... The pancreas has to create more lipase and so forth. The gallbladder is going to have to rise to the occasion with the bile.

People just need to give it a little time. If they are increasing fats and all of a sudden it's olive oil and olives and avocados and things that are much higher in fat. The person needs to give themselves, sometimes, two to three weeks for that message that the diet has changed.

The brain then tells the pancreas and the gallbladder, "We got to tool up for more fat so that more could be absorbed." Because the brain wants those fats. The heart wants those fats. The body just has to tool it up a little bit. Don't get scared off by a floating stool. Just stay with it a little bit and you'll get to be more of a fat burner.

Christa: That's great advice. We're taking sugar burners, making them fat burners. Your metabolism is getting rewired. I remember during the first program, how many times you said Jack, "We have to give the body new nutritional directives slowly." That's a really good advice to give yourself two to three weeks as you're transitioning.

Another popular set of questions that came in is, dizziness. I'm going to toss this one to you Jack. "My daughter is on Plan H. She's been feeling a little dizzy since starting the plan. Now we're doing the fast with food. Still really dizzy. She did not drink the broth tonight, but is still dizzy."

I'm thinking that is a hypoadrenia and we need a few more minerals and maybe some licorice. I wanted to see what your take on that was. For anybody else experiencing dizziness during ...

Jack: Some people, when their body makes changes, they'll get dizzy. It's a natural process. That's different than a neurological problem. Which if they did not have before, and they weren't having dizziness problems before, then this is not that. It's not a neurological problem. It's just that some people's bodies, if they get overheated, they will get dizzy.

If they have a strenuous workout maybe after not working out, they'll get dizzy. As their body adapts to things or suddenly a severe change in the weather or something that can result in dizziness. When that's happening, we're looking at the adrenals not holding the minerals in suspension.

We're also looking at perhaps a blood sugar drop and the adrenal is a part of the blood sugar triad. The pancreas, the liver and the adrenals. They all have a say in glucose regulation. I'm thinking, currently, a person who's fasting and going through that kind of transition, or just stopping all the normal diet and then is having four days of bone broth.

Certainly there could be that transitional dizziness. They might stand up from a chair, and have what's called syncope, or the adrenal, or slowly kick in. Build your trace minerals and look to stabilize blood sugar. Maybe be eating a few more meals or have a little more bone broth between the hours that you're planning. Now that you finish the bone broth, I would expect that dizziness will simply fade away and not be a factor anymore. Just look at it as a transitional thing.

Christa: Yeah. There's links to concentrated trace mineral drops. I like the ones by Trace Minerals Research. Or just put salt in your broth. Especially if you ordered from Lance because he wants to make it available for everyone, so he doesn't add salt. You put some Himalayan pink salts in your broth every time you have it. Those with adrenal fatigue or just if you're craving salt, it's a craving for minerals. That's what your body is asking you for.

I want to talk about some things that are new and good. This is very exciting. We got some beautiful emails coming through. Jason, I think you had written to us a little while ago. You started saying how you were losing weight. Then, you said you lost 20 pounds already, which is awesome.

He says, "You all have changed my life. I'm feeling so much better since I started Gut Thrive. Keep up the great work." Thank you Jason.





That really made our teams day, to get these emails from you guys and to see that you're doing well. Then, when you write in and you're not doing well, and we see that you are, and you've gotten over a hurdle, it's awesome.

Lisa on Plan F, "I already feel changed in my health and have lost 10 pounds." Congratulations. Rebecca, "Wanting to let you know the program has been a huge blessing. I was improving by the second week. I feel lighter. My skin has a better tone and my joints aren't as painful." Yay, this is so awesome.

Martina says, "The program has been absolutely brilliant. The best I have ever come across. We love it." Thank you Martina. Then, our Kiwi, Nancy says, "I am encouraged." This was to Elizabeth. For those of you, you guys know Elizabeth. She's coming back next week for the webinar to talk to you about a couple of things and really just for the process of getting well.

Nancy says, "I'm encouraged. There's something extra cool about going through the sludge when you're drinking the sludgy cocktail and making it through that gives perspective and infuses one with excitement. To encourage others as well, to help them go through their sludge as well. It's almost like a metaphor as you drink the sludgy cocktail that you're getting through that sludge part of your life into a brighter future."

I love to start off with what's new and good. Now, I want to know how did the fast go? How is the first week of purging going? Jack, can you see the chat over here on the right?

Jack: I sure can.

Christa: Good. Rosemary has already lost 15 pounds. This is wonderful. Wonderful, wonderful. Let's see how things are going. There is a question that came in I saw that said, "Does the program change when I don't have a spleen?" My answer to that is going to be no. You have done your proteolytics to help clear inappropriate matter out of the bloodstream. The spleen helps with that, but the increased liver support is also going to help with that. Do you have any modifications Jack, to someone without a spleen going through Gut Thrive?

Jack: Really, it's just by in the way the program is set up. When the spleen is gone, things just work right on through the lymph and the body has made adjustments and they're good to go.

Christa: Yeah. I see a question here from Cathy who is feeling a little frustrated. Let's see those of you who are feeling a little frustrated if we can identify. She's been gluten-free, sugar-free, dairy-free, following the diet like this for 90 days and only lost 10 pounds in 90 days.

Cathy, I would say to you, I know that's frustrating, but you're just getting started my friend. We're just now getting these pathogens out and starting to change the microorganisms in the gut. The genetic code of the gut. You probably have sugar-producing bacteria in your gut, called Firmicutes.

Jack, you know how you say, if you're that kind of person who can smell the doughnut down the street and gain five pounds, that's the gut bacteria talking. We're just getting started to be able to start to shift that. I encourage you to have patience and stay with us and follow the program for another ... Follow it all the way. Right now, we still have another five weeks left in the program.

Jack: You know Christa, they say there's always 10 causes to any situation. You have to determine which one is applicable to an individual. To someone, it's gluten, but that's really a pretty small amount that will say that they lost 30 pounds as soon as they quit eating gluten. There's a few that do.

She's taken gluten out, so that maybe helped a little bit, but it's not enough. Now, we're also going to be seeing as you go through the program, the thyroid function improves. The gut leptin hormone is going to improve. Metabolic processes are going to improve. Toxins and inflammation that keep weight on and keep water weight off, are going to improve.

There are 10 things and she's done three or four, she just could be a person whose weight issue is just a result of six or seven things going on. You take three of them out and you get a little bit of help, but there are still points of leverage that are needed.

You're so right. There's going to be improvement as you go through the program and just keep in mind that there's other points of leverage. Eventually, you will find them. If it's toxicity or sluggish thyroid or something like that. It will be coming up in its time.

Christa: Yeah. There's just a million pathways. There's biochemistry and we're also unique and individual. If you're not getting the results so soon, that's like Jack was saying, there's so many different paths up the same mountain. As you reset your body, you remove the confusion.

This will happen and we can't say when it's going to happen because everyone is an individual.

I will say, you're on the right track. I would give that same thing to Claudia who says, "Cathy, I've been eating like this for a year and never lost a pound. Now that I'm on the program, I'm starting to see the weight come off. Two pounds a week. Stick with it." That's awesome. Wonderful, wonderful, wonderful.

Jack: That's really the maximum rate if you're converting fat to muscle and burning fat, and you lose two pounds a week. You're running flat out maximum. Any faster weight loss is water loss and not fat loss. The body just can't process more than two pounds of fat a week.

When someone tells me they've lost two pounds, now you're just sitting right in that sweet spot and just keep it going and you're going to come out of the program just feeling so good when you have to tighten up that belt. You're going to have a wonderful achievement here. I'm so pleased to hear that.

Christa: Yeah. We're so proud of you guys. I mean, I'm telling you, this is not easy. We are acutely aware that this is not easy. It's not easy for me when I do it, and it's not easy for our team when we do it. It's worth it though. Ralph Waldo Emerson says, his quote is, "There are two paths you can take in life. One is easy, and that is its only reward."

That's true. You're really putting in the effort now and you will get the rewards as you go through. I agree with you Jack. Six to eight pounds a month is sustainable weight loss. Those of you who are probably losing a lot more, I mean, you're getting rid of toxic sludge and old mucoid plaque within the intestines that's like old tire rubber that's going to count.. Carrying around that extra weight, that's going to be added weight loss when you look at the scale.

Let's go ahead and answer a couple of these. What about for crashing fatigue? I see Lynn here. "I climb a flight of stairs and my legs are tired. I'm on Plan S. I had a healthy diet and lifestyle. Could it be die-off?" Lynn, my answer to that and to all of you experiencing crashing fatigue without knowing hormonally where you stand is, sure, it could be die-off if you didn't have crashing fatigue before and you are now.

That would either be, you increase the dose of desiccated liver and your minerals. Or, you decrease the pathogen purge, so that you can still get through your life. That was the goal of Gut Thrive, is that people can do this and still work with their kids and go to work, and to

do all of that. One of those two things, or maybe both of those things depending on what else is going on in your life.

Jack: Just, going to come in on that one Christa. I think definitely, a person like that who just suddenly feels like somebody pulled the plug in their ankle, and all their energy went out. What happens is, as the cells start to have a little cleansing, what's coming out is actually things that disrupt the mitochondria, the ability to make ATP for energy.

You're doing a great work. We're really sorry to hear that someone is tired and it's being a little disruptive to your life. Let me tell you, if you really knew what was going on, this is a huge water shed event for you. There's nothing in the program that's short-circuiting your energy. It's your own metabolic waste that are trying to come out in detox.

Certainly for that energy, hop in a salt and soda bath and then, drink plenty of electrolytes. Take the minerals while you're in the bath. Get yourself into bed tonight. Have a good night's sleep and you're going to find that doing this for a few days, your energy is going to come back.

When your energy is going to come back, it's going to be better. You're just going to keep getting better than ever. I've been through this, and so many people. It's your own stuff that's working out right now. It's what a great blessing it is. It's just, you're paying some tough dues right now.

Christa said, lighten up on the program. There's no sense in pushing yourself beyond your limits. Give your body a little help on the detox and lift the burden a little bit and you're going to come roaring back with more energy than ever before.

Christa: Yeah. I love that you brought up the mitochondria changes with metabolic waste. You guys, mitochondria, like Jack said, that's the powerhouse of our cell. It's where we make ATP. It's where we make our energy. When we're talking about metabolism and adrenals, or thyroid, or feeling energy and mental clarity, and having our brain work, a lot of it is related to the health and production of our mitochondria.

Which is another reason why desiccated liver is in the program. You can also eat grass-fed beef liver. I don't know if I've told you this before, but almost every time that I eat at Tom O'Bryan's house, he makes a beef liver ... Excuse me. Beef heart and he mixes it with ground beef. Because all the mitochondria is in the heart.

I don't know if that's getting a little too out there for you, but on Sunrise Ranch, it's a ranch up in Northern California. I believe they ship beef

heart. You can order it there if that's something of interest to you and you want to do it with food and be boosting your mitochondria along the way.

Cruciferous vegetables also help and we've worked them into the meal plans to try to do that balance. Let's boost mitochondria, but make sure they can digest these cruciferous vegetables like Brussels sprouts and broccoli, and the cabbages. Some of you will digest them better than others, but you'll be able to use food as your medicine if you can't digest them now as we go through the program.

Let's see. I saw that yeah ... Here's an example of just proving what you just said Jack from Ayla Mae. Ayla, I saw that you were not wanting to lose weight and you stopped losing weight. Which was awesome. A lot of you who have been depleted, you're starting to build. This is the self-balancing mechanism of the body.

Ayla on Plan F, "I had lots of fatigue at the beginning of the fast, but my energy has improved after starting taking Mucosagen." Do you guys see how you're making this program your own? That's another thing you can do if you're not feeling well, you can start taking that Mucosagen early. You don't have to wait until step 3, which we talked about last time. Mucosagen has been replaced with GI Support and Soothe, which you will be taking early.

Melinda, "No more knee pain. This is wonderful." Wonderful. Jack, what about Jenny who's wondering if anything with gelatin or collagen should be avoided with histamine intolerance?

Jack: I'm always going to have to say on something like that, that it depends on how they're reacting to those particular forms. Because gelatin is often coming from different strains. There's different kinds, different blooms they call it, of gelatin. Much is from bovine source. There's other sources. Porcine and so forth. A person may react to one or what they call the bloom of the gelatin versus another.

It's not guaranteed that person will have a histamine reaction to gelatin. Again, it comes back to individual. Same thing with the collagens. A lot of collagen products have been hydrolyzed and worked over quite a bit in, let's say, in the lab before they're put on the market.

You're going to have to simply look or test yourself, or see what it is to use it. If you know that you have a history of histamine reactions to that, and it's consistent with many different animal-type products like that, chances are, it's not going to be the best for you.

Some of these products are so pure, they're so good, that people that are originally afraid to try it, they try it and they do just fine. Put it to a little bit of a test for yourself and then you can make up your own mind.

Christa: Yeah. You guys have a link to Bulletproof Collagen where, what Jack was saying, it's not a hydrolyzed collagen. The Great Lakes is hydrolyzed, but the Bulletproof is not. That might be one, if you're worried about histamine tolerance, but you want to try it. I would definitely order that one. If you can't tolerate it now, you will most likely, not have histamine intolerance. At the end of this program, you will be able to use it then.

I saw, I love all these chats coming in. This is a wonderful thing. Donna just finished the fast last night. Congratulations. Option one, she went for it. "Gut was very gurgly a couple of days." We got a lot of tickets about this wondering if that was normal. It's kind of all normal. "Overall, loved it. Glad to eat solid food again. My bloated gut is the smallest it's been in ages." Yes! We love to hear that. We love, love, love to hear that.

What about shower filters and bath filters Jack? We're talking about the salt and soda bath. I've given you guys a link to Wellness Mama. She wrote a blog all about bath and shower filters, and we want to get rid of that chlorine before we get in the bathtub or use one of those balls that you put in that will soak the chlorine out of the water.

Jack: Absolutely. I think really coming now into our own of understanding the impact of chlorine. It seems like when they started using it in municipal water, it was really a good thing right? It stopped cholera epidemics and it cleaned up water, so that we don't have the diseases and so forth going on.

We had literally saved millions of lives. We would go hooray for that, but now we're understanding the price of that and that, there may be better ways. Chlorine is going to compete with iodine in the body. Of course, we're first going to think of the thyroid and binding up thyroid receptors.

Even worse than that, there's iodine receptors in the uterus and the breast, and in the bones. For anyone with any bone problems or particularly female, I don't know that there's iodine receptors. I know they're in the prostate. The whole body needs the iodine, and we can't be giving it up to fluoride in the water and giving it up, or having receptors blocked by chlorine.

It becomes a very very important part of life. You have to start thinking now about swimming pools and what you're getting in the shower. The chlorine coming through in the shower, people are breathing. Absolutely, get a shower head on your shower. Get the ball in the bathtub. You can travel with the balls. If you feel like taking a bath when you go to a hotel, you can clean that up a little bit.

Let me tell you. That little bit of effort it takes to clean up some of these environmental toxins, end up over a period. Think about it. Think about 10 years of exposure and what level of health you're going to have later. You're buying insurance to be a little bit fastidious now. You're buying insurance that 10 years from now, you're really feeling great. 10 years from now, it's going to make all the difference in the world. Absolutely, we have to start looking at both chlorine in the water, and fluoride.

Christa: What we'll do for you guys is, tomorrow, we'll email you links to both the whole house filter or what, water filter you're looking for, are those little balls. We'll send you out links so that you don't have to find that. Or you don't have to look for that blog.

You know something else I tell my clients that actually, I do myself? I don't know if they love that I do this when I go swimming at the Y. In a chlorine pool, just put coconut oil on beforehand just to create that polarity and that buffer, so you're not absorbing as much of the chlorine that the water feeds up away from you.

Jack: There's even a pool, the non-chlorine systems now. I don't think we're here to plug brands ... What? You what?

Christa: No, go ahead. Keep going.

Jack: Yeah. I mean. There is a company that, or it's a couple or three companies that are making ionizers. You use a carbon dioxide tank to balance PH and they're using micro copper that does not raise copper levels in your body. You literally can dive into a pool of perfectly pure, clean water. No chlorine, no salt, and you're just in this marvelous water.

That now, the time has come because of technology that you can have a swimming pool or a hot tub and no chlorine at all. Definitely things to think about as we start cleaning up our acts, so that we can have a really healthy future.



Christa: Absolutely. Just like we talk about molds and everything around us. We really want to make sure that our space around us is clean, and environment toxins are a very real thing.

Jack: Yeah Christa, it's almost like it's a straw that breaks the camel's back. We've had many years of chlorine and they add fluoride, and that didn't seem to ... People aren't just dropping like flies out in their front yards and so forth from that, but then there's a little pesticide here and there. Then, all of a sudden, there's 10 thousand of them in the food supply.

The municipal tap water, they're not filtering out the estrogen hormones and the psychotropic drugs that get back into the water system, and they're not cleaned out. You've got all these things now. It's just that, it's adding, adding, adding. It's a race against the liver's ability to detoxify and the kidney's ability to detoxify.

Then, we find the canaries, right? The canaries in the mine, they go first and they start having shutdowns. Then later, five years later, someone else, another family member comes along, and all according to their genetics. The plea there is to really start. We need to really be cleaning up our act. Our air, our water, our food. Every effort pays off, because there's literally 10 thousand sources of toxicity coming into the human body every day now.

Christa: It makes you want to go live on a commune. Why don't we all just go find some clean space and build it and live the way we envisioned the way the world should be.

Jack: Or you do a program like the Gut Thrive now and then, and really marshal your strength. I guess we're made to live in this world, although we can feel awfully uncomfortable sometimes, about that. Your real level of health is set from within your body. That's what everybody is working on now, and this is a huge step toward the internal rejuvenation that's needed today.

Christa: Yeah. Creating that internal strength to be able to tolerate the toxins of life. Let's go through and answer a couple of more questions for what you guys are asking, and then we're going to jump into the portal. One thing, just don't type too fast, because they all come in so quickly.

One thing that Sharon asked, "What is the cause of bad moods?" I want to address that, because some of you might be experiencing anxiety, depression. Just a general sense of malaise. That's perfectly normal on this program as you start to ... You're changing your gut bacteria. You are releasing things that you may have carried around for





so long, and your brain chemistry can also be re-calibrating as you go through this program.

If you're experiencing a little bit of anxiety or depression, it's actually on the very first week of the purge. That should start to get gradually better each week of the purge. If it doesn't, a lot of us, we are depleted in our chemical messengers in our brains. Our neurotransmitters were depleted in dopamine. We're depleted in serotonin.

We're going to tell you within the next couple of webinars, probably at a time we get to reseed because we want to see how you do on the purge, about the clinical trial that Jack and I ran with our last Gut Thrive group. Where we worked with two different neurological formulas to get to that really tough, inveterate constipation. Where nothing else could work and we're really having to wake up the brain and re-engage the brain in autonomic processes so that it reminds the brain what to do.

We also are trying to re-calibrate brain chemistry and make those receptors more sensitive to be able to use and build dopamine and serotonin. Sometimes, it can be physical-related to the cleanse. Sometimes, it can be depletion-related. Sometimes, it is life circumstances or we're going through something that we need to process.

Just like Jack was saying, physically, there's a lot of factors that play with weight loss. Including thyroid and all of that. The same thing with moods and emotions. Whatever you're experiencing right now I say, you keep going and we're going to guide you.

If it doesn't get better in the next two or three weeks, then we'll have that other option for you too, to start to work on the brain while you're working on the reseed phase.

Jack: This reminded me of the body's innate intelligence and with the phrase leaky gut, leaky brain. For people who do have a GI tract disturbance and the leaky gut, chances are, the brain has been accumulating heavy metals. Maybe mercury and so forth, at a little bit higher rate. That's disturbing.

Now, as the intestinal health gets better, the innate intelligence of the human body is going to say, "Well, I want to get my brain better too." The body says, "I could see my detox pathways now. My liver is working better. I can detox." It will make a move on some of that, and any transition could be a little bit dissettling.

There can be some, let's say some moodiness, but it may well be the brain starting to engage some of its own house cleaning. We talk about the gut-brain connection and we talk also about the brain-gut connection. Those guys, the brain and your gut, the bacteria in cahoots. They talk all the time.

When the bacteria says "Adios" to some of the bad guys, they're getting more good guys, the brain says, "Well, I'm going to get rid of some of my bad guys." Which a lot of times can be aluminum or mercury, or metabolic waste that had been held back. Or maybe the glial cells have been holding on to some inflammation and not letting go, and so the brain is spacing and has brain fog.

All of a sudden, that will release and the body will let go of that. Then, here comes the clarity of mind and that good energy feeling. Just persevere and we trust that it all comes out in the wash. Because you're doing a little cellular washing right now.

Christa: It's so powerful you guys, what you're doing. These can decrease your chances of things like Alzheimer's and Parkinson's and neurological issues down the road as you're cleaning up the brain as Jack is saying. Before we would add anything else to the mix when we talk to you about the option of these supplements, those brain-gut exercises, your neural activation exercises we talked about last week, can really help with your mood.

The yogic breathing, the gagging, the gargling, singing in the car. The coffee enemas seem to be going pretty well from what we see on the tickets coming through. That is really great. I think that we're just going to keep on keeping on.

Let's do this. We're going to disable the chat now and I want to talk about a couple of other things we didn't get to talk about in last week's webinar. I'm going to go, and we're going to take you through the portal. I'm going to screen share. Now I'm screen-sharing. You guys should all be able to see.

I'm inside the portal in a pathogen purge. There's Jack from our last live webinar. We started talking as we went through these downloads here. If you don't know, we were just talking about the detox fast. You want to talk more about that, it's right here. I want to talk about oil pulling for a minute, and how that can be really helpful.

Just talking through about the emotions, this can also be very very calming to the emotions. Oil pulling is something that I found really helps with sleep at night, and it builds up over time. If you're not oil

pulling yet, I'd ask that you start this week and I want you to oil pull this week.

I want you all to oil pull for 21 days straight. Because it has accumulative effect with helping the body's own curative process. This is old as time and safe as can be. It's an old Indian method that helps the body rid itself of accumulated toxins. Especially the trapped bacteria that's in the mouth and that's in the gums.

It stimulates the immune system that can fight toxins in our mouth. We don't want you to keep swallowing those toxins. We don't want that bacteria to find its way into your bloodstream and doing all this work with the proteolytics and the diet and everything to clean that up.

We have to address the oral microbiome as we go through this process. That also means the type of toothpaste you're using. That also means having to tongue scrape. If any of you, Jack, it's getting kind of loud on your end. If you're moving around, maybe you can mute your computer.

Jack: I wish I knew how, I'm still.

Christa: Okay, we'll do that next, in our next practice one.

Jack: Thank you.

Christa: You guys, probably about this point in the pathogen purge, you're probably getting a white coating on your tongue. Especially those on Plan S. That's going to be, or it's going to be toxins coming out through the tongue. We want to get that off. We're going to have you getting a tongue scraper. Which you have a handout for.

Then once you're using that twice a day. IN the morning and before bed, so that you can scrape that off. This is going to also sensitize your taste buds. Which will be really helpful for you. You'll need less powerful flavors, because you'll be able to taste better.

Oil pulling, you can use sesame oil or you can use coconut oil. Whichever one works for you. I like the idea of sesame oil because it gives you that cause and effect. Let's come back and stop screen sharing for a second. It gives you that cause and effect where you can use a tablespoon of sesame oil and you pull it through your teeth.

You're not really swishing it around like mouthwash, but you're pulling it because you want it to get in between the gums and get to that trapped bacteria and do that for 10 or 15 minutes. This is in the shower or while

you're making the kids' lunches. Or while you're stretching out before bed. Or maybe while you're in your detox bath. That type of thing.

Then, you spit it out 10 to 15 minutes later and it turns into this white, thick, milky substance full of bacteria we don't want. You get a good tongue scrape in. That's awesome oral hygiene. Then, you use something like OraWellness drops as your toothpaste. Or, those of you who use essential oils. Young Living Thieves essential oils is good.

dōTERRA has a healthy mouth blend. You can also use coconut oil which is an awesome antiviral, antibacterial. You don't have to melt it. The temperature of your mouth is going to melt it. It just won't turn to a white, milky substance, but it's still super powerful and easy.

Promise me you're going to do that for 21 days while you're on this program. It's just perfect timing to reinforce your program. Jack, I know you love oil pulling and I know you could probably go for hours talking about the oral microbiome and is it Curatola?

Jack:

Yeah. Dr. Curatola who's this pioneer dentist in oral microbiome. He started dropping a few bombshells about avoiding fluoride toothpaste and he doesn't think much of xylitol. Which is put in a lot of natural health products. He says the bacteria don't like it, that they can't use it as sugar, and they choke on it.

He's on a campaign about xylitol. As well as the other alcohol sugars, maltitol, erythritol, and those type of sweeteners. That brings us right back to our stevia. The oral microbiome is something that you can't replace with a supplement. It's very unique to you and your genetics, and it's very mobile. Meaning that, it's very changeable. It's malleable.

All you have to do is kiss somebody and your oral microbiome just, is making shifts as of that bacteria and so forth. Either you eat something with dirty hands, and so forth. It all is impacting the oral microbiome that you have that is quite a strong immune system reaction there. Yours is what it is.

When you oil pull, it's going to clean out a lot of the bad guys, and it's going to leave a clean slate. A cleaner slate. Then, all you have to do is be careful. I particularly like to do things like have some water kefir or a sauerkraut, or something. Or use some good things, and just do after oil pulling, do good things for your mouth. Give your mouth 24 hours or so to build and create some good bacteria there.

Christa: Okay, so they're not having any fermented foods until after they get past reseeded, but we could do ... Would you recommend doing like almost using a coconut water kefir like a ...

Jack: Yeah. You don't have to swallow it or run that risk. Yeah, any of that, you can have, if you chew the sauerkraut you're just chewing the cabbage for the crunch and working cultures around the mouth. You don't have to swallow it even. Just giving some good bacteria in the mouth. Because if you pull the oil, it's stripping out a lot and leaving that person squeaky clean, you're getting a fresh start and fresh slate.

Christa: Mm-hmm. (Affirmative) Yeah, we want to. I would say that you guys maybe get that fresh start and fresh slate for those 21 days. Then, when we move into that perfect timing, because we are moving to reseeded, and then you can gargle with your kefir. You can do it concurrently or you can start it then if you feel too overwhelmed. Then, you can start to repopulate the same thing, the flora of the oral microbiome. Which is cool.

I'm going to go back to the screen sharing. That's oil pulling for 21 days, starting today if you haven't started yet. Then, here's the rest. I actually did a video on oil pulling where we did a live demonstration. Within this handout, you can just click on that and you can see how to oil pull if you haven't done it before.

Then, your tongue scraper, this handout right here, is going to show you where to get one and exactly how to do it. Then, those of you who haven't done this already, with the dizziness and with those of you who were saying you have crashing fatigue, and exhaustion. Magnesium deficiency is a very real and very common deficiency. It's as common as vitamin D deficiency. I see it in 60% to 80% of people that I run blood work on.

You can go and you can take this magnesium deficiency self test, and you can check everything that applies. Then, you can score yourself to say, "Okay, you likely have a mild magnesium deficiency. You can use 200 milligrams three times a day. You might have a moderate or you might have a high magnesium deficiency." This could be something that's really helpful for you and is a very quick and very easy test.

Then, we have here, your magnesium food benefits. Obviously, we know the importance of magnesium. If you don't, again, we're always going to educate you in this program. Let's teach a man how to fish. You can really start to see, "Okay, I think I have a lot of stress in my life right now. I'm not sleeping well right now. Maybe I should see how I'm doing on magnesium."

Then, what we do, is we add in food sources of magnesium. We've listed them here and then you can add in on your diet. By the time you get to step 5, or 8020, you'll be adding in a lot of different foods. You have a lot of options to get magnesium from your diet.

Here is where you're going to supplement with it. You can either do the oil, and we like Health & Wisdom and Ancient Minerals for quality. You can put that in your salt and soda bath. It's like a three for one right? Or if you don't have a bathtub, you can do a foot soak. Or if you're watching TV, you can do a foot soak.

We also list our three favorite brands of supplements here for magnesium. You have lots of options. You can do it through food, through oil, or you can do it through a supplement if you even need it. I just wanted to bring that up and call that out.

Then, I wanted to touch base on a couple of other cleansing methods. Namely, Jack, I thought we could talk about infrared saunas for a second. Because we only have a handout on them, but a lot of people have access to them. Some people say, "I can't get down on the floor to do a coffee enema." Or, "I'm not going to pay for a colonic."

We just want another tool in your toolkit and some people do have access to infrared saunas at local spas and things like that. I'm a huge fan of them, because instead of a sauna at the gym, which heats you up from the outside and you start getting all that good sweat, we're going to basically detoxify you from the inside with the infrared sauna waves.

When they test the sweat, when it's measured, you're getting on average, about 10 times the toxins out that are in the sweat from the infrared sauna versus a sweat from a regular sauna at the gym.

Jack: You said it. The penetration of the far infrared wave is actually warming the body even an inch deep in there, and all those cells are able to sweat themselves and let go. The pores open very big and people can detox. Because you're moving toxins like that, and dealing with internal heat generation, I like to recommend that people take a little antioxidant.

Get some kind of antioxidant support. Whether they're going to go in and do a grape drink or whether they actually go to a supplement, can be very helpful to ... Just like when someone exercises and sweats, they want to take antioxidants. For usually, oxidative damage kind of the thing.

A good far infrared sauna, which is really wonderful because in many ways, it's passive for people that right now they just hate to exercise. They haven't learned how great it feels to get out and exercise. You can get some of the benefits from the far infrared sauna.

I don't think you're really going to experience the runner's high they call it, from exercise where you really feel energized and mentally and all. What that far infrared does is, it sure reaches in deeply and helps detox. That would also be something that would help someone with kidney concerns. Again, they're using that skin as a third kidney.

Christa: I love it. Maybe 20 minutes to 35 minutes, three times a week could be something that you shoot for, if that's available to you weekly. Again, I don't know where in the world I'm going to find an infrared sauna, let it be. You've got so many other options as you go through the program.

Something that I found really helpful when I want a detox, especially if you're in adrenal fatigue. I had found hyperbaric chambers, very very helpful and some places have hyperbaric chambers. You can go in, you can rent them. You go in for 45 minutes to an hour. Where you're basically breathing straight oxygen.

That is something that's really good and helpful for quicker, faster healing. Especially if you're experiencing die-off. If you are a sympathetic dominant person. What that means is, if you live your life in the fight or flight response, do you know what I'm saying?

Your body doesn't know the difference whether you're being chased by a bear or you have a hundred emails to answer and that's your normal state. I saw a comment say, "I can't sleep. Lea. Plan S. Why can't I fall asleep? Am I just used to being so tired that I think I'm awake?"

It's that just totally being so fried that you're a sympathetic dominant and your body has forgotten how to relax. Your body has forgotten how to feel safe. That parasympathetic nervous system, that's what you should be living in. Not in the fight or flight response and like, "It's okay. I got this all under control." Your body only goes to fight or flight when there's real and present danger.

The hyperbaric chamber is something I've used in my own life and I've had plan to use to help turn off that stress response. You're also doing breathing, and you can start to get into that parasympathetic nervous system. Have you used a hyperbaric Jack?

Jack: Only when scuba diving and coming up a little too fast. I would like to. We used to have a chamber not far from where I live, but the doctor

employing it isn't there anymore. I don't really have access, but it's nice to get ... You just think of literally pressing and oxygenating your cells and getting your body in very little pressure. That's good.

A trend of what's popular here in Austin, people are freezing themselves. I'm sure this started in Southern California Christa, but ...

Christa: Cryotherapy is big here. Yeah.

Jack: Yeah, my stepdaughter is a massage therapist. She's just absolutely wild about this, and she literally stays in three minutes. I mean, she goes right in to being blue. I thought, "You know what? That's got to be neural-activating." It's the polar bear club where people would, in Chicago, would jump in the frozen lake. They drill a hole in the ice and jump in, and they all join the polar bear club.

I really think these types of things in the spa, we would say, you're going from the sauna or the steamer, into the cold plunge. Then, coming out of the cold plunge back into the steam room, and then back into the cold plunge. Those are techniques that are in Finland when they do the sauna. Then, they go out and roll in the snow. Afterwards when they're heated up, then they roll on the snow and they whack each other with birch, dried birch switches. Then, they get back into the sauna.

I think really, a lot of this, we find instinctively with people is a neural activation and keeping the brain from getting slugged in it. Anyway, that's what hyperbaric and all of that, has these wonderful health benefits. You're familiar with the go jump in, go ice, stay on in dry ice or something. That technique. Cryotherapy.

Christa: Right. You can just do it in the shower. Like you said, the hot-cold therapy and get your circulation going. Especially for those with the crashing fatigue and exhaustion. I'm really glad you brought that up. I have friends that are doing cryotherapy. There's chambers here but I have not done it yet.

I will probably do that by the end of the Gut Thrive program, because I try everything before I recommend it. Even though I hate being cold, I'd rather be hot, but in summer time.

Jack: Maybe in Texas, they'll have to start something like cryo-sky diving or something.

Christa: That will be your next career huh? Let's do this. The rest of this webinar, until we get to 7:00, is for you guys. To answer your



questions, so you feel comfortable. We look forward in the pathogen purge. I'm going to have Katy, please open up the chat.

Our lovely, lovely Katy. I wish you guys, please send her love and good vibes. She has sprained both of her ankles in the last couple of weeks. She's sitting across from me with two boots on her feet and working hard as ever. We want her to get better fast. We'll take care of her with our bone broth and all of our Whole Journey tactics over here.

Thank you Katy. She's enabled the chat. All right. Jack, you see everything coming through? Why don't we just start answering questions. We'll just trade them.

Jack: Don't know where you're going to start, there's quite a list.

Christa: All right. There is quite a list. I'm going to start at the top.

Jack: At the top, okay.

Christa: I'm going to start with, Sharon is asking, "Where is menu for vegetarians for the weeks we are in now?" Sharon and all other vegetarians, we don't have specific vegan/vegetarian meal plans. We have our meal plans, and then we have our vegetarian considerations. That's Katy, that's in with the diet portion. In step 1, under the diet, you'll see vegan/vegetarian considerations.

Then, we give sample meal plans, sample meal days there rather, and then you are to apply those to the meal plan, so you understand how to get your macronutrient profile. That's some, hopefully that answers that question for the vegans and vegetarians. Debbie, "Thank you. Sending Katy healing wishes and love." Okay Jack.

Jack: Okay. People writing in, we had one here from Renee. I'm not sure where it went. It just scrolled right down, but she's very chemically sensitive. Has a bit of Lyme, and even one drop of Biocidin and she says her brain went fuzzy and numb and had a less severe reaction. What do we do if there's a reaction to Biocidin?

Advanced Microbial Support OR Biocidin (depending on which is in your kit) are both serious formulas. They're very very good. Look at what's in them. They've got powerful ingredients that go after a host of different species. There's antifungals, there's antivirals, there's antibacterials. They're all from the botanical kingdom.

If your brain goes fuzzy on just one drop of Biocidin, one of the blessings of having a liquid, is you can take less than one drop. If



there's going to be people that need less than one drop to get started. Other people take 10 drops and they'll slam it down and go on their merry way.

We have to realize the full gamut. How do you take less than a drop of Biocidin? You put one drop in, let's say three ounces of water. You only drink one ounce. That way, you only got a third of a drop of impact in that. The other thing Renee, I would say, you're going to need to tone it down even more but persevere and just be with it a little bit.

Take it step by step, and eventually you're going to find, you can use a drop, then two drops in this thing. The other thing is, don't be in a hurry. You can take an extra week, you can extra two weeks to get to the full program. You're just going to have a little lag, but you're still going to be able to keep up with the videos and the training and the downloads.

You're just coming up a little bit behind there, but everyone's got their own pace. Use less than a drop and hang with it. Because Biocidin, it could really get a good job done for you.

You may also need to take it a bit slow with the Biocidin replacement product, Advanced Microbial Support. Just follow the directions in the protocols.

Christa: Yup, beautiful advice. Thank you. Make the program your own, and that's why we chose it especially as a liquid. I did get a question follow up on the hyperbaric chamber. "How often would you go in?" I would just do four sessions. One a week. Go in for one hour a week to start to move the needle, and then that's it. I do that once a year.

Jack: We have the EMF concern regarding the infrared. Since that's come up, I'll say, that's why you're taking antioxidants when you do infrared. There's also models now that have a minimum BMF generation. Like anything, science evolves and equipment evolves.

The other thing that can help in the infrared like that is, if you have your own equipment, you can do things with the power supply coming in. There's just ways that we all know, in natural health, that we endeavor to reduce EMF's. It depends on the equipment, but just to protect yourself, be sure to take some antioxidant.

You could be using glutathione. You could take an antioxidant complex. That's usually enough to counter any of the EMF's that are generated from the ceramic rods that generate the far infrared.

Christa: Also the salt baths are very helpful to neutralize EMF's as well after. Dianna is asking, "Will water flosser and hydrogen peroxide work instead of oil pulling?" That's another thing absolutely you can do if you're using a water pick and you put a little bit of food grade hydrogen peroxide in there and then use that out within your teeth. That could be fine if you don't want to oil pull, so I'm glad that you brought that up Diana from Elk Grove, California.

While we're on the mouth, Cathy Jack is asking, "What are your thoughts about oil pulling with metal fillings in my mouth, because there are a lot of people with amalgam fillings? I read it might release heavy metals into my system." What do you say for Cathy at Boise, Idaho on Plan S?

Jack: Unless there's some more compelling information that I have it run into ... It's hard to be instantly in authority on everything, but oil is not known to be a factor pulling mercury out of your fillings. If only that were good, we could oil pull and spit it out and reduce the possibility of mercury or other metals. I'm not concerned on that.

Christa: I'm not concerned either at all. Okay.

Jack: Just from a biochemistry level and sometimes people have other ideas or maybe they're looking at it bioenergetically, but biochemistry, I'm not worried about oil grabbing mercury. It doesn't have what it takes to bond or pull mercury.

Christa: Yeah, okay. Let's talk about the salt flush for a second, because I see some people writing in about the salt flush and what if they don't get a whoosh. A couple of people have done it and they didn't get a whoosh and that's where we pull with the dose of salt.

Jack: Yes. In fact, I'm checking on some of those ... One lady has had the water pass through which is great, but now she said she's having some cramping afterwards. I think that's just ... We're going to have to chalk that up. Hopefully it's not too bad, but that it's just the shock doing something different after effects. That type of thing should pass and certainly, if you remain uncomfortable with the salt flushing, then there's other ...

Christa has other options for you. It's just you're looking for your niche and the one that you really enjoy. Sometimes, people will do maybe somewhere between around 25%, one out of four will do a salt flush and they're standing by going, "Where's the whoosh?" What can happen is you can absorb the water.

You don't absorb all that salt. Your body, remember, has some innate intelligence, so it's not going to really throw you off by absorbing a massive amount of salt any more than if you were swimming in the ocean and got caught by a wave and swallowed a mouthful of seawater. Your body is adapted in nature to handle this situation.

In fact, the salt flush probably came from some surfer opening his mouth when he went down and walked up on the beach and went, "I got to step over there," and then had the whoosh. The point is though you're looking for your own level. We talk about ... It's between a quart and a liter and we're talking about the two teaspoons, two tablespoon and how much it is you're trying to hit your blood specific gravity. Some people have a little more sludgy blood and some people their blood is running a little thin.

When you hit it just right, you don't absorb the water, you don't absorb salt and you whoosh, and so you're just dialing it in. I would say you give it three chances. Chance number one is the straight up. Chance number two, you would think, "Well, maybe my blood is a little thin. I'm going to increase it just a smidgen." Then you try that. Then if that didn't do it, you try less and if you don't get it after those three adjustments, hey chalk it up and go do something else.

As I said, the salt flush is going to work beautifully. I'll tell you, when you have a good salt flush, it's just you. You drink it down, you forget about it, you go about your way. 35, 40 minutes later, you just sit down and here comes a quart of saltwater, and you go, "Okay, quart in, quart out, what happened along the way?" You've been able to rip out some biofilms. You cleaned out some materials that didn't need to be there, and you had that good emptying.

Those are the people that love the salt flush. It would be about 75% of people that just absolutely love what it does. It will be your tool for life. Any time, you ate something, it wasn't quite right. You're feeling uneasy. You wish that it didn't happen. You can do yourself a salt flush and be well and on with your travels or on with your day. Anyway, you have to experiment a little bit and that's just the way it is.

Christa: Yeah, we added quasi-mandatory salt flushes to Plan S to keep all of everything moving down. You guys, if you try it, you do it three times and it's not working for you, it's not working for you. You can do coffee enemas and close the ileocecal valve and you'll likely be fine and plenty of other things that you can do.

Jack: Some people have concern that they're absorbing a lot of salt and it's going to affect their kidneys or it's going to affect blood pressure. Even

if you do it wrong, you're going to get some salt, but you're not going to get all the salt that you put in there. It's not anything that's a danger, done an unbalanced equilibrium and it's been done. This is an old yogic technique and it's been around for quite a while.

Christa: Okay. For our constipated folks, very constipated Claudia, once you started the sludgy cocktail did a salt flush and nothing. You do two more salt flushes and if you still get nothing and you go to your coffee enemas, look about getting a colonic or lower the dose of the clay and of the earth.

Some of you guys are not tolerating or you just really want to know what's up with this olive oil and we've explained that last time, the olive oil with a sludgy cocktail. Just using a teaspoon afterwards. There Robyn is having trouble with it or if those of you, if you're taking the olive oil and you're gagging or to the point, she said, vomiting, your body does not want that olive oil. We don't want you to lose the sludgy cocktail. I don't want that to come up, so you can leave the olive oil out.

If it's not working for you, if it makes you nauseous, if you can't do it, then you just take your sludgy cocktail and you leave the olive oil out.

Jack: Christa, I guess somewhere buried in there was a question about someone who would prefer to take a few capsules of fish oil or something like that. What do you think of that?

Christa: I think that's great. That would be fine to take the fish oil with it.

Jack: Make sense to me too.

Christa: Yes it does. One teaspoon or two fish oil caps.

Jack: Here's a new tweak for the salt flush. Someone is asking what ... Basically, if you take the water too slow. I never really ... There's always somebody thinking of an angle I haven't thought of yet, but I would have to say somewhere along the way that if you're sipping it and you're sipping it over an hour, you're just sipping salt water, and you're not getting the mass action. I've never thought of that exactly what time frame you would want to sip the water, but really, it is chugging.

As best you can, most people try to just gulp it down and hold it and then they're done. Of course if you're going to choke and spill it'd be, "gulp-gulp-gulp," and then do it again, catch your breath, do it again. You get it all done in 30 seconds. If you're dragging the sipping of the

water out over a half hour or so you're not going to have the whoosh and you've just been drinking brackish water for the last 30 minutes.

Christa: That's not a fun cocktail to have. We've got the opposite end of the spectrum here with Randy. Those experiencing no die-off or detox symptoms whatsoever. Randy says, "Does that mean you're not clearing up toxins? Should I up the Biocidin that I am at or I just don't? I am at five drops now. Thanks."

No. I wouldn't up the Biocidin quite yet Randy. The whole idea is we created the program to give you minimal die-off. It doesn't mean you're not interrupting quorum sensing and that you're not getting rid of things. It's just the strategy is working for you and then you'll be able to ... Because you're only in your first week, you can stay at five drops. Anybody who's like, "I don't feel any die-off." You can work up to seven drops of that Biocidin, and so next week you can go up to seven drops.

Or those of you that are at three drops and you're fine, next week you can go up to five drops. Just follow the information on your protocol about how you raise up that Biocidin or its replacement product, Advanced Microbial Support.

Jack: Yeah, what a perfect example. We had Renee who can't tolerate one drop and we have Randy who, "Hey, bring it on. Five drops, that's nothing." There is that gamut that everyone finds their way through and you go at your own pace again.

Christa: Yeah, I'm curious what you think about this while we're talking about Biocidin Jack. Cathy on Plan S just finished 60 days of Biocidin which is a long time to be on it. With 10 drops a day in the mouth spray and now is up to 20 drops of Biocidin, and is that overkill? What's the counsel for someone who's been on a heavier path purge already coming in? I say we keep it low.

Jack: Yeah, we're starting to now raise the warning flag that enough is going to be enough, but I think you're good to go for this program. You're good to go for another three weeks and then wrap it up, so stay true to the program, but definitely have your exit plan. I don't think you should be doing Biocidin after this pathogen purge, it's time to move on and get in to the transition phase and the reseed phase.

We're going to have to let go of it. The only concern is because you look on the label and it's all natural products. It's all things that you would get in food for the most part. If you ate a grapefruit seed or eat oregano and things like that and basil. What you're looking to do now is just exit off of it. You just kind of been there, done that and move on

with the next phase knowing that the next phase is also not only reseeded, but the bacteria do the rest of the work for you. When you're ready to move on and this will be your swan song for the Biocidin.

Christa: Swan song. All right, what about Therese on Plan P? For those people having trouble with certain foods. "I can't eat zucchini or squash, so I made the green juice recipe during the fast, but it caused a sharp pain under my right rib and caused diarrhea." Which could be, Therese, a cleansing reaction. "I had to stop the juice and did well with just the broth. What is causing this pain?"

It could be a number of things without knowing your individual situation. You could have just had a detox reaction where your body was ready for a big release, because we're starving the bacteria. If that happens consistently with the green juice, then there's definitely something, there's one of the vegetables in the juice isn't working for your gut bacteria right now, or maybe the raw isn't working for your bacteria right now, but it's interesting you did well with just the broth.

I'm wondering, if you're getting a sharp pain under your right rib, Jack, then she had diarrhea, if that is basically green, right? We're hitting the liver and you're getting a very quick liver flush, pain and then diarrhea. I think if that continues, you would stop, but that might have just been a quick flush.

Jack: Yeah, definitely sounds like a little gallbladder twinge or something. As long as it doesn't get worse, you'll find it will be gone.

Christa: Yeah. Okay. All right. Naomi on Plan S with Hashimoto's which seems to attack the brain and the heart, "Will this program help with that?" Absolutely, that's the point and purpose of the program is to get rid of the underlying infections that caused the Hashimoto's. You help digestive health, you infinitely help heart health, so you're in the right place Naomi. Go ahead Jack.

Jack: I'm reading, I'm reading. I seem to hone in on every salt one they're still coming up with ... I hope we cover the salt very, very well.

Christa: We did. Let's move on from the salt flush- ...

Jack: No, no. People are asking if they can substitute for the olive oil, avocado oil or coconut oil. What do you think on that Christa?

Christa: Any oil you can substitute, sure. Avocado oil will be my first choice overall, because I'm going also for liver health and the mono and saturated fat.

Jack: Okay, I've lost it now, but someone said that they passed in the stool hundreds of little black sesame seed, some things, and they're wondering if that's parasite or what. We're going to have to say, "Well, just on that description that maybe yes, maybe no." There are little things like that that historically can be created in the human digestive system. Also, those can be little forms of some parasites as well. I think the thing to do on that is catch some and take a closer look at a magnifying glass and see if it's just matter.

The bowel can make things from coffee browns to larger seeds all the way up into marbles and things like that. There's quite a bit of variance that can be there, so I wouldn't jump up and down and immediately think that you're having parasites come out. Then again, that definitely you want to take a closer look if you see it again and if you do find that it seems to be a living system then do something extra for yourself to address that.

Christa: Okay. Jenny says, "Is burning in the back of the mouth sometime followed by a headache and heart palpitations after eating, a sign of histamine intolerance?"

Jack: I don't see why not.

Christa: Yeah, it looks like there maybe a telltale sign of histamine intolerance and I would suggest in this case to Jenny or anybody else experiencing that after eating. Well, first of all, I probably keep the broth and the collagen to a minimum and get that GI Support and Soothe OR Mucosagen in your diet now.

All right, what about people who wake up in the morning bloated like Tracy, Plan P? "Doing great. No bloating during the day, but I wake up in the morning bloated. Any ideas?" Hopefully you're ready for release in the morning and your body has been doing that clean up work at night to pull acid out of the joints and then you feel bloated and you have an elimination. What are your ideas there?

Jack: I think that's probably the situation Christa. The other side of that would be a circadian rhythm and a neurological response to something. It's one of those things that you weighed a little bit and see if it weathers through and some of these things. We call them side shows, meaning that there will be little symptoms, things pop up. Oftentimes, there are things you'd had in the past that maybe you've almost forgotten about and other times they can just be little quirks of the body adjusting and so forth. If it only lasts for a little while, it's just all water under the bridge, Anything that gets more severe, you should check in with it.



Christa: How do you know? I think we need a chiropractor here to answer this. Diana has asked me. "If you close the ileocecal valve properly."

Jack: That's really hard to tell. Some people will have a relief. Actually, the valve staying open was creating a tension or a pain or an ill feeling there on the right side of the intestines and getting that to close. There's just like, "Ahh." I would compare it to something like maybe a belching and you feel some relief after belching. That might be just a simple way that you would either feel some relief.

Some people, of course, will try to close the valve and it's already closed. Some people, when it's open, it will be pretty darn tender there. That's usually the thing and it's like a hiatal hernia or something. If it's open and there's inflammation there, when you press in there, you're going to go, "Whoa, that's a sore spot."

If you hold that little saucer in there and lean in to it a little bit, all of a sudden, there's a release. It's just like, "Ahh." That's when you know it's done. Other than that, you might go to a chiropractor or a kinesiologist who's sensitive to that sort of thing and they can test it that way as well.

Christa: Yeah, great. I want to answer ... Laurie is asking about a [inaudible 01:30:48] six cups and only holds for 10 minutes or to take in less and holds for 20 minutes. I would err on the side of holding it for 20 minutes to really get that release of bile and cause the liver to do that hiccup. I would say, "Do less and hold longer." Then over time, you'll be able to add a cup at a time and be able to hold more as you go through the purge over these next couple of weeks. Go ahead.

Jack: I'm starting to get an echo].

Christa: Joanne B says, "I always burp after drinking tea water or any liquid. What would be causing this?" Let's address our burpers in there and their acid reflux, their low hydrochloric acid.

Jack: She's swallowing air. Some people in sipping like that and they're breathing air. They'll swallow the air and they have a little burp. I'm getting an echo. I could reboot.

Christa: We get the echo. Katy?

Katy: Yeah, the echo is coming through.

Christa: All right Jack, we need you to reboot. When it doubt, reboot.

Jack: I will be back shortly.

Christa: We'll use a different microphone for you next time.

Jack: ok].

Christa: Let me answer some more of these questions. Taylor, "Can you talk about the MoRS supplement and possible reactions?" The only way that you should get a reaction from MoRS is if you can't tolerate methyls. If you have MTHFR, if someone is not methylating, you give them methyls and you see how they do, and if you can't tolerate methyls, then people are going to have a worse reaction.

That's rare, but if that's happening to you, then you leave the MoRS out for three days and then you add it back in, but just add back in one and see what kind of reaction that you get. The reaction would be similar to die-off reaction where you would get a headache. Most of the time, it's going to be a headache. It could be more fatigue or a bunch of other things there.

Jack is coming back in now. I believe it's down the way, but Kaye asked about the reason for putting us on a liquid diet fast and adding in the sludgy cocktail at the same time. She's saying, "It seems like a perfect recipe for constipation. Never had constipation before."

It's actually not a perfect recipe for constipation Kaye. It's a perfect recipe for starving the gut bacteria and getting a lot of traction much quicker. That's why we recommend, because you're not having fiber in there. You're not chewing. You're not sending enzymes in there.

That's why we recommend you do the coffee enema and get the bowels flowing to jumpstart the system. That's the idea is by adding in that fast in the beginning with the cocktail is we get a jumpstart on the entirety of the pathogen purge and then it makes the whole pathogen purge easier. Are you back in action without an echo?

Jack: I was afraid to speak. It seems to come off and on. I tell you what, I'll take another break.

Christa: Reach out to us in like five minutes.

Jack: Hmm?

Christa: Can we come back in five? Yeah.

Jack: Here we go.

Christa: Google Chrome Jack, make sure ... He left us using Google Chrome. Okay, Wanda is saying, "I can't find the link to buy additional supplements." We'll include that in the email tomorrow and I'll talk with Katy. I'm putting kind of a list of what we need. The link to buy additional supplements, we'll include a whole bunch of links so you guys don't have to find them in tomorrow's email.

All right, let's see. Lots of questions coming in. Good, I like that you guys are talking amongst yourselves here. Okay. No more echo. You don't hear an echo on my end, right? Sharon, now you're talking amongst yourselves. "Hey, Claudia, the colonics are much more relaxing than the enemas, right?" Yes, colonics are more relaxing than enemas.

They are. They take a little bit longer, but it's kind of nice. Just like it's nicer to have somebody else clean your house than for you to clean your house. It's kind of nice to have somebody else clean your colon than to have you clean your colon. Especially when you're really tired. I usually opt for the colonics and I bring my coffee in at the end if I'm doing a cleanse. Or when I did Gut Thrive, that's what I did, but three times a week can get pretty expensive. Hence the coffee enemas.

Nick is saying ... Great question Nick. "What could be the reason for increased urinary frequency and urgency?" That is the sign that the kidneys need some support. The liver is working hard right now. Your kidneys are working hard right now. Going back to what I said when we first opened the webinar, you'll get in those bioflavonoids from the frozen lemon. You may take some rose hips or you must.

If you have increased urinary frequency, then you're going to do the salt and soda baths. Like Jack said, the skin would be like a third kidney. We just need to get more toxins out and help the kidneys re-balance and then have your electrolytes afterwards. You're all allowed to have coconut water. You can take a coconut water, 12 ounces worth after.

Jack: Hello, let's see].

Christa: It's echoing.

Jack: I can do signs.

Christa: Sign language. Okay Jack, we'll sort out that and see what's going on. We can do that in the next webinar.

Jack: Ok.

- Christa: Yeah, Katy is saying she can hear the echo. If there's any other questions like ... Yeah, Larry says, "Jack's sound is circling from his speakers back into his microphone. That's what is causing the echo." You have that Snowball mic?
- Jack: Yes. It seems to just start after an hour. I don't know why, but this is both times now. We'll get it worked out.
- Christa: Okay, well that's okay. We can let you sign off for the night Jack since it's echoing and I'll take it from here for the next 20 minutes.
- Jack: I thought, move the speaker ... Nope.
- Christa: Better? All right, keep talking. Sounding better.
- Jack: I'm so sorry.
- Christa: Okay, sounds good Jack. Thanks for being here.
- Jack: Christa, thank you so much.
- Christa: Yeah, it's thrilling. It's thrilling to have you with us. We'll see you soon. We'll see you in two weeks. Not next week, the week after.
- Jack: You got it.
- Christa: Okay, bye. You guys good? Got kind of loud? All right. We're back in action, and you know what, this is technology. Jack just moved. We'll make sure his Snowball mic'ing for next time. I always just am amazed that we can all be together here. Claudia, Lacy Pope at Living Waters. She raves about you. I love Lacy. I love that woman. She's an amazing human being. I'm glad you go see her Claudia.
- Sarah, "Do I still take digestive enzymes while on the bone broth fast?" Miss Sarah from Canada, no, because they're going to be digesting your food and everything you're doing is going to be very simple and easy, so you don't need to take your digestive enzymes. Unless you're doing option three where you're eating those three meals a day, then you can take a digestive enzyme during your meals. That's great.
- All right. You guys are so nice. I'll tell Jack that you still love him and we'll get him a headset before he keeps going. Okay, "Getting up two to three times per night from drinking so much water before bed. Any suggestions?" We want you guys to be sleeping, Liz and everybody else. If you're getting up at night, then you can just take your cocktail earlier.

I just want you to take it away from food so you could take it an hour before bed. You can take it two hours before bed. Just make sure that it's at least an hour after dinner and give yourself a chance to digest. That way, you'd be completely fine.

All right. Pamela, "Would you post your comments on kidney support in a printable format for us?" We'll go ahead and add that to the email Pamela so then you guys will hear the kidney support. It will be in your email and you can print that out. I'm getting my follow up list going on here.

Anybody having any issues? Somebody said, "Oh, I'm not sure. Your sound is off too. The lips don't match." That's probably your internet speed and so when you watch the replay, it should be fine. Yes, Elise, we'll get the kidney information off to you guys. No problem whatsoever. I think Katy also made a macro out of that. That's in the knowledge base. In the knowledge base, you can search kidney and what I told you is going to come up for that.

All right. Ellen, "Suggestions for eating out." Great question Ellen. Suggestions for eating out, yeah, you're going to say, "Hey, what oil do you guys cook your food in?" Hopefully your server is going to know and will say, "Oh, I think we use vegetable oil." You say, "What kind?" They'll probably be using soybean or canola and a blend and I say, "Hey, can you cook my food in butter?"

Or you get your food baked, grilled, broiled or steamed so they don't have to use oil. If we're talking about fish or meat. Then you can ask them to bring you either a side of butter, side of olive oil, a side of both. You can get baked potatoes or sweet potatoes and then you can get veggies with no dressing. It's boring to eat out on this program. I'm telling you, it's not that much fun, but you can get a sparkling water and put some lemon or lime in there and hopefully ...

I bring stevia with me when I do that just so I feel like I'm having some kind of a treat when I'm doing something like Gut Thrive. Look for soups. A lot of times, you'll be able to have a soup or you can get a side of guacamole. When I'm on a program like Gut Thrive, I tend to piece meal to meal together from the appetizer menu or the sides and do it that way.

That's going to help those of you that are on different plans of, "Asparagus worked for me, but this doesn't work for me." Then you can start to piece meal together and do some substitutions. Also, take your Z gluten before you go out to eat. That's going to help you. If you get any unwanted exposure to dairy or to gluten to make sure you're still

moving forward. If you still have any left, some of you it's gone already, but if you still have some left, you can take one of those before your meal and you should be fine.

All right. Keith has a tech question. "Can we get a download button in the top menu bar? Links to a page with all the downloads on one page. That would be full of awesome." Okay Keith, I can't promise that right now, but what we're doing is we generate a list of suggestions and then before we relaunch Gut Thrive, we can do that. That is great. Can you capture that suggestion Miss Katy? Okay, thumps up. Thank you.

All right. Diana is asking, "Info for antioxidants for the sauna. Can't remember what Jack said." You guys are drinking your turmeric, ginger lemonade? Honestly, it's full of antioxidants, so you could just bring a jar of your turmeric, ginger lemonade and drink that afterwards or go home and drink that afterwards so you don't have to purchase any additional antioxidants. Because all throughout your formulas, we've left in antioxidants as well.

I think if you were to do it, via food that way, you'd be fine. You can have a fresh cup of organic berries after your sauna, put a little sea salt on those berries. That will be a really nice way to replenish some antioxidants. Let's see. Yeah.

Lisa, "Have you posted the information from Mary Shanouda about the unicorn drink you spoke about? I can't find it on the portal. Thanks Christa." Lisa, in the bonuses and resources section, you're going to see Mary Shanouda's five days of movement meal plans and meditation. I don't know if I got that in the right order, but her unicorn fuel recipe is in there. Bonuses and resources, that's where you'll go ahead and download that.

Brenda is kicking in with some suggestions of the Whole Foods Bar, "Had lots I could eat. Cabbage, sweet potato, carrots, kale and naked chicken, and then you can use spices to ..." They have little garlic salt and things like that and they have some cayenne to make it nice and fun.

All right, we've got another suggestion from Debbie. "Can you just print recipes and new lists?" Let's move in fast. We're not printing so many duplicate pages. Debbie on Plan P, thank you. We will go ahead and capture that suggestion.

Susie, great idea. Susie brought her bottle of coconut aminos out to eat this week for a salad. I'd love it. You know what? You can even just get like a little container and bring your own salad dressing with you to

pour on your vegetables. You can bring your cleansing pesto with you out to eat. Just kind of pull it out and put it on and you're fine. I always have a little coconut oil in my purse that I would melt over vegetables. Thank you Susie. That's an awesome suggestion.

Anybody else who has the same suggestions? When you go out and it works, then go ahead and do that. Dianna is asking about a closed Facebook group. We're going to keep all of our correspondence super private in Gut Thrive.

Those of you who are coming up with ... Let's see. It's moving through fast. Lulu, "Do we still take the proteolytics? I haven't on this phase too." For some of you who still have Dr's Best proteolytic enzymes left, yes, you are going to take them all the way through until that bottle is gone at whatever dose works for you.

You're going to take those proteolytics all the way through. Maybe you just take one a day for the next three weeks and that's fine, or you can work up to two a day. Just wait until you find your balance where it's not causing burning or pain. It might be that little flip where you have to build up intestinal mucosa before you can handle the proteolytics and even if it's just one a day.

If you have The Whole Journey proteolytic enzymes in your supplement kit (which replaced the Dr's Best proteolytics), you will have about half a bottle left over, which you will save and take a year after you complete your program as a maintenance dose.

If you guys have any issues with the videos working on the website, it's probably, one, you're in the wrong browser. Everything works better on Firefox or Google Chrome. Or two, your internet speeds. We've checked all of our videos as we upload them. They all play really fast and they've all been condensed. Make sure and check those two things or try it when you're at a different internet speed or a place than you are.

Brenda is giving you tips here. A Chipotle lettuce, grilled veggies, green salsa and guac, and then you can get their chicken or their ... What do they do? Carnitas there and they also do beef. Thanks Keith, super nice of you.

Okay, Tammy, "About lemon juice Group S. I think I have a histamine intolerance. Do you still recommend drinking lemon juice?" Yeah, lemon juice, that shouldn't bother you. If it burns when you drink it, that's when you know that you're not going to drink too much lemon juice until you build up that intestinal mucosa. For all of you who have

lemon juice burns, when you have it, GI Support and Soothe OR Mucosagen (whichever is in your kit) is your buddy right now or you're going to take one to two with each meal.

Okay. Jason, Plan F. "I have lead and cadmium toxicity off the charts." I am sorry to hear that. It's a tough thing to go through Jason. I'm seeing people with lead poisoning. Sounds like the combination of all the detox methods are the best for this. Yes, you are in the right place.

"When full bore, how many coffee enemas, salt flushes, salt baths, and infrared saunas can I do per week?" I would assume build up and watch my reaction. Let's say we count three days a week in the morning. You do a salt flush followed by a coffee enema, and then at night, you do a salt bath. You could do that three days a week and two days a week your far infrared sauna. I think you will be really good to go to be getting all this stuff out of your system and you give yourself a break two days. You take two days off that aren't back to back.

Okay, going through. Hold on, I'm catching up on these. All right. Ayla Mae, "My sister on Plan F did the procedure for closing the ileocecal valve and had relief from the burning on her side. Now, after about a week of relief, the burning is back. Any ideas?"

If you're getting a burning and it wasn't there, you are at a different stage of the pathogen purge. Cut back on your dose. Actually, I don't think it has anything to do with the ileocecal valve at this point. You would be getting really heavy bloating if the ileocecal valve is closed and then pops open, but probably not a lot of burning. She should back down off the supplements.

The die-off isn't totally consistent. You could get a big surge once the body is ready to release and then release at a slower pace after that. Work with your system and open the channels of elimination over these next couple of weeks. All right. Katy, you're typing up a storm over there huh?

All right. Dana, "The oil pulling with coconut oil was calming my gut inflammation. Thanks for bringing it up." Awesome. I'm so happy to hear that. You guys are doing so well. Do you see the tenor of the group and how everyone is doing really well? Our biggest problem is constipation.

We have to make sure that we're getting the constipation. For those of you who are doing everything that I told you to do in terms of the constipation tips. You're doing your coffee enemas. We've cut the dose of diatomaceous earth. We're going to send you a link tomorrow for



something called Monopril Pro to help move you forward, and the triphala.

If nothing is working, we'll go to the Monopril. I'll send you a link. I'm making a note. That could be one formula that you do. Or, you can also try using Smooth Move Tea. Which you can get at any health food store. It's a combination of senna and cascara sagrada. Those are herbs that will have a scraping action along the side of the colon.

I don't love those for long-term use, but you could use them a couple of times a week for the next couple of weeks of the pathogen purge. I want to use the nourishing and the moisturizing benefits of triphala, but if that's not working for you, you can go a little heavier and more intense, drink Smooth Move Tea before bed to produce a bowel movement in the morning.

Then, again, those of you that are coming up with constipation, that inveterate constipation, when we get to the reseed phase, we'll give you that option for you to do your neurological supplements to work on the brain-gut connection. For now, I haven't heard anybody talking about the neural activation exercises.

Who is doing those and what are you doing? I want to see, because they only take a minute a day. Who's gargling? Who's doing the gagging with the tongue depressor. I want to see what's happening there. If you're constipated, this is not an option for you not to do the neural activation techniques every single day. I want you doing one of the neural activation techniques every single day.

Cathy, "The salt flush made me poop instantly like no tomorrow. Everyone should try it." Yes, everyone should try it. It's not going to work for everyone, but I'm super happy it works for you. Rosa says, "If we don't have constipation, is it okay to do salt flushes and coffee enemas less often?" Absolutely Rosa. If you don't, okay good.

Tatya is gagging daily. If you don't have constipation, and you're just good. You're having one or two bowel movements a day, you're fine just to do one coffee enema a week. That's just going to be to support your liver. That's you customizing Gut Thrive to you.

I'm glad you're gagging daily Tatya. Carol, "I'm taking L-glutamine, and deglycerized licorice. Will they negatively affect the protocol?" Nope. They will not. They will only help your intestinal mucosa, so you're fine with that Carol. Beth, "Pure noni juice is wonderful unconcentrated for constipation." Yep, I'm a fan.

Tamara. Look at all these options. Yeah, you guys are checking in. I like it. Okay, so Tamara ... Whoa, now it's going fast. Tamara just gave a great suggestion and I'm missing it. Do you guys see it? I can't find it. All right. I think she said OxyFlush. I think she said OxyFlush is something you can try.

Thank you Susanna. Jean is gargling, gagging and singing. Carol is singing. Camille is gargling, gagging and singing. I love it. Okay, good. You are doing these exercises. I'm so surprised that gagging is one of the most popular, but way to go. Good for you guys. You are doing them all.

Brenda, you're singing. There's Tamara. OxyFlush when constipated. Wonderful. Tongue scraping, hey awesome. Thank you Tracy. "So happy with this program." We're so happy you're here. Breathing exercises. Debbie says, "Can I continue D? I don't even know how to say, lemonene for occasional bile heartburn."

Yes, I think that is an amino acid. I have to look into it. You should get less and less heartburn as you go through the program. Wait, what were you using before that worked? You can use it now, but it should get less and less when you shed titrate off.

Lisa, "I'm still burping every time I drink or eat. Will this eventually ease after more weeks on the program?" It definitely should. It definitely should. There's two things that Jack was talking about Lisa, or anybody else with burping. Could it be that you're taking in too much air? Are you chewing your food well enough? These are things we have to think about.

It's also a hydrochloric acid issue. If you're still burping by the time you get to step 4, we're all going to do a hydrochloric acid challenge together, to see how much HCl we're producing. Then, optimize our stomach acid and everyone's going to be at different levels. That's when. You should get relief much quicker, but that will be the final final, where that should be the end of burping and belching.

Kim, Plan S, "What if I have constipation and diarrhea within the same hour? I don't know that that's actually possible Kim, because constipation, you wouldn't be going to the bathroom at all. If you're having diarrhea, I think what you're feeling like is, you're not getting a complete evacuation. In that case, I would recommend that you actually go for a series of two or three colonics.

All right Laurie, "Yogic breathing in my infrared sauna." There you go. Dean says, "You can feel it, really feel the gut connection with

yodeling. I love it." Yes, yodel. Awesome. Okay. Oil pulling. Joyce is singing in the car. Fajir, I hope I say your name right. "What if you skip a meal or a supplement?" This is an awesome question.

"Do we double up or forget about it? Love the program by the way." Yay! Thank you. Okay, if you skip a meal or you skip a supplement, then yeah, you don't double up. If you're skipping, what are you skipping is what I want to know. You can't skip the anti-pathogenic supplements.

You must take your mid-morning and mid-afternoon dose. If you miss your Z gluten, or if you missed your digestive enzymes, you do not have to double up on those. If you missed your anti-pathogenics, then I want you to take them later in the day or at night, or whenever you remember them. That's a great question.

Stephanie, "I have a question. If we want to do another bone broth fast for one to two days in another week or so, is that okay?" Absolutely. That's completely fine. Great question. Steve, "My hydrotherapist said Smooth Move Tea is really bad for you." Yeah, well that's the scraping action I was talking about Steve.

It's bad for you if you stay on because it's a laxative, and then your body totally forgets how to do peristalsis. It says, "Hey, something else is doing this for me. I don't have to do it." We're not staying on it, and you're only taking it once or twice a week. I see no problem with that for those with really bad constipation. If you're afraid of it, then skip it. I've been working with that formula for almost 15 years now.

Karen, "I made a daily checklist of all the different things to include in each day's protocol." I think that would be really helpful for you guys to do that. All right, let's take ... Okay. Talk and meditation. I like it guys. I'm going to take this last question. Okay. Two more questions. Chris, "Can I have goat cheese on Plan H now?" Not yet Chris. You can have goat cheese on Plan H when you get past the reseeded phase. That's the point where we'll test it out. Right now, it's a little premature with all the good work that's happening, that might throw a little confusion into the mix.

Then, Kim is saying, "Could the supplements be causing bloating? Plan S." Sure they can be causing a lot of different things right now, but it doesn't mean that you're having a reaction to them or they're not working. What they're causing, is they're causing a stir-up of the bacteria. They're causing a release of things. You're definitely going to be getting some metabolic waste.

Our gentle but powerful strategy of interrupting the way the pathogens communicate, is why a lot of you aren't experiencing die-off, but there's definitely die-off happening. You may be experiencing it whether leaving some metabolic waste, and then you are getting bloated as things are changing.

It doesn't mean they're not working, and I ask that you just keep working through that, because it still is really early. You guys have only been on your pathogen purge for six, seven days now. Some of you just three or four days. Very nice. "Thank you for Katy, for all your hard work. Especially with your injury." Thank you Jason, that's really nice.

We've got Lea. "Chugged there for a salt flush. Awesome." You guys, it's been awesome to be here with you tonight. Final question. Cindy, "Can you drink around the Advanced Microbial Support OR Biocidin and the 45 minutes before or after? No food, but is drinking okay?" 100% Cindy and everybody else, you can drink with the Advanced Microbial Support OR Biocidin. You don't have to worry about that. It's just the food that we wanted to get where it's going.

Yeah. I love it. Okay, you guys, you're doing so fantastic. I can't tell you how proud I am of you. Like I said, I know this is hard. You have positive attitudes. Those of you who are really moving forward quickly, and those of you who are uncomfortable have really awesome attitudes. That's what it takes to be successful.

I'm going to meet you here, in the same time, the same place next week. We're only going to go for an hour next week and we're going to bring Elizabeth on, because I think that you'll have this down by then. Then, we'll talk about what our next steps are and we're going to really talk about the mental and emotional approach. Especially for those of you who are really sick. She's going to talk about lime a little bit as well.

You guys have a wonderful week. I want you to keep on keeping on, and just see. Just take it step by step. It's going to keep getting better. Okay? Have a wonderful evening everybody. Goodnight.