



Introduction to the Pathogen Purge Transcript

You made it to Step 2, Gut Thrivers - The Pathogen Purge. This is the best Pathogen Purge in the history of pathogen purges, because it's so gentle, yet it's so powerful at the same time. One of my favorite things that Mary, The Paleo Chef says, who you heard from in the Getting Started section, is that the only place where peace and power can co-exist is through compassion. And that is part of our strategy here, is we're being compassionate to the body, we're even being compassionate to the bugs, because we're interrupting the way that they communicate, and we're stopping the war. And what that really means for you and what you're about to experience in your body is less die off. And if you've gone through a Pathogen Purge before, you probably have, because if you're here at Gut Thrive, I'm sure it's not your first rodeo. And so our goal is to take away the fear of die off and take away the fear of detox, and when we took 2,000 people through this process last time and we surveyed them, 85% said that they only experienced mild die off symptoms and we've since set you up really well in Step 1, to build and boost the system, to start getting rid of bio-films, already slashing inflammation, your diet has really gotten you set up, so that that should be even more graceful for you this time around.

So in this section you're going to hear from Jack next, and you're going to get an awesome education on pathogens. He's got some of the best analogies that I have ever heard, and I really love the way he teaches you, because that's the idea. We want you to understand your own healing process. The idea is, teach a man how to fish, don't give a man a fish. So go and listen to him and then I'll meet you on the other side with an action driven presentation where I'm going to take you through what you're about to do for the next four weeks. You're going to be on a heavier hidden pathogen purge for three weeks and then we step you down in kind of a transition week where we're still taking anti-pathogenics, but at a lower dose so you can gracefully move into the reseeded process. You'll be really well set up for step three at that point. So let's hear from Jack and I'll catch you on the other side.