

## The Pathogen Purge Strategy Transcript

Congratulations Gut Thrivers! You've made it to Step 2. So, what you've accomplished so far is you've had some digestive support, and that allows your digestive system to get a little bit of rest and relaxation and to get ready for the task ahead. You've also had some detoxification occur of the general back log of toxins that could be bothering your system and adding to the overall burden. And you've had some really terrific nourishment for your adrenal glands and your thyroid and so things should be lighter, and healthier, and happier within the very cells of your body. In fact, I think I can hear your cells singing the "Happy Cell Song" to us right now as they realize that they're now engaged in a system that is elevating the core vitality within a person.

We're going to be looking now at something called The Pathogen Purge. And this is also a form of detoxification, but it deals specifically with the impact of bad bacteria, fungus, bad viruses and so forth, protozoa's, parasites, and things like that, that once they're in the body or they're over-proliferating, they start leaving metabolic waste. Those wastes can go to the brain and tell the brain to turn up inflammation in the body. They can tell the immune system to turn up inflammation. And if you paid attention to Time magazine's cover in February of 2004 it said, "Inflammation, the Silent Killer," and in that article they tied low level inflammation throughout the body to practically every chronic degenerative, ever auto-immune disease possible, but they particularly focused on cardiovascular disease, Alzheimer's and diabetes. So big stuff there, is all being generated and could be generated right from the human microbiome. That's all the DNA and RNA that's in your GI track, as well as your cells, that now includes the bacteria as part of the human body. Now, what that really means is that scientists have done something, they didn't really take a vote on it, just like when they kicked Pluto out of the solar system and said Pluto is no longer a planet. We have to rewrite the textbooks. Science has now rewritten who you are, what it means to be a human being. And now, your DNA, your Genome is now totally integrated with the bacteria in your tummy, in your nose, in your ears, on your skin, all of that makes up the genome. And when we say microbiome, we're talking about all the DNA and RNA in a collective ecosystem such as in your tummy. So what science is now teaching us is that the health of the bacteria that live in our bodies has a massive, a huge impact over our life experience. I'll give you one quick example that I think is hilarious. It's actually the bacteria on your skin that picks the love of your life for you. You didn't have to ask your parents for permission. It's really about your bacteria, because as a person releases pheromones, these bacteria are reading that, and if your immune systems are too close to that attractive person - that possible significant other - and if your immune systems are too genetically similar, you never get the oxytocin release. You never get that falling in love, and that's because nature is saying adapt and survive, that it wants the best immune system that you can have coming through that. So we really are asking permission of our skin bacteria, do we have their permission to fall in love with someone. Now, that's pretty profound if you think of people having 50 year relationships or 50-60 years of marriage, those bacteria made a huge decision for us.

Now, this concept of pathogen purge detoxing has been taught for thousands of years.

Anyone who's a scholar of religion would find in all religious scriptures, there's talks about herbs. Why is that? What makes these botanicals so special? And when we look at the herbs that are talked about in the ancient writings, we see that they're antimicrobial, that they're detoxifiers. And so this is integrated into the fact that - you've often heard perhaps that - the body is the temple of the spirit, and that if we don't clean the temple out once in a while, we can't really have health and a full human life. So our mission, right now with the pathogen purge, is to remove the pathogens, get the bad guys out of the way and prepare the inter-terrain for the beneficial probiotic species. So as we talk about this, we don't want to get too black and white on this. Some pathogens can be our friends. Some of our friendly probiotics can become our enemies when they overgrow. So just like life in the real world here, sometimes our friends betray us, sometimes our enemies come to our aid, and it's all in this huge crucible or melting pot of interrelated life experiences. Keeping that in mind, we can identify that there's certain fungal forms that in other words, a pathogenic candida would be an example, or a nasty protozoa, such as Blastocystis hominis, Helicobacter pylori we've talked about a little bit, that some of these guys can become bad guys and start having an influence.

The scientific research shows that the wrong conglomeration of pathogens - we call it wrong because they cause symptoms - and so they're linking this with inflammatory skin issues or achy joints and things like that, that we find that it's the pathogens that are epigenetically - that's a funny word - but they're literally eliciting out of our bodies a reaction that we don't want. And then medical science labels have to be a disease, and so when we go back here into the very core of this relationship between the microbial world and how we need to function our bodies for optimal health, we now find that it's conducive to our mission right now that we remove the pathogens and prepare the terrain for more good guys, and then our bodies can change accordingly. If we have happy bacteria, we're going to have happy health. These bacteria though, they're also tasked to adapt and survive so they're not willing just to say "Okay, throw a pathogen purge and I'm gone." or something quite that simple, because these pathogens have built something called bio-films. Your good guys build bio-films too, so don't think of bio-films as being bad. A bio-film is simply an M&M candy covering over a bacterial colony. It's a dome. If you had people living in one of your football stadiums and it was all a dome, and they set up their own way of living - they bought, they sold, they brought food in, they had police - it kind of makes the model of what we human beings do via cities all over this planet. These bio-films are protected from our immune systems, because they're made up of components that our immune systems do not recognize as being threatening. They're made up of sugars, they're made up of fats, they're made up of proteins and so forth. So these bacteria learned to do something, and it's called quorum sensing. If we threaten the bacteria, they'd have this biological

term called quorum sensing. You think of a quorum, they're getting together, they're hobnobbing, they're talking amongst themselves, and they say, "Hey, what we need to do is build some protection. This immune system here's going to wipe us out." or "Oh my goodness, look over there on the other side of the river. That is a strange and violent tribe of bacteria. I've got to build some protection." So imagine this. Imagine you're a pioneer back in the sailing ship days and your ship wrecked on a strange shore, and one of the first things you might do is say, "I need shelter, and I need protection from the wild animals or indigenous species that live there. I don't want to be killed." and you also might say, "I need company too, I need some friends." and so pretty soon you're looking around the beach and you find a couple other shipwrecked people and you say, "Hey guys, we need to get together, we need to build a fort. We need to build a biofilm." So the leader would step up and say, "Okay, you go get some food, you collect the wood, you go find some tools and division of labor." and so they divide the labor, they build a fort and they have their protection.

Bacteria do the same thing and let me tell you, they can talk very quickly amongst themselves. In fact, that's how they become super- bugs. If they're constantly threatened by an antibiotic. they can quickly talk to each other and the first guy that figures out how not to get killed by that antibiotic, he'll teach everybody else how to survive that. So think about this and the American agriculture - the meat, the milk, the fish - they're loaded with antibiotics since they go into our grocery stores. These antibiotics are teaching our microbiomes to be more feisty, to be more pathogenic, to build biofilms. This is the major threat to our future and the level of inflammation in the body. that every time we eat that type of food laden with antibiotics, we're mutating bacteria into more and more pathogenic species. So if you eat frequently from the commercial grocery store, you are building some pretty tough biofilms in there. and they're not serving you well. Now, we have to know what to do about this. because we have enemies in our tummy and we have to figure out, what do we do? They just said they're protected. What do we do? And so there's strategies that we're about to employ. We realize that these bacteria have quorum sensed. They were called planktonic when they were floating around and they were vulnerable, but they have joined together, and so now they're offering resistance to our effort but we've got a great plan for taking care of these bacteria. Our strategy, number 1; we're going to disrupt their ability to communicate, we're going to disrupt quorum sensing and you know what does that? The herbs do it, the botanical agents that we should be eating in our diet whether it's basil or oregano. These things that were spices from the old days were not coming back into Europe on the sailing ships, because it made the spaghetti sauce taste good. They came back, because they were medicines, because they helped people feel better. And so we have to disrupt quorum sensing and science teaches us that these botanical agents literally scramble pathogens ability to talk amongst themselves and differentiate labor. It scrambles their ability to build biofilms. The really great thing and really the superiority of botanical agents is they don't bother the good guys. The good guys have grown up with us. The good guys have grown up while we eat our oregano and basil, and they've learned to handle it fine, but not so

with the pathogens because our bodies have constantly tried to purge pathogens, it's just a natural biological process. So this is what we are doing, we are disrupting quorum sensing with the botanicals, and we're also going to be using enzymes to attack you might say, those biofilm shells. So the enzymes can start to break down some of the fort, and like in the old days, the cannon balls smashing into the castle walls and finally breaks down the gate, enzymes do that in this microbial kingdom and there're special enzymes, they are called hydrolytic enzymes. A lot of them are proteases. They digest proteins, but some of them can digest fats and carbohydrates as well. So the enzymes come to work.

It's very clear to me in this sense of how this works, because down in Texas we like to grow pecans and anyone growing pecans would understand this, that the webworms are a predator of our pecan trees and they build a cotton candy mass up in the leaves and thousands of worms appear inside their biofilm and then they eat the whole tree. They just eat all the leaves right down to the twigs, and all we have to do rather than spraying heavy pesticides on them, is just go by with a little fly fishing rod and tap that cotton candy biofilm. It's not going to be more than a few minutes that a friendly red wasp comes, goes right in there, and they attack and eat up the worms. So once that biofilm is broken in the tree, nature takes its course and it's the end of the webworm problem. In our bodies, when these enzymes attack that biofilm and break it down, beneficial species are ready - already in our gut - they're already ready to rush in there and wipe out the bad guys because they want that niche, they want the ability to live there. So there's a lot of competition going on. Also, our immune system can also go in and take care of them as well.

So all we have to do is use these enzymes to break down this biofilm shell and so at that point, nature takes care of the rest. So now in our master strategy, we are using botanicals because of their superiority to disrupt quorum sensing. We're using enzymes to have an influence on the micro-organisms collective biofilms and breaking down the fort wall. Another component of this strategy is that we're going to be able to use chelators. Now, that's a word a lot of people understand now, but it simply means a claw that can grab a heavy metal or something and pull it and bring it to itself and tie it down and actually make it less toxic in the most part. A lot of times chelation is done with proteins - and you've heard of chelated minerals and that type of thing, but in this context, we're going to be using diatomaceous earth as a chelator that can bond with heavy metals. Because you see what happens in the body is, as we live in this toxic environment, or we have heavy metals in the food or even from dental fillings coming down into the GI tract, these micro-organisms - particularly the pathogens - will use those heavy metals in their biofilms. We don't know why. It might be because it keeps other things away. They might be using it to generate energy, but they have an affinity for these things. We know that candida will incorporate mercury into its biofilms and many other pathogens do this too. They're dependent in their cultures in the biofilm on this heavy metal as a component. If we take a chelating agent through the GI tract and we pick up some of those heavy metals, it causes the biofilms to collapse. So we're

attacking the candy shell. We're also keeping them from communicating about it. A chelator comes and steals their little nuclear reactor called mercury, or lead or aluminum, nickel, or these types of things, and we have the collapsing of the biofilms. Also something like diatomaceous earth serves another brilliant concept, in that because it's what's called in the industry a drainage formula, that means that it's protecting the body from uptake of these elements.

You may have heard back in the 80's or so when people started going on the, "We've got to kill Candida," phase because of popular books, like by Doctors Trollbridge and Crook and so forth, that dealt with Candida, that they would give drugs such as Nystatin or they would take different botanical things to kill the Candida, but then people felt so bad because once the Candida was killed, they had to deal with the heavy metals. So it was Dr. Klingheart that then published, in this history, a book about it's really the heavy metals that the Candida is protecting us from, but when we kill the Candida because we don't like their metabolic waste affecting our metabolism, now we have this exposure to the heavy metals. Diatomaceous earth corrects all that. It bonds with the heavy metals. They don't get picked back up or reabsorbed out of the intestines. We have to understand the body has a re-absorption mechanism. It wants to reclaim bile that was used to emulsify fat. The use of the diatomaceous earth will then allow the materials to pass out of the body - that's drainage - and now you don't have the effect. So using this multi-pronged strategy, disrupt quorum sensing, support via the botanical agents, it reduces inflammation automatically along the way from these botanical agents, employ enzymes and employ chelators. This is the most comprehensive, well-thought out strategy that directly impedes the ability of pathogens to stay in their inhabiting niches within the human body. Just like the clamor for real estate in New York City, everybody wanting to get the best apartment for the least amount of money, by removing these tenants, these unwanted tenants from our bodies, the good guys start to move in, and then they bring their messages and they'll eventually bring their biofilms that protect us, that process nutrients, that make vitamins such as Vitamin B6, makes Nascent B12, makes Vitamin K, and so they start becoming contributors to the ecology in our GI tracts, rather than takers, parasitic takers and detractors. And so as our ecology and culture in our GI tracts becomes more healthy, the immune system can relax. The brain gets the signals that there's more peace in the body. Health starts to prosper. Food allergies start to go down. The immune system quits being so reactive and so all of a sudden we go "Wow." just like maybe even two to three months after doing this program, when there's enough time to get this perpetual change that is now being set into motion, a person finds their health just gets better and better. I'm looking forward to finding that moment when you literally - your feet hit the floor in the morning, and you go "Wow. I've got my energy. I've got my mental clarity. My tummy feels good. I'm ready to nourish, fuel up, and get on and have a really terrific life that day." That's what this is about. That's the goal, and so you are starting to make new strategic alliances between your body and the microbial kingdom, so that they come together as a collective whole, and move the



person into its best ability to adapt and survive in this planet against all the elements, and to experience the most optimal level of health possible.