The Reseeding and Healing of the Gut Transcript

Let's get right down to it here. We're talking about the reseeding, the recolonization effort. There's a very interesting aspect to this, because this is a strategy that has been around for a long time in natural health when taking probiotics, or taking what's called prebiotics, or even symbiotics, which is a word that's not used very much. But it's been established for a long time and yet it takes some finesse and it takes some skill in order to do this correctly. We're going to paint the picture here a little bit and let's just bounce back to what is the more optimal normal diet of a human being.

We would go back and we would have to go back pre-industrial revolution to say what has humanity been eating for thousands of years. It actually programmed our genetics and our epigenetics in our relationship with how to derive nutrients from mother earth. We find in such diets that there's, for instance, there would be, let's say oregano, or basil, or turmeric, and rosemary. People in the olden days, it seems that they ate more of the whole fruit. In other words, if they had a grape fruit - which they didn't back then in the form we know it today - they would eat the grape fruit seed. But you can see the connection there between the program that utilizes grape fruit seed extract, there's a reason for this. The reason is, is that these spices, these herbs, and substances are all antimicrobial.

Given fact, the human diet contains assistance to the GI track to maintain its probiotic species, because inherent in the diet should be these antimicrobial spices, and herbs, and foods, and garlic, and things like this that have powerful antimicrobial factors to them. The reason this even comes up as a subject is because since the 1950s, the silver bullet that was to save our lives is really the silver bullet that's killing us and that is the antibiotics. We've all heard how antibiotics have caused rampant collateral damage throughout our GI tracts. What happens is, a baby could be born with the genetics and the food exposure and the seeding or colonizations of species from the mother that let's say, the baby is entitled to having a microbiome of 450 bacterial and yeast species. When the antibiotic is given, because the child got a scratchy throat or a painful ear, then they wiped out some of those species, other species take over. It's a little bit of a war of attrition going on and then the child needs another antibiotic and another antibiotic, and sometimes the species can come back - they were hardy - and other times, they don't.

Also, the species have mutated because of the antibiotic. They have gone into quorum sensing, hidden under biofilms, and now they're different. Well, what we haven't known until recently due to studies - thanks to science of the microbiome - is that all these bacterial species are players. In the human ecology, they give signals to the brain. They have molecules that are released into the body that tell the cells how to perform.

Today, when we see more rampant diseases, more autoimmune, more inflammatory diseases, some of those can simply be there's players missing. You could just simply think of a sports analogy, right? I know, that's what you were thinking about. But when one of the first string players is injured whether it's baseball, basketball, football, or hockey, the team

is not as up to par as it was. The second string guy is second string for a reason at the time. He's still learning. He's still perfecting his craft, and now he has the lead role. We'd say in our modern society where the foods have been denatured, the foods are missing nutrients, the antibiotics have caused harm, let's say even chlorine in the public water supply is killing these bacteria mutating. Suddenly, we have different cultures than our genetics may have preferred and the damage is different for each person and how much attrition there was.

Now, we broach this concept of what can we do to get those back. Some of the species are not in probiotics, they're not able to be taken in a capsule. This is a big dilemma, because if you think about extinction of any species, why are the ecologists on this planet, why are scientists so concerned about the loss of a yellow-bellied sap-sucking warbler, where they're losing that species because of pesticides, or they're losing that species because of bulldozers. There's so many people that say, "Who cares if we lose a silly bird?" But what those kind of skeptics don't understand is that bird eats a certain insect, that bird leaves a certain quality or pH of dropping into the soil, that bird collects twigs and leaves that limit certain growth, and they help proliferate through eating seeds and passing seeds into other areas. That bird may have a pivotal role in an ecosystem that's delicately balanced between aquatic creatures, land creatures, and all species there.

We really need to have a great respect for the balance of nature, probably more than anything, probably only a second would be diet. But first, the damage of antibiotics. Even if you're a person who says you haven't had many antibiotics in your life, that's terrific. But if you're eating commercial American food - meaning meat, poultry, fish, and milk - you're getting a lot of antibiotics in your diet that nature did not intend. These antibiotics are not like the herbs. The good guys have not adapted to them like they have oregano and basil. Hence, the collateral damage, so problem is set up.

What we're trying to do here is we're trying to get the treaty renewed between, let's say the bacteria, and the yeast, and the brain, and the immune system, and the two immune systems that what we call the IgA secretory antibodies or the instinctive immune system that's right on the spot and the acquired. The lessons the immune system has learned to protect us into the future, they are all at this treaty table, and big one, the diet.

Now, when all these get together, whatever bacteria we have, the yeast, the brain, the immune system, and the diet, a new treaty has got to come out of this meeting. This is what we become facilitators of a treaty renewal, a covenant between the microbes and the human being. We need a strategy. This is bigger and more comprehensive than the old practice of taking some probiotics, maybe taking a little fiber and this type of thing when there was less collateral damage, less food alterations, and so forth. So we need a really clear strategy and that's what you're being offered with the Gut Thrive Program.

Number one, we have to keep working to decrease pathogens. In this third phase of this work, you will see that some of your antimicrobials are continuing. This is consistent with nature's principle that a normal diet contains antimicrobials. These antimicrobials you're

using will not interfere drastically with probiotic species at this time in this work. They can when used too much, but not at this point. You'll be working with probiotics and there's factors here that feed the probiotics and the diet is continuing. So now, we have these four factors that are coming along, and then what Christa has built into this program now are accelerators of the healing process. This is the recolonization, reseeding, healing time that this program shifts into that.

Now, she's already mentioned that the probiotics continue the good fight. Right now they're going in, and without so much support from the Marines at this point, they're going in and they're starting to build the infrastructure. The accelerators here would be continuing bone broth, the lion's mane mushroom which as science tells us will shut tight junctions. Now, that's an official word - tight junctions. I'll simply demonstrate with my fingers that the microvilli that lined the intestines have to be closed and make a sealed unit to keep the bad guys from getting into the body. There's tight junctions like this other finger sealing it off.

Now, if this opens, we have what's called leaky gut, and that's not a good thing to have. Because now, large food particles, bacteria, fungus, it gets into the bloodstream. It goes pretty much through the lymph, to the liver, and the liver has to deal with it. There's inflammatory responses that happen. The immune system gets involved. Then this is where you can hear a person say, "The only time I really feel good is when I'm not eating." We go, "Uh-oh, that's a tip off." They may have this damage to the tight junctions.

It's really a fascinating process how the body has set up this barrier, that now this program has to nourish, has to reduce the inflammation, and has to help affect repair. In nature, the immune system may decide that it wants to open a tight junction. Why would the body have the ability? It says, "Open the drawbridge. Let the knights in shining armor go forth." Our immune systems go forth into our GI tracks and they may need to beat up on a bad bacteria.

Now, the bacteria have gotten wise over the years. They're looking to get in and there's some rogues in the bacterial species. One of them is called Vibrio. You might know it as a Cholera. It learned how to make that protein molecule that opens the drawbridge, that opens those tight junctions. The protein is called Zonulin. But the bacteria will make it and throw open the tight junctions, and then the trouble with cholera is it's a fatal disease. Most people can die from cholera because they get so much toxic debris into their bodies. We've learned now that if we don't have a good ecosystem, a good terrain, that a pathogen like that might be opening tight junctions causing leaky gut. That's where we go back to our ratio of good guys to bad guys in the GI tract. You've heard of the 80/20 rule. It might not even be bad to have an 85/15 rule on this. But somewhere in those numbers, we want more good guys and we want fewer bad guys, and we want the good guys to be able to shepherd the bad guys and apply them toward our immune systems and maybe toward some constructive work.

In nature's balance, we have this 80/20 rule. It's often thought, "Well, I don't want any bad guys in there. I want to wipe them all out." But we have to recognize that some of these bad

guys, we need their DNA information coming to the brain and the immune system so that we stay vigilant. They are test and they keep the immune system active, and many of them have maybe some beneficial components as long as they're not acting in a pathogenic way. We find that not every species is all bad and all good. There's streptococcus species that are good guys. There's staphylococcus species that are good guys. There's probiotics species like some of the acidophilus can become bad guys if they overgrow. It's all about, what? The balance, the balance of nature.

In this program, you'll be taking probiotics. One of them is called MBC. Think of this as a peacekeeper. Not necessarily think about that you're going to build your body on those little bugs in that capsule, but they're good guys and they come in and they start keeping the peace. They beat the bad guys up; they allow the niches to be filled with beneficial species. They come in and serve a role. Those bacterial species may not be what your genetics is specifically looking for. But when they join into the microbiota, your immune system can start encouraging them to mutate in a positive direction. It will say, "If you act out, I'm going to beat up on you. But if you act right, we're going to get along. Do you want to play by my rules?" "My rules" means the body's rules.

This process is going on and it takes a little bit of time to affect this, so it's not all in two or three weeks. What is happening here is the Gut Thrive Program is building the terrain. You may have remembered from the movies, the phrase, "If you build it, they will come." We're terraforming, we're building this. This has to be maintained over time and frequently it is. It's two steps forward, one step back. You might eat a food and bloat up again. Now this time, because the game has changed, it's sending a signal to the brain and the brain goes, "I don't need to bloat so much this time." Then you back off, you come back a little bit to that food, and all of a sudden it's working. Think of an infant in arms, learning to eat different foods. It eats carrots, spits up. You try carrots again a few weeks later, it works. This is the reeducation, this is the learning time as we reseed and recolonize.