

## Introduction to Reseeding and Healing of the Gut Transcript

You have made it to Step 3, which is the reseeded and the healing of the leaky gut. This is a really big step. So we've set the stage; we've slashed inflammation. You did a lot of heavy lifting in Step 2. It was equivalent to doing the weeding, and now it's time to plant the seeds, so that you can have long-term digestive health. You're going to notice the strategy shifts. Those of you that are afraid that you have more pathogens to purge, but you didn't purge them yet and you're already moving into reseeded, don't worry. We're shifting the strategy now, so that the good bacteria can take over and convert that neutral bacteria and start to build a good terrain. So you're still going to be eliminating pathogens. Good bugs are responsible also for eliminating pathogens, and this is the way. The goal of this step is to re-educate your entire immune system and create that genetic potential within you. You're going to notice in this step that you're still consuming antipathogenic foods like the cleansing pesto. You're having garlic if you can handle it. Some people on Plan S may not be able to handle it, but if you can handle garlic without bloating, you're having that. You're having Pau d'Arco tea. You're still having some anti-pathogenics, but now we introduce the good guys.

We're introducing the strains of *Lactobacillus*, and they're equivalent to, let's say, the Marines, if we're going to talk military analogies. They're responsible for the first assault. So the lactobacs are going to escort the bad guys out of the body, but they're also going to help you digest your food better and get more nutrition out of that food. The idea: give the body what it needs, take away what it doesn't need, and it will heal itself. This is going to end your reliance on supplements for the long term, and eventually we will be able to give you lactobacs through fermented foods and vegetables when you heal. Then, we've got the bifidobacs coming in. So we're healing leaky gut in this phase, and if you think of the lining of your small intestine like a brick wall, leaky gut, you have the mortar missing. It's not a question of if you have leaky gut, it's a question of how much leaky gut do you have? The bifidobacterium, they're not transient like the lactobacteria. The bifidobacterium are going to go in and fill in with caulking and mortar, and they're going to contribute to colonize and stay, and contribute to long-term digestive health.

Then, we're also adding in serious heavy hitters - the *Bacillus* strains - and so they're like the special forces. They're like Navy SEALs, they're like the Army Rangers. The average human runs towards pleasure and runs away from pain, and these guys are running towards disaster and catastrophe when everybody else is running away. So we want these in your microbiome, protecting you, because they can live with or without air, they can withstand the harshest of environments through your stomach acid, and these are the guys that are going to keep you safe and keeps those bad pathogens out. So Jack's going to talk to you a lot more and give you a wide education on this idea of reseeded and healing the leaky gut. And then, I'm going to meet you on the other side, and we're going to talk implementation.