



## Introduction to Terraforming Transcript

All right, part two of Step 4 is something called Terraforming. And you guys have heard Jack say, "If you build it, they will come," and that's exactly what terraforming is, we're building a new land so to speak. If we talk about this whole process like a garden, now we've gotten rid of the weeds, we've planted new seeds, we are protecting the soil. And what we're doing with terraforming is we're nurturing the soil so that the seeds can grow and turn into flowers and that's what's going to happen for you over the next three or four months as you continue through this process. And so, you're going to notice that we haven't added in any heavy fibers up until this point. We wanted to see how you do on probiotics, we want to get the reseeded process going and this is the stage where we start to add in some food based fibers like chia seeds, we start to take ground flax seed like a fiber, like a supplement, let food be thy medicine and those are prebiotics. So they're food for your good bacteria that we've just now planted. I'm going to let Jack talk to you more about this beautiful, fascinating concept of terraforming. Because it's a wonderful philosophy that goes with the idea of work with the body, give it what it needs, and it will heal itself.

