

## Understanding Terraforming Transcript

Let's take a look at this concept, this philosophy called terraforming because a lot of people may not be that familiar with it. But I think we can go back to the 1920's or something like that time-frame when Dr. Weston Price was traveling the world and he was looking at indigenous cultures and realizing they had beautiful dental arches, they had beautiful skin, they had strong bones, they were very, very healthy and, yet their diets were quite varied according to the locale that they lived in. But the one thing that was in common to all their diets, it was a natural diet.

He did quite a bit of studies looking in the seaport areas as more of the industrial revolution foods arrived. The milled rice, the milled flour and so forth, the denatured foods, the processed foods, and he saw a clear pattern that you could take a culture, let's say inland, or native, or indigenous peoples, and the more that they ate what we call today the western diet or the standard American diet, the more that they degenerated. Their children degenerated. The teeth in particular, became snagged, the dental arches fell and he called it physical degeneration.

He teamed up later with Francis Pottenger who raised generations of cats. All those poor kitties that were in the study, he gave them instead of their natural raw food diet of a cat, he gave them cooked cat food and found that the cooking denatured the food for these cats. By I think six generations, they were being stillborn and they had a degeneration in health too.

So to reverse that process, because now we are all subject to this process, we all go to the store and whatever we think we're buying for food has been processed. It's been farmed in such a way where it doesn't have its full complements of nutrition. Probably one of the more insidious horrors that's going on right now is the genetically modified corn, bean, and almost 90% of all corn products. The fact now that the research is clearly emerging that that type of glyphosate and/or BH raised corn is disrupting the gut microbiome. Now we learn that's why we don't hold up our bacteria? Look at the simple life forms and get our lessons for our larger life form.

I did a little study of my own. I took my water kefir, which is just a bacteria culture, maybe some yeast cultures that grow in a sugar water solution and become a probiotic. I took my jar and I put my sugar and water together and I just fired it up in the microwave until it bubbled, bubbled for ten seconds. Then I took healthy bacteria culture and put it in there and right beside it, I kept my regular strain going all the while. It wasn't more than two hours and the



bacteria culture in my microwave sugar solution was just pale, it was flattened, it was suffering and dying. I have to admit, I must be a little bit of a bleeding heart because I felt so bad for it, I rescued it. I couldn't go like Francis Pottenger into various degenerations of my little bacteria friends, because I count on them as part of my terraforming process.

To draw another analogy, I would never admit anything about Star Trek or being a Trekkie. Would never do anything like that.

Oh sorry, my Vulcan death grip. But the point is, I think it was in the Wrath of Khan or one of those movies, they terraformed a planet and what we saw there was a barren planet, then the Genesis factor, and then we come back to that planet and the next thing we see are these big bacteria. I thought Gene Roddenberry did a pretty good idea there. Now we see the simple bacterial forms starting to do that and then the bacteria excrete their waste. Bacteria are there at the beginning in the soil, breaking down the soil, so that plants can grow.

Plants can grow to transmute the sun, the solar energy and the oils into our bodies. This whole process of growing an ecology that will fit together, and let me tell you, nature's clockwork is like a Philippe Patek watch. It's just this precision clockwork that happens when we look at all the species, and everything that relates, all the excesses that automatically get curbed by nature. There's ebb and flow, but everything stays in this incredibly beautiful balance.

This is what we're doing. We're trying to take an imbalanced system now because we've snacked, because we've eaten commercial foods, because we've had pesticides, because we've loaded up on carbohydrates and the other sugars that have caused candida to mutate and fungus. We've terraformed ourselves into a trash terrain. Now we're trying to say, "What do I do to terraform, to create a new earth, a new ecosystem back?"

What we're going to do now with the Gut Thrive program is we're going to take your level of improvement and leverage it. Think about this in business. You can start business with a dollar. Your first thing you've to do with that dollar is you've got to double it. Then after you double it again and again and again, you may have to take a portion of it to hire people. You may have to have a brick and mortar facility. You invest and you keep going and doubling and making your money in business. You've taken your original investment and you've leveraged it again and again and again.



This is what we must do with terraforming. Your original investment is the Gut Thrive program. You've knocked down the bad guys, you've raised up the good guys, on that teeter totter you are a new person as of this moment. You may not have all of your symptoms magically gone, because the body remembers and the cellular metabolism is slow to change. We often see in our lives today someone has a brilliant idea and they put it out into the world and they're crushed, and they're ridiculed, and they fail. Then 30 years later, someone else picks it up and has all the success in the world. Keep in mind that 30 year lag in our cultural endeavors, but in our bodies, it's much shorter. We're talking three months.

We're going to leverage what we've done. We must understand that at this point, if you have small improvements, you're like an investor starting with \$2. Someone else, your neighbor, may have had massive improvement and they're starting their future with \$1 million, but you both will get there fast enough. If you've ever looked at the percentages or the rules of geometric progression, you understand that \$2 is going to 4, to 8, to 16, to 64 and so forth. It's not long before it's huge.

The Chinese aphorisms of the rice grain and the person who wanted to be paid with one rice grain for winning the battle or something, but it was on a square of the checker board. One was to become two, become four and by the time it went through 64 squares, the king did not realize the law of doubling. Suddenly he realized he'd given his entire kingdom away and every penny he had and the game weren't even half over. So that's what happens. If you're slow to improve, do not despair. You must leverage it. If you've had massive improvements, well hurray. Let's get on with it and leverage that and you're just going to be a few days ahead of everyone else.

What happens at this terraforming process is we go back and look at what the body requires. Where the body fits into its niche in nature? Diet is hugely important and it's tough that we're in a world and a society where our diet is so far estranged from our human genetics and from what our bodies really want. Weston Price, Francis Pottenger - they taught us a hundred years ago. They went to the US Congress. They tried to tell people the laws that they've discovered for human health and human nutrition. It fell on deaf ears, but it was so rewarding and in their lessons, it's taken a hundred years, but they're still falling on the ears that can hear.

At this point, consider this. You've had some dietary restrictions and maybe you restricted your own diet. This is something that we really have to look closely at because life is not about restriction. Life is always about expansion.



Back to terraforming in the movies or whatever. It was always about expanding and the bacterian Star Trek soon became a garden of Eden.

We're looking at introducing the foods back into the diet, that we call it a full and varied diet. If you haven't eaten green beans in a while and you know you do pretty good on green beans, put them on your calendar, green beans on Tuesday. You've eaten English peas in the past and not had any difficulty; it's English peas on Wednesday. Start bringing these things back in.

Many people now are interested in tying down their diet. You're mapping out your diet.

Are you going to have fermented things in your diet for bacillus, like lactobacillus, the kefir, the kombuchas? Would you continue bone broth as a soup stock and a sauce stock? Are you going to bring in nature's fruit, vegetables and proteins? Now is the time to start terraforming by bringing in all of these different things. Think of the infant. How the infant had to try foods, maybe not have them work right, come back, and try them again. That's what you're doing now, you're expanding diet. You can certainly use supplements. Some probiotics make a lot of sense at this point.

Keep things going, but you will find it's two steps forward, one step back, as your brain/gut connection starts working out what you can tolerate, how to let go of food sensitivities, and have you embrace more the fullness of life.

**GUT THRIVE** *in 5*  
*5 Steps to Gut Healing*