
Gut Thrive Overview Webinar

Speaker 1: So you're going to jump into supplements now?

Christa: Yeah, I'm going to jump into supplements and then we're going to go through the getting started module, and we're going to go through what are your 12 action items? What should you be doing this week, starting today, to prep yourself for phase one. Then, I'm going to come back on video. I have some show and tell here, and I'm going to show you castor oil packs and those types of things. And I really want you to understand what's going on in your body and how to set yourself up to slash inflammation.

So before [00:00:30] we get there, there are some notes for questions that have been coming in. So I have your supplements here. People were asking about refrigeration for the probiotics that are coming to you. You will have one, depending on which plan, you'll have either one or two probiotics coming to you. So we drove and we drove these probiotics around in 120 degree fahrenheit trucks, UPS trucks for two days and then retested their potency, [00:01:00] and they have all been over formulated. None of them lost any of their potency. So if you didn't refrigerate them, they would still be good for a year. But to retain the full potency when you get them, put them in the refrigerator. I mean, they are going to be gone. They're going to be in your body within 10 weeks time. The only caveat to that is if you know you're always going to keep forgetting them if they're in the fridge.

Then the other thing is these three products here deliver the mores, [00:01:30] the digest-zymes. They are the ones. They are not vegan. None of these products are vegan, and then you will see something for my vegans and vegetarians. Mucosagen is vegetarian, but it's not vegan. So in your vegetarian considerations under Step One in your meal plans, we've given you alternatives to each one of these three products. So you have a couple of choices here. You can either order your supplement [00:02:00] kit and then you can give away these products because they're amazing to someone else in the family who's not vegan/vegetarian. You could share them. Some Gut Thrivers, they would sell them to their fellow Gut Thrivers and ship them to them. Or if you want to, you can also work with Jack to develop a supplement plan if you do that 30 minute consult with him. But he's going to have to come up with different products. You won't be matching a lot of the other products. It'll be matching

everything with the pathogen purge, [00:02:30] but that's why we encourage you to order the kit and just order your three extra products there.

For those of you asking about the mucosagen and it not being dairy free because it has something in it called lactoferrin, which is a derivative of colostrum and helps heal leaky gut and reinform the immune system. If that's something that you can't take or you're unwilling to take, let's get you a replacement when we get to that step. [00:03:00] I really carefully chose this formula because of everything that it has in it, and so what I may recommend in replacement will change as the program goes, depending on what's happening in your body. For example, is it just glutamine I would recommend or just deglycerized licorice? So we would really start to pick and choose based on your progress. So I wouldn't go ahead and do a replacement for that one just yet if you are a vegan.

Hope that's making sense [00:03:30] to you.

And we're going to also have Dr. Tom talk about colostrum throughout the program because I really want you to understand the benefits of it. It's incredible.

Okay. So we're going to do castor oil packs this week. We're going to test our pH, but before we get to our 12 action items, I just want to talk about the approach that you take into this program. Within Gut Thrive, within your action [00:04:00] items, I'm having you listen to my friend Mary Shenouda of the Paleo Chef who's talking just to you Gut Thrivers from having celiac and literally being so sick that she was bedridden and didn't know. She thought she was headed towards cancers. She's got one of the best attitudes of anyone I've ever seen where she can approach things with strength and compassion and love at the same time. She just posted something last night that said, "Eat like you give a damn about yourself."

I'm always [00:04:30] thinking about you guys as we're going through Gut Thrive, and that's the approach to this program and that's why you're here because you love yourself, because you care about yourself, because you are choosing health. That's why you're here. And I really want you to have that approach versus, "Oh, I got to do this cleanse in the summer when everyone else is doing this or that."

There's a saying, "What you resist, persists." And I really want you to focus on why you're doing this and that you are taking the time [00:05:00] and this is a privilege for you to heal your body. Life could look a lot different by the time

August comes around. So I want you to just really think about what's possible within this timeframe.

So when we're going to be going back into our portal over here, and this is our... We're in Step One, so if you ever want to get back, you can go to the dashboard. It'll take you like it's kind of like [00:05:30] the home button. So when we go in here and we want to talk about setting expectations, I want you to watch that video and then I want you this week, I want you to fill out your goal sheet. So this is really important because it's like a GPS. You know where you are now. What is possible for you after watching that one month, three months, and six months from now? That is really when you're going to know the full power of the program is six months [00:06:00] from now.

So for example, within one month, let's make them specific and measurable goals. You want to be a little less bloated. If you are only going to the bathroom, if you're really constipated and you're only going to the bathroom once or twice a week, we're going to be shooting to double that. It's going to be four times a week. Within three months, it's going to be every day, maybe twice a day. So if you walk around and you feel six months pregnant all the time, we want that to be 20-30% better in one month.

So I want you to really think [00:06:30] about realistic expectations because that's going to make you feel successful in this program. If you have unrealistic expectations, then you're not going to feel successful. And I want to give you an example of a Gut Thriver who came in and she had thyroid antibodies with Hashimoto's in excess of 6000. If you know anything about thyroid antibodies, that is tremendous. That is off the charts, and she ended her terraforming phase with antibodies at 400, [00:07:00] which is also amazing, mind-blowing progress. But because she had an expectation that this was going to reverse Hashimoto's within the first couple of months and turn everything off, she wasn't as happy. But that is an amazing, amazing progress that sets the stage for really long term healing.

So that's what I mean. This is first base to healing the rest of your body and then you want to start measuring it from there. If you have thyroid antibodies, you have thyroid [00:07:30] problems, you want to know that your lab work is going to be better if you retest it in three months at the end of this program.

So that's your goal sheet. And then we also have your symptom wheel here. So let's show the symptom wheel. So you filled out your assessment. That puts you in what plan you're in, but I've been using this physical symptom wheel in private practice for years, and it's really helpful for people. And I want you guys

to print this out because you're going to be filling it out three [00:08:00] times as you go through Gut Thrive. And this is about how do you feel about these 10 aspects of your physical health right in this moment? And if you feel terrible about them, you're going to fill in, you're going to put a dot close in. If they're great, if you have no bloating, you're going to be all the way out here. If you know headaches, you'll be all the way out here. If you can't remember anything, you walk in a room and then you think, "What was I in here for?" And you leave, you're going to put your memory here. And then you connect [00:08:30] the dots, and it's really interesting. It'll be a funky kind of star, and then I don't want you to look at this again because you're going to fill it out again in Step Five.

What we want to see in Step Five is we want to see coming out to more of the well rounded circle. And in terraforming, we want to see this puppy all the way out here. That is my highest wish for you guys. So it's really important that you don't look at it and compare it. People we know in private practice, we've been working together for three or six months, they do this and it's like, " [00:09:00] Wow. There's been a lot of progress." Sometimes we need that for our emotions more than what the lab work is showing, and we're not running lab work in Gut Thrive. There's no lab work needed in Gut Thrive.

So Elizabeth went through the calendar, and now we're going to talk about prepping the body and mind. That's going to be what you do now, what you do this first week is going to set you up for the program. [00:09:30] Everything builds off of itself. So here's your homework, here's your primarily action items to do this week that's going to set you up. So I want all of you to have done this by the time we meet next week.

So the first thing you're going to do is you're going to make a list of your top five primary foods after you read about them. There's supporting materials where you can print them off and you can read about what primary foods are. They are things that feed you other than food in ways that food never can, [00:10:00] and so if you're feeling really sick and you're exhausted and you're bloated, you probably just don't have much inclination for primary foods, but it means you need them more than ever. So whether that is time with a friend or to get outside and be in nature, even when you just want to be on the couch. 10 minutes out on the beach, or 10 minutes of journaling all to yourself before you go to bed or first thing in the morning to set the stage for your day. These are things that [00:10:30] are going to be really important.

Those of you who know me, you know that I do not just approach health from the physical. Of course, we're working very heavily on the physical in this program. But we're also mental, emotional, and spiritual beings.

So then you're going to listen to the interview with Mary, the Paleo Chef. Let me know what you think on the forum. I'm having dinner with her tomorrow night. She's really excited that Gut Thrive is launching, and she says she's working to heal and [00:11:00] reverse her celiac disease. So big stuff is happening.

In that vein, I want you to watch The Shocking Truth About Your Health if you haven't already with MD Lissa Rankin. I love how she brings this to mainstream medicine the idea of what if there's something bigger going on? What if there's not a surgery to cut it out or a pill to suppress the symptom? What if there's not a lab test to diagnose it and we've been chasing our tail on health issues for years, [00:11:30] and we find out they're not really physical? So that's something just to start to wrap your brain around, whether you think it's woo-woo or not, I just want you to kind of get the picture.

And then what you're doing now, most of you are going to be drinking. I want you first thing in the morning to drink 12-16 ounces of room temperature water with a juice of half a lemon when you wake up. Some of you have emailed, "I have a sensitivity to lemon." Well, then you can try lime or you can try raw apple [00:12:00] cider vinegar, a teaspoon of that. If you have any type of sensitivity, what we're doing is we're trying to pull acid out of the joints, get it out of the body and set the stage because we're going to be talking about your pH. If lemon doesn't work for you, if lime doesn't work for you, you can just do a little bit of lemon. If a half a lemon is too much for your system, just cut a wedge and just squeeze just a little bit of lemon in there just to get the enzymes, just to get the minerals, [00:12:30] the enzymes because we want to get your pH kind of lined up.

I imagine that a lot of you guys have an acidic pH. So within these materials, I'm going to go back here for a second. And I'm going to talk to you about this. So you're going to be testing your pH, and what happens is I kind of want to know how well you're sleeping because a lot of people with digestive problems don't sleep that well. But if you're sleeping well, then the body's [00:13:00] pulling acid out of the joints at night. And then when we have that 16 ounces of water in the morning, eight ounces wakes up the digestive system. This is really important for those of you that are constipated. And 16 ounces basically turns on metabolism. Says, "Hey body, I'm awake. Let's get things going." Really important for the thyroid and adrenals. And then that lemon in there is going to help if your body did it's job at night, pulling acid out of the joints, then that lemon is going to help flush excess acid [00:13:30] out of the body so you don't have to walk around in that acidic state. We're already prepping to slash inflammation.

So pH, whenever you're taking care of digestive health, instantly it helps heart health. Anytime you're taking care of the immune health, instantly it's going to help hormonal health. So really when we're working on the gut, we're trying to take care of the entire body. But pH is something that improves your health of every other system [00:14:00] instantly because you're removing that acid block, that acid barrier. So we want to know where you are.

Blood pH doesn't ever, ever shift. It's always between 7.25 and 7.45. We would die if it got out of range. It's not an option. So now we want to know how hard is your body working just to keep you alive, let alone for vibrant health. So when you have pathogens in your [00:14:30] system, when you're struggling, they're constantly secreting metabolic waste and that is acidic. So we want to get a jumpstart on this by getting rid of some of that extra acid throughout the body.

So here is your pH test. You're going to print this out. You're going to keep it in the bathroom with a pen for six days, and I'm going to show you when I get to the end of the 12 action items, going to do a little show and tell. Show you pH strips and how to work with them, and you're going to test the pH [00:15:00] of your saliva and your urine for six days in a row. Now this is you wake up in the morning before you eat or drink anything, before you brush your teeth, we want to check and see what's going on in the mouth because we're talking about your oral microbiome here. What kind of bugs are in there? Are they secreting metabolic waste? Is it acidic?

So then we're also going to test your first urine of the day, and that's between 5:00 and 8:00 AM. So if you get up at 5:00 and you have to pee and you go back to [00:15:30] sleep for a few hours, that counts. You're going to test it, and then you're going to test the second urine. So whatever that is, the first two times you urinate during these six days, it's going to be really important for you to test your pH.

And now the second one, so if you're sleeping well and the body is pulling acid out of the joints at night, your first urine will be more acidic than your second urine because you have dumped the acid load, and then we check the second time and say, "Okay. What are you living with and walking [00:16:00] around with throughout the day?"

I want you to just use this as a guide and then not look at it again. I don't want you to be obsessive about checking your pH all throughout the program. It's kind of like staring at water and waiting for it to boil because it will change as

the pathogens... You get past the pathogen purge, during the receding phase. I probably wouldn't check it again until you're in Step Three of the program. But you want to know where you are because we [00:16:30] want to keep the system as supported as possible so you can have grace throughout the process. Now if you say, "Oh man, I'm super acidic," then you open up this PDF and you print it out.

Food's Effects on Acid Alkaline Body Chemistry. I wish I could flip it but I can't. So if you look, everything here in blue is alkaline forming within the human body, and everything on the other side is acid forming within the human body. Now a lot of acid foods [00:17:00] are very healthy for you like pasteurized animal products and things like that. I'm not telling you not to eat those, but this would help you pull five or six new foods during this first week before you get into your meal plans that can help you to start to alkalize the system. Daikon radish, sea vegetables. You can use lime. You can really start to work with mustard greens. They're in season now.

So I [00:17:30] print this out, and I keep it on my refrigerator. And I suggest you do it too because then you'll really start to learn which oils and what they're actually doing for you.

So let's go back here to your action items. So we're testing the pH. In that same vein, we don't want to create more acid in the body than we need. So your cardinal rule of food combining throughout this program, and I know you've watched the video, is to not combine fruit and starch together. So that [00:18:00] could be fruit with beans or fruit with potato. If you're still eating grains this week, we're going to start to slowly titrate you down off of those. You don't combine those, and I know we've been doing it since the beginning of time and every TV commercial tells you to do it. Blueberries in the oatmeal, bananas in the cereal. But that is going to create that explosion of fermentation. Very, very, very bad for Plan S and F especially, and it's going to cause bloating and gas [00:18:30] and you're not going to be able to digest either one because the fruit, it's its rightful place to go first. And the starch then cuts it off, kind of cuts in line, and the fruit will putrefy and ferment. And that's really the last thing we want while we're going towards getting our gut to thrive.

You're going to be consuming two servings of leafy greens a day. You can use your glorious greens, your greens handout. You can print that out to choose ones that work for you. One serving, one cup cooked [00:19:00] or two cups raw. I want you to evaluate now where you are with caffeine and take it down a notch. If you're at three, four cups of coffee a day, take it down a notch. Only

have two a day. The more you do now, the easier it's going to be later, guys. If you're having five cups of green tea a day, you're going to cut that down to four or three. If you can really start to titrate each day, you'll do a lot better once we take it away all together.

Read all of the information [00:19:30] of why the methodology is here. We don't want your poor system secreting, over secreting cortisol, which too much caffeine is stealing from the energy bank. And I know and I've been there and I've done it myself, you think, "I have to perform, and I'm too tired. I'm just going to go get a cup of coffee." And instead of doing that every now and then, it ends up being our go-to, and that's kicking ourselves while we're down. And then we get to this crash and burn point. There are a lot [00:20:00] of you are in adrenal fatigue and thyroid dysfunction, and I've been there too. Thyroid, adrenals, digestion, and your system has just flatlined. It's because it just can't keep going without the nurturing, without the rebuilding, and I think that coffee was the single biggest fear most people had coming into this program is they're afraid to give it up so to speak. But we'll bring it back in Step Five, I promise.

The other thing [00:20:30] I want you to do is I want you to consume protein with healthy fat within one hour of waking without fail. So you're setting up your metabolic profile for the day with the first thing that you do or the first thing that you put in your body. If you get past that hour, you're going to over secrete cortisol to make up for it. Now you've bene fasting, and now that is bad for your pancreas and your adrenals. They're going to secrete cortisol because they think that you're starving. So we want to anchor the system. [00:21:00] It's all about making your body feel safe so we can cut off the stress response. The more we can cut off the stress response, the more safe that you feel, the more balanced you are, the better you can think and the easier this process will be. That's when moods change. We're going to really balance your blood sugar, irritability, if you snap easily but you know that's not really who you are, blood sugar balance. We'll be able to change your life.

So examples, we're going to go through a smoothie with [00:21:30] 30 grams of high quality protein powder. You can use coconut oil in there as your fat, coconut milk. You can put coconut water in the smoothie. Now you're probably thinking, "Okay. Show me some examples." Right? So now here's your quick breakfast handout, and these are some examples of things that you can have. And you can swap them out based upon your plan. You can look at your dietary considerations, and now you also have 14 other breakfast ideas [00:22:00] within your meal plans to choose from. I always want you to honor your body. If you think, "Oh, I don't feel good when I eat coconut," then you're going to use almond milk or you're going to use unsweetened hemp milk. You're going to

use what works for you, but these are guidelines. You don't have to stick to them 100%.

But these are going to be what I'm looking for to anchor your blood sugar, to feed your brain, to turn off the stress response, to feed the thyroid, and you will sleep better [00:22:30] at night if you have insomnia, if you have 30 grams of protein first thing in the morning. This is first base this week to resetting a circadian rhythm that might be a little bit wonky, especially those of you guys who get your second wind at 10 or 11 o'clock at night. It's tempting to use that second wind, especially if you've been tired all day. But this is going to help really start to anchor you.

So an energy boost in breakfast wrap. We can do pasture raised eggs. I love Vital Farms. You can [00:23:00] find them at your farmer's market. At the very least, they should be organic because we don't want those chickens eating GMO corn and soy at all. Half an avocado, handful of greens. When you see these PDFs, anything that you click that will take you to the webpage or a place where you can find it. Paleo wraps are just straight coconut meat. You'll see other options in there. We've got raw flax wraps. You can use collard green wraps if that's something that you want [00:23:30] to do and a whole collard green. And for now, the vegan/vegetarian option would be to substitute with tempeh or soaked wild rice or soaked black beans. That can be something that you try as you go throughout.

Now the plant protein smoothie, that's a great one. And if you look down here, I give my plant protein recommendations. There's a lot of amazing plant proteins out there, but I don't want the ones that have all the probiotics and [00:24:00] the multivitamins and all these ingredients. I want to keep it as simple as possible where it's just hemp protein powder or it's just pea protein powder. Those are going to be the two preferred plant-based proteins. If you can tolerate whey, you can try a goat's whey, which digests much faster than cow dairy, or you can try a high quality pasture raised cow whey if that works for you. Vital Whey is a good one.

Then I'm also going to show you here I've got [00:24:30] a paleo protein powder I just found at Whole Foods that I bought to show you.

So these are some ideas for you to get that blood sugar anchoring, to get things really settled first thing in the morning.

If you are consuming gluten and dairy, whey protein powder notwithstanding, this is where you're going to start to titrate it off. Leave the cheese off the salad.

Really start to cut down on gluten. If you're having it, you will not choose pasta [00:25:00] or eat bread. I know a lot of you are coming here and you're really sad, and you're probably thinking, "I've been eating paleo autoimmune. I'm like the next level. I've been doing this." So for those of you, wonderful. You already have the lifestyle. Support those people on the forum, but don't skip over your prep week just because you've been eating a certain way for a certain time.

You probably have been eating very low carb, and if you're still struggling, a lot of times the challenge is [00:25:30] we need more carbs to feel better, to turn off the stress response, to take care of the pancreas and the adrenals and the liver and the thyroid. But our guts won't allow us to have more carbs. So we're like painted into a corner, and that's what I want to alleviate with the meal plans and with the enzymes and with the strategy here is to be able to get enough carbs in your body that feed your body and don't feed the bugs. So that's really what we're working to have here.

Okay. [00:26:00] Number 11 is make cumin, coriander, and fennel tea. This is the Ayurvedic, beautiful tea for digestive healing that is CCF tea and have one to two cups a day. There is a handout in here. There's also a video that you can watch on how to make it. It's summertime, so you could make it cold. If you can do this first thing in the morning instead of coffee, that would be fantastic. Cumin, we want to get the body producing more of your own [00:26:30] pancreatic enzymes. The pancreas is such an important organ for hormonal health and digestive health, and cumin is a wonderful spice to really support it throughout this process. Coriander's going to introduce a little bit of a dietary anti-pathogenic to your system in a very gentle way. And fennel is going to go soothe and calm the inflammation, especially if you have bloating. So make sure you print that out. Watch the video [00:27:00] if you prefer to watch videos instead of read.

And then we're doing castor oil packs. So a lot of you seem like you've done them before. Some of you haven't done them before. So castor oil packs are going to be a wonderful way to support your beautiful liver as we go through this process. So what I'm going to do is I'm going to show you what that is going to be all about. So what I'm going to do [00:27:30] is stop screen sharing so I can come back to you. Hi.

Okay. So castor oil, if you've never done castor oil before, you're going to go to the health food, and you're going to buy... And it could also be the regular drug store. A lot of regular drug stores have castor oil, and you're going to get some castor oil. It's super cheap. It will go a long way, but be careful, it's super sticky. My friends who call themselves just very lazy, what they're going to do

[00:28:00] is they're going to take some castor oil, and they're going to rub it on their belly. And I'm going to show you. Now your liver is on the right side, right underneath your rib cage. Put your hand on your liver right now so you know where it is. And it comes down under here. So you're going to want to make sure that you get that castor oil in that area because we're going to want to start to support the liver and gently detox it so it's ready for the journey ahead.

So the fastest, easiest way, put some castor oil on, put a piece of saran wrap over it because it's very sticky, [00:28:30] and then you just get a regular heating pad and you can put that over it. And do that for 15 or 20 minutes three times this week. Everybody has that time. It could be before bed. It will help you sleep better. Could be first thing in the morning. Could be while you're listening to the rest of your Gut Thrive things.

Those of you who want to take it to the next level, I brought this straight from home, straight from my bathroom. So you are going to get a flannel that comes in the health food store. You can get this. And then you can go ahead and soak it [00:29:00] in castor oil, and that will help it really get into the system. And instead of just applying it directly, then when you apply the heat, it'll penetrate a little bit deeper. So that would be kind of the next level, and all of this is in your handout. I lay it out step by step so you know how to do castor oil packs.

Now pH. To show you your pH strips, I love these. There's a link to them. They're \$10. You can find them in the health food stores for \$10, and [00:29:30] this will last you probably two years of testing your pH. So you're going to look at these pH strips then first thing in the morning before you eat or drink anything. You're going to take off a little piece. You're going to put it in your mouth, keep it there for three seconds, and then you're going to take it out. And then you're going to start to match it. Look, right now I'm acidic. I just had gum before this started. I'm at 6.2. So then you match the color, and you write it down. And that's how you match for your urine, and that's how you match [00:30:00] for your saliva when you're starting to test your pH.

So that'll kind of give you an idea. And then I wanted to show you paleo protein powder. Those of you that don't have any issues with eggs, you can also use a high quality egg white protein powder if you know the source or paleo protein powder. It's very healthy. I can't say it's the best tasting thing I've ever had. People seem to either love it or hate it. It's a combination of beef protein and egg protein, [00:30:30] but it's very clean. And it's a high quality source. It also is kind of expensive. So I tend to use the Tera's Whey Goat Protein Powder myself.

So just to show you a couple of things if you're looking for sea vegetables in the store, Brad's makes a great combination of sea vegetables. Or if you're going to start to alkalize your system, you're going to be doing Himalayan pink salt on your food, which is going to be really helpful in alkalizing. You need more minerals as you're going through [00:31:00] this process. But I also wanted to point out that I loved the Himalayan black salt because it has a little bit of charcoal on it, and charcoal is going to bind to toxins and pull it out of the system and let food be thy medicine. If we can start to use this on a daily basis, that would help advance your program.

So that's a little bit of show and tell for tonight. And then let's just talk, I want to go back to showing you what the gut microbiome and [00:31:30] what we're back to our webinar here. I got to say I'm really proud of myself by navigating the technology of this. And now we're back to our presentation.

So I wanted to highlight this just so you can really think what's going on. There's so much happening inside your body. It's a beautiful thing how your body is taking care of you, and that is your liver. And the liver is the general of the body. So when we take care of the liver, we're going to take a huge burden off the thyroid [00:32:00] and off of the adrenal glands. So this week we're prepping to work on the gut microbiome, and we're prepping the liver for hormonal health in the journey ahead. Because when we can take care of the liver, the whole program we're strengthening this organ. We're cleansing and nourishing and strengthening the organ, the liver's going to produce cholesterol. And the liver is going to produce the right amount of cholesterol, and your body can then make your three key sex hormones from, [00:32:30] which are estrogen, testosterone and progesterone.

So we're really approaching this from all angles because we're taking care of what's happening with the adrenal glands, and we're taking care of what's going on with the pancreas and the thyroid. And then hopefully the liver can start to pick up for the rest of the hormonal system as Gut Thrive winds down for you.

There's your thyroid. This tiny little gland that regulates. It is the furnace and the thermostat [00:33:00] of the human body, and so if we can take care of the liver, then your blood circulation is going to be a lot better and the thyroid is going to get fed a lot easier.

So I just wanted you to see your beautiful adrenal glands just so you know where they are. These two tiny glands. They're no bigger than the size of a grape,

and if you put your hands on your mid back where your kidneys are, they sit right up there. And they are responsible for your life force. They are responsible for whether you snap at your kids [00:33:30] or your husband or your wife at night, whether you get upset when you're in traffic. They are responsible for how well that you sleep. They're responsible for so many different things. So I really want to help those who are in adrenal fatigue really start to pull out of adrenal fatigue as you go through this program.

And just so you can see them all together how the pancreas and the thyroid and the liver and the adrenals, they're all working on a hormonal level for you as you go [00:34:00] through this program. But we're also going to be working on the thymus. So if you were to tap right underneath on your chest, if you wake up in the morning and you tap right there, that's going to stimulate the thymus gland, which most people... It's involved in producing hormones. They see it as an endocrine gland, but it's so closely associated with your immune system. It trains and develops T cells, which are really an important white blood cell. So obviously as we build the immune system, [00:34:30] I just wanted you to get an idea. You can't separate an organ from a gland within the body. They all work systematically. They all work together, and it's really just that idea of focusing on the entire body. And we're really trying to prep the whole body as we go into this process.

So quick recap. I know you have a ton of questions. So what you're doing now, you are doing to slash inflammation before [00:35:00] you even go into Step One to slash inflammation. This week is about gently cleansing and boosting the liver and really emotionally learning how to take care of yourself and what has to go. When you start looking at your primary foods, do you have to cancel certain dinner dates with friends? Certain aspects of your social life. Maybe you can take on as many work projects. But this is 10 weeks, guys. This is 10 weeks. If you give it your all, life can be completely [00:35:30] different. So really look at this as a way to not just prep the body but to prep the mind and really how it is going to be for you these next 10 weeks.

We are cleansing the kidneys. The kidneys and the liver, they're a team. They've got to deal with the toxins. So we want to make sure that when we start letting go of these toxins within the body, that they're strong and they can handle it. That the blood has had a boost. That pH, we're at least giving foods that can alkalize your system. Deep [00:36:00] breathing can alkalize your system. Really, really important. It's like the tool that we don't use that has such a powerful effect on our health. We only have so many ways to detoxify. It's through the skin, through the valves, and through the breath. Take a deep breath throughout the day. When you're in your car, when you're in your traffic

and it makes a huge difference for your pH. We're anchoring the metabolism to support both the thyroid [00:36:30] and the adrenals.

So just to get you thinking about next week. Before we go into next week, I'm just giving you a prelude here before we jump into questions, look at your calendar. If you haven't already gotten familiar with the course, make sure you watch all the videos and the getting started module. Make sure you've read all the PDFs, and look at your calendar. Look at and see what Elizabeth shows you. Look at the outline of the entire program so you can wrap your brain around the program. [00:37:00] If you are going to be ordering broth, then you would go ahead and do that from Lance on Monday. Just know the timelines. There's not very many of them.

Your meal plans and shopping lists, you can poke around in there. Your recipes. And I'm going to go through them in heavy detail, foods, foods that work for you, foods that don't. We're going to dive into that next week, and I'm also going to bring my supplements, and I want you to have your supplements in front of you because I'm going to go into Phase One of the supplements [00:37:30] protocol and how you can customize it to you, especially if you are highly sensitive.