



Troubleshooting Q and A

Step 2: The Pathogen Purge – Part 1

1. My client/patient is on Plan S, completed the 4-day Bone Broth fast and is experiencing bloating and constipation during the pathogen purge.

When motility is slow, participants can experience symptoms of bloating, GERD, reflux, and constipation. SIBO interferes with the body's innate Migrating Motor Complex responsible for proper intestinal motility. Be sure to support your client's/patient's motility to ensure that they are having at least 1 bowel movement (preferably 2) daily. There are different options you can try to help regulate your client's bowel function.

First, be sure to have your client/patient do the neuro-sensory activator techniques, along with the other recommendations listed in the [constipation handout](#) in the program portal. This is very important, as there is likely an issue with the brain/gut-gut/brain communication.

Second, make some adjustments to the supplement protocol by having your client reduce the dose of Diatomaceous Earth-Medi-Clay combination by 50% for five days, until their bowels start moving again. You can also add in up to 800 mg [magnesium citrate](#) daily.

If your client/patient still does not see an improvement, you can try either of the following two supplements: [Iberogast](#) or Motility Activator. They will both stimulate motility but with different mechanisms; the Iberogast is a combination of many different herbs at a lower dose while the Motility Activator includes just ginger (gingerol) and artichoke leaf extract.

We recommend that your client/patient first try adding in [Motility Activator](#) (2 capsules at night). Additionally, have them add in some ginger and peppermint tea to act as a prokinetic between or with meals.

2. My client/patient is experiencing skin outbreaks, fatigue, and headaches while on the pathogen purge. What adjustments should I make to the supplement protocol?

What your client/patient is experiencing is normal, as this kind of reaction lets you know that things are shifting, and the body is beginning to take a new directive for healing. The detoxification has started, and this is good news! Note: the gut and the skin are sympatico because they both present an innately intelligent barrier between the external environment



and the interior body. Thus, a perceived threat by pathogenic species can cause them to release Lipopolysaccharides (LPS) which can temporarily get a sympathetic response with the skin. Leaky Gut can exacerbate this occurrence. The **Diatomaceous Earth-Medi-Clay** combination helps with this, and such flare-ups should soon dissipate as the G.I. tract improves. The following recommendations can help should this occur.

If the symptoms are aggravating to your client/patient, have them cut the supplement dosages in half. If the aggravation persists at half the dose, have them take a day or two off and then begin back at 1/4 of the dose. After 2-3 days, have your client test their limits and see if they can increase their dose again. Each person is different and it's fine to extend the pathogen purge for a few days (or even a week or two) if you are sensitive. We also recommend adding in the supplement **Inflammabox** by Ortho Molecular for headaches.

Additionally, be sure to have your client/patient support themselves with the following:

- salt and soda baths (2 lbs. salt, 2 lbs. baking soda in a tub of very warm water for 15 minutes, and should cause sweating) two to three times per week
- sweat for 15 minutes daily, preferably in an infrared sauna if they can get access to one. If not, encourage a regular sauna or a hot yoga class once a week
- replace electrolytes (bone broth and/or coconut water or add **Goodonya Hydrate** to water once daily)
- get some extra sleep
- drink plenty of water

Your client/patient may begin the detoxification support strategies in Step 2: The Pathogen Purge at any time to add to their comfort and to help their body detoxify better.

3. My client/patient came to the program with a history of chronic constipation. After taking one dose of the Sludgy Cocktail, she experienced severe constipation. What adjustments should I make to her supplement protocol?

We would recommend that your client/patient stop taking the Diatomaceous Earth and Medi-Clay and take 2 capsules of GI Support and Soothe with meals for 30 days.

To bring down the inflammation in her gut, we would recommend that your client/patient do one additional day of bone broth fasting (the option with food) and add in collagen, pink salt, and ghee to her broth and consume steamed vegetables with white fish or eggs. Then add in 2 ounces of **inner leaf aloe** twice daily for 3 days. Taking these steps, along with the extended use of GI Support and Soothe should help her to feel improvements.



4. My client/patient started experiencing a sudden metallic taste in his mouth after taking Advanced Microbial Support, ATAK, and Tai Ra Chi. What should I recommend?

A sudden metallic taste in the mouth is often indicative of heavy metal involvement as these supplements are breaking down candida biofilms and thus uncovering heavy metals (most notably mercury) in the body. We would recommend that your client/patient reduce the dosage of all three supplements by half. Ensure that your client/patient is also eating the program's cleansing pesto recipe and have him add in a high-quality chlorella supplement (1500 mg twice daily with or without food). These remedies will help your client/patient mobilize metals a bit easier. If this persists, write into our team and we will offer gentle chelators. Encourage your client to eat butter or ghee and liver (or liver pills) daily as higher Vitamin A will be needed to assist the body's innate processes to remove metals.

Be sure to review the program's detoxification techniques with your client/patient and have them do regular castor oil packs, coffee enemas, and salt flushes. Additionally, the Sludgy Cocktail (Diatomaceous Earth-Medi-Clay) will pull metals out of the body, but you must pace it with the amount of candida die off your client/patient experiences to ensure the candida only detoxes out of the body after the metals do. Let the metallic taste your client/patient experiences guide you in how aggressive or gentle to be with the Pathogen Purge supplements.

5. My client/patient is on Plan S and feels awful for 1-3 hours after he eats (carbs feel the worst). He is doing a modified bone broth fast with broth twice daily and a protein/fat meal at dinner. Is it necessary to continue the bone broth fast?

If carbohydrates are causing bacterial overgrowth (as indicated by your client's/patient's placement in Plan S), we would recommend that your client/patient increase his enzymes with meals, as they help with carbohydrate digestion. The bone broth fast will push the carb-responsive overgrowth down and then the pathogen purge will further reduce the bacterial overgrowth.

Reduction in carbs can impact "hypoglycemic" people and their blood sugar drops after eating, and their livers can struggle to assist maintaining blood glucose. This side effect is often short-lived as the body makes metabolic adjustments toward being less dependent on dietary sugar to make cellular energy (ATP).

This process can be supported via adding chromium to the supplement regimen. Provide encouragement that this is a temporary occurrence (bone broth fast) and that the GT5 program can help the body engage it's more optimal, innate, cellular metabolic processes.



Another concurrent approach you can take is to reduce whole food carbohydrate intake while adding in thyroid support in the form of Thyroid Plus glandular and then after the body stabilizes a bit, increase carbohydrates at a pace that works for the client's metabolism - adding 1 additional tablespoon of whole food carbohydrates per meal for 3 days, then 2 tablespoons for 3 days, then 4 tablespoons for 3 days and so on and so forth. This helps heal the broken metabolism as a result of a sluggish thyroid and dysregulated adrenal glands.

6. My client/patient is on Plan S with Hashimoto's and adrenal dysregulation. She did the bone broth fast and felt the best she had in weeks by day 4 but then started to feel extreme fatigue and bloating again. Is there any harm in having her go back on the bone broth fast?

We would recommend that your client/patient follow her body's lead. She may have "keto-adapted" and was using fat for energy or had some major relief from inflammatory foods. It's fine to continue the bone broth cleanse a few days longer as a bridge while you add in foods and train the body to use glucose for energy. We also recommend that she use bone broth as a staple food along with her chosen diet throughout the program. Add it to soups, sauces, stews, drinks, etc. and 4 Tablespoons to muscle meat (chicken, beef, etc) to make it easier to digest since Hashimoto's inherently indicates adrenal dysregulation, leaky gut, and metabolic issues.

7. My client/patient is still experiencing severe detoxification symptoms even after implementing several of the program's detox techniques. She experiences periods of feeling better as well as setbacks. How do I help my client/patient cope with this process and her concerns that she will never heal?

Healing is not a linear process and unfortunately, it is common to experience two steps forward and one step back. The reason your client/patient is experiencing concern and anxiety is that she/he has not addressed leaky gut at this stage of the program (the Pathogen Purge). This makes your client/patient "GAPS" reactive, (i.e. - the GI tract impacting mood, anxiety, etc.).

We recommend that you introduce leaky gut support during the Pathogen Purge. Specifically, adding in GI Support and Soothe (1 capsule with meals) and aloe vera gel (1 oz in 3 oz of water, twice daily) would likely be very supportive for your client/patient.

Another alternative is to add in a liver and kidney support protocol as we laid out above and not to move on until those channels of elimination have been opened and supported. Then reintroduce Pathogen Purge supplements at half the dose and gradually increase the dose as able.



8. My client is on Plan F with adrenal dysregulation and worried about constipation on the bone broth fast. What carbs can she eat besides ½ a green apple or ½ a sweet potato with vegetables and meat? Does she need a fiber supplement?

To avoid constipation on the bone broth fast, the supplement protocol includes Triphala at night. Your client/patient can include the following carbohydrates: 1/2 peeled and cooked apple, 1 peeled pear, 1/2 sweet potato or yam, 1/2 acorn squash with cinnamon and coconut oil, mashed parsnips, or plantains (or green bananas for resistant starch fiber, if it doesn't bloat them), and steamed vegetables. Soaked quinoa, wild rice, and amaranth are fine as well.

For fiber, if it does not bloat your client/patient, she may soak 2 Tbsp. of chia seeds in water overnight and then drink the whole thing down upon rising.

9. How often can someone do a pathogen purge? What symptoms would we observe to recommend another pathogen purge to a client/patient? How long is too long to be on an extended pathogen purge?

Some people, particularly SIBO cases, may need to extend or repeat a pathogen purge. Much of that issue depends upon diet and not necessarily the ineffectiveness of a pathogen purge. Because we're dealing with other life forms that have the same directive to adapt and survive, there can be layers of improvement, (i.e., - 60% the first time, 20% the second time) as each life form vies for its personal survival. If symptoms persist, another round may be warranted to better support the immune system's process of re-establishing the proper amount of probiotic species in the small intestines. If symptoms are reduced but not gone, then a repeat performance is often best done 4-6 months later, because the immune system needs some time to re-establish a new relationship.

We recommend that you transition your client/patient off of a pathogen purge after 40 days, since purging can be hard on the body.

10. How do I know if my client/patient has a histamine intolerance and should choose the alternate bone broth fast with Beiler's broth and green juice?

If your client/patient feels tired, anxious, and develops a headache when taking animal bone broth, it suggests a histamine intolerance as does itchy eyes or skin. In this case, a vegetable and green juice fast with lightly steamed vegetables would be better suited for your client/patient. You can melt 1 Tbsp. of coconut oil over the vegetables twice daily.

If your client/patient feels tired, anxious, and gets a headache when drinking bone broth, but they know they do NOT have a histamine intolerance, then have them hold off on doing the full



bone broth fast. Instead, have your client/patient start with 1 cup of bone broth daily until the headaches subside and then move into the full bone broth fast when it feels appropriate. This can be a symptom of detoxing and doing a bath or a foot soak with magnesium oil is highly suggested.

For cases of known histamine intolerance that is interfering with program-compliance, consider employing a DAO (diamine oxidase) supplement and Quercetin (500 mg, tid) to help reduce the G.I. histamine expression to a more optimal level.