



Troubleshooting Q and A

Step 2: The Pathogen Purge – Part 2

1. When should you do the salt flush in relation to the coffee enema? Is it ok to do a salt flush during the bone broth fast? Some clients experience more than 1 “woosh” - is that normal?

Coffee enemas should be done right after the saltwater flush. On days where your client/patient does both, we recommend that they drink the salt water, wait for an elimination, then do the coffee enema, and wait for another elimination. Ideally, we recommend that your client/patient do the saltwater flush first thing in the morning and then the coffee enema anytime before 3:00 PM. If this causes your client/patient to experience bloating or stomach pain, then have them only do one on that day and then alternate between the two.

People experience the salt flushes differently and some people have more than 1 or 2 “wooshes.” In these cases, we recommend that your client/patient try it again with slightly less salt. It's a matter of matching the saltwater concentration to the blood's specific gravity, and some people need tiny adjustments for optimal impact. On the first try, approximately 60% of people will get it right and have an enthusiastic evacuation and pass the entire quart of salt water right on out. The remaining 40% must try again and address the amount of salt, the mineral-concentration of the water used, and the amount of contents (food matter) in their intestines, which may interfere with success. It is best to do this on an empty stomach.

If your client/patient continues to have several wooshes after making these adjustments, then have them stop the salt flushes and focus on other detoxification techniques.

Salt flushes and coffee enemas can be done during the 4 Day Bone Broth Fast as long as your client/patient is feeling well.

2. My client/patient did the first coffee enema in the morning and experienced waves of stomach pain most of the day. Is that normal?

We would recommend that your client/patient use less coffee next time and drink bone broth immediately after and apply a castor oil pack. Waves of pain are not normal per se, but your



client is activating the Migrating Motor Complex, gut-brain/brain-gut connection, and shaking up her intestinal milieu and could experience a big liver and GI release very soon. If this happens again after 1 more enema, discontinue them and consider using 4-6 ounces of wheat grass juice in the enema bucket instead. Your client's/patient's leaky gut may be quite advanced and the coffee could be irritating to the gut lining. The wheat grass juice will be soothing as well as detoxifying.

3. My client/patient is having difficulty closing the ileocecal valve and holds the spot for at least 10 minutes, until her fingers cramp. How long do you press into that spot in order to experience a release from the pain?

The process of closing the ileocecal valve should not hurt your client's/patient's fingers and they should not need to press down that hard or for that length of time to experience a release in pain. The entire process should take approximately 30 seconds. Further there should not be any bruising (a sign of pressing too hard.)

Be sure to review the instructional handout in the program portal with your client/patient so that they understand the specific process. You may also recommend that your client/patient apply a hot water bottle or heating pad to the area for a few minutes first and then use a circular motion to apply moderate pressure (as if you are massaging the area). The pain should begin to subside to some degree, but it may take several days of doing this procedure before your client/patient experiences an improvement.

Chiropractors are often trained in manually closing the ileocecal valve and a referral to a chiropractor can provide additional support.

4. Is it still beneficial for my client/patient to do detox baths if they do not have a shower or bath filter?

Your client/patient will still experience therapeutic benefits from doing the detox baths if they do not have a filtration system. You may recommend that your client/patient purchase a bath ball filter that they can place in their bathtub to help purify the water. They are significantly less expensive than installing an entire water filtration system. We recommend doing detox baths 2-3 times per week during the program.

Note: The Epsom Salts, added to the bath water, automatically helps remove the undesirable chlorine and miscellaneous chemicals that are in municipal tap water.



5. Can my client/patient do oil pulling at night instead of before breakfast?

Yes, it is fine to do **oil pulling** at night instead of in the morning if that is more convenient for your client/patient. It is ok to do it at night either before or after brushing your teeth and scraping your tongue. Doing oil pulling at night will likely help your client/patient sleep better.

6. My client/patient has TMJ and cannot do oil pulling. Is the TMJ related to digestive problems? Is there an alternative to oil pulling in this situation?

Absolutely. Often, TMJ can be an indication of intestinal fungus, worms, or protozoa, particularly if your client/patient wakes up multiple times throughout the night or has trouble falling asleep. (These pathogens are more active at night.) TMJ can also be stress related. Be sure to check in with your client to help determine if there is something going on in their personal life or inner world that is not being communicated, expiated, or expressed. If appropriate, you may recommend that your client journal, write, or talk to someone as well as wear a night guard.

If your client/patient cannot do oil pulling, we recommend that they use a **water pick** (dental irrigation device) and add 1 teaspoon of hydrogen peroxide to it 2-3x/week or gargle with it.

7. My client/patient has extreme fatigue and insomnia that was initially helped by taking a high potency probiotic. What should I recommend to help address this insomnia?

Be sure to review the **Sleep Tips handout** with your client/patient to ensure that they are creating a **healthy sleep routine and environment**. In addition, you may recommend that your client/patient take 100-200 mg of **phosphatidylserine**, which will bind to high cortisol in the body and reduce it.

As you guide your client/patient through the pathogen purge and into the reseed phase, their sleep pattern will likely improve naturally, as the body's ability to use serotonin and convert it into melatonin should be restored. Additionally, the program dietary protocol is targeted to the adrenals and having your clients/patients consume 30g of protein within 1 hour of waking will have a great effect on their sleep.

If a high potency probiotic previously worked for your client/patient, it indicates that the insomnia is primarily caused by a gut infection likely due to gut dysbiosis. The **high-potency**



probiotics we use in the program, coupled with our 5-Step clinical strategy, should provide lasting, long-term sleep regulation.

8. The supplement protocol calls for taking the Sludgy Cocktail (Diatomaceous Earth and Medi-Clay) at night. What should I suggest for clients/patients with significant sleep issues who take additional sleep-related supplements before bed?

For clients/patients with major sleep issues, we recommend that they either (1) take any additional sleep supplements 45 minutes before drinking the Sludgy Cocktail Clay/Earth (the sleep supplements will have kicked in) or (2) drink the Sludgy Cocktail first thing in the morning away from other supplements.

9. Can my clients/patients exercise while doing the program?

Yes. We highly encourage your clients/patients to exercise while on the program. Using the clinical information you obtain from the initial and periodic assessments, you should be able to help them determine the form and frequency of exercise that is optimal for them. Generally, if exercise leaves your clients/patients exhausted, shaking, or feeling worse, it is an indication that it is too stressful at this point in time. Conversely, if it makes your clients/patients feel good or neutral, it is fine to continue. Exercise is especially important during the pathogen purge, and we suggest that participants walk at least 1-2 miles/day and do some kind of yoga or stretching. Be sure to help your clients/patients learn to listen to their body and not push themselves beyond their limits.

10. My client/patient has a thick white coating on the tongue that has not resolved during the Pathogen Purge. What should I recommend?

We recommend that your client/patient use both Tongue Scraping and Oil Pulling in order to address the white coating on the tongue. You may also recommend that she/he add 2-3 drops of Oil of Oregano to the coconut or sesame oil prior to oil pulling for additional support. At this time, she/he is still purging, and the strategy shifts in Step 3 so by Step 4, the white coating should disappear. Write into our team if it doesn't and we will suggest several of the Pathogen Purge supplements for 3-6 weeks to continue the job without hurting the good bacteria that has been planted and is terraforming.