



Troubleshooting Q and A

Step 3: Reseeding and Healing Leaky Gut

1. How do I know if my client/patient should extend their pathogen purge, move on to Step 3 (reseed), or both?

This depends mostly on the supplement dosages your client/patient took during Step 2 and how they are feeling. Here are some general guidelines:

- If your client/patient has been taking a ¼ dose of the Pathogen Purge supplements for the last four weeks, then you should have them continue to do so for the next four weeks AND also move them into Step 3 to start reseed and healing the leaky gut, taking the Step 3 supplements at the same time. You will not kill the good bugs with the low dose of path purge supplements, and even risk "microbial adaptation, aka resistance" to the herbs if the dosage does not ascend to the recommended amount. If there is a suspected sensitivity to one of the herbal ingredients, seek a substitute that is better tolerated.
- If your client/patient has been taking a ½ dose of the Pathogen Purge supplements for the last four weeks, then you should have them take ¼ dose for the next four weeks AND also have them move into Step 3 and start taking the Reseeding supplements at the same time.
- If your client/patient has been taking the full dose of the Pathogen Purge supplements for the last four weeks, then you should move into Step 3 and start taking the Reseeding supplements as directed.

2. My client/patient is still experiencing constipation and bloating in the reseed phase. What do I recommend?

If your client/patient is still experiencing constipation or bloating during the reseed phase, you may have them continue to do one salt flush/coffee enema per week and to use the



Triphala during the Reseeding Phase. However, have them use the **MBC**-implanted enema, so that we can keep the good bacteria exactly where we want it.

We also recommend that your client/patient not do enemas/colonics at least in week two of the reseeded phase, and instead use fiber, **aloe**, and **Triphala** (or have them add probiotics to their enema/colonic). This is because we are reseeded in this phase, which involves adding fiber to feed the good bugs, and getting peristalsis going naturally.

We also recommend that you have your client/patient order the neurological supplements, **Neurosyn** and **Calm**, to re-activate the brain-gut connection, so that the brain contributes to motility again. They should take the place of prokinetics (drugs to increase motility) and be more effective by addressing the root cause of slow motility with side effects of better sleep and moods, as well as faster hormonal balance.

Note: the bloating response, if it generates belching and flatus, points to high levels of carbohydrate-using microbes such as firmicutes. Bloating without belching/flatus is often a brain-gut-immune reaction which will improve in time as the body "terraforms" a healthier intestinal terrain. Thus, small bloating may not need to be addressed and will send messages to the brain to self-correct this instinctive, self-regulatory process in favor of a new process that precludes bloating.

3. My client/patient is on Plan P and is still seeing worms into reseeded. Is there any additional protocol they should follow?

The majority of "worms" that people "see" in the stool are not actually worms such as roundworms, tapeworms, etc. They are something called "rope worms" which are not a species of worm, but a bunch of biofilms encased in intestinal lining which passes in the stool in long strings. Have the person photograph such "worms" and look for segments, and especially a head. Rope worms do not look like tapeworms (segments) or roundworms (have a head.) Rope worms often occur as the body releases old, damaged intestinal lining and removes pathogenic biofilms due to the intestinal cleansing advantage presented in the GT5 program.

The body will stop presenting rope worms when the Plan shifts toward soothing and rebuilding support for the intestinal lining. Should a "real worm" be photographed and confirmed, simply extend the pathogen purge and increase the dosage to make a "clean sweep" of their presence.



If your client/patient still sees worms in their stool when in the reseeded phase, you can have them opt to take additional **VRM1** and **VRM3** at 3 capsules each, once daily for 10 days. Do this concurrently with the rest of the program.

This should resolve the issue for the majority of participants, but if there is an unusual case and the worms may have been present for some years, it may be necessary to run through that cycle with a 5-day break in between, each 10-day cycle. Have your client wait to do the HCl challenge until the 10-day VRM course is finished. (NOTE: This protocol can also be used outside the program if you suspect your client or patient may have picked up worms and/or other parasites (i.e., while traveling or from eating sushi, etc).

4. How do I know my client/patient is ready to add fermented foods on Plan F?

Most, but not all, Plan F participants will be able to add in at least a small amount of fermented foods. You will be able to tell by your client's/patient's response to these foods. If it is too soon to reintroduce ferments, they will cause negative symptoms, such as gas and bloating.

Candida can linger after the pathogen purge as they can employ biofilms and have many permutations and survival skills. However, the Phase 3 supplement protocol addresses this and by changing the terrain, it sets the foundation for having immunological control of candida.

When reintroducing ferments with Plan F clients/patients, we recommend starting with 1 tsp. of a fermented food, (i.e., raw organic sauerkraut, some fermented celery, or a bit of raw organic fermented pickle). If that works, then have your client/patient increase gradually to where they are using a 1 Tbsp. This will be providing trillions of lactobacilli species to serve as transient, lactic acid-producing, pathogen-herding, probiotic species-colonizing benefits.

5. Should my Plan S client/patient move into the Reseeding Phase even though they are experiencing constipation that requires a daily intervention, such as aloe vera, triphala, ghee water, or coffee enemas?

Yes, we would recommend that your client move into Step 3 (reseeded), as the lack of biodiversity in their colon could be the underlying cause of their constipation. Continue the interventions you listed and add in Smooth Move tea 3 nights in a row before your client begins Step 3.

Note: continued constipation during the Plan S program may be due to:



- **HCl deficiency**
- Pancreatic insufficiency (low pancreatic enzymes introduced by the pancreas into the small intestines)
- Bile insufficiency.

Thus, pancreatic support (Pancreatin) and bile support such as Artichoke Leaf is warranted, as is assurance that the Neuro-Activation exercise is done for full impact.

6. My client/patient is beginning the Reseeding Phase and experiencing an extreme flare in his eczema as well as hives and he has had to take antihistamines to alleviate his symptoms. What should I recommend?

Your client's/patient's body is waking up underlying genetic directives and epigenetic processes which can sometimes come on like "wildfire" while they are working themselves out. We recommend that your client/patient do salt and soda detox baths daily and apply **calendula** cream topically. Hot and cold shower therapy can also be supportive by improving circulation if your client/patient can tolerate it. You may also suggest adding in **Quercetin**, **D-Hist**, or **Hista-EZE** to help reduce the histamine reactions your client/patient is experiencing.

Note: this is fundamentally a "too much, too soon" situation for a hyper-sensitive person. Reducing the dosage of any probiotics can allow more time to acclimatize. Overly sensitive people may require a probiotic of non-histamine-producing species as a prerequisite before using the designated probiotic.

7. My client/patient takes medication at night and moved the Sludgy cocktail to the morning. Should she take the Sludgy cocktail, then eat breakfast, and then take supplements in between meals or take the Sludgy cocktail in between meals?

If a medication has to be taken right before bed, then the rule is to not take it with the **Medi-Clay/Diatomaceous Earth** combo (Sludgy Cocktail). So, if your client/patient is moving that to another time a day, just have them find a space for it away from food. It will then mosey down the pipe and grab up heavy metals, molds, neurotoxins, and chemicals on its sojourn. So, we recommend that your client/patient take supplements first, let the body absorb them, and then send the clay/earth along after to mop up about an hour to 90 minutes later. This is also a great strategy to use when eating out by following up meals with clay and **Chlorella** to deal with whatever chemicals, hormones, or other toxins you may ingest.



8. My client/patient is on Plan F and often wakes up in the middle of the night between 1:00 AM and 4:00 AM and has a hard time going back to sleep. What should I recommend to help regulate her/his sleep?

As your client/patient goes through Gut Thrive and eliminates pathogens, this can put an additional burden on the body's innate detoxification processes, raise stress hormones, and interfere with sleep. Thus, their sleep patterns may change. Having trouble falling or staying asleep and waking between 1:00 and 4:00 is indicative of an adrenal issue and an inability to regulate cortisol. We recommend having your client/patient add 2 capsules of the supplement **Phosphatidylserine (PS Plus)** before bed, which blunts the cortisol response, reduces stress hormones, and supports sleep through the night. You may also consider adding in **adaptogenic herbs**, such as **ashwagandha** and **rhodiola** for additional adrenal support.

Additional "leaky gut and drainage support" may provide a viable solution if this issue is based on "leaky gut = leaky brain or based on the additional work by the liver.

The program's dietary protocol is also targeted to support the adrenals and having 30g of protein within 1 hour of waking will have a great effect on sleep. Also be sure to review the **Sleep Tips Handout** with your client/patient to be sure they have good sleep hygiene and create an environment conducive to restful sleep (e.g., consistent sleep times, elimination of electronic devices 2 hours before bed, etc.).

Both of you should watch this sleep show on **Circadian Rhythm** and have your client or patient start implementing other strategies included here. If your client/patient experienced bloating with 1 capsule of Terra Flora, have them stop it for 3 days and then resume at half the dose. You are looking to find your client's/patient's *starting* dose. If bloating occurs again, have them stop for another 3 days and then start at 1/4 capsule. Let them know this is part of the process, albeit uncomfortable but it does not mean it's not working. It means their body has to tell them what it's ready for.

9. My client/patient is on Plan S and supposed to be taking Terra Flora, however, after the first capsule, she experienced extreme bloating. Should she take the second dose if her bloating has not subsided after three days?

If they are still experiencing the bloating from just the tiny dose, then have them stop the Terra Flora altogether and add in **Berb-Evail** at 400 mg three times a day for 21 days, away from food. Then re-start the Terra Flora at 1/10th the dose and increase as able.



10. How long is it beneficial to do a colonic or enema (coffee or probiotic) beyond Step 3 (reseeding) Are colonics contraindicated for people with adrenal dysregulation?

Doing a weekly salt flush and/or enema is fine to do during the reseeding phase and then it is suggested that your clients/patients stop so their bodies can heal and stimulate their own peristalsis. At this stage of the program, it is beneficial to implant organic wheat grass juice and probiotics to heal the gut lining rather than coffee to cleanse the liver. However, there is nothing wrong with doing one coffee enema per week ongoing to support the liver. More than that is contraindicated.

Keep in mind that in the reseeding phase, your clients/patients will get more bang for their colonic buck if they use the probiotic implant. Implanting 4 oz of organic wheat grass juice is “extra credit” to heal the gut lining. It must be juiced right before the colonic to be effective (in case they have a juice bar nearby). For people with adrenal issues, deep cleansing in the form of colonics can stress the body. These clients/patients may benefit from supplementing with NAC, Vitamin C, and magnesium or doing IVs that include these things plus B Vitamins and glutathione. If your clients/patients do not get traction with constipation by the time they finish the HCl challenge in Step 4, it might be time to re-engage the brain in autonomic function with the neurological supplements, Neurosyn and Calm.