



Troubleshooting Q and A

Step 4: Terraforming

1. My client/patient is on Plan S and starting the terraforming phase. She is complaining of chronic belching, which is worse after she eats and causes her to have to lie on her left side after eating. Although the Pathogen Purge and Reseeding Phases helped take her sugar cravings away, they did not help with the belching. What should I recommend?

Building good stomach acid will be crucial for your client/patient at this point, which is what you will do as you guide her through the HCl challenge. If the belching does not resolve after the HCl challenge, you may consider running some lab work, such as the **GI Map test**, to look for H. Pylori, as she could have several gut infections at once. However, a simple addition of **Matula tea** or **Thorne's Pepti-Guard™** should knock it out and have her still reaping the benefits of the Gut Thrive program.

We recommend having your client start her day with 1 tablespoon of raw apple cider vinegar in 16 oz. of room temperature water. Because she is on Plan S, she may also be experiencing an open ileocecal valve, so be sure to watch the video where we show you how to close it and teach your client/patient how to implement that practice daily for 7-10 days concurrently with the HCl challenge.

2. My client/patient is on Plan F and still experiencing candida symptoms. Should he continue to use Medi-Clay/Diatomaceous Earth to address the remaining candida?

At this point in the program, it is better for your client/patient to take **Colostrum**, **probiotics**, and **Pau D'Arco tea** and then let the Terraforming do the rest. The power of this program lies in its gentleness and its ability to give power back to the body to do what it needs to in order to heal, build, and thrive and we don't want to go backwards. Make sure to also look into the emotional roots of candida overgrowth and start employing other modalities like **The Emotion Code** or The Emotional Freedom Technique.

Note: Not every "candida symptom" is candida. There are numerous other causes and contributors, so a more thorough investigation is warranted.



3. My client/patient is on Plan S and is still experiencing gas, constipation, and skin rashes in Step 4. What should I recommend?

If your client/patient is still experiencing these issues, be sure to watch the Step 4 How to Implement webinar, as WellnessWiz Jack Tips [Ph.D., C.C.N. C.Hom] explains in detail what is happening in your client's body at this stage in the program. We recommend that you have your client/patient take the following steps:

- Decrease their Terra Flora dosage by 50% or more
- Make sure they stay hydrated by increasing fluid intake by about 25%. In order to help with skin issues, hydration is key to move the lymph fluid. You may also have them try lymphatic massage and dry skin brushing. If electromagnetic lymph detox is offering in their area, have them try that. It's usually followed by a colonic so the toxic lymph fluid can immediately leave the body.
- Have them continue to take 1 **Oil of Oregano** capsule daily for 30-60 days
- Give it time and encourage your client/patient to be patient for the next 30-90 days, as they are making big shifts at the cellular level.

4. My client/patient is on Plan S and is 1 week into the HCl challenge and adding in fermented foods and fiber. She is experiencing constipation, a rumbling stomach, and foul-smelling gas that starts mid to late afternoon and lasts all evening. Should I have waited to move my client/patient into Step 4?

This usually happens when your client/patient is still experiencing bacterial die-off due to too much challenge from fermented foods. We recommend having your client/patient wait to add fermented foods until AFTER they complete the HCl challenge and then add them back in SLOWLY, like ½ teaspoon of ferments at a time. Also have them continue taking 1 **Oil of Oregano** capsule daily for 30-60 days. They should also continue with an **MBC** enema, if well tolerated, as it is ok to do them concurrently with the HCl challenge.

Note: if the foul stool smells like rotten eggs, there may be too many hydrogen-producing bacteria. Thus, dose with oregano oil, or employ Grapefruit Seed Extract or Neem, to "ride herd" on those unwanted species as you move the GT5 strategy forward.

To address the constipation, be sure to have your client/patient do the neuro-activation exercises included in the constipation handout and consider adding in the supplements, **Neurosyn** and **CALM** to help reestablish the gut-brain connection.



5. My client/patient is on Plan S and is stepping down on the HCl challenge after reaching 14 capsules. He is now experiencing digestive distress, most notably beige-colored stools. He stopped the castor oil packs and coffee enemas after Step 2. Should he start these again? What other modifications should I make to his protocol?

Typically, the change in stool color indicates inadequate bile production or potentially a B12 or iron deficiency. If your client/patient eats high-quality red meat a few times a week, then it is unlikely that he is experiencing an iron deficiency, especially since he is male and is taking the Desiccated Liver as part of the program's supplement protocol.

We recommend having him or her take one additional bottle of MoRS to provide the B12 he needs as well as to keep his detoxification pathways open. This can be taken at 1 capsule, twice daily with or without food until the bottle is finished. Also have him reduce his fat intake by half for 21 days to remove the stress from the liver/gallbladder. Both of these steps will result in better bile flow.

If your client/patient does not experience relief within 7 days of taking both actions, he may do 1 coffee enema per week for 3 weeks and add in an ox bile supplement.

As for the HCl Challenge, your client/patient can stop it and instead take 1 capsule of Digestive Enzymes per meal for 21 days. It's a good idea to always have these on hand in your office as you can use for a wide array of issues. The ox bile in the enzymes will help a lot. Also have them add in the apple cider vinegar to their water and the ginger pickle once daily for 30 days.

6. My client/patient is doing the HCl challenge and took 1 capsule with her meal and felt a burning sensation. The following day she ½ a capsule 20 minutes before lunch and never felt a burning sensation. Does that mean that she should continue to take ½ capsule with large meals?

If your client/patient felt a burning sensation after 1 capsule, there is no need for her to continue the HCl challenge or titrate off the HCl supplement. The burning sensation she experienced after taking 1 capsule indicates that her HCl levels are sufficient and she can maintain these levels by using the Ginger Pickle and apple cider vinegar 2-3 times per week, as outlined in the HCl challenge handout.



7. My client/patient is on Plan P and finished the pathogen purge feeling better than he had in years. Now, after completing the HCl challenge and introducing probiotics, he is experiencing a resurgence of symptoms, including bloating, skin rashes, intestinal spasms, and food sensitivities.

The bloating may be due to the probiotics or the flax/chia seeds. We recommend having your client/patient reduce his MBC dose to 1 capsule before breakfast **WITHOUT** the flax/chia seeds. If this helps reduce or resolve his symptoms, wait an additional 2-3 days and then have him try adding in the flax/chia seeds.

The goal is for your client/patient to eventually work up to the higher dose of **MBC** with the flax/chia seeds. He may just need to work up to this slowly, so use your clinical judgement in guiding him.

Accounting for the time duration between completing the pathogen purge phase and the HCl Challenge, and the presence of anti-parasitic agents throughout the program; we must consider the unlikely, but possible scenario of resurgence of parasites (e.g., the slight possibility of embedded (not eliminated) eggs hatching since the mother worm is no longer present to release "anti-hatching" toxins). So, consider using the **VRM-1** (3 capsules, bid, for two weeks) for insurance.

8. What exactly does the “burn” feel like when doing the HCl challenge. Should my client/patient feel it before the meal or after the meal?

The "burn" or "warming sensation" may come at any point 20 minutes (or sooner) after taking the HCl with your heaviest meal. Typically, people will only feel the burn the first initial time at the highest dose (but this can be unique to each person). You can have your client/patient try reducing the **HCl supplement** by 1 capsule and compare what they experience at the lower dose.



9. My client/patient is doing the HCl challenge and is taking 7 capsules with no burning sensation. However, she has rosacea and is experiencing a burning sensation on her face along with red bumps. Is she reacting to the HCl or is she feeling the burning sensation in her face instead of her stomach?

Because the symptoms your client/patient is experiencing could be a reaction to the HCl, we recommend that she stop the HCl challenge and instead take **Digestive Enzymes** for 3 days. The skin may be representing “her upper limit” on supplementing with HCl. Thus, do not have her increase her HCl dosage, but instead, have her take a break and then try again at half the dosage. If she tolerates the lower dosage, have her proceed with titrating down as detailed in the HCl protocol handout. Low stomach acid is often associated with rosacea, so in this case, the rapid introduction of HCl might be a big change for your client’s/patient’s system and the aggravation is demonstrating the upper limit of what your client/patient should take.

10. Do participants stop taking all supplements when completing the reseeded phase? Is this considered the two week break before starting the transition supplements? Do we continue with the detoxification support methods (i.e., detox baths, castor oil packs, etc.).

Generally, we recommend that your clients/patients take a two-week break from the Gut Thrive supplements after they finish Step 4 (reseeded). One exception to this would be the Desiccated Liver. If your client/patient finds it helpful, it is fine to continue taking it during this time, since it is derived from a food source and is not a concentrated supplement.

Detoxification support is not necessary during the reseeded phase, but your clients/patients are welcome to add some of these practices into their daily life. Reseeding is a good time to introduce them to our **Whole Daily Multi** which is loaded with higher amounts of micronutrients to support the thyroid and adrenals. Couple this with our **High Potency Fish Oil** to keep their inflammation set point low and this will support their terraforming phase quite well.