

## Troubleshooting Q and A

### Getting Started Module

#### 1. My client/patient is unsure how to answer some of the questions on the assessment and is afraid of being placed into an “incorrect plan.”

The assessment is designed to capture a snapshot of your client’s/patient’s current state of health. With 180 questions, it is incredibly comprehensive and collects specific information from several different vantage points. It is designed to place your client/patient into one of the four program plans that best suits his or her microbiome challenges taking past history, genetics, and current symptomatology into account. **It is not diagnosing your client/patient with a specific condition.**

You can use a previous medical diagnosis, what you discover on their health intake form, or lab work they provide you or that you run for them. We will give you guidance on **lab work** throughout the program, both how to interpret it as well as how to run it if that is something you are looking to do.

Also, keep in mind that the most common pathogens are addressed by all four plans.

The assessment is quite extensive and detailed, and can be overwhelming for some people, so we encourage you to offer your client/patient a few suggestions for taking the assessment:

- Take it at a time when you can focus on one task and complete the assessment all the way through. They will need 30-40 minutes to take it.
- Have them go with their gut instinct (no pun intended) when answering questions without overthinking it.
- Encourage them to trust the process and know that each plan addresses foundational gut health and will support their Gut Thrive process.



## 2. My client/patient took the assessment more than once and got different results.

To get different results, the client/patient must assign different values to the answers. The algorithm is exquisitely accurate and can differentiate even small changes. But rest assured, all four programs are designed to arrive at the same destination. The program plan differentiations provide a competitive edge to the ease of results. A key rule of thumb is "if Plan S is one of the contenders, go with Plan S." Otherwise, it is likely that the first scoring is the one to employ. While they can technically take the assessment multiple times (as long as you use a different email address, as the system overrides the prior results), it is not recommended to do so. If your client/patient changed his or her answers when retaking the test, then it is possible that they will be placed into a different plan. If that's the case, use your clinical judgement including any lab work they provided to you, their symptoms, and their intake/health history they've shared with you to determine which plan is most appropriate for them.

If your client/patient is trying to use the assessment tool as a measure of progress, we suggest that they instead use the **"Wheel of Symptoms"** as that is what it is intended for. This tool can be found in the "Getting Started" module and will be a much better method to assess your client's progress.

## 3. Can my client/patient continue taking his or her own supplements?

Yes, with some exceptions. It is wise for your clients/patients to fill in nutritional deficiencies that will help them feel better during the Gut Thrive in 5 process. Participants may continue taking vitamins, such as **fish oil**, Vitamin C, Vitamin D3, minerals, and B vitamins or a multi.

We just do not want your clients/patients taking any additional enzymes, probiotics, fibers, or anti-pathogenic herbs, as each of those four categories of supplements may interfere with the precise Gut Thrive process.

We recommend that you have your clients/patients bring in all of their supplements to your session and compare the ingredients with those in the Gut Thrive program, and if they duplicate each other, put them aside until the program is over. This is to avoid them over-supplementing or attempting to use old, outdated products, products of different potency, or inferior substitutes.

Also, keep in mind that we include **Desiccated Liver** in our protocol which is high in most of the B vitamins as well as Vitamin A, so your client/patient should be able to at least cut his or her dose of B vitamins in half while taking the Desiccated Liver. We also include a methylation support supplement during the Pathogen Purge that includes methylfolate and methylcobalamin (B12). Therefore, your client/patient can further decrease his or her dose of B vitamins while taking that product.



We will cover specific questions that come up in your case studies in the Q&A webinars. It's a good idea to bring specific supplement questions from real clients/patients to these webinars.

#### **4. My client/patient is currently taking prescription medications. Is it safe for them to complete the Gut Thrive in 5 Program?**

Yes. The Gut Thrive in 5 supplement protocol is gentle and does not have any contraindications with prescription medications. We would recommend that your clients/patients take all supplements away from their medications and that they also inform their prescribing practitioner of what they are taking as part of the Gut Thrive protocol. It can also be helpful to run lab work after the program is completed to see if any medication adjustments need to be made. We have found that program participants are often able to drastically reduce or eliminate certain medications (on the advice of their prescribing practitioner) after completing the program like medications for thyroid, sleep, anxiety, depression, as well as anti-inflammatories and digestive support medications.

If your clients/patients are on thyroid medication, be sure that they do not take any of the supplements within 45 minutes of taking their thyroid medications. And note that as the gut and immune system heal, the thyroid gains great functional traction so the thyroid should be rechecked after the protocol and any medications should be adjusted by their doctor if need be.

Nothing should be taken with the Sludgy Cocktail (Diatomaceous Earth and Bentonite Clay) as it will bind to the medication and reduce or eliminate it's efficacy. This is important, so ensure that prescriptions and other supplements are taken away from the Sludgy Cocktail by 45 minutes.

#### **5. My client/patient started doing castor oil packs during Prep week and is experiencing stomach pains and gas. Is this normal? Should they continue doing the castor oil packs throughout the week?**

Your client/patient may be experiencing a detoxification effect and may try another castor oil pack in the next few days. To slow the detoxification effect, we would recommend that your client/patient use less oil (e.g., 1 tablespoon instead of 2 tablespoons) and do it for only 10 minutes or  $\frac{1}{4}$  of the time they did the last one. They can work up from there. Once no symptoms are present, double the time and increase the amount of oil by half, and so on and so forth. Let the wisdom of their bodies set the pace. However, it is atypical for people to have trouble with castor oil packs.



## 6. My client/patient is currently taking antidepressants. Is it safe for them to participate in the Gut Thrive in 5 Program?

Yes, it should be fine for your client/patient to take prescribed antidepressants while on the program. However, you will want to have your client/patient consult with their prescribing practitioner about halfway through the program and again after the program is completed. Because the program works to re-establish the gut-brain connection, we often find that invigoration plus the replenishment of neurotransmitters may require a lower dose or even no medication at all. Of course, your client/patient must make that decision in consultation with his or her prescribing practitioner.

Again, just be sure that your clients/patients take their medications *away* from the Gut Thrive supplements, especially the **Medi-Clay** and **Diatomaceous Earth**. Both are an essential part of breaking up biofilms, so we can get to pathogens, but they will also render medications taken with them less effective.

As 80% of our serotonin is made in our gut, your client/patient should experience a lift in depression because of this program, especially if they have the MTHFR genetic mutation and you help them open up their detoxification pathways with our protocol.

Those with depression/anxiety are highly recommended to do the Neurological Tract in Step 3 and to take the supplements **Neurosyn** and **CALM** as they are highly effective at root cause healing of the brain and neurological system. Neurosyn is designed to support normal cognitive processes and Calm is designed to support the body's natural neurotransmitter balance.

## 7. When is the best time for clients/patients to do urine and saliva pH testing? What should I recommend if my client/patient experiences a low pH reading? Is it ok if my client wants to drink baking soda and water?

Generally, it is best for your client/patient to take the first **urine pH** test anytime they have to urinate after 5 AM (or the equivalent if they work nights) as the first urine's pH is cumulative of the metabolic acids collected overnight. Do not be alarmed with a low pH reading as that is what you will be working to balance with your clients/patients throughout the program. Be sure to check and make sure that your clients/patients are not drinking lemon water prior to testing, as that will change the test results. Although lemon is an acid, when mixed with human biochemistry, it works to alkalize the system and helps flush acidic waste from the body. (This is why your clients'/patients' urine is more acidic after drinking lemon water.) On the mornings your clients/patients test pH, it is better that they skip the lemon water to get a more accurate pH reading.



We do not recommend that your clients/patients drink baking soda water, as we prefer that you not add any additional “supplementation” while on the program. Also, you will find that many of your clients/patients fall into Plan S as we’re having a trend toward more SIBO that is actually a metabolic issue related to thyroid health and drinking baking soda in water can contribute to metabolic alkalosis, especially in highly sensitive individuals. Alternatively, we recommend that you review the “[Food Effects on Acid-Alkaline Body Chemistry](#)” handout with your client/patient and have them select pH-balancing foods to incorporate into their diet. Food as medicine will always be our first rule of thumb.

Some small changes that you can recommend include:

- Using lime in water, which is more alkalizing than lemon
- Eating an abundance of garlic (unless your client is in Plan S and reacts to it)
- Increasing consumption of green leafy vegetables to at least 2 servings per day
- Drink up to 1-16 ounce green juice per day
- Incorporate sea vegetables, pumpkin seeds, and ginger into the diet
- Add 2-4 ounces of [inner leaf aloe vera](#) juice to water once or twice a day in between meals
- Incorporate [deep breathing](#) daily as the breath will trigger the parasympathetic nervous system response, which will stop the stress response and help create and maintain pH balance with greater ease.

While pH testing can be a valuable tool, do not get too caught up in using the [PH test strips](#) to know whether your client’s/patient’s body is alkaline or acidic. This type of “micro-management” is often futile due to the time-lag in cellular response and can actually work against the body's innate pH rhythms. We have recently learned that when you’re acidic, you will eliminate alkaline minerals in your urine and saliva (likely due to stress and pulling minerals from the bones to donate them to the blood to maintain a very narrow pH). We will help you navigate this in real-time on the webinars based upon what happens with your clients/patients as you start to test them as it will be best for you to learn about how to navigate this person-by-person since individuals vary so much. We want the GT5 strategy and methods to become your skill so you are supporting the individual, not the lab work. In these cases, a three- or five-day average will be recommended.

## **8. My client/patient must take antibiotics during the program. How should I proceed with the program protocol?**

Do not worry if your client/patient must take antibiotics during the program. Sometimes they are necessary, and it will not hinder their progress if you take the following extra steps.



Assuming it is a short course of antibiotics, we would recommend that your client finish taking the medication *prior* to beginning Step 2 in the program (the Pathogen Purge), so you will want to delay moving your client into Step Two and keep them in Step 1 until they finish the medication. If they are already in Step 2, stop the GT5 process and administer the protocol below and then begin again 7-10 days after the antibiotics are finished.

To counteract the probiotics, we generally recommend that your client take 1 high dose probiotic such as **MBC 100B** or at least Probiotic 50B (50 billion CFU's per capsule) 2-4 hours after each antibiotic dose and then stay on 2 high-dose probiotics/day for 2-3 weeks afterward. Also, have your client take 1 **GI Support and Soothe** per meal for 21 days, or until they begin Step Two.

Once your client starts Step 2, be sure to have them add in *Saccharomyces Boulardii* (positive yeast) before breakfast (30 min away from food). ***Saccharomyces Boulardii*** is listed in the protocol chart as optional, but we recommend that your client take it for the remainder of the program to help combat the pathogenic overgrowth effects of the antibiotic. They can just stop when they finish the bottle. Note: This does not apply if your client is on **Plan S**. They will skip the *saccharomyces boulardii* and MBC and use Terra Flora to recolonize their gut.

## 9. How do I adjust supplement protocols for clients/patients with allergies or sensitivities?

If your client/patient has a known IgE allergy, then you absolutely MUST review the supplement ingredient list handout with them so that they can review all the ingredients in each bottle to determine if they are appropriate for them. We did our very best when formulating to stay away from the most common food allergens so this is a true rarity when someone can't tolerate one of our supplements, but it happens.

If your client/patient has sensitivities to certain ingredients (not true IgE allergies), you can have them start the formulas at half the normal dose. Because of the quality of our formulas and the low dose of ingredients, there is about a 70% chance they will not react. If your client/patient experiences symptoms, reduce the amount of the supplements to ¼ dose. If they still react, discontinue the supplements and find substitute formulas. You can write into the clinical team for assistance in identifying appropriate substitutions. Many of these supplements can be kept in the medicine cabinet for when someone else in the household feels a cold or flu coming on if they are not participating in the Gut Thrive program. It's actually an effective way to train your client/patient toward a more holistic approach to living in general beyond the program.



## 10. Can someone who is pregnant or breastfeeding complete the program? Why can't women who are nursing do the full protocol?

A woman who is pregnant or nursing can participate in the program by making some adjustments to the protocol such as increasing carbohydrate intake in the diet and eliminating some of the detoxification techniques (i.e., no coffee enemas, salt flushes, or castor oil packs).

In terms of supplements, we provide two different modifications - one for during pregnancy and for moms who have been nursing less than 3 months (using digestive enzymes and probiotics) and a second modification for mothers who have been nursing for 3 months or more (multiple digestive enzymes, probiotics, and reduced doses of 2 different antimicrobials). We also recommend adding a high-quality prenatal supplement, fish oil, and vitamin D, as needed to this protocol.

Generally, we recommend a modified protocol while breastfeeding (found within each of the individual supplement plans) because we feel that it is important to not deliver any contraindicated herbs through the breast milk. We also need to be careful to not reduce breast milk production, which may happen with the use of herbs. Additionally, some supplements such as the Diatomaceous Earth and Medi Clay break up biofilms, remove metals, and cause die-off in the body which is why we don't include it as well as most of the anti-pathogenic herbs. We also include chlorella to cleanse the breastmilk and protect the baby.

We also don't recommend doing castor oil packs and other detox techniques while breastfeeding because they cause a substantial detoxification enhancement in the body, and there are not any scientific studies on it and to what degree pumping and dumping is safe for the baby.

To err on the side of caution, we just can't responsibly recommend heavy detoxification techniques and supplements for women who are breastfeeding - there is not enough scientific literature supporting their safe use. We have had many pregnant and breastfeeding women successfully complete the program using our modifications, so there is much value to the program for nursing mothers, but the program must employ the above-stated, common-sense modifications.

Make absolutely certain you are 100% clear on the guidelines for women who are pregnant or nursing as this is very important. If you are unclear, ask our clinical team before administering anything to this population.