
Intro To Step 1

Christa: Alright now you're in Step 1, which is all about gently slashing inflammation with diet and supplements. Make sure that you have reviewed and printed out all of the supplement protocols so you know exactly what is administered when. For example, in Step 1, they're taking desiccated liver, proteolytic enzymes, digestive enzymes, and Triphala to prepare their bodies for the journey ahead. If you're on Plan P there's a couple of extra supplements there for parasites. You've got your client [00:00:30] or patient ready in body, mind and spirit in the getting started section, and now that they've eliminated gluten, dairy, sugar, and reduced or eliminated caffeine added in greens, et cetera, they're ready to take their inflammation set point down even further. So please download and familiarize yourself with all four of the diet plans.

I want you to understand the why behind the differences in each diet plan, so that you'll be able to explain them to your client. I explain them in minute detail, in the [00:01:00] How to Implement Webinar in Step 1, so make sure you watch that. There is also a transcript for it. I recommend you print it out; highlight relevant information. Step 1, we'll further eliminate aggravating foods from their diet while adding in many delicious foods that heal, calm and soothe, and of course, foods that are much easier to both digest and assimilate.

Inflammation drives up cortisol, our stress hormone, and then it suppresses our thyroid and therefore it suppresses cellular [00:01:30] energy, so we need to take the fuel off the fire and lower inflammation, which is exactly what we're doing in Step 1, with the diet and why we're also using proteolytic, digestive and food sensitivity enzymes, if you will, along with the desiccated liver and Triphala to gently cleanse out the periphery layers of inflammation while giving their liver and digestive organs a reprieve that they probably desperately need. Jack and Nicole can help you further help your client or patient with a liver protocol [00:02:00] if you feel that's needed in Step 1, prior to moving on to Step 2 in the pathogen purge.

This is something I really want to talk with you more about anyhow, in the upcoming webinar, based upon what you learn in your initial intake session with your clients or patients, especially your case studies. Also, that's the beauty of taking someone through this program privately, is that you can spend a few weeks to a month in Step 1 or longer and work in added liver

support so that the pathogen purge in Step 2 is even more graceful. [00:02:30] But, of course, you don't have to because I designed this program to help really the sickest of the sick, including those who could not detoxify before, maybe never before, because it made them too sick. This program is very gentle and it works.

Something for you to think about is roughly 20% of our gut thrivers have to go slower in the pathogen purge in Step 2, and by slower, I mean cut the dose of supplements in half, sometimes cut the dose of supplements to a fourth and extend their pathogen purge. [00:03:00] And that's fine, but an alternative could be to keep them in Step 1 longer and work on both phase one and phase two liver detoxification before proceeding to Step 2, the pathogen purge, and then maybe that 20%, at that time, could take the whole protocol no problem because of the liver support. I guess I just want you to understand that there's different paths of the same mountain and here's where your use of your clinical intuition, your unique knowledge of the individual you're working with, is going to [00:03:30] really come to life.

If your client has been on a lot of medications, you might consider adding in additional liver support because a congested liver may be due to poor detoxification or impaired phase one or phase two liver detoxification, right? Phase one liver detoxification supports the release of toxic chemicals and metals, and the way it does that is it converts them into less harmful chemicals. Then you have phase two. That's often referred to as the conjugation [00:04:00] pathway, which supports the conversion of fat-soluble toxic chemicals. It converts them into water-soluble chemicals so that they can easily pass through and out of the body via urine or bile. As you can see, supporting both of these phases is uber important, and Jack is going to talk a lot more about this in the training webinar at the end of this module. I just want you to start wrapping your brain around a few things now before we get there.

Stimulating the phase one pathway is critical as it neutralizes toxic chemicals [00:04:30] and metals, and helps break them down into smaller molecules through the enzyme called P450 enzyme. Certain environmental toxins, and I'm talking alcohol, dioxins, exhaustions, nicotine, paint fumes, pesticides, they induce phase one detox while certain drugs and medications like stomach acids, secreting blocking drugs... A good number of your clients will be on or have been on, and you might be helping save them - a side note - from stomach cancer in [00:05:00] the future by putting them through this program. Others are going to be on benzodiazepines for anxiety or sleep, like Ambien, Zolpidem, Ativan, Xanax. These really inhibit phase one detox. Curcumin is

extra special as it can be beneficial in inhibiting the activity of cancer causing chemicals, while also increasing their detoxification and elimination. Really helpful for phase one detox. Another reason why we have you guys, all of your clients and patients drinking [00:05:30] turmeric ginger tea in this program.

Now there are nutrients required to stimulate phase one, and that's B vitamins, especially B12, niacin, and B6. Glutathione your master antioxidant as well as other antioxidants, and vitamin C and E, those are direct. Glutathione is an indirect antioxidant. Now you could add in our whole daily multi here, maybe for a month, before they start the pathogen purge to cover these nutrient deficiencies plus some lysosomal glutathione, [00:06:00] under the tongue, or if they have access in their area, especially if you're a naturopathic clinic, you can do a glutathione IV, what's called a glutathione push, once a week for four weeks, if that's available to your client or patient. Just a quick side note about Glutathione IVs. Their half-life is about 20 minutes, so when you do an IV, if you can add B vitamins in, you will extend that about four times the half-life, which you'll get more antioxidant bang for your buck.

To reiterate. Phase two [00:06:30] converts fat-soluble toxic chemicals to water-soluble chemicals so they can pass through and out of our body via our body fluid, bile, and urine. This is also referred to as the conjugation pathway. Foods that activate phase two of liver detox is going to be amino acids, sulfur containing amino acids, like N-acetylcysteine and taurine, amino acid foods such as eggs, or sulfur containing phytonutrients, like shallots, onions, and garlic. [00:07:00] If you're taking somebody through Plan S you kind of SOL because they must eat low FODMAPs and those foods aren't going to work for them. You'll just have to use NAC N-acetylcysteine, which is going to stimulate glutathione production, so you treat them at the front of the chain instead of the end of the chain.

Now, whether you add in more liver support or not, your goal in this module is for you to learn the detailed strategy behind using food as medicine, so you can communicate this to your client or patient. That's [00:07:30] your number one goal. We go over the food guidelines in deep clinical detail in the How to Implement Step 1 webinar. Make sure to listen to every word because you are going to be sitting with your client depending on which of the four plans they're on, depending on if they're a meat eater or a vegan or vegetarian, you're going to have to explain all of this to them. If you offer other services in your practice now would be a great time to offer them a grocery store tour, or to go over to their house and empty the pantry [00:08:00] and the fridge of junk and restock with gut thrive foods.

If you have cooking skills, you can offer to cook with them the first time, do the food prep for the week so that they can more easily get themselves in a groove of weekly food prep to keep on the path of success. I just really love the idea of you guys holding their hand like this in the beginning. I used to do this in private practice and it goes such a long way to help them kick things off and continue to take care of themselves because they're more motivated to start [00:08:30] a routine, and that routine lasts a lot longer.

The goal in Step 1 is to turn off the body's stress response that has been caused by inflammation. By turning off the stress response, you can help them create safety, which is a new way for the body to adapt and survive, and this is ultimately going to help with the food sensitivities, help them go away faster, or at least drastically reduce them so that they can go through the program easier. In order to do this really effectively privately, you're going to need to understand if [00:09:00] your client or patient has the ability to regulate their blood sugar or not. That begs the inquiry as to the existing health of their adrenals and their thyroid. If they have adrenal dysfunction or any manner of thyroid issues, which many people who come to you will have, you're going to need to slowly bump up our recommended carbs, the root veggies and carbs, by around 15%, but do it at a pace where they can metabolize them and use them for energy versus store them as fat.

For example, [00:09:30] if you increase the carbs and they get bloated, they start gaining weight. Or if they're coming from a ketogenic diet, then it will be too much too soon to just hit the 15% right away. It doesn't mean you'll stop, right? We'll just do it slower, and we'll guide you through this as well in our training webinars. Next, castor oil known as the oil that heals. It comes in here in Step 1 to also cut inflammation, help the organs communicate better, and to attempt to have your client or patient shift into their parasympathetic [00:10:00] nervous system. Make sure you watch that video so you can explain castor oil packs as gentle and as safe as they are, as you work with them going through Step 1.

Okay, I'll leave it to you now. Please go watch all the videos and read all the handouts and actually enjoy administering Step 1 in a highly customized way with your clients and patients and case studies. I will look forward to seeing you and supporting your work with these people in the training webinar for Step 1.

