
Troubleshooting Step 2: Part 1

Christa: All right. How is it going, my dear practitioner? I'm dying to see what's happening in your case studies as you take your people through the path purge. It's quite a venture. And if you haven't run into any roadblocks yet with your case studies, don't worry, you will. And that's a good thing, because there is lots to learn here.

Here are the most common things that will come up and maybe already have come up. People are going to come to you on Plan S, they've completed the four-day bone broth fast, [00:00:30] and now they're experiencing bloating or constipation during the pathogen purge. Not to worry, we'll troubleshoot in the PDF. Skin issues, outbreaks, rashes, fatigue, headaches, while on the pathogen purge, this is all par for the course, we're opening up the detoxification pathways and we will help you open them up further.

Let's see, you're going to get questions about the supplement protocol. You're going to get a lot of chronic constipation. Once people introduce the sludgy cocktail, then you might recommend [00:01:00] colonics for some people, and it might make their gut feel irritated, and some, it might make them feel great. So we're going to talk about what adjustments we make to both the diet and the supplement protocol based upon what you're running into.

Now, you may get some people who feel awful, especially Plan S, with the motility issues, they feel awful one to three hours after they eat. Carbs feel the worst because it's metabolically driven SIBO, hypothyroid-induced SIBO. We're going to work with them. We're going to work with a modified bone broth fast. [00:01:30] And some people are going to say, "Do I really need to continue this fast? Because it's too difficult." You're going to get people with Hashimoto's and adrenal dysregulation on Plan S, and they might feel great when they don't eat, and then they start adding food back in and they feel terrible. It is not a sign that they should continue fasting. It is a sign that they have a broken metabolism that you have to help them concurrently fix throughout this program, because you can't separate [00:02:00] the gut and the thyroid and the adrenals. They're all a team and we're working really for all of them as we go through this.

You're also going to get people with Plan F, the second most common plan to have adrenal dysregulation. And they're also going to be worried about

constipation. And we're going to have to figure out what carbs someone can eat when they're in this type of situation. For some people you're going to need to increase their carbs quickly, more fruits, cooked apples, sweet potatoes, add it to vegetables and meat. [00:02:30] And for some people you'll have to do less. Some people will need to work with their fiber balance earlier than planned. We're not really planning to work with fiber balance until step four.

People want to know, how often can somebody do a pathogen purge? They also want to know, what symptoms should I observe before I can recommend another pathogen purge? And maybe how long is too long to be on an extended path purge? Because some of your clients are going to need to be on the pathogen purge about three weeks longer than others. And [00:03:00] so we'll answer all of those questions specifically in the PDF, in the training webinar, and then you're going to see real life case studies in the case studies module.

Histamine intolerance is another big thing that's going to come up and we'll give you alternates to the bone broth fast with Bieler's Broth or green juice and other things that they can do if they can't yet handle a bone broth fast.

And so there's answers to all these questions in the PDF associated with this video. [00:03:30] So make sure to tackle that, and go and wrap your beautiful brain around viable solutions before we meet up again in the training webinar, because we want to hear real stories. That's what I want to hear from you, real stories of what is going on with your case studies, with your clients, with your patients, including what's working and what's challenging. All right, happy learning.