
Troubleshooting Step 2: Part 2

Christa: Hey, let's troubleshoot, shall we? Things that are going to come up in the section as you introduce these cleansing modalities to people, they're going to say, What should I do with the salt flush in relation to the coffee? I don't know, who's got time for all this stuff? They want to know, Is it okay to do them during the bone broth fast? Some clients are going to experience more than one woosh when they're doing the salt flush, they want to know if that's normal. And in the entire picture is what's going to help you tell them if that's normal or not.

You may have people do coffee enema first thing [00:00:30] in the morning, and they may experience waves of stomach pain most of that day. It's rare, but it doesn't mean it's abnormal. And so we'll talk to you about how to work with them on that, there's several different avenues you could pursue. And then again, people are going to keep asking you like, How often can I do a pathogen purge? A lot of people are going to feel really good now, and think that they should stay on it, which they don't need to because the strategy changes in step three. We're still purging pathogens, we're just doing it in a different way.

People are going to ask you, and [00:01:00] you're going to want to know how often recommend these cleansing techniques in your regular practice when they're finished with the purge, and they're still doing it, and they can be really helpful to combat the toxicity of today's world. And if you are going to extend the pathogen purge, here in this document we're going to talk about what you will be observing that would make us suggest that.

Those who have adrenal dysfunction, they may get dizzy with the detox baths. It doesn't mean that they shouldn't do them, it just means they should take [00:01:30] certain precautions, and have coconut water, and lower the temperature, and make sure of the quality of the salt that they're using. People not sleeping during the purge, they might get a spike. It's rare, but they may get a cortisol spike as they're releasing metabolic waste. And so we'll give you all kinds of things.

Some people ask about valerian root and I want you to know certain things before you recommend supplements. You might start getting, you should never take valerian root for example, more than three weeks. You'll start to get elevated liver enzymes. And [00:02:00] so there's a lot of different paths of the



mountain to keep your patient or client comfortable throughout the process and also safe. So download and read your PDF on troubleshooting the cleansing modalities, so that you can put together the right mix at the right time for the person you're working with. I will look forward to seeing you in the training webinar and to hearing all about what's going on.