
Troubleshooting Step 3

Christa: Hey, it's troubleshooting time. Like step two, a lot can come up in step three. So here are some of the most common things that you will be running into. A lot of people, you're going to be wondering now, "Do I extend the pathogen purge or do I move them in step three or do it a combination of both step two and step three?" We'll help you with that. There's many paths up the same mountain, remember. You will have some clients or patients that are still experiencing constipation and bloating in the receding. Sometimes it gets [00:00:30] worse before it gets better. We'll help you troubleshoot that in the PDF. And on the training webinar, you're going to have some people on Plan P that are going to start seeing worms in their stool. You're going to ask, "Are there any additional protocols that they should follow?" And the answer is going to be, "It depends."

We may add additional gut healing depending on the worms, depending on what you're seeing and what they're sharing with you. Or we may not. We may see how it goes at the end of step four. [00:01:00] Your people on Plan F, they may or may not be ready for some minor strains of ferments at this point for cultured coconut water, or just a couple of strains. And we're going to help you figure that out with each individual person to make sure that you're not going to go ahead and feed any yeast or bacteria at this point.

Then, you're also going to have Plan S'ers. You're going to be... This is kind of like the big reveal for plan S and you have to be really careful because some people are not going to be ready [00:01:30] to move into receding. And if they're still experiencing constipation that requires daily intervention, like aloe, triphala, ghee, water, coffee enemas, some people are not going to be ready for that, or we're going to have to go very slow based upon how they're responding, these Plan S people with a spore based, soil-based probiotic at a fourth of the dose. Okay? So we'll help you in the PDF really start to target and troubleshoot based upon what your client or patient is experiencing.

[00:02:00] Now, some at the beginning of the receding phase, they will get a flare in eczema or hives, right? And some people might have to take antihistamines to even alleviate these symptoms. And they think, "My histamine intolerance is getting worse." No, no, no. It's like two steps forward, one step back. You're still moving forward, but we are rooting out entrenched species in a very powerful way, so you may get a flare up as we're starting to work them out. And when [00:02:30] the strategy shifts, right? Like, we've

gotten used to something in the pathogen purge, and we're shifting. So we're going to explain more about that based upon the feedback that your patients or clients are giving you.

Some people, they're taking the sludgy cocktail at night, but yet they have to take medication at night, you know? And so we have to talk through things like that. Sludgy cocktail where it can be moved around first thing in the morning, other things that you can do. That question comes up [00:03:00] a lot. You definitely do not, and we have discussed this in the pathogen purge. You don't want it to be taking that sludgy cocktail anywhere close to a meal. And you also certainly don't want to be taking it anywhere close to medication that will render that medication ineffective.

On Plan F and Hashimoto's, we get a lot of those people that are waking up in the middle of the night between one and 4:00 AM, having a hard time going back to sleep. The yeasts are more active at night, especially as we're moving into phase three. They could get a surge of insomnia [00:03:30] that they thought they had under control. Promise, it's temporary. We'll help you troubleshoot. If it's high cortisol, we'll help you bring it down so that they can stay asleep between those hours.

Plan S and TerraFlora, right? So we're using different probiotics with the Plan S people. I'm going to have you using soil-based probiotics with these people, but if they're still going to experience extreme bloating, we're not going to move on to that second dose. We're going to lower the [00:04:00] dose, we're going to find the baseline. So this is going to be really important as you introduce probiotics, with anyone on any plan, to help them find their unique baseline, versus... The person trumps the protocol is what I'm saying. And then we find the baseline of probiotics that were working for where they are now and then we work up from there.

How long is it beneficial to do colonics, enemas, all of these things, or probiotic inserts, beyond step three? And so certain people are going to ask, "Are [00:04:30] colonics contra-indicated with adrenal dysfunction?" And we're going to take the whole of the person into account and help you start to really troubleshoot so you're feeling more and more confident customizing the protocol along the way. So those are some things that you probably can and will run into along your step three journey with others. And there's a lot more. So we'll talk about them on the training webinar, and we're here for you, and our clinical customer care team of trained clinicians. As things [00:05:00] come up, just know you're not alone. Keep the courage, keep doing this work. It's



life-changing work. And we're so proud of you. And we're just so happy that you're here and that you made it this far.