



How to Implement Step 4 Recorded Webinar Transcript

Now, we are going to go into our presentation. I'm going to go ahead and pull that up. Jack, I want you to jump in wherever you like in this presentation. You guys should have watched the videos into Step 4. I'm just making sure I can load this. You should have watched the videos into Step 4, whether Jack and I both have a video where we talk about HCL evaluation. We both have a video where we talk about terraforming.

Tonight, is Step 4 and it's HCL evaluation and terraforming. How do we implement this step? First, I want you guys to really understand like what our goal is here. Our goal is to restore the parietal cells that make hydrochloric acid. We want to get you producing hydrochloric acid in the right amount. Jack, this picture always reminds me of you because you said, "Good friends does make good neighbors," right?

Jack: I can see that. I thought maybe it was the fact that that stomach was bald.

Christa: Back on then, now the chia seeds go. The goal is to restore your parietal cells. You guys, we've been giving you enzymes and we've been really tonifying the system to get you ready for this step so the parietal cells could start to work again. We can get you off of supplements. We can get you having your own internal defense system for a long time to come. In this step is where the body is going to learn to produce enough stomach acid. We evaluate it and we either do it with food or we do it with supplements based upon where you are. Then, we get you back up to that balance.

This slide is really important because they are those of you who ... We are looking at tickets. You are in adrenal fatigue. You have heartburn. You have belching. You have gas. You have constipation. You have bloating. You're like, "Oh my God. Did I miss the boat? I went through Step 2 and yet I'm still suffering with these things. I went through Step 3 and I'm still suffering with these things." That's why there are Step 4 and that's why the strategy is here because there are different reasons and causes for symptoms. There are many scientific studies that link low stomach acid to the brain fog, to



SIBO, to H. Pylori, to candida and fungus. What Step 2 did is it remove the bully so that now the H. pylori, the candida, the fungus, whatever is causing or exacerbating that low stomach acid, we remove that and now we can just focus on building and on healing.

This is really important for those of you in plan S who are having rashes right now. Hydrochloric acid boosting and building can be your key to moving pass that quickly as soon as in the next three days. Skin issues, a lot of people have skin issues that are clearing up. We are getting great, great feedback. Again, if you have rashes or you have acne or rosacea, that is really big one. Rosacea is highly connected to low stomach acid. I know I've told you guys. My mom had lupus and she used to have the brightest red butterfly rash across her face. Make-up would not cover it up.

We've gone through gut repair program with her and it wasn't until we boosted her stomach acid that her complexion returned to normal. For a woman or for anyone, we want to show our face to the world. It's so nice when that goes away and you feel balanced again. Asthma, heartburn, constipation. All of these things and any of you that are over age forty-five, the body is going to produce less HCL. Every year, we just have to do a tune-up and make sure we know this. This HCL challenge we are going to talk about tonight is something you can do for years to come.

You can do it once every year, once every other year just to make sure you are producing enough HCL.

Here is an example of a woman, Linda, in our last Gut Thrive program who wasn't feeling great the first three steps, but then you are setting up the deck. You are preparing yourself and then Step 4 is when the bloating, abdominal pain, when the brain fog and she could have energy again. I'm going to explain the connection between all of those things, between getting rid of joint pain. I saw I answer some painful tickets yesterday that someone, "Now, I have joint pain and I didn't have it in Step 2 and muscle pain." We are going to be working on that with this whole plan of our HCL evaluation.

Sufficient stomach acid. You guys remember, of course, you remember.



You took proteolytic enzymes to eat up foreign proteins in the body in Step 1. We started flushing inflammation there. If we can get your stomach acid balanced, this is like having built-in proteolytic enzymes, an antipathogenic. Now, your body has what it takes to digest those foreign proteins on its own. It is the biggest needle mover with autoimmunity.

I would like for you, Jack, talk about point two of how do we tile this together and how does boosting and balancing your stomach acid help reverse histamine intolerance. A lot of our Gut Thrivers have histamine intolerance. Can you explain how it forces the release of HCL and how it initiates pepsin?

Jack: Certainly, Christa. It starts in the first slide actually with hydrochloric acid. The bacteria that cause trouble are also terraforming. You take an H. pylori which can adapt to the stomach acid, but just like human beings have adapted to hot climate such as Texas. While it's really nice, we also terraform here a little bit and we run from an air-conditioned house to an air-conditioned car, into an air-conditioned store and come back home and say, "You know that's not so bad out there." While the early Texans had to deal with the heat before air conditioning and their bodies adapted. We've adapted an environment or our ambient environment to what we prefer.

This is what the bacteria do such as H. pylori. They can actually start the parietal cells and make hydrochloric acid. They want the parietal cells to make a little bit less. There's two ways that happens. One is the immune system comes in. In trying to get at the H. pylori, it also damages the parietal cells with collateral damage. There's an autoimmune activity. The bacteria themselves will do things to lower ... create the inflammation that brings the immune system to lower the hydrochloric acid. One thing we find is that when the hydrochloric acid goes down --

Christa: 15:43 Jack, real quick. I'm sorry to interrupt you, but if you could just stand still because the presentation is swapping back and forth super quickly.

Jack: Okay, thank you.

Christa: Perfect.



Jack: We've got this dual aspect going on where the hydrochloric acid is down.

Then, the histamine response will go up. There's an inverse relationship there. The bacteria can do this. The immune system can do it, but look at what people do. They interfere with hydrochloric acid, maybe someone picks up a habit of snacking on proteins. They grab, let's say, a slim jim or a beef jerky or nuts or something frequently for a snack. This causes the parietal cells to have to release hydrochloric acid.

They just get exhausted and then they are not making so much. That's why we hear often that with aging. The more elderly person's stomach is just not making what youthful stomach was making. Along with this low hydrochloric acid which hydrochloric acid controls those pathogenic bacteria. That now we find people start having stronger responses.

Hydrochloric acid is used at the cellular level in many, many different pathways and certainly part of breaking down the protein so they don't trigger histamine reactions. As the aging process and/or bacterial process and/or snacking, these things that lower the hydrochloric acid were setting up the problem with the histamine process.

People will become more and more sensitive, not allergic, just sensitive to more and more foods. At one point, it's very nice to take these foods away and just give the body a break. That's what a lot of people have experienced at this point in the program. They have removed the offenders. They are doing good. Later now, we're going to start moving back and you'll start bringing in these foods back.

One of the ways that started with Feingold back thirty-five years ago was to put them on rotation. These foods come back. You can rotate them and not keep hammering the same thing over and over. Both these ways and freezing hydrochloric acid, taking a break, rotating sensitive things back in while the brain is connecting the new bacteria in the GI tract or connecting with the immune system. People will be reporting right and left that all food sensitivities have dropped away.



This is what the program is accomplishing. Boosting the hydrochloric acid, changing the habits, knocking down of the bad guys so the body gets an entire new lease from having good hydrochloric acid, good digestion. This inevitably starts to lower the histamine and the histamine reaction. You don't have to eliminate all the foods that might have histamine. You have to adapt your body or reclaim your body's ability to do what it was meant to do in the first place. Then, you don't have to worry about it so much and that's the beauty of the Gut Thrive program. It's exactly what's unfolding here.

Christa: It's really exciting and really get to those of you who maybe you have low stomach acid because you are having issues in the past. Then, you got put on a PPI or proton pump inhibitor or you got in a habit of taking Tums every night or taking antacids all the time. There is still repair that that can happen from that. We'll be taking those questions once we get through the presentation. Thanks Jack. What happens when you rebuild and boost stomach acid?

What happens when you heal these damaged parietal cells which you have done a great job doing with all your hard work, is it helps you to absorb your vitamin B12 much, much better. Then, you guys won't need as much supplementation. You'll feel better with less. You won't need as many desiccated liver throughout the day. You won't need to take as much and this is where you can eliminate brain fog. This is where you get some effect in neurological symptoms and more energy.

Many of you are already absorbing your nutrition so much better and getting a lot more energy which is awesome. Also, when you improve HCL, you can absorb magnesium much better. This is great for the nervous system. This is great for the restless legs. This is great for insomnia. When you posted someone in the beginning, "Hey, I'm sleeping again."

It's the idea that I've built my entire life's work on this. Give the body what it needs. Take away what it doesn't need and it will heal itself. That's where we are going forward in this program and that's where you don't have to rely so much on supplementation because your body knows what to do. You'll also be better able to absorb zinc which is wonderful for your



immune system. It's also going to help definitely manufacture more testosterone for those of you who are complaining last week about low libido. We are hoping that this is the step that that starts to pick up.

You absorb sodium better. For those of you struggling, this is great for adrenal fatigue with dizziness. You have kidney issues, fluid balance, muscle aches. The sodium is going to help and you'll absorb iron. Stomach acid is so crucial. You can see this idea of all disease begins in the gut because you could start absorbing this cellular energy and adrenal health directly related to how much iron you can actually absorb and use not what you take.

Our goal is to restore HCL and then get the frontlines of the immune system truly back in order. You are the built-in protection. We are going to use this and then when we will talk next week. We also use Bacillus. We use HCL and we use strain of Bacillus to populate because that's the heavy hitter probiotic that could live in the harsh environment in the stomach acid. It works hand in hand with HCL to prevent bad guys from coming back. It can live really well with or without air. It's a super powerful strain. This is what we are doing to create powerful stomach acid.

Now, how are we going to do that? If you noticed that you look at your meal plans for this week, we are bringing back in raw apple cider vinegar.

Plan H always had it in, but the rest of you guys, you haven't had it. Now, you can have your raw apple cider vinegar as your food which helps to boost hydrochloric acid. I would suggest that you start using it on your salad. If you're not on the meal plans, you kind of figured out Gut Thrive by now and you're making your food improves. Put a teaspoon in your water before meal, especially your heaviest meal, especially your biggest amount of protein. Put some on a salad. Put some on your vegetables.

Those of you who are having wild rice or things like that at this point, you could put your apple cider vinegar there. I'd suggest having it twice a day for the next two to three weeks. We also use the ginger pickle recipe to naturally boost HCL. The recipe is in there and tomorrow, I'm going to



send you a video I did with Fox News about how to make a ginger pickle. When you peel an entire knuckle of ginger, is that what you call it? A knuckle? When you peel the entire thing and you shred it in a carrot shredder or a cheese grater. Then, you put the juice of a full lemon and you add pink salt to that. You make this kind of a pickle and you chew that twenty minutes before meal. If you forget, you chew it right before.

That's going to boost your hydrochloric acid naturally. Like Jack said so is less snacking. I've answered some of these clinical questions. "Well, I have adrenal fatigue and thyroid issues, but I'm also not supposed to snack.

With those adrenal fatigue, you're supposed to snack so what should I do?" This is the step where you find the balance for yourself. You just don't graze all day. You're not going to do bite here or bite there. You can have 5 three meals and two snacks, but make them delineate it and keep about two hours in between.

At this point, you should easily be able to go two hours without eating, maybe even three. That's going to help to boost your HCL for your body to have solid chunks of two to three hours without food. That's going to be really good. Those on plan S or anybody having rashes or trouble with the probiotics, you don't have to be on plan S. If you're having trouble with the probiotics, then you should take a break from them and do the HCL challenge this week and then you can add in the probiotics after you balance your HCL. This is a really important point and many questions came in on this.

Jack, I'm going to have you talk about before I take them over to the HCL challenge and show them where the handout is. You touched on the video and so we don't have to go into too much depth about taking care of the oral microbiome. We had our guys, you guys have oil pulled and now we want to gargle with some kefir water. You are very cute in the video. Talking about your personal relationship with the kefir bacteria. How do they take care of their oral microbiome?

Jack: One thing that's really interesting about the oral microbiome is it's very strongly linked to your personal genetics. Once you do the oil pulling, just getting the lactobacs and some of the general beneficial species to touch base there is



really about all that can be done. It's not the kind of bacteria and it changes so frequently with what we eat, but it stays within parameters. Generally, the best thing to do for the oral microbiome is that you have a proper diet and then avoid certain things that disturb the oral microbiome at this point. It would be a time not to be putting hydrogen peroxide in your mouth. That would be a time to avoid things like fluoride toothpaste. That would be a time to avoid practically any commercial toothpaste because they are all set up to kill. They talk about, "We kill the germs that cause plaque." What people haven't realized yet is that plaque is necessary to our teeth, but we want a beneficial plaque.

When you have a good oral microbiome, you're going to be able to take your tongue and rub it over your teeth and it's not going to be gritty. It's going to be smooth and shiny and that's your innate protection. It's really more about when you don't eat sugar, you're not chewing sugar gum and you're not chewing sugar-free gum either. You're just giving your mouth time to adapt and have the good foods. You're not doing the things that keep killing things in your mouth such as a lot of the mouthwashes. Now, you just support the bacteria so you can take your kefir water. Chew on that ginger pickle and things like that and nature takes care of your oral microbiome.

Christa: Jack, give me your top two favorite toothpaste that you use. I know your friend, Dr. K.

Jack: Dr. Gerry Curatola, he is about to have his book released. He is coming on strong about the damage of fluoride. He is also exposing the alcohol sugars and some of their assorted past and how our bacteria don't like them. I'm definitely, at this point, a big advocate of his toothpaste, the Revitin. I don't believe it's on the market. There is a website revitin.com on that, but he has not quite brought the product to market yet. It's due to come out in about a month, but you can get in queue and drop your name off on the website. He'll tell you about his new toothpaste which is going to have homeopathic calcium, homeopathic calc fluor, calcium fluoride. Then, the precursors or the prebiotics that healthy oral microbiome.

Another one that seems to be pass muster from the lead company, an anthroposophical homeopathic biodynamic company. They have some toothpaste out that don't have the sugars, don't have the fluorides and don't



have the killers of the oral microbiome. I think we are about to start changing our opinion about, "Gee, do we have to go into our mouth with a strong mouthwash and try to kill everything when all we really have to do is behave ourselves and build?" I think the other secret technique is find somebody who is really healthy, has good healthy teeth and kiss them. That way, you're going to share your oral microbiome and pick out a lot of the good bacteria. Whether they are getting mononucleosis from someone who is sick, kissing is going to be a good way to get your starter cultures for your oral microbiome.

Christa: There's more than one way to have fun in this program. I'll send you guys a link tomorrow. I'm taking notes of Revitin. You can get it. There was one esoteric website I found it on. I've been using it since the last Gut Thrive. It taste like an orange kind of fruity and we'll find out the Weleda, the right Weleda toothpaste for you guys as well. All right. Thank you, Jack. I'm pulling up here the HCL challenge sheet which you can find every handout that I show you guys tonight. You can find within Step 4. Lesson 1 of Step 4 is HCL. This is the only handout in that section. If you are ready to do this HCL challenge and this is the step that you're on, all of the instructions are here.

What you have to do is you get yourself some good HCL. There's a couple of different types that you can use for your HCL. You've been using your Digestive Enzymes that have HCL. Your body is getting used to it. What you're going to do is you are just going to get a straight betaine HCL. This is the recommended brand out here designed for health. You can also pick up a bottle at your local health food store for \$10 to do this challenge. Here is what you do. You take one capsule of betaine HCL with pepsin twenty minutes before your largest meal of the day. You should, if you have enough HCL which you probably don't, feel a burning or warming sensation in the stomach or the upper abdomen. You might feel a little acidic or like you've just gave yourself indigestion. That's a very good sign and it means you do not need HCL and you can just have the ginger pickle from time to time. You can have the apple cider vinegar and you can maintain your HCL that way.

For those of you who don't feel anything after you take one, this is where you end up building. You build up to a tolerance. What we are going to do is then the next meal or the following day, you're going to take two pills before your largest

meal. I don't want you to take this with a smoothie or a snack. It has to be a bigger meal whether there is some sort of protein involved. If you don't feel anything, then every day you continually increase. We've had people go all the way up to fourteen pills. You don't have to measure it. Whatever pill bottle you get a pill, just measure it by the pill and not the actual milligrams. You go up and until you get that burning sensation. As soon as you get that warming or burning sensation, it's very important that you don't just quit taking HCL. You'll have wasted your efforts.

What you want to do is you go down one less pill the next day. Let's say, you end up with six pills to get the burning sensation. The next day, you do five pills. If you don't get the burning sensation, you do five pills again the next day until you get the burning sensation. You keep backing it off every time you get a burning sensation until you don't need it anymore.

This is a weaning process. It's a training process that restores your stomach acid levels and will train your body to produce its own HCL again.

If you have any questions on this, we'll go ahead and take them afterwards. Just make a note, write them down and we'll answer those questions. My presentation is back. It skipped. It went all the way back to the beginning. That's what we do with the HCL challenge. Do you want to add anything Jack before we go into terraforming on the HCL challenge?

Jack: Just so people understand that taking hydrochloric acid gives your parietal cells a rest. They are doing their little minimum thing, but now there's more and they start taking a rest and they are able to regroup and rebuild. Then, as they start trying to come back online, you are finding that you are able to decrease the hydrochloric acid. Really you are passing the baton.

You're giving them a break. Then, as they start coming back to do their job, you decline allowing them to rise up. That way, we are really supporting the parietal cells to make hydrochloric acid. We are doing it in such a way that the body doesn't become dependent on oral supplementation. That's what so brilliant about this type of program is that we are basically allowing a rest, but we are not providing a crutch.



Christa: It's brilliant. We are excited and love the HCL challenge. You guys, once your parietal cells come back online, they not only will secrete their own HCL, but also intrinsic factor which is what helps us absorb vitamin B12.

That's where the energy comes back and things start to shift. Thanks for explaining that, Jack. Now, we move into terraforming. As I was working on the presentation, I watched the video today. I don't know if you've seen your own video in a while, but it's very cute how you showed your pension to be a Trekkie as you were talking about terraforming in the video.

This image here is what we are trying to create. This is a process that transforms the terrain so it can support consistent inhabitable life. This is what no other program out there is doing is to continue to train.

Like Jack said, we are going to be adding in foods that you haven't had in a while. Healthy foods, not gluten or anything like that. Healthy foods that you haven't been able to tolerate throughout these three to four months terraforming process. Pretty soon that's when you said, "Wow! I used to have all these food allergies and food sensitivities and I don't anymore."

The terraforming through these next three or four months, we've just begun it with Step 3 with the reseeded phase. Now, we are moving deeper into it with food, with terraforming of adding in specific probiotics and building that brand-new land. We did the weeding, then we did the seeding. Now, we want things to grow. This is the process that it takes time, but here is that self-sufficiency which is the entire goal of Gut Thrive to train your body. Teach your body your own powerful immune system to start making all these different strains of bacteria that are inherent to wherever it is you are genetically and originally from.

That is super powerful. You eat a meal and I eat a meal. I make totally different bacteria from that meal than you do based upon genetics. The same thing happens with the air that we breathe, with the water that we drink and even just from in general from being around our environment when we are talking about the skin microbiome.



It's a really powerful process. It's a gentle process. It's also important to say it's not a linear process. Jack talks in a video. It's like when you are training a baby or you have to introduce foods, three or four or five times. Maybe it will burp it up or won't want it. Maybe your system you'll get gas and bloating. Don't shy away from that food. You just need a little bit and then try it again. You are training yourself over time.

I want you to explain Jack the leveraging process and how to be realistic. You talk in the video about "Did you come to Gut Thrive if this were an investment? Did you come to Gut Thrive with \$2? And if you want to build a business, how much do you have to reinvest in order to actually build something?" Then, some people came to Gut Thrive with \$100. It's a lot easier based upon the level of health you came into the program with.

Jack: The program gives leverage and it reaches way down into the depths of the most troubled. Let's say, the most impoverished ability to respond. It's so important because it literally starts at the beginning and anticipates where problems can come. It removes obstacles before they happen.

Part of the leverage or the investment is the fact that look at what you've accomplished. You've supported a wide variety of body systems including the liver, the stomach, the parietal cells and so forth. Then, they knockdown some of the bad guys. We have to clean out some things that immune system is already having trouble with because they were hiding under biofilms.

There were techniques applied that disturbs the biofilms. It lets the good guys come in, lets the immune system rout out some of these things. That's just freeing up some niches. Now, with the either the foods, the supplements or probiotics and prebiotics. Everyone is using prebiotic foods. Now, there's leverage against the bad guys coming back and leveraging the program for re-establishment of this happy terrain where the good guys can all link hands and provide this protective barrier.

As you start to come up the ladder, more and more good things can happen. In other words, good motion can stay in motion unless it is acted on by something else. It's so important not to say, "Well, I did my hard work. Now, I'm gonna go



back." Let's say, first thing you do after the program is grab a gluten pizza or something and you start undoing it.

What you do is you keep going adding these new things which are also springboards or terraforming. The terraforming process is going to take, generally, is going to be at work for four months. Maybe even four and a half months I think is more of a statistic. Kind of half of a human gestation period, four and a half months. You should be finding more and more improvements as you go. People that didn't have that much long in the first place, they're going to hit their plateau. There may not be a lot more to go. People that were really down and out.

They are going to keep seeing more and more improvement as they practice this program, as they go on down four or four and a half months afterwards. There will still be good things coming as long as you do the diet and occasional reinforcement. Be sure you are bringing in the ferments or you are working with the prebiotics and it keeps going. I want to emphasize this that it keeps going because ... The history of this work you'll find a people that have, let's say, an eczema or a skin rash came up.

It not only goes away, but the skin looks better than maybe it's been in many years as they move forward. Everything is leveraged, but then it's almost a situation here when we roll the talk forward months from now. It didn't matter if you were way down the list or if you were doing pretty good to begin with.

It's like that airplane, everybody lands at the same time whether you are in first class or coach. There's a telescope in our compression as those that are really struggling, even struggling now because their struggles are not over. As it keeps going, you start? Everyone ends up in a greater place. More and more good things to come.

Christa: I love the airplane analogy. Katy just sent me a note since I actually can't see with the presentation to remind you to be still because the presentation flips back and forth.



Jack: I'm standing on a bouncing map here because I've been standing all day. I do my work standing up. I'm just kind of excited and bouncing. What I'm going to do is I'm going to put a break on my head. I'll focus on being still.

Christa: No. Katy says is the side to side motion is what flips the presentation. In there, you can get into that camera forward, but when you go side to side as it flips back and forth.

Jack: The problem is I had kangaroo and Mexican jumping beans for lunch today. I'll tone it down and frame myself here. Thank you again.

Christa: I swear you can have like a second career as a stand-up comedian. Let's talk about implementing terraforming. What we are doing guys to implement the terraforming is we are adding in more of the non-starch prebiotics. You've already had the resistant starch work throughout your program. We are going to start to test more.

Every plan except for S has been using some chia seeds and you've been using some flax, and now you can expand that and use it actually on food. You can use a teaspoon on your salad or what we talked about last time. Those of you which doubles very helpful for constipation is you can put a couple of tablespoons of chia seeds and water overnight and then drink it the next day.

Make it in your lemon water. That would be a really good way to use chia seeds as prebiotics. You'll see that the meal plans are changing and they add a little bit more starch now and a few different types of starch.

Here is where we are also adding fermented foods. You're going to see how you do. If you didn't do so well with the probiotics, you could take a break from them. Do you HCL evaluation and boost your HCL. Then, take your fermented food so you really control the dose of those lactobacs as just a little bit like a half a teaspoon. See if you can tolerate it without bloating or gas.

Then, once you get pass this stage, you can add in the probiotics. You see we want you all to still move forward. I know that there's been an anxiety of, "I don't feel awesome after Step 2. How can I move to Step 3? I don't feel awesome after



Step 3. How can I move to Step 4?" It all works to implement the strategy together and we must have you moving forward regardless of how you feel. The only biggest thing here and question is what is the right amount and the right dose of probiotics? Which only your own body can tell us the answer to that.

This is where we are going to add in small amounts of foods you previously couldn't eat to train your body to accept towards a new terrain. Those of you if you haven't eaten wild rice or quinoa for years, you haven't had you know we have black rice in here. Then, maybe you want to try a golf ball sized of that food and see how you do. Add that in maybe twice a week and see how your body does comparatively from the first time to the second time.

Where the example in the video, let's say, green beans or just vegetable that doesn't necessarily work for you and now maybe you could try to add it in. For those of you who are on plan S that you look to Dr. Siebecker's SCD legal chart for SIBO and FODMAPs. Here is where if only it was only legal to have one stalk of the asparagus, maybe you can have two or three and see how your body does now with one little upgrade. To add a little bit there. Just a little bit something with beans or try garlic if you couldn't handle it before and see how you do.

In this section in Step 4, you'll have three handouts. You actually have four handouts. One explains terraforming which is going to explain what we just went through. Then, you have your handout that is going to go through and talk about fiber, why it's important and to really answer any of your questions. We want you guys to get to the point where you are eventually eliminating 2.2 pounds or really good BM every single day.

Maybe some of you are eliminating that through sweating. That's why they say you should sweat every day and you have a good bowel movement because we really want to get rid of the modern toxins away. Estrogen from chemicals and the environment and we can really pull out a lot of excess estrogen with enough of the right types of fiber. We just have to make sure that your body handles it okay.

This will be a really good handout, free to read. If you're not sure, okay. "What should I do? How much equals enough?" Then, I want you to go through and see



how many almonds? "Can I have an apple now, asparagus?" What makes up the amount of fiber which is going to be eventually. It doesn't have to be right now and it doesn't have to be until four months from now or you are getting up to that 40 g of fiber a day.

You really notice the difference. We've talked a lot about resistant starch in this program, but I just want to give a brief overview of which is soluble, which is insoluble and which is resistant.

This is a handout that you can read. I have some windows open here. You have a handout. I have some of the windows open. There we go. Then, you're going to go in. If you know if you go back to the dashboard and it takes you back to the beginning and you're going to go into Step 4 to get the rest of these handouts. You're going to go to your second lesson of terraforming. That's where everything that I'm talking about is, fermented foods. This is where we have recipes for fermented foods. If you want to start to make your own, you're pretty big on making your own, aren't you Jack?

Jack: Yes, indeed.

Christa: I want you to give some tips because we are not going to do ... I really don't want you guys to eat too much of the fermented soy. I don't want you to get a ton of your probiotics from fermented soy. I would much rather you get it from vegetables. If you look at the four ways that you can get it.

Right now, we are going to focus on getting it from vegetables. Then, next you can try to get into dairy. We are going to talk about the raw milk next.

Some of you will be able to handle raw milk. You want to give any tips. Maybe we should have one of your recipes on here. I've got my favorite whenever I'm making anything. I've got my five favorite recipes here, but tell me about yours.

Jack: Me?

Christa: Yeah.



Jack: I've had a little kefir water cultured growing for quite a while. It's like having a pet that you can't leave home very long because you are afraid they are going to die. We have a clinic here in Austin where we can take our kefir cultures and they kennel them while we travel for weeks. Basically, you get your starter culture. I'm growing mine in turbinado sugars. I like the turbinado because it's got a lot of the minerals. In fact, after I make up the water solution that they thrive on, I add a little Fulvic or humic, mineral too.

Ultimately, I'm going to be drinking the water after the sugar is gone from it, of course, when it's just really teaming with those bacterial strengths. The fun thing about doing it in your own kitchen counter is that your cultures come from exposure to your environment. It's your geography. It's your home. It's where you are breathing. It's where things are working around you.

I think there are different species of water kefir all over the place. If you get a good culture growing and they make those nice little cauliflower nuggets in the bottom of the jar. They fill it full. As soon as you taste it and it's not very sweet at all, then you're not drinking any of the sugar. You are getting billions, if not trillions, of beneficial bacterial. Of course, it's very easy while you are working with some bell jars or Mason jar like that. You just pop some pickles in or you pop some cabbage or carrots and I do celery and jicama. You may not be familiar with jicama, but it's J-I-C-A-MA.

It's a crispy white vegetable that's like an apple, that has a lot of crunch to it. All you've got to do is just put them in the salt water and let nature take its course. The thing about doing your own is that it's your own cultures and your own region.

There's the old admonishment of bilocal, not just for the carbon footprint of the produce, but because things have grown in your local environment.

Attunement to the fact that you live in that environment too and you've adapted to the same environment. I just found it to be a lot of fun to be growing something really helpfully. Then, every morning when I get up, I just have two to three ounces to start and then maybe up to four or five ounces a day. Then, you just roll the culture over and keep it right ongoing. When you look at these



recipes, you just get a lot of good ideas about how to get your fermented vegetables going. The thing you realize when you look at the price of buying probiotics, which a good formula might be \$80 a month or something. You realized you're getting about ten times more beneficial probiotics and you're doing it yourself if what was pretty much already in the refrigerator. From an economic standpoint, you've got the best of the best. It all keeps going on and on for free basically.

Christa: This is the goal you guys is that when we transition you, which we'll talk about next week, we are going to go down to about twenty five percent of what you are taking with MBC. We'll go down from a hundred billion to twenty-five billion supplement form. You really should be able to maintain your beneficial species with fermented foods after that as you go through the terraforming phase. Again, now, we are weaning you off as many supplements as possible.

Jack: I'll just introduce everybody to my cultured jar. I'm going to run and get it, take me ten seconds and I'll introduce those to you.

Christa: I love that. While you are doing that, then I'm going to go ahead and chat with you guys and I'm going to have to see this live once he brings it. You guys, if you're tired and this is like, "Oh I want to make my own stuff." You don't have to. You can go to the store. You can buy raw sauerkraut that's cultured. Whole foods or health food store. You could buy the kimchi that they have there. You just have a little bit and you start working it in and see how you can handle it.

For those of you, a lot of you are making your own gummies. You are making up all those recipes. We really want to see this. We are actually collecting all of this information. If you are in that train, then go ahead and make one of these recipes. You can just make one and that will give you enough fermented food the entire week. Then, the next week you could pick something different. Are you back, Jack?

Jack: Yes, and here they are. I'll hold it really still and see if we can get it clear. You see the bottom thick part is all the little cauliflower cultures. This jar is just [inaudible 00:54:29]. This jar is already a big jar and it's a third full because they just keep growing. What you don't realize is I name. There's thousands of these



little nuggets in here and I name them after Gut Thrivers. There is Naomi and Pamela and Cathy and Treseen. Franky over here, Kim. They are my little pets here. You'll see if I shake the jar a little bit. This is a fairly new culture. They often will give off some carbon dioxide.

This is tomorrow. I'll probably drink a third of this liquid tomorrow, a third the next day, finish it off, split more. The reason it's cloudy and it's kind of brownish is because turbinado sugar is brown. If you use white sugar, it's just that I really couldn't go to the store and buy white sugar. I'm just too programmed against anything with white sugar. That was my compromised as it was so hard to get sugar, but they wanted to meet you and thank you very much for allowing me to introduce. These are biofilms.

These are just a jar full of biofilms of billions of bacteria that keep our tummy's healthy. Thank you.

Christa: Positive biofilms. Gut Thrivers, you like all the shouts out there? That's awesome Jack. It takes you about a week. Is that it? It takes you about a week to go through one of those?

Jack: No. It won't take me that long. They get hungry too fast. You see, there are so many in that jar now and I haven't divided them out. I need to find more friends to share them with.

Christa: We've got plenty of Gut Thrivers.

Jack: I could thin those out by at least fifty percent and get another day because you have to keep replenishing their food supply. The fun thing about it too is they changed in their bacterial makeup by the availability of their food supply. The day three cultures are a little different than the day one cultures.

This is ready now and I'll use this for three days, then it will be empty. On the fourth day, I will add the sugar water and then start a new batch. Then, I have to wait a day for them to burn up a lot of the sugar. I just take a little taste of it and let the taste guide me on the minutes, the maximum time to take it when the sugar content goes down low. Then, they go through their stages because they



are running out of their food supply. They go through adaptations and I bring them a new food supply.

I'm going to say, Christa, it's about an every four-day turnover except they can go a week. If I travel a little bit though, they'll get a little grumpy, but they'll hang in there and I'll start it up again after a week.

Christa: Got it. I love it. I remember too being at your house while I was out there in the spring. How you had "You showed me your bacteria." I give you a lot of credit that you keep up with that so well.