

Christa Orecchio - Gut Thrive

There is no “one-size-fits-all” solution for digestive health. Healing your gut requires more than just taking supplements and eating different foods. It requires the right holistic approach. You need to know exactly what is causing your problems and then have a well-defined, effective, yet simple strategy to heal. In our new Gut Thrive in 5™ program, we share this proven, scientific 5-Step method for rejuvenating your entire digestive system.

HEAL YOUR GUT AND IMMUNE SYSTEM SO YOU CAN LIVE A HAPPIER, HEALTHIER LIFE STARTING TODAY

More than 64 million Americans suffer with digestive disease; another 50 million have autoimmune disease. Almost everyone who eats the standard American diet has Leaky Gut Syndrome (aka intestinal permeability). The good news is there is a solution for even the most severe gut issues: Gut Thrive in Five™ is your tried and tested 5-Step process to create optimal gut health.



Some of the symptoms and manifestations of an unhealthy gut include, but are not limited to:

- Insomnia
- Bloating and gas
- Brain fog
- Food sensitivities
- Malabsorption of nutrients
- Hair loss and brittle nails
- Thyroid and adrenal conditions
- Autoimmune disorders like Hashimoto's, IBS, Lupus, and Fibromyalgia
- Type 2 Diabetes and Insulin Resistance

- Infertility
- Joint pain
- Headaches and migraines
- Memory issues
- Skin issues like eczema, psoriasis, rosacea and acne
- Diarrhea or constipation
- Heartburn and acid reflux
- Stomach aches and indigestion
- Unexplained weight loss
- Weight gain (no matter what you eat or how much you exercise)

WHY TRADITIONAL AND EVEN NATURAL METHODS ARE FAILING US

HIPPOCRATES, THE FATHER OF NATURAL MEDICINE, KNEW 2500 YEARS AGO THAT “ALL DISEASE BEGINS IN THE GUT”.

You see, traditional western medicine is limited in both the time they spend with patients and the tools they use to get them well. The overuse of antibiotics in medicine is one of the major contributors of our gut disease. Pharmaceuticals have saved many lives, but when they are used as a band-aid to mask symptoms, the underlying condition only gets worse. Instead we must identify and work from the root cause.

Even naturopathic practitioners sometimes use a band-aid approach by recommending botanicals to mask symptoms without addressing the root cause of the issue. This model is failing us rapidly and taking away our quality of life. Many doctors are trained to diagnose and manage “dis-ease” versus healing it. You need a second or even third opinion because...

YOU have the power to take back your health and your body has the ability to HEAL.

Are You Ready to Take the Steps Towards Optimal Gut Health?

GUT THRIVE IN 5™ IS YOUR ANSWER

STEP 1: THE DIET – SLASHING INFLAMMATION

STEP 2: THE PATHOGEN PURGE

STEP 3: THE RESEEDING AND HEALING OF THE GUT

STEP 4: THE HCL CHALLENGE AND TERRAFORMING

STEP 5: THE 80/20 MAINTENANCE

HERE IS OUR PROVEN STRATEGY FOR REJUVENATING YOUR GUT IN 10 WEEKS

STEP 1: THE DIET – SLASHING INFLAMMATION

Timeframe: Weeks 1 and 2

The foundation of gut healing is to stop putting things in your gut that don't agree with it. The first step is to stop adding fuel to the fire! We let food be one of our major tools to reduce inflammation. We do this by removing the most common food sensitivities and inflammation-producing foods and by adding in soothing, calming, and healing foods. Next, we send in key enzymes and the dietary cleaning crew to rid the body of built up and chronic inflammation hiding deep within the pockets of intestinal folds.

Our meal plans are customized and compatible for ALL manner of GI Issues including but not limited to:

- Candida/Fungal infections
- SIBO (Small Intestinal Bacterial Overgrowth)
- H. Pylori
- Worms, protozoa, and parasites
- FODMAPS
- Heavy metal toxicity
- Viral infections



You'll take a deep dive into truly using food as your medicine in Step 1. This is also where we build up liver health. Since the liver is the General of the body, it will need support for the journey ahead.

And since most people with digestive issues also experience adrenal and thyroid issues, we craft the meal plans to support both of these vital glands.

STEP 2: THE PATHOGEN PURGE

Timeframe: Weeks 3-6

The next step in the healing process is to eliminate pathogens from the gut—the natural way. Intestinal pathogens (parasites, protozoa, bad bacteria, yeast, fungus, viruses, heavy metals, worms) may have been wreaking havoc on your digestive system by disrupting the natural balance of things and causing the uncomfortable symptoms you experience every day.

Our cutting-edge approach uses the highest-quality, proven supplements to begin ridding the gut of these “bad guys.” The supplements are paired with other customized, strategic cleansing methods that assist your body’s detoxification process.

More importantly, this purge is done in a totally natural way—instead of “killing them” which could cause more damage in the aftermath (whether you do it the western way with antibiotics or the natural way with botanicals), we take away their communication method, make the environment uninviting for them to stay in, and take away their primary food source.

The past decade has seen the emergence of a new field in basic microbiology. Scientists had long held the view that bacterial cells behaved as self-sufficient individuals, unable to organize themselves into groups or communicate...but little did we know how smart they really are.

Just like no man is an island, we now know that similar to military alliances, bacteria and other pathogens function in groups, sending chemical signals to each other that allow them to form physical structures (like forts or bunkers) to protect themselves. These physical structures are called biofilms.

Biofilms protect bacteria and pathogens from the “fire” of pharmaceutical or even natural antibiotics so that they can remain intact.

The bad guys who are protected in their biofilms are not killed by the antibiotic treatment, while our good guys who haven’t yet learned to properly communicate and build biofilms are destroyed. This leaves our immune systems in big trouble and can drive us deeper into GI dysfunction and autoimmune disease.

This is exactly why we employ a different strategy to get the “bad guys” out. We dismantle their biofilms to take away their protection before we try to remove them from the body.

We do that by weakening their alliances through intercepting the way they send chemical signals to each other (like taking away their cell phones) to remove their

“strength in numbers” advantage. So now they can no longer communicate, or “quorum sense” to put it in scientific terms.

We gently dismantle their bunkers with hydrolytic enzymes (proteins that use water to break down chemical bonds) and other proven biofilm disrupters that don’t harm the human body (versus blowing up their bunkers which causes damage to our intestinal lining and our good bacteria, just like bombs destroy the earth’s terrain and kill innocent people). Once their communication is disrupted and their bunkers are dismantled, we escort them all out of the body in a civil manner with our cutting edge cleansing methods.



This escorting out of the body continues in Step 3, however the strategy now shifts to allow for greater efficacy.

Most people are aware that we have good bacteria (symbiotic) and bad bacteria (pathogenic), but we also have a neutral type of bacteria called commensal bacteria.

Commensals are like impressionable teenagers. They are neither good nor bad. They are malleable. It’s the influence exerted upon them that helps them develop their character as good or bad.

Since commensals have the ability to co-evolve with their host, we want to convert them to the good side.

Thus for those remaining pathogens (we need some “bad” pathogens to stay in order to challenge and inform our immune system) that still pose a threat to our long-term health, we must use good bacteria as the military leaders who exert their positive influence on the commensals, turning them from neutral bacteria that are taking up space, to helpful bacteria that now contribute to the long-term health of the body.

Thus the reseeded phase in Step 3 brings in the peacekeepers in effort to establish both a new terrain (the equivalent to planting a garden) and a new order amongst “the people” (your digestive system).

STEP 3: THE RESEEDING AND HEALING OF THE GUT

Timeframe: Week 7 and 8

THIS IS PART 1 OF STEP 3: THE RESEEDING PROCESS

Now that we’ve had our respectful military coup and the poor leadership of pathogenic organisms have been removed from power (they can now stop confusing your body, causing your symptoms and “dis-ease,”), the new leadership of good bacteria with good intentions are brought in and peacekeeping efforts can begin!

It’s time to reeducate your entire immune system so that it can follow its original genetic blueprint of health. Through diet and supplements, we give a carefully crafted mixture of 10-13 superstar strains of good bacteria specific to your unique digestive issues. We then let your body attract the other hundreds or thousands of strains native to your original genetic origin.

This step gives your body the information it needs to now attract hundreds or thousands of other beneficial strains of bacteria from the air you breathe, the water you drink, the food you eat, and the environment you live in. These strains will be unique to YOU and your biochemical individuality.

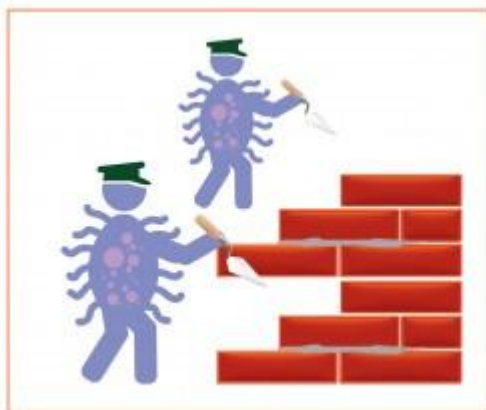
Under the good leadership of your symbiotic bacteria, the commensals learn to behave in your best interest.

This step acts much like a starter log because we give you the good bacteria you need to “kick it off” and then once the fire has been started, we let your own brilliant immune system and the healing foods you are now eating take over from there.

What kinds of bacteria are responsible for our gut health?

Because it’s truly open warfare in the microbiome, let’s use military analogies to understand the role of certain probiotic strains here.

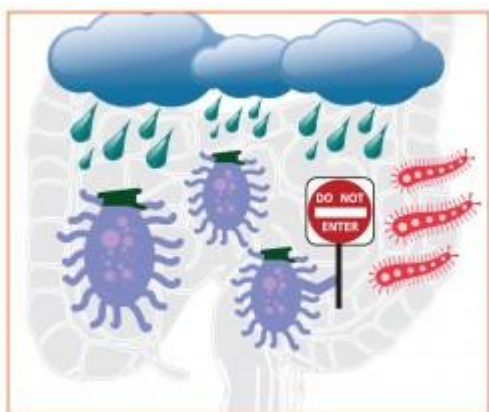
Lactobacillus (5-6 strains) These guys are a transient group of bacteria. They are kind of like the Marines and are responsible for “the first assault.” Lactobacs consistently escort “bad guys” out of the body. They also breakdown the food you eat, so that you can absorb more nutrition and manufacture the vitamins your body needs in order to keep you strong and healthy.



Bifidobacterium (2-4 strains) Just like an Army Corps of Engineers who are responsible for building roads and bridges, bifidobacs are a genus of good bacteria whose job is to colonize and stay, contributing lasting strength and self-sufficiency to the GI tract.

Bacillus Much like Navy Seals or Army Rangers are built to endure the most harsh environments and conditions, bacillus are the “Special Forces” arm of the good gut bacteria peacekeeping unit.

They can survive stomach acid and bile. They can live with or without air and even in the most volatile conditions. You’ll want to enlist these fearless warriors on your side to exert their influence against the bad guys and to ensure the peacekeeping efforts of the other branches remain intact.



Now that we've dismantled the biofilms/bunkers of the bad guys in Step 2, and began reseeded/peacekeeping efforts in Step 3, we can now focus on teaching the good guys how to have rock solid communication so they form strong alliances and build positive biofilms, which will keep you safe and protected with a healthy immune system for a long time to come.

THIS IS PART 2 OF STEP 3: THE HEALING OF THE GUT

Basically, the gut is a long hollow tube inside the body. It is meant to let the good things in (like nutrients from our food), but keep the bad things out (like toxins, feces, and undigested food particles). When you have leaky gut, these "bad things" (toxins, bacteria and undigested food) make their way into your body instead of being eliminated as waste as they would be in a person with a healthy gut.

These foreign particles really drag down your immune system, which is meant to stand guard and protect you, stationing 80 percent of its soldiers right inside the gut wall. This is called the Gut Associated Lymphoid Tissue (GALT). When leaky gut occurs, the immune system sets off a bunch of chain reactions including localized inflammation in the gut wall (rendering your GALT soldiers wounded and useless) and may cause system wide inflammation throughout the body. This is one of the worst things that happen with leaky gut, as inflammation is the first step toward any chronic disease.

The diagram below explains this further with a picture of a healthy intestinal lining on the left and an unhealthy one on the right. The foreign particles you see in the bloodstream in the picture on the right do not belong there and are responsible for whole body inflammation.

Whatever escapes through the gut wall goes directly to the brain, hence the focus on the gut-brain connection in this program. We also address the other way, which is the brain-gut connection. This is especially important for folks with something called SIBO or small intestine