

# Program Table of Contents Quick Reference Guide



## Welcome Module

- Welcome Video
- Terms of Service Agreement (for your records)
- All Disease Doesn't Begin in the Gut---Say What!?! (video)
- Action Steps

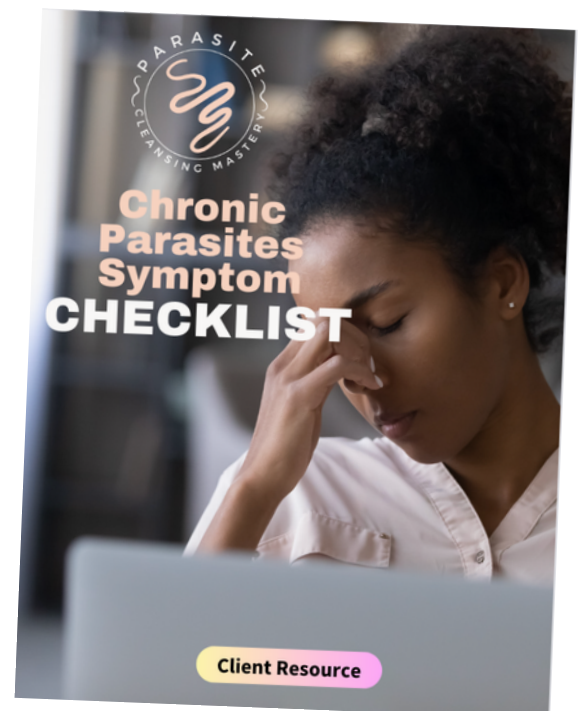
## Module 1: Intro to Parasites

### Module Videos:

- Video 1: Parasites: What are They?
- Video 2: 10 Need-to-Know Truths about Parasites
- Video 3: How do We Acquire Them?
- Video 3: Different Types of Parasites & Considerations
- Video 4: Understanding the Impact of Parasites on Health
- Video 5: Stool Testing Limitations
- Video 6: Clues on Blood Chemistry
- Video 7: Importance of a Whole Household and Pet Cleansing
- Video 8: Key Takeaways and Action Steps

### Handouts and Ancillary Videos:

- PDF of PPT slides
- Chronic Parasites Symptoms Guide & Checklist (PDF)
- 10 Myths About Chronic Parasites -- BUSTED! (1.5 min video)



## Module 2: Holistic Healing Overview

### Module Videos:

- Video 1: Reductionism Vs. Holisticism
- Video 2: Germ Vs. Terrain Theory
- Video 3: Whole-Person/ Whole-System Approach
- Video 4: The World's Best 18 Healers
- Video 5: Nutrition Fundamentals
- Video 6: Role of Minerals
- Video 7: 15 Tips for Balancing Minerals
- Video 8: Key Takeaways and Action Steps

### Handouts and Ancillary Videos:

- PDF of PPT slides
- Lifestyle Detox Support Guide (PDF)
- Nutrition Fundamentals Guide (PDF)
- Minerals, Mindset, Emotions & Energy: 15 Tips for Regulation (PDF)
- Sara's Parasite Story (1.5 min video)
- Why You Need to Know About Psycho-Neuro-Immunology when it comes to Gut Healing (1.5 min video)



## Module 3: Phase 1- Preparation

### Module Videos:

- Video 1: 10 Primary Physiological Drainage Pathways
- Video 2: Lifestyle Tools for Opening Physiological Drainage Pathways
- Video 3: Supplements for Opening Physiological Drainage Pathways
- Video 4: The 4 Primary Psychological Detox Pathways
- Video 5: Lifestyle Tools & Remedies for Opening Metaphysical Drainage Pathways
- Video 6: The Most Critical Prep Nutrient of All
- Video 7: Preparation Steps Before Parasite Cleansing
- Video 8: Key Takeaways and Action Steps

### Handouts and Ancillary Videos:

- PDF of PPT slides
- Self-Care Questionnaire (PDF)
- Vagus Nerve Support Guide (PDF)
- Supplements, Ancillary Enemas, and Additional Tools Guide (PDF)
- The Most Critical Nutrient of All (9 min video)
- The Easiest Castor Oil Pack to Support the Liver and the Gut (1.5 min video)
- Healing Complex PTSD with a Bottom-Up Approach (1.5 min video)
- 6 Exercises to Release Trauma from the Body (1.5 min video)
- A Simple Nervous System Self-Assessment (1.5 min video)



## Module 4: Phase II - Eradication

### Module Videos:

- Video 1: Overview - Answering Common Questions Part I
  - How do I know if I have chronic parasites, especially if all stool tests are negative for them? My doctor says this is impossible.
  - I've already done several parasite cleanses over the years. What would be the reasons they didn't work?
  - Is a medication or herbal cleansing protocol always necessary to eliminate them? Can they ever go away on their own through healthy living?
  - Other than stool testing, what other lab markers can be used to assess whether parasites are an issue?
  - In addition to parasites, I have many issues that need to be addressed, such as hormone imbalances, viruses, metals, mold, and more. How does one determine the best order in which to address them?
  - Due to severe hypersensitivity, every time I've tried a parasite cleanse in the past, I got worse and had to stop. How does one navigate this issue?
- Video 2: Overview - Answering Common Questions Part II
  - Why do I keep showing positive for different parasites on each stool test despite doing many different anti-microbial protocols over the years? What gives?
  - Which eradication protocols are best to use? How do I know which one to choose?
  - How do I determine the optimal dosing of products for myself -- and the length of time for taking them?
  - What is a pulse or full moon dosing? When would they be used?
  - Where does mineral balancing come into the mix? And how to do it?
  - Parasite cleansing is overwhelming! Where do I begin?
- Video 3: H. Pylori Considerations
- Video 4: The WHAT, WHY, & HOW of HCL
- Video 5: The WHAT, WHY, & HOW of Bile
- Video 6: 10 Foundational Tips for Optimizing Digestion
- Video 7: Different Pulse Dosing Schedules to Consider
- Video 8: Parasite Cleansing Products & Protocols to Consider
- Video 9: Basics of Energy Testing to Help Guide the Process
- Video 10: Key Takeaways & Action Steps

### Handouts:

- PDF of PPT Slides for This Module
- Supplements, Ancillary Enemas, and Additional Tools Guide (practitioner and self-healer PDF)

### Ancillary Videos:

- Energy Testing 101: What It Is & Why Do It? (19-min video)
- FREEBIE Mini Training: A Core Missing Link



## Module 5: Troubleshooting- Navigating Die-Off, Upheavals, & Hypersensitivities

### Module Videos:

- Video 1: Overview of the Ups and Downs of Healing (physiological and metaphysical)
- Video 2: Die Off vs. Adverse Reactions: How to Tell the Difference?
- Video 3: Navigating Die Off Symptoms: Strategies, Tips, and Tricks
- Video 4: Navigating Hyper-Sensitivity
- Video 5: Key Takeaways and Action Steps

### Handouts and Ancillary Videos:

- PDF of PPT Slides for This Module
- 5 Gut-Healing Mistakes to Avoid
- 15 Reasons People Don't Heal
- Gut or Nervous System? Which Should be the Focus?
- The BEST Protocol for Chronic Illness Recovery

## Module 6: Maintenance and Prevention

### Module Videos:

- Video 1: How to Best Protect Yourself Moving Forward Part I -- Protecting Your Energy
- Video 2: 15 Things to Know About Toxic Overload
- Video 3: How to Best Protect Yourself Moving Forward Part II -- 7 Steps for Reducing Toxins
- Video 4: The Importance of Considering Yearly Cleanses
- Video 5: Travel Considerations
- Video 6: Key Takeaways & Action Steps
- Video 7: Next Steps

### Handouts and Ancillary Videos:

- PDF of PPT slides for This Module
- Self-Healing: 22 Things All Households Should Have for Optimal Health & Wellbeing (11-minute video)
- Rewiring an Anxious Brain -- And a Lab Test to Help (16.5 Minutes)

