<Untitled Chapter 1>

it changes your outlook on life a lot it changes your outlook on life a lot and you have to work really hard to to and you have to work really hard to to begin to see that you know you have the begin to see that you know you have the ability and the power to ability and the power to >> [music] >> [music] >> [music] >> change your life but for a long time >> change your life but for a long time there I was like a prisoner. I really there I was like a prisoner. I really was.

was. was. eating [music] eating [music] helping the natural pathways of my body helping the natural pathways of my body do stuff which I just didn't know how to do stuff which I just didn't know how to do before. So now I'm having two to do before. So now I'm having two to three bowel movements a day very regular three bowel movements a day very regular which is great no blood no mucus which is great no blood no mucus hemorrhoids gone. I wanted to cry I was hemorrhoids gone. I wanted to cry I was like this is so great. I'm in nature and like this is so great. I'm in nature and I'm not like losing my mind I could just I'm not like losing my mind I could just like hang out and it's fine. I feel like hang out and it's fine.

Chris's 30-Year Journey with Inflammatory Bowel Disease

I feel >> Hey everyone I've got a special special >> Hey everyone I've got a special special story for you today with my man Chris story for you today with my man Chris here who's a filmmaker and has was here who's a filmmaker and has was diagnosed with Crohn's disease over 30 diagnosed with Crohn's disease over 30 years ago at the age of 12 years old and years ago at the age of 12 years old and has been through the gauntlet and me and has been through the gauntlet and me and him were just talking for about 35 him were just talking for about 35 minutes or 40 minutes about the life and minutes or 40 minutes about the life and experience of those with IBD. This is experience of those with IBD. This is going to be a great story you do not going to be a great story you do not want to miss if you have been sick for want to miss if you have been sick for more than a decade and nothing's worked more than a decade and nothing's worked you've tried every biologic and you've you've tried every biologic and you've had surgeries and you've tried every had surgeries and you've tried every steroid and prednisone you've tried steroid and prednisone you've tried diets nothing's worked and you've gone diets nothing's worked and you've gone through life feeling like I'm just lost through life feeling like I'm just lost and there's nothing a doctor can do for and there's nothing a doctor can do for me and nothing's there this is it. Chris me and nothing's there this is it. Chris thanks for joining me brother. Can you thanks for joining me brother. Can you first share with everyone what was first share with everyone what was that like for you?

like for you? >> It was super intense. I came from a >> It was super intense. I came from a family that was like lower middle class family that was like lower middle class we had no idea what was going on and all we had no idea what was going on and all of a sudden I collapsed one day in the of a sudden I collapsed one day in the mall and I you know very 90s kid I was mall and I you know very 90s kid I was in the mall and they didn't know what in the mall and they didn't know what was going on with me so I had to go to was going on with me so I had to go to all these specialists and different all these specialists and different stuff and it was it was life changing stuff and it was it was life changing you know all of a sudden you get you're you know all of a sudden you get you're 12 like like I was saying earlier you 12 like like I was saying earlier you think you can go to the moon and be in think you can go to the moon and be in the Olympics and now there's this huge the Olympics and now there's this huge umbrella over me and they just didn't umbrella over me and they just didn't know a lot back then as well. And so it know a lot back then as well. And so it was real rough and tumble and it was was real rough and tumble and it was very very scary and my world all of a very very scary and my world all of a sudden became very very small and then I sudden became very very small and then I spent the next few years on a heavy spent the next few years on a heavy amounts of prednisone sulfasalazine all amounts of prednisone sulfasalazine all sorts of stuff that they had me on and sorts of stuff that they had me on and no one knew really what to do with me no one knew really what to do with me and my body was in and out of the and my body was in and out of the hospital for a long time and then began hospital for a long time and then began my 19 you know 19 to 20 year old my 19 you know 19 to 20 year old

problems which was bowel obstructions problems which was bowel obstructions and issues eventually to a resection and and issues eventually to a resection and you know it's just been a nightmare you know it's just been a nightmare since I was as and I think it really since I was as and I think it really weighs heavily on you and it changes weighs heavily on you and it changes your outlook on life a lot and you have your outlook on life a lot and you have to work really hard to to begin to see to work really hard to to begin to see that, you know, you have the ability and that, you know, you have the ability and the power to change your life. But for a the power to change your life. But for a long time there, I was just I was like a long time there, I was just I was like a prisoner. I really was.

prisoner. I really was. >> And that's I mean, I hope everyone heard >> And that's I mean, I hope everyone heard what you said. Like a real This is not what you said. Like a real This is not that you said 20 years that you said 20 years >> Yeah.

>> Yeah. >> Yeah. >> in 30 seconds. So if everyone can just >> in 30 seconds. So if everyone can just let that hit for a second. 12 years old. let that hit for a second. 12 years old.

>> Well, yeah. >> Well, yeah. >> Sick hospitals, biologics, steroids, >> Sick hospitals, biologics, steroids, unsuccessful, a lot of pain, a lot of unsuccessful, a lot of pain, a lot of cramping, a lot of symptoms. Then all of cramping, a lot of symptoms. Then all of a sudden getting resections, still a sudden getting resections, still having problems. And then also trying to having problems. And then also trying to figure out high school, figure out figure out high school, figure out college, figure out being a real person college, figure out being a real person that no one else is going through this.

that no one else is going through this. >> And that's the hard thing, too, is that, >> And that's the hard thing, too, is that, you know, you're living with this thing you know, you're living with this thing that a lot of times you don't know. It's that a lot of times you don't know. It's just like a monster, when is it going to just like a monster, when is it going to come back? And then you get it to a come back? And then you get it to a place that you're like, okay, I think place that you're like, okay, I think I'm okay. And then all of a sudden, you I'm okay. And then all of a sudden, you know, now you're you're dying again. Or know, now you're you're dying again. Or you're in a situation where like I had a you're in a situation where like I had a ton of blood loss because I had a a ton of blood loss because I had a a strictureplasty where they tried to strictureplasty where they tried to rewire my intestines, failed. And we rewire my intestines, failed. And we didn't know what it was for a long time.

didn't know what it was for a long time. And all of a sudden my blood levels were And all of a sudden my blood levels were like at half of what it should be. And like at half of what it should be. And I'm like I passed out. I almost had a I'm like I passed out. I almost had a heart attack. I'm in the hospital and heart attack. I'm in the hospital and they don't know what's going on. And they don't know what's going on. And this is after, you know, being for a this is after, you know, being for a month in the hospital and being on month in the hospital and being on biologics that gave me vitiligo and biologics that gave me vitiligo and shingles and all sorts of issues that shingles and all sorts of issues that like you know the drill, right? My like you know the drill, right? My doctor was like, "I love you, but you're doctor was like, "I love you, but you're my problem child." I don't know what to my problem child." I don't know what to say. I don't know what's happening. They say. I don't know what's happening. They I love doctors. They've saved my life, I love doctors. They've saved my life, but but but there was no aftercare. There was no there was no aftercare. There was no help afterwards. Like, you know, we had help afterwards. Like, you know, we had talked earlier. I said one doctor in my talked earlier. I said one doctor in my 20s after I had a bowel obstruction was 20s after I had a bowel obstruction was like, "Don't eat salads." And so I'm like, "Don't eat salads." And so I'm like, I what? What do I do with that? I like, I what? What do I do with that? I don't know. So, you know, it's been, you don't know. So, you know, it's been, you know, 20 years of grinding out, you know, 20 years of grinding out, you know, just a lot of trauma and working know, just a lot of trauma and working through it. You're just lost.

through it. You're just lost. >> Like limping you're like limping through >> Like limping you're like limping through the day. That's how it was for me. I was the day. That's how it was for me. I was just limping through life. Trying to just limping through life. Trying to make sense of a career, trying to make make sense of a career, trying to make sense of dating, trying to make sense of sense of dating, trying to make sense of friendships. Like friendships. Like >> Oh, yeah.

>> Oh, yeah. >> Trying to go to a concert like, "Can I >> Trying to go to a concert like, "Can I am I really a concert?" Like, I don't am I really a concert?" Like, I don't know about that.

know about that. >> Can you handle it? I mean, how do you >> Can you handle it? I mean, how do you describe to somebody who's like, "Oh, describe to somebody who's like, "Oh, I've had a stomach ache before." Where I've had a stomach ache before." Where you're like, "Look, dude, I've been in you're like, "Look, dude, I've been in traffic when I've had a bowel traffic when I've had a bowel obstruction and I've had to throw up, obstruction and I've had to throw up, and I couldn't roll my window down fast and I couldn't roll my window down fast enough, so I barfed all over myself. And enough, so I barfed all over myself. And then getting in traffic for 2 hours now.

then getting in traffic for 2 hours now. >> I carry around extra underwear, extra >> I carry around extra underwear, extra all sorts of crap with shameful all sorts of crap with shameful experiences you can imagine, like the experiences you can imagine, like the most disgusting puking, coming out both most disgusting puking, coming out both ends at the same time.

ends at the same time. >> knowing what to do. And then And I >> knowing what to do. And then And I completely get that. I I have to be very completely get that. I I have to be very like conscious now of like when we're in like conscious now of like when we're in post that you're not locked in a room post that you're not locked in a room editing a film for 15 hours a day, and editing a film for 15 hours a day, and you're getting no sunlight, and you're you're getting no sunlight, and you're under that fluorescent light. Or I under that fluorescent light. Or I usually try to push with my brother to usually try to push with my brother to shoot out on location, cuz it's that shoot out on location, cuz it's that light.

light. light. >> important cuz the EMF disrupts cellular >> important cuz the EMF disrupts cellular health and can cause autoimmune health and can cause autoimmune reactions. We've heard that with reactions. We've heard that with different people around EMF, right? So, different people around EMF, right? So, you know, that's a real big part of it.

you know, that's a real big part of it.

How Chris Found Crohn's & Colitis Lifestyle

But So, you're doing all this, and then But So, you're doing all this, and then fast forward all these years. And how fast forward all these years. And how did you find CCL? And what made you feel did you find CCL? And what made you feel like this was real, it wasn't a scam?

like this was real, it wasn't a scam? You've been sick for 30 years. You've You've been sick for 30 years. You've tried everything under the sun. What tried everything under the sun. What made you feel like this was different?

made you feel like this was different? >> I think, you know, I I had my last big >> I think, you know, I I had my last big surgery, which was a resection, which surgery, which was a resection, which was I mean a part of my intestines that was I mean a part of my intestines that were I ironically I had a meter extra of were I ironically I had a meter extra of intestines. I was on a biologic for intestines. I was on a biologic for Stelara. I had a terrible reaction to my Stelara. I had a terrible reaction to my body. Nobody knew where to do with it.

body. Nobody knew where to do with it. The doctors would be like, "Well, talk The doctors would be like, "Well, talk to the Stelara reps." The Stelara reps to the Stelara reps." The Stelara reps would go, "Oh, we'll talk to the would go, "Oh, we'll talk to the doctors." And so I finally got off of doctors." And so I finally got off of it, and I'm like, "I'm flying free, and it, and I'm like, "I'm flying free, and I'm scared. I don't know what to do." I'm scared. I don't know what to do." And it was my wife actually who came And it was my wife actually who came across one of your videos on Instagram, across one of your videos on Instagram, and I was like, "All right, I'll check and I was like, "All right, I'll check this out. Let me see what it is." And I this out. Let me see what it is." And I started watching your stuff, and I was started watching your stuff, and I was like, "Oh, listen to your testimony.

like, "Oh, listen to your testimony. Okay, this is interesting, but I'm not Okay, this is interesting, but I'm not sure." It's

always like that. But that's sure." It's always like that. But that's what really happened. And then I did I what really happened. And then I did I decided, "Okay, I'm going to do decided, "Okay, I'm going to do something. I've tried everything.

something. I've tried everything. Nothing's working." And I think I really Nothing's working." And I think I really connected to your story connected to your story >> Yeah.

>> Yeah. >> Yeah. >> biologics not working, and really trying >> biologics not working, and really trying to take charge of yourself. I'm a very to take charge of yourself. I'm a very much a believer in in making movement much a believer in in making movement for yourself, on behalf of yourself.

for yourself, on behalf of yourself. Let's go and do something. So, I had a a Let's go and do something. So, I had a a free call, and free call, and >> It's with Julia, right?

>> It's with Julia, right? >> And she's the best. She was so good, so >> And she's the best. She was so good, so kind, and talked about everything, and kind, and talked about everything, and really helped kind of open my mind. And, really helped kind of open my mind. And, you know, what did she say in the very you know, what did she say in the very beginning? She's like, "You know, the beginning? She's like, "You know, the best time to start was yesterday." Like best time to start was yesterday." Like like like let's get this going. So I was like like let's get this going. So I was like, "You know what? You're right." like, "You know what? You're right." >> If it works, yeah. If it's real and it's >> If it works, yeah. If it's real and it's right, lock and load it, man.

right, lock and load it, man. >> Lock and load it. And I really was like, >> Lock and load it. And I really was like, "What do I have to lose?" Because I have "What do I have to lose?" Because I have done this for 30 years, and I have been done this for 30 years, and I have been on X, Y, and Z of every single drug that on X, Y, and Z of every single drug that has not worked, that has just led to has not worked, that has just led to more problems. What do I have to lose?

more problems. What do I have to lose? And I really looked at your guys' level And I really looked at your guys' level of knowledge that you had that was of knowledge that you had that was bringing in not just like, "Hey, take bringing in not just like, "Hey, take this pill." Or, "Hey, you know, only this pill." Or, "Hey, you know, only this one little diet." It was really It this one little diet." It was really It was really tailored and focused to like was really tailored and focused to like who you are as an individual. And that who you are as an individual. And that really struck me because I I know if really struck me because I I know if people out there who have been diagnosed people out there who have been diagnosed to the parents that have children or to the parents that have children or you're a just newly diagnosed, it's very you're a just newly diagnosed, it's very scary and you don't feel like you're an scary and you don't feel like you're an individual anymore. You're just under individual anymore. You're just under this umbrella of like, "Yeah, take this this umbrella of like, "Yeah, take this and get out of here." You know, it's and get out of here." You know, it's like like like "Who am I? Like, what's going on?" So, "Who am I? Like, what's going on?" So, it was really encouraging to me that you it was really encouraging to me that you guys had this real level of coaching guys had this real level of coaching that like looked at individual things.

that like looked at individual things. And it's like, "Hey, we're going to And it's like, "Hey, we're going to actually like kind of winnow stuff down actually like kind of winnow stuff down and like figure you out as a person and and like figure you out as a person and then apply these protocols to you." then apply these protocols to you." Which was incredible. And so, I joined Which was incredible. And so, I joined and and and >> Hold on. And just guys, one thing. So, >> Hold on. And just guys, one thing. So, what he's talking about, he did a free what he's talking about, he did a free We offer free 1-hour sessions. There's We offer free 1-hour sessions. There's no cost. There's no gimmicks. You just no cost. There's no gimmicks. You just deep dive. We want to get to know who deep dive. We want to get to know who you are. It's about integrity. We need you are. It's about integrity. We need real integrity to understand if we're real integrity to understand if we're going to actually work together and get going to actually work together and get results. We want real results like you results. We want real results like you do. So, if you want to talk with Julia, do. So, if you want to talk with Julia, I'm going to actually put a link. If you I'm going to actually put a link. If you click that link below and you can do a click that link below and you can do a free 1-hour session with Julia. Same free 1-hour session with Julia.

Ulcerative Colitis Symptoms Before the S.H.I.E.L.D. Program

Same person Chris talked about. And I'm, you person Chris talked about. And I'm, you know, anywhere from four, eight You've know, anywhere from four, eight You've got a moderate amount of blood, mucus, got a moderate amount of blood, mucus, urgency, diarrhea, undigested food in urgency, diarrhea, undigested food in the stool, right?

the stool, right? >> All of it. >> All of it. >> Now guys, when we look at that, just so >> Now guys, when we look at that, just so you know, cuz we call this as a success you know, cuz we call this as a success tracker, all of that is predominantly tracker, all of that is predominantly colon health. So, we already know the colon health. So, we already know the colon's freaking out. So, we know we colon's freaking out. So, we know we need to personalize plans around the need to personalize plans around the colon. Then you had a pretty large colon. Then you had a pretty large amount of bloating.

amount of bloating. >> Yes. >> Yes. >> Yes. >> A little bit of cramping and pain, lots >> A little bit of cramping and pain, lots of gas, nausea. And so, that's a lot of of gas, nausea. And so, that's a lot of upper GI we look at. But that was a big upper GI we look at. But that was a big problem for you, too.

problem for you, too. >> 100% 100% >> 100% 100% >> But then also, you had some more serious >> But then also, you had some more serious issues. Fistula, fissure, hemorrhoids, issues. Fistula, fissure, hemorrhoids, strictures. These are more complicated.

strictures. These are more complicated. This is another level on IBD. This is another level on IBD. >> It would yeah, definitely. And I would >> It would yeah, definitely. And I would say, you know, the older you get, but it say, you know, the older you get, but it was so frustrating. And it was like was so frustrating. And it was like really it affects your quality of life.

really it affects your quality of life. You can't do things that you're like, "I You can't do things that you're like, "I just regular stuff. I can't go for a just regular stuff. I can't go for a long car ride. This is going to be like long car ride. This is going to be like so painful. I know it's going to be a so painful. I know it's going to be a problem afterwards. It's going to be an problem afterwards. It's going to be an issue. Like, can I fly here? Can I do issue. Like, can I fly here? Can I do that? Like, work-wise?" It It was just that? Like, work-wise?" It It was just always a mess. And anyways, yeah, that's always a mess. And anyways, yeah, that's where I was at.

where I was at. >> Okay. And so, >> Okay.

Crohn's Remission Journey: Symptoms After S.H.I.E.L.D.

And so, Chris, what are your symptoms now? Chris, what are your symptoms now? >> Okay. So, here's the deal. >> Okay. So, here's the deal. >> [laughter] >> [laughter] >> [laughter] >> No lie, no BS. This is like This is just >> No lie, no BS. This is like This is just honest to God. I'm telling you like I've honest to God. I'm telling you like I've I'm the guy who's the first person to be I'm the guy who's the first person to be like, "Look, I crapped my pants. I'm like, "Look, I crapped my pants. I'm sorry. I didn't mean to." [laughter] sorry. I didn't mean to." [laughter] I'm just going to be honest, but no, I'm just going to be honest, but no, it's so much better.

it's so much better. From the start of this process, my body From the start of this process, my body began to respond really quickly because began to respond really quickly because I was doing the right things, eating the I was doing the right things, eating the right food, helping the natural pathways right food, helping the natural pathways of my body do stuff which I just didn't of my body do stuff which I just didn't know how to do before. So now I'm having know how to do before. So now I'm having two to three bowel movements a day, very two to three bowel movements a day, very regular.

regular. regular. Yes, which is great. No blood, no mucus, Yes, which is great. No blood, no mucus, hemorrhoids gone. hemorrhoids gone. >> Hemorrhoids gone.

>> Hemorrhoids gone. >> That's what I'm talking about, right? >> That's what I'm talking about, right? >> If you have bad ones, this is that's >> If you have bad ones, this is that's nasty business.

nasty business. >> Yeah. That changed >> Yeah. That changed >> No diarrhea, no urgency, no blood, no >> No diarrhea, no urgency, no blood, no mucus, two to three normal bowel mucus, two to three normal bowel movements consistent every day.

movements consistent every day. >> Bloating? >> Bloating? >> Bloating? >> Cramping? >> Cramping? >> Cramping? >> Way down. Way down, if at all. And >> Way down. Way down, if at all. And honestly, if you misbehave and you eat honestly, if you misbehave and you eat something wrong or you do something that something wrong or you do something that you're like, "Oh, I know this this is you're like, "Oh, I know this this is why my body doesn't like this. This why my body doesn't like this. This doesn't work." doesn't work." What else?

What else? >> Or gas. So sometimes, guys, we'll say >> Or gas. So sometimes, guys, we'll say normal gas cuz every human gets some normal gas cuz every human gets some kind of gas, but no IBD specific kind of gas, but no IBD specific cramping, cramping, cramping, bloating, all gone.

bloating, all gone. >> Yeah. >> Yeah. >> Yeah. >> And and then what about joint pain? >> And and then what about joint pain? >> Oh, dude. Okay, so I'm like >> Oh, dude. Okay, so I'm like >> Jiu-jitsu guy.

>> Jiu-jitsu guy. >> Yeah, I love martial arts. I do >> Yeah, I love martial arts. I do jiu-jitsu. I do a lot of kickboxing, a jiu-jitsu. I do a lot of kickboxing, a lot of takedowns. So I'm like I'm MMA, lot of takedowns. So I'm like I'm MMA, right? So a lot of striking to like right? So a lot of striking to like takedown grappling. Dude, my joints were takedown grappling. Dude, my joints were like I felt like I was like going to like I felt like I was like going to wrestle me. But no, not gone and I can wrestle me. But no, not gone and I can move, I can throw, it's great. I'm now move, I can throw, it's great. I'm now in the old man's terror in my gym, so in the old man's terror in my gym, so which is great.

which is great. >> Wow, dude. And so no hemorrhoids and >> Wow, dude. And so no hemorrhoids and you're not getting any kind of rectal you're not getting any kind of rectal pain that you were getting when you were pain that you were getting when you were coming in.

coming in. >> No, and that's also huge. That's also >> No, and that's also huge. That's also something that again, uncomfortable to something that again, uncomfortable to talk about, but like rectal pain, talk about, but like rectal pain, especially when you're out in public and especially when you're out in public and you're dealing with stuff or you're you're dealing with stuff or you're talking with people, you're just holding talking with people, you're just holding it in, you're like it's like a really it in, you're like it's like a really difficult part of life. And so that's difficult part of life. And so that's been huge and it's just like it's been been huge and it's just like it's been the first time that my body is just like the first time that my body is just like consistently working and feeling good.

consistently working and feeling good. And the lights started to go on really And the lights started to go on really quick when I I took a trip with my quick when I I took a trip with my family at Big Sur and it was like family at Big Sur and it was like normally we've got to do all these normally we've got to do all these things to make sure that my body can things to make sure that my body can work. No, it was just like fine. We're work. No, it was just like fine. We're just like let's just like let's >> You're just rolling.

>> You're just rolling. >> Rolling, man. It was the best. I was >> Rolling, man. It was the best. I was just like I wanted to cry. I was like, just like I wanted to cry. I was like, "This is so great. I'm in nature and I'm "This is so great. I'm in nature and I'm not like losing my mind. I can just like not like losing my mind. I can just like hang out and it's fine. I feel normal hang out and it's fine. I feel normal again." again." again." >> Guys, and this is I I want to say, look, >> Guys, and this is I I want to say, look, we hit a home run here with Chris. His we hit a home run here with Chris. His body loved the plan. We customize a plan body loved the plan. We customize a plan for him. But he was sick for 30 years for him.

The Turning Point: Natural Healing for Crohn's Disease

But he was sick for 30 years straight, comes in, and let me tell you, straight, comes in, and let me tell you, within a month his results were crazy. within a month his results were crazy.

Your body wants to heal. You need a Your body wants to heal. You need a customized plan around the microbiome, customized plan around the microbiome, around digestion, around drainage around digestion, around drainage pathways. We were saying, one of your pathways. We were saying, one of your big root issues, we don't believe your big root issues, we don't believe your body could release toxins. It was body could release toxins. It was causing a severe inflammatory response, causing a severe inflammatory response, and it didn't matter what you ate.

and it didn't matter what you ate. >> Yes. Yes. >> Yes. Yes. >> Didn't matter. >> Didn't matter. >> Exactly. And that's the knowledge I just >> Exactly. And that's the knowledge I just didn't have, and that's the other thing didn't have, and that's the other thing that I think I really dug about this that I think I really dug about this program is I realized I was at a program is I realized I was at a threshold of my understanding. I just threshold of my understanding. I just couldn't do it. And all of the couldn't do it. And all of the traditional medicines that were out traditional medicines that were out there, they weren't even addressing there, they weren't even addressing those issues. So I there was just stuff, those issues. So I there was just stuff, you know, you don't know what you don't you know, you don't know what you don't know. And getting that help, and getting know. And getting that help, and getting that knowledge, my my coach, she was a that knowledge, my my coach, she was a phenomenal coach, Taylor. She phenomenal coach, Taylor. She >> Coach Taylor, yeah.

>> Coach Taylor, yeah. >> absolutely amazing, so professional and >> absolutely amazing, so professional and so knowledgeable, and being able to be so knowledgeable, and being able to be like, oh, this is what this is, and this like, oh, this is what this is, and this is why you need to do this first and do is why you need to do this first and do that, and clear those pathways. And it that, and clear those pathways. And it it changed I was like stuff I wouldn't it changed I was like stuff I wouldn't even How would I know? I don't know any even How would I know? I don't know any of that stuff.

of that stuff. >> I'm looking at your plan. By a month >> I'm looking at your plan. By a month into the program, you were at three to into the program, you were at three to four bowel movements a day.

four bowel movements a day. >> Yes. >> Yes. >> Yes. >> Consistent. 30 30 Like four weeks to >> Consistent. 30 30 Like four weeks to five six weeks. five six weeks. >> Yes.

>> Yes. >> Yes. >> It's like getting consistent, which is >> It's like getting consistent, which is nuts, guys. That's a home run. You can't nuts, guys. That's a home run. You can't guarantee that for everybody, but it's guarantee that for everybody, but it's possible. We can do it.

possible. We can do it. >> I think it's possible, and I would >> I think it's possible, and I would encourage people that are watching this, encourage people that are watching this, look, I've done this gamut for 30 years, look, I've done this gamut for 30 years, and if my body does my tiny dog back and if my body does my tiny dog back there, my body thinks it changes like, there, my body thinks it changes like, hello. If my body can change in a month hello. If my body can change in a month or so, you know, your body wants to do or so, you know, your body wants to do this. And I think that's what I really this. And I think that's what I really learned about my body is that it's learned about my body is that it's wanting to heal, and it's it is a wanting to heal, and it's it is a powerful machine that just needed the powerful machine that just needed the right tweaking to be able to be free to right tweaking to be able to be free to do its thing.

do its thing. >> Now, and guys, I can't say that >> Now, and guys, I can't say that everyone's going to come in and get everyone's going to come in and get amazing in 30 days, but we build a plan, amazing in 30 days, but we build a plan, we put it all together for what your we put it all together for what your past is, what we think those root issues past is, what we think those root issues are, how we fix them, and you can hit are, how we fix them, and you can hit Yahtzee. We hit Yahtzee very often. So Yahtzee. We hit Yahtzee very often. So it's possible, and Chris it's possible, and Chris >> I try to stay positive, but you know, I >> I try to stay positive, but you know, I also try to stay real. And so I I don't also try to stay real. And so I I don't know if I had that real like going in, know if I had that real

like going in, but I was committed. I will say this, I but I was committed. I will say this, I went in with the mindset of going, I am went in with the mindset of going, I am going to give myself over to this going to give myself over to this program, both mentally and physically, program, both mentally and physically, and actually do it. And I don't know I and actually do it. And I don't know I don't know what I really thought, but I don't know what I really thought, but I was hopeful. I don't even know what the was hopeful. I don't even know what the percentage was, but it's weird because percentage was, but it's weird because all of a sudden after like a month or all of a sudden after like a month or two you're like, I feel so good. What's two you're like, I feel so good. What's happening? I'm not running to the happening? I'm not running to the bathroom because it was you guys changed bathroom because it was you guys changed my life and I it's such a believer of my life and I it's such a believer of this stuff now because there's just this stuff now because there's just tools and we talked about it a little tools and we talked about it a little earlier the EFT tapping and different earlier the EFT tapping and different things you guys talk about the whole things you guys talk about the whole experience, the whole body, not just experience, the whole body, not just again, eating something and taking some again, eating something and taking some supplements it which is good by the way.

supplements it which is good by the way. The way it all worked and and really The way it all worked and and really treating, you know, all that trauma. Now treating, you know, all that trauma. Now again, to to people that have young ones again, to to people that have young ones or or have been in this game or or have been in this game unfortunately for a very long time, unfortunately for a very long time, having those tools to recognize like having those tools to recognize like this is a tough path. It's not my fault.

this is a tough path. It's not my fault. It's hard. Recognizing that and then It's hard. Recognizing that and then working out of that trauma and having working out of that trauma and having the tools to work through that trauma the tools to work through that trauma and be able to cry and be able to and be able to cry and be able to process that this hurts and is hard and process that this hurts and is hard and move through that. I'm telling you it's move through that. I'm telling you it's this program is priceless.

this program is priceless. >> [laughter] >> [laughter] >> [laughter] >> You're doing it right now. Just try and >> You're doing it right now. Just try and do it. Just do it. Don't waste If you do it. Just do it. Don't waste If you know what it's like to wet your pants on know what it's like to wet your pants on a date or you'll be out in public and a date or you'll be out in public and struggle with that stuff, right? Like struggle with that stuff, right? Like there's not there's not there's not a price on those there's not there's not a price on those kind of stuff because it really equips kind of stuff because it really equips you for the long run. And we were just you for the long run. And we were just talking about you going back and doing talking about you going back and doing stuff and kind of going further and stuff and kind of going further and deeper into this program because it is a deeper into this program because it is a lifelong journey. I want to give lifelong journey. I want to give everyone a little preface. We customize everyone a little preface. We customize this plan for months. Coach Taylor was this plan for months. Coach Taylor was amazing. If you want Coach Taylor or one amazing. If you want Coach Taylor or one of the same coaches, ask for Coach of the same coaches, ask for Coach Taylor. She's unbelievable. And Coach Taylor. She's unbelievable. And Coach Taylor was diagnosed with Crohn's as a Taylor was diagnosed with Crohn's as a teenager just like Chris. So they were teenager just like Chris. So they were buddy like that. And she's a clinical buddy like that. And she's a clinical herbalist. She's got a master's in herbalist. She's got a master's in nutrition. She's got a 25-30 years of nutrition. She's got a 25-30 years of IBD experience herself. All that stuff.

IBD experience herself. All that stuff. But when we came in, we built a plan. It But when we came in, we built a plan. It started working, but we tweaked, we started working, but we tweaked, we added, we scaled, we took things out, we added, we scaled, we took things out, we moved it. So that's the thing. We're not moved it. So that's the thing. We're not here just saying here's your plan, watch here just saying here's your plan, watch some videos, go on. No, we're DMing with some videos, go on. No, we're DMing with you. We're listening to your experience.

you. We're listening to your experience. We're tweaking if something doesn't go We're tweaking if something doesn't go right. We have It's okay if something right. We have It's okay if something doesn't go right. You're not stuck. We doesn't go right. You're not stuck. We can tweak it. Chris, but truly I would can tweak it. Chris, but truly I would say the the the the the expertise and say the the the the the expertise and the knowledge that your team has because the knowledge that your team has because there was just things like honestly if I there was just things like honestly if I was just going to be down with it the was just going to be down with it the kale support. That changed

my life.

kale support. That changed my life. Helping it Helping it actually helping my liver and like actually helping my liver and like getting the right stuff in my gut and getting the right stuff in my gut and knowing how to do it. But the knowledge knowing how to do it. But the knowledge on how to be self-empowered once again on how to be self-empowered once again and not be afraid of food, to actually and not be afraid of food, to actually have a a have a a a database of information cuz I've gone a database of information cuz I've gone on now and it's going to be like, "What on now and it's going to be like, "What is this? Okay, let me watch this video is this? Okay, let me watch this video on how to do this." And like, "You know on how to do this." And like, "You know when I did my stool sample, okay, what when I did my stool sample, okay, what does this mean? Oh, okay, that's what does this mean? Oh, okay, that's what that means." that means." >> Yeah.

>> Yeah. >> Yeah. >> That didn't exist before. And if you're >> That didn't exist before. And if you're I had a team of people that responded to I had a team of people that responded to me, that were kind, that understood me, me, that were kind, that understood me, and unfortunately had gone through the and unfortunately had gone through the same thing that I had. So, it was like, same thing that I had. So, it was like, "Oh, yeah, I know what that's like. Try "Oh, yeah, I know what that's like. Try this. Let's tailor this." It's that this. Let's tailor this." It's that knowledge that I just I I was at a knowledge that I just I I was at a ceiling. And that knowledge empowered me ceiling. And that knowledge empowered me to realize that my body wants to heal.

to realize that my body wants to heal. That I have the power to actually take That I have the power to actually take my body from this to this place. And it my body from this to this place. And it was very simple. And it was just doing was very simple. And it was just doing these protocols and sticking with it and these protocols and sticking with it and doing the EFT tapping. Doing all of it doing the EFT tapping. Doing all of it together, not one thing. Not one thing.

together, not one thing. Not one thing. >> herbs, supplements, biohacking, drainage >> herbs, supplements, biohacking, drainage support, colon therapies, we did all of support, colon therapies, we did all of it.

it. it. >> Man, and I I'll tell you like I'll just >> Man, and I I'll tell you like I'll just be real with you guys, those ozone pills be real with you guys, those ozone pills >> Ozone suppositories, yeah.

>> Ozone suppositories, yeah. >> And it changed my life. I'm telling you, >> And it changed my life. I'm telling you, man. Another thing that I liked about man. Another thing that I liked about this whole program is that everybody was this whole program is that everybody was just open and honest about stuff. Like just open and honest about stuff. Like it wasn't like there was no shame or it wasn't like there was no shame or there was no weirdness. Like we've all there was no weirdness. Like we've all gone through this. Here it is. I really, gone through this. Here it is. I really, really deeply appreciated that cuz I was really deeply appreciated that cuz I was like, "Man, you're you're doing the like, "Man, you're you're doing the stuff that nobody talks about." stuff that nobody talks about." >> And doctors don't have this. They're not >> And doctors don't have this. They're not going to show you how to do a coffee going to show you how to do a coffee enema or colon or suppositories or DMS enema or colon or suppositories or DMS or dropper, all this. So, guys, I just or dropper, all this. So, guys, I just want to one thing you said about the want to one thing you said about the Chaos Support. One of the core problems Chaos Support. One of the core problems I want to give you as a takeaway is when I want to give you as a takeaway is when you've been sick for a long time, you've been sick for a long time, there's a huge chance that your body there's a huge chance that your body doesn't have the ability to eliminate doesn't have the ability to eliminate certain toxins and that they keep you certain toxins and that they keep you inflamed no matter what you do. So, you inflamed no matter what you do. So, you can be eating almost nothing and you're can be eating almost nothing and you're inflamed. When we started working on inflamed. When we started working on Chris's liver, so Chaos stands for Chris's liver, so Chaos stands for kidney liver support. It's a product by kidney liver support. It's a product by CellCore. We love it. You got to use it CellCore. We love it. You got to use it right cuz if you don't use it right, right cuz if you don't use it right, it'll make you worse.

it'll make you worse. Cuz you dump if you're like if your Cuz you dump if you're like if your liver's stuck and you start move working liver's stuck and you start move working on that liver and pushing that stagnant on that liver and

pushing that stagnant liver out, you might dump a bunch of liver out, you might dump a bunch of toxins that your immune system freaks toxins that your immune system freaks out to. And if you don't have the right out to. And if you don't have the right type of food, binders, nervous system type of food, binders, nervous system regulation, you're going to get worse.

regulation, you're going to get worse. That's why you read online and someone That's why you read online and someone goes, "Oh, I did so good on this goes, "Oh, I did so good on this supplement." Another person goes, "It supplement." Another person goes, "It put me in a hospital." You It's So, you put me in a hospital." You It's So, you have to know what you're doing. It has have to know what you're doing. It has to be an authenticity, integrity, to be an authenticity, integrity, dosage, how it pairs with things, what dosage, how it pairs with things, what the body's telling us. And we see the body's telling us. And we see thousands, not hundreds, thousands of thousands, not hundreds, thousands of people with IBD and everyone gets a people with IBD and everyone gets a private coach. That's why we're so good private coach. That's why we're so good cuz when we see Chris and Chris tells us cuz when we see Chris and Chris tells us I've already seen it a hundred times and I've already seen it a hundred times and I know what's going to be low risk. I'm I know what's going to be low risk. I'm looking for a neutral or positive looking for a neutral or positive response. I know it's low risk. So if I response. I know it's low risk. So if I tell Chris something I'm going let's tell Chris something I'm going let's make sure he doesn't get worse. That's make sure he doesn't get worse. That's number one.

number one. >> Yeah. >> Yeah. >> Yeah. >> Let's make sure we pulse, titrate slow, >> Let's make sure we pulse, titrate slow, make sure he feels safe and comfortable make sure he feels safe and comfortable and he gives us the green light that and he gives us the green light that he's ready to try that.

he's ready to try that. >> Yeah. >> Yeah. >> Yeah. >> If he goes no, I'm not ready, we'll go >> If he goes no, I'm not ready, we'll go wait two weeks on it. I'm not going to wait two weeks on it. I'm not going to push it on you. We don't push.

push it on you. We don't push. >> Yeah. >> Yeah. >> Yeah. >> No, I I can I can confirm that. You guys >> No, I I can I can confirm that. You guys have been nothing but very very kind and have been nothing but very very kind and aware of this the whole situation. And aware of this the whole situation. And the thing that what I meant by by the thing that what I meant by by knowledge is it was individualized. You knowledge is it was individualized. You guys were able to say let's look at the guys were able to say let's look at the context of your body. Let's look at the context of your body. Let's look at the length and the history of what you've length and the history of what you've gone through. Let's look at the gone through. Let's look at the symptoms. Let's look at the the stool symptoms. Let's look at the the stool sample thing and actually go through it.

sample thing and actually go through it. Suit yeah, the gut zoomer. And go Suit yeah, the gut zoomer. And go through it and actually approach it in a through it and actually approach it in a way that was very good. It was I felt so way that was very good. It was I felt so supported all the time and felt very supported all the time and felt very like wasn't just like a loosey-goosey like wasn't just like a loosey-goosey like hey, just try this. Goodbye. No, it like hey, just try this. Goodbye. No, it was very much like how are you? Do you was very much like how are you? Do you need anything? Reach out. What's this need anything? Reach out. What's this like? What's going on? And I cannot like? What's going on? And I cannot resonate more too with you saying like resonate more too with you saying like it's the right thing and the right it's the right thing and the right timing with your body and knowing and timing with your body and knowing and understanding that with the chaos understanding that with the chaos support because it really was the gold support because it really was the gold star for me. It really was.

star for me. It really was.

Advice for Anyone Living with IBD, Crohn's or Colitis

>> Any last words for anyone out there >> Any last words for anyone out there resonating with your story, your case resonating with your story, your case and and just out there suffering right and and just out there suffering right now?

now? now? >> First of all, honestly, you're >> First of all, honestly, you're incredible because I think a lot of incredible because I think a lot of times autoimmune people, IBD people, you times autoimmune people, IBD people, you know, people that are dealing with stuff know, people that are dealing with stuff we get kind of pushed in this box and we get kind of pushed in this box and like oh, it's too much for you to like oh, it's too much for you to handle. You can't No, you are some of handle. You can't No, you are some of the strongest people that have survived the strongest people that have survived and overcome and you are in a tough spot and overcome and you are in a tough spot maybe right now in your life, but you're maybe right now in your life, but you're going to get through it. And this is going to get through it. And this is your one shot down here in the dirt with your one shot down here in the dirt with the rest of us and your life is so the rest of us and your life is so valuable and so important and it's time valuable and so important and it's time for you to figure out how to live that for you to figure out how to live that life to the fullest. And I know many life to the fullest. And I know many people have tried and different things people have tried and different things and different things have worked, but I and different things have worked, but I can tell you from a person who's done it can tell you from a person who's done it for 30 years, this works. And I I'm for 30 years, this works. And I I'm sitting here and I'm only going to be sitting here and I'm only going to be looking forward to more and more health.

looking forward to more and more health. And the older I get, I mean health is And the older I get, I mean health is really the only thing that matters really the only thing that matters deeply. When we can be ourselves fully, deeply. When we can be ourselves fully, we can be a part of community, we love we can be a part of community, we love people fully, all the things that we people fully, all the things that we need to do. And honestly, the biggest need to do. And honestly, the biggest mental thing that I got through is you mental thing that I got through is you deserve health. You deserve it. You deserve health. You deserve it. You deserve to be the most vibrant version deserve to be the most vibrant version of yourself. And I really hope that you of yourself. And I really hope that you find your pathway into this and become find your pathway into this and become that version because it has freaking that version because it has freaking changed my life. So, that's why I'm changed my life. So, that's why I'm doing this. That's why I wanted to talk doing this. That's why I wanted to talk to you say, "Hey, do you want to talk to you say, "Hey, do you want to talk about this?" I was like, "Yes, please." about this?" I was like, "Yes, please." And especially to the parents because my And especially to the parents because my mom, who's no longer with me, I wish she mom, who's no longer with me, I wish she had something like this. You guys are had something like this. You guys are incredible. To the parents out there incredible. To the parents out there that have children that are going that have children that are going through this, you guys are the true through this, you guys are the true heroes. Hang in there. Keep doing it. Do heroes. Hang in there. Keep doing it. Do a program like this. It will get your a program like this. It will get your child or you know, whoever it is that child or you know, whoever it is that you're caring for to the next level you're caring for to the next level because it it really, you know, my wife because it it really, you know, my wife has been through it with me for so long has been through it with me for so long and she was just in awe of the change in and she was just in awe of the change in my body. And really, again, we went on a my body. And really, again, we went on a family trip and it wasn't like this family trip and it wasn't like this gigantic thing where it's like, "Let's gigantic thing where it's like, "Let's pack a thousand pairs of underwear and pack a thousand pairs of underwear and figure out pre-map where every toilet's figure out pre-map where every toilet's at and have every You know, it was at and have every You know, it was really chill. It was great.

really chill. It was great. >> [music]