<Untitled Chapter 1>

about 4 and 1/2 months prior. You know, about 4 and 1/2 months prior. You know, a lot of blood out the hiney, about and a lot of blood out the hiney, about and but depending on whether or not I was on but depending on whether or not I was on prednisone between 40 while on prednisone between 40 while on prednisone to 80 times a day. I'm not prednisone to 80 times a day. I'm not sleeping, a lot of pain.

sleeping, a lot of pain. Symptom-wise, all gone. I maybe use the Symptom-wise, all gone. I maybe use the bathroom two bathroom two to three times a day, four on a really to three times a day, four on a really bad day.

bad day.

Severe Ulcerative Colitis (IBD) Story: Meet Chase

>> What a day. >> What a day. Hey team, what's up? Today we have a Hey team, what's up? Today we have a very special guest and a very, very very special guest and a very, very special story. I'm so excited for you to special story. I'm so excited for you to hear this. If you're someone who hear this. If you're someone who believes that mold might have gotten you believes that mold might have gotten you sick with your gut health, if you're sick with your gut health, if you're someone who has tried it all, carnivore, someone who has tried it all, carnivore, sunning, researching endlessly and sunning, researching endlessly and you're not getting the results and you're not getting the results and you've just been trying and dealing with you've just been trying and dealing with chronic sickness, this is the testament chronic sickness, this is the testament on natural healing that you're going to on natural healing that you're going to want to hear. I am here with the great want to hear. I am here with the great Chase, who has just done some amazing Chase, who has just done some amazing things. We just spent 35 minutes talking things. We just spent 35 minutes talking about his journey, his experience, how about his journey, his experience, how God had helped lead him to to finding God had helped lead him to to finding some results and we're going to take you some results and we're going to take you through a story that I don't think through a story that I don't think you're going to want to miss. Chase, you're going to want to miss. Chase, thanks so much for being here, man.

thanks so much for being here, man. >> Yeah, no problem. Excited. >> Yeah, no problem. Excited. >> Yeah, I'm excited for you, too. And then >> Yeah, I'm excited for you, too. And then we also got his coach, coach Armand, who we also got his coach, coach Armand, who led him through the program, who did a led him through the program, who did a tremendous job helping Chase over the tremendous job helping Chase over the last time. You know, first off, what last time. You know, first off, what were you diagnosed with, how long ago, were you diagnosed with, how long ago, and what was that experience like for and what was that experience like for you?

you? you? >> Yeah, I was diagnosed with ulcerative >> Yeah, I was diagnosed with ulcerative colitis officially in December of last colitis officially in December of last year. Now, I've been dealing with that year. Now, I've been dealing with that for probably about four and a half for probably about four and a half months prior. You know, a lot of blood months prior. You know, a lot of blood out the hiney, about and but depending out the hiney, about and but depending on whether or not I was on prednisone on whether or not I was on prednisone between 40 while on prednisone to 80 between 40 while on prednisone to 80 times a day. I'm not sleeping, a lot of times a day. I'm not sleeping, a lot of pain, not very fun. Wouldn't recommend pain, not very fun. Wouldn't recommend it.

it. it.

Life Before an Ulcerative Colitis Diagnosis

>> And guys, he's doing himself a little >> And guys, he's doing himself a little injustice by telling you that's his injustice by telling you that's his before because you also had been dealing before because you also had been

dealing with You had other issues kind of come with You had other issues kind of come up when you were 19 years old that you up when you were 19 years old that you had started to naturally work on. You had started to naturally work on. You had been studying natural medicine, had been studying natural medicine, mitochondrial production. You had been mitochondrial production. You had been doing long-term fasting, three-day fast, doing long-term fasting, three-day fast, you know, all the time. You had been, you know, all the time. You had been, you know, studying how you can build the you know, studying how you can build the body years prior to even ulcerative body years prior to even ulcerative colitis being diagnosed. What a lot of colitis being diagnosed. What a lot of ones going wild, wait, I probably got ones going wild, wait, I probably got the diagnosis with Crohn's or colitis the diagnosis with Crohn's or colitis from the potato chips, from the from the potato chips, from the glyphosate, from the sugar. But you glyphosate, from the sugar. But you would already been practicing some would already been practicing some pretty strong disciplined lifestyle pretty strong disciplined lifestyle changes before the ulcerative colitis.

changes before the ulcerative colitis. Is that correct? Is that correct? >> That's correct. And as as Dane earlier, >> That's correct. And as as Dane earlier, you know, it's something where I think you know, it's something where I think it couldn't have happened to anybody it couldn't have happened to anybody better than myself. I'm glad that I was better than myself. I'm glad that I was able to to experience something like able to to experience something like this that was super challenging. I had a this that was super challenging. I had a seizure when I was 19. I discovered, you seizure when I was 19. I discovered, you know, Hippocrates writings on fasting. I know, Hippocrates writings on fasting. I used that. It jumped me to ketosis, used that. It jumped me to ketosis, jumped me to carnivore. My wife and I jumped me to carnivore. My wife and I now own a health coaching company where now own a health coaching company where we we teach people, specifically women, we we teach people, specifically women, how to balance their hormones to get how to balance their hormones to get healthy using an animal-based approach.

healthy using an animal-based approach. Where it's it's far more balanced than Where it's it's far more balanced than than a lot of the stuff that I was than a lot of the stuff that I was doing.

doing. doing. >> What's the name of >> What's the name of >> From my perspective, yeah, go follow us >> From my perspective, yeah, go follow us at Animal Health on Instagram. We also at Animal Health on Instagram. We also own Animal Health.com. Animal Health on own Animal Health.com. Animal Health on TikTok as well. So, that's my wife and TikTok as well. So, that's my wife and and that's our company where where we and that's our company where where we help as many people as we can.

help as many people as we can. >> Amazing stories, guys. And if you you >> Amazing stories, guys. And if you you might have even seen it. He might have even seen it. He his journey here, yeah, they also posted his journey here, yeah, they also posted it, had millions of views to help share.

it, had millions of views to help share. And it's just an amazing thing. You can And it's just an amazing thing. You can check him out on Instagram below. We check him out on Instagram below.

Severe IBD Symptoms Before the S.H.I.E.L.D. Program

We were talking through Instagram when we were talking through Instagram when we were even considering working together were even considering working together and helping him because Chase had tried and helping him because Chase had tried so much, worked so hard, studied so so much, worked so hard, studied so much, and just make sure that there was much, and just make sure that there was integrity there. But, I mean, Chase, you integrity there. But, I mean, Chase, you a lot of experience, a lot of skills, a a lot of experience, a lot of skills, a lot of discipline, a lot of work ethic, lot of discipline, a lot of work ethic, strong faith. Before all of a sudden, strong faith. Before all of a sudden, all of a sudden, randomly, December, a all of a sudden, randomly, December, a lot of blood, mucus, multiple bowel lot of blood, mucus, multiple bowel movements, and you're like, "Oh, it's movements, and you're like, "Oh, it's starting to It goes away when I do a starting to It goes away when I do a 3-day fast." Then it comes back. Then 3-day fast." Then it comes back. Then you go fast, comes back. It's just going you go fast, comes back. It's just going back and forth until it became basically back and forth until it became basically uncontrollable at the end of 2025 where uncontrollable at the end of 2025 where it was like it didn't matter if you it

was like it didn't matter if you fast, it didn't matter if you were fast, it didn't matter if you were carnivore, if you were in ketosis, your carnivore, if you were in ketosis, your body was freaking out. Tell us about body was freaking out. Tell us about that experience.

that experience. >> The official diagnosis was in December. >> The official diagnosis was in December. I probably should have been diagnosed I probably should have been diagnosed maybe four or five months prior. I was maybe four or five months prior. I was dealing with it. I would fast for three dealing with it. I would fast for three days. The longest I fasted to get rid of days. The longest I fasted to get rid of it was seven days. And I was out of my it was seven days. And I was out of my house. Now, we we discovered a ton of house. Now, we we discovered a ton of black mold and aspergillus in the house black mold and aspergillus in the house I was living on. It was on a river. It I was living on. It was on a river. It had been flooded multiple times from had been flooded multiple times from hurricanes. We we live in Florida. So, hurricanes. We we live in Florida. So, it's to be expected. We we weren't super it's to be expected. We we weren't super aware of that aspect of of the health aware of that aspect of of the health world of the impacts of mold and world of the impacts of mold and mycotoxins on on different body systems.

mycotoxins on on different body systems. It manifested differently in my wife and It manifested differently in my wife and in I. She had hormonal issues. She in I. She had hormonal issues. She developed endometriosis. I started developed endometriosis. I started getting these these gastrointestinal getting these these gastrointestinal issues where I was bleeding out the issues where I was bleeding out the hindquarters. I tried a couple different hindquarters. I tried a couple different things. Now, I was a big fan of fasting.

things. Now, I was a big fan of fasting. I used it to heal and cure a couple I used it to heal and cure a couple different things in myself and in different things in myself and in others. That would work until I would others. That would work until I would get back to the house. I would come back get back to the house. I would come back to the house, I'd be able to start to the house, I'd be able to start eating again. I I would be on a business eating again. I I would be on a business trip, I'd fast for 7 days, it would go trip, I'd fast for 7 days, it would go away, and then I'd come home, and then I away, and then I'd come home, and then I you know, it hit me again. I was like, you know, it hit me again. I was like, "What is going on? It's got to be this "What is going on? It's got to be this mold in this house." And so, I started mold in this house." And so, I started looking into it. And eventually, it got looking into it. And eventually, it got to the point where it didn't matter how to the point where it didn't matter how long I fasted, it was not going away. I long I fasted, it was not going away. I was still having cramping, blood, it was was still having cramping, blood, it was terrible. I wasn't sleeping at all. I I terrible. I wasn't sleeping at all. I I got to the point where I started losing got to the point where I started losing my memory because I was a lack of sleep, my memory because I was a lack of sleep, maybe lack of electrolyte imbalance and maybe lack of electrolyte imbalance and and malnutrition. And combined with and malnutrition. And combined with that, I was doing a lot of sunning. I that, I was doing a lot of sunning. I I'd sun, you know, I was probably I'd sun, you know, I was probably outside 6 hours a day just trying to get outside 6 hours a day just trying to get as much sun as I can.

as much sun as I can. >> Pump that vitamin D, yeah. >> Pump that vitamin D, yeah. >> Yeah. And I mean, if you if you study >> Yeah. And I mean, if you if you study chronic disorders, you know, the closer chronic disorders, you know, the closer you get to the equator, the you get to the equator, the the less likely you are to to get the less likely you are to to get anything like that. So, there there's a anything like that. So, there there's a big tie there. The localized vitamin D, big tie there. The localized vitamin D, I think, worked really well. The problem I think, worked really well. The problem was is I didn't have access to a nude was is I didn't have access to a nude beach. And so, that sigmoid colon and beach. And so, that sigmoid colon and and the rectum, I just could not get rid and the rectum, I just could not get rid of that inflammation because sunning in of that inflammation because sunning in my wife's parents' driveway is naked uh my wife's parents' driveway is naked uh was not ideal. [laughter] was not ideal. [laughter] >> I hear that, exactly.

>> I hear that, exactly. >> That's, you know, >> That's, you know, you I think everyone can hear that you you I think everyone can hear that you were, you know, beyond worrying about were, you know, beyond worrying about gluten or potato chips or snacking.

gluten or potato chips or snacking. You're fasting, you're sunning, doing You're fasting, you're sunning, doing mitochondria support, and this is mitochondria support, and this is actually just getting worse. And guys, actually

just getting worse. And guys, when he says it's getting worse, he was when he says it's getting worse, he was forgetting who he was. It was so bad, forgetting who he was. It was so bad, and he was dropping you're about 180 lbs and he was dropping you're about 180 lbs today. Back in January, you were I mean, today. Back in January, you were I mean, just going over 60 just going over 60 >> 123.

>> 123. >> 123. >> What Okay, everyone, 7 months ago, he >> What Okay, everyone, 7 months ago, he was 123 lbs on medications, fighting. I was 123 lbs on medications, fighting. I know he's stern and stoic, but this man know he's stern and stoic, but this man is warrior. He's a warrior. You guys is warrior. He's a warrior. You guys don't understand, this is an amazing don't understand, this is an amazing story. So, story. So, you were 60 lbs lighter 6 months ago.

you were 60 lbs lighter 6 months ago. You were doing fasting eat You were so You were doing fasting eat You were so specific, and you're dealing with specific, and you're dealing with bloating, cramping, pain, blood on and bloating, cramping, pain, blood on and off, coming and going, really bad blood.

off, coming and going, really bad blood. Sometimes you said you had some days Sometimes you said you had some days your body was so inflamed, you would go your body was so inflamed, you would go to the bathroom zero times a day. You'd to the bathroom zero times a day. You'd sleep 30 to 30 minutes to 60 minutes at sleep 30 to 30 minutes to 60 minutes at night, and it was just you're in the night, and it was just you're in the bathroom 24/7, nothing you can do about bathroom 24/7, nothing you can do about it. And you're not even eating.

it. And you're not even eating. >> Yeah, 60 is an understatement. It was >> Yeah, 60 is an understatement. It was pretty bad. I had to get a blood pretty bad. I had to get a blood transfusion, which was interesting is transfusion, which was interesting is very traumatic cuz very traumatic cuz >> I had want this. I had blood >> I had want this. I had blood transfusions, too, but man, that's transfusions, too, but man, that's traumatic. I mean, you've been through traumatic. I mean, you've been through so much, Chase. So, you were I mean, so so much, Chase. So, you were I mean, so to say you were at 15 bowel movements or to say you were at 15 bowel movements or 20, like that was like a wish.

20, like that was like a wish. >> That was wonderful. When I found you >> That was wonderful. When I found you all, the I I'd been working with the all, the I I'd been working with the doctors at Mayo, they'd got me on doctors at Mayo, they'd got me on Remicade. I had two doses, which ended Remicade. I had two doses, which ended up being about 24,000 out of out of my up being about 24,000 out of out of my pocket. The The last dose I was like, pocket. The The last dose I was like, "We got to figure out a way to get this "We got to figure out a way to get this down." This was in January, and they down." This was in January, and they gave me a half dose, so it cost me gave me a half dose, so it cost me 6,000. And it's I started to get 6,000. And it's I started to get progressively worse again. So, I jumped progressively worse again.

Why Chase Searched for a Natural Healing Approach for Crohn's & Colitis

So, I jumped up from I was probably around four to up from I was probably around four to six bowel movements a day, back up to six bowel movements a day, back up to maybe around 12 to 16. And I was like, maybe around 12 to 16. And I was like, "I don't have the best I've been in 6 "I don't have the best I've been in 6 months." Which is great was great, but I months." Which is great was great, but I I was progressing negatively again.

I was progressing negatively again. After the half dose, so I was like, "I After the half dose, so I was like, "I can either spend the time trying to can either spend the time trying to figure this out on myself, but I At this figure this out on myself, but I At this point, I had been very humbled by this point, I had been very humbled by this disease. I was like, "There's got to be disease. I was like, "There's got to be somebody that's smarter than I I am that somebody that's smarter than I I am that has been through this exact same has been through this exact same process. They've got to have developed a process. They've got to have developed a system for for dealing with that." And I system for for dealing with that." And I remembered Ben in a podcast I'd listened remembered Ben in a podcast I'd listened to in 2022, to in 2022, I believe, on the way to the gym. It And I believe, on the way to the gym. It And I was waiting for the gym to open, and I I was waiting for the gym to open, and I remembered Ben talking to Ben remembered Ben talking to Ben Greenfield. And Ben made a great point Greenfield. And Ben made a great

point that stuck with me, that stuck with me, where he said I was very strict where he said I was very strict carnivore at this time. He said, "You carnivore at this time. He said, "You know, if you're so healthy, then why know, if you're so healthy, then why can't you handle eating a piece of can't you handle eating a piece of pizza?" Or something along those lines, pizza?" Or something along those lines, where he was talking about kids uh gut where he was talking about kids uh gut health. And And in my mind, I was like, health. And And in my mind, I was like, "Okay, that's an interesting point in so "Okay, that's an interesting point in so far as I'm super strict and I consider far as I'm super strict and I consider myself very healthy compared to the myself very healthy compared to the average population, but there's some average population, but there's some people that can go and eat garbage, and people that can go and eat garbage, and they can, you know, live a great life.

they can, you know, live a great life. Why can't I do something like that?" And Why can't I do something like that?" And so, it changed my perspective, and I so, it changed my perspective, and I remember that paradigm shift from remember that paradigm shift from probably that that was four years ago or probably that that was four years ago or three and a half years ago that I had on three and a half years ago that I had on my way to the gym when I listened to my way to the gym when I listened to that podcast. I was like, "Okay, this that podcast. I was like, "Okay, this guy understands gut health. Let me go guy understands gut health. Let me go back in Ben Greenfield's archive of back in Ben Greenfield's archive of podcasts. I'll figure out who this was podcasts. I'll figure out who this was that was speaking to him, and now I'm that was speaking to him, and now I'm going to go watch his videos." And so, I going to go watch his videos." And so, I remembered that, and I remembered the remembered that, and I remembered the paradigm shift it had on me cuz I it let paradigm shift it had on me cuz I it let me down a rabbit hole of mitochondria me down a rabbit hole of mitochondria health specifically, you know, in the health specifically, you know, in the gut. And And that's how I ended up gut. And And that's how I ended up exploring the Crimson Gladiators. I was exploring the Crimson Gladiators. I was like, "This is the guy like, "This is the guy that has gone through exactly what I've that has gone through exactly what I've gone through. He's very intelligent. He gone through. He's very intelligent. He believes the same things that I believe believes the same things that I believe and I trust his company and I trust that and I trust his company and I trust that if I join with them that if I, you know, if I join with them that if I, you know, do the steps, which I I will and I did, do the steps, which I I will and I did, I'll get similar results. And so, I'll get similar results. And so, you know, if anything it was a there's a you know, if anything it was a there's a wonderful learning experience. I number wonderful learning experience. I number one, I healed myself, which was great.

one, I healed myself, which was great. But number two, I was able to learn from But number two, I was able to learn from Coach Arman, who is wonderful, so sharp Coach Arman, who is wonderful, so sharp and super experienced. And then I was and super experienced. And then I was able to learn from Dane in so far as, able to learn from Dane in so far as, you know, that the help for for his you know, that the help for for his business, just watching somebody who's business, just watching somebody who's who's gone through something so hard and who's gone through something so hard and then come back so vigorously and create then come back so vigorously and create something amazing where he's helping something amazing where he's helping people with with the same challenges people with with the same challenges that he dealt with, you know, that that he dealt with, you know, that that's very that was very inspiring to that's very that was very inspiring to myself and my wife. And and so we were myself and my wife. And and so we were really excited to work with them and really excited to work with them and then it paid off.

then it paid off. >> Wow. I mean, Chase, huge idea. I mean, >> Wow. I mean, Chase, huge idea. I mean, at one at your worst you're having an at one at your worst you're having an infinite amount of bowel movements. This infinite amount of bowel movements. This was last year, okay? We're in the summer was last year, okay?

Living with IBD: Chase's Progress After the S.H.I.E.L.D. Program

We're in the summer of 2026 right now and you come in and of 2026 right now and you come in and the Remicade's helping, but you're the Remicade's helping, but you're spending $12,000 an infusion on this spending $12,000 an infusion on this biologic, which is another problem when biologic, which is another problem when people talk about, where do I put my people talk about, where do I put my time and energy and where do I put my time and energy and where do I put my money? You know, it's like the cost.

money? You know, it's like the cost. You're not the first person who's come You're not the first person who's come to us who spend their they're spending a to us who spend their they're spending a fortune to get a biologic or a steroid fortune to get a biologic or a steroid or mesalamine. And and and to be able to or mesalamine. And and and to be able to get results for get results for >> [clears throat] >> [clears throat] >> [clears throat] >> such a less investment is is just so >> such a less investment is is just so important, but it's got to be done important, but it's got to be done right. There's got to be integrity, right. There's got to be integrity, guys. So you started out after the guys. So you started out after the Remicade, 12-16 bowel movements was the Remicade, 12-16 bowel movements was the best you'd been. The blood was up and best you'd been. The blood was up and down with that after everything you down with that after everything you tried. Urgency, loose stool, the tried. Urgency, loose stool, the bloating, the cramping, the pain, the bloating, the cramping, the pain, the bowel movements at the night, the acne, bowel movements at the night, the acne, you know, hair loss, hemorrhoids, low you know, hair loss, hemorrhoids, low energy, brain fog, 100 you know, you energy, brain fog, 100 you know, you were you know, underweight. Your lowest were you know, underweight. Your lowest was 120 lb. And you were also on the was 120 lb. And you were also on the Remicade, the prednisone, I'm sorry, the Remicade, the prednisone, I'm sorry, the infliximab, the azathioprine and the infliximab, the azathioprine and the prednisone, correct? On all three. So, prednisone, correct? On all three. So, what are your symptoms like now?

what are your symptoms like now? >> Symptom-wise, all gone. I maybe use the >> Symptom-wise, all gone. I maybe use the bathroom two bathroom two to three times a day, four on a really to three times a day, four on a really bad day.

bad day. >> Wow. Chase, dude, wait, wait, just hold >> Wow. Chase, dude, wait, wait, just hold it. Let that energy in, buddy. The whole it. Let that energy in, buddy. The whole world through time and space continuum.

world through time and space continuum. Can we all clap for Chase real quick? Can we all clap for Chase real quick? Forget that this is just like a story on Forget that this is just like a story on I've got YouTube. Guys, for a human I've got YouTube. Guys, for a human being, just for this the human being, just for this the human experience, for the human being to go experience, for the human being to go from such a terrible experience and from such a terrible experience and right now in this moment, it's been like right now in this moment, it's been like that for a while now. Two to three that for a while now. Two to three through April, through March March is through April, through March March is where you really started getting that where you really started getting that bump up, right? In February it was down bump up, right? In February it was down to eight and then March you were like at to eight and then March you were like at four to six, had one day at two and then four to six, had one day at two and then down to like four or five and then May down to like four or five and then May started really going down and keep started really going down and keep going. So, it's like you're starting to going. So, it's like you're starting to get this long continuum of unbelievable get this long continuum of unbelievable experience and no blood, no mucus, no experience and no blood, no mucus, no urgency, no urgency, no no bowel movements tonight. The bowel no bowel movements tonight. The bowel movements tonight stopped actually quite movements tonight stopped actually quite quickly. I think within a couple of quickly. I think within a couple of weeks of starting.

weeks of starting. >> Yeah. >> Yeah. >> Yeah. >> Is that right? >> Is that right? >> Yeah, that's right. >> Yeah, that's right. >> And then got rid of the acne and then >> And then got rid of the acne and then hair loss down, not much of a problem, hair loss down, not much of a problem, energy great, no brain fog, 180 lbs.

energy great, no brain fog, 180 lbs. >> Yeah. >> Yeah. >> Yeah. >> And what medications are you on >> And what medications are you on to do this? to do this?

>> I'm on I've been off all medications for >> I'm on I've been off all medications for probably two and a half months. probably two and a half months.

>> Wow, unbelievable. I see here no meds in >> Wow, unbelievable. I see here no meds in March, no meds and then I think in March, no meds and then I think in February 4th you were on prednisone 5 mg February 4th you were on prednisone 5 mg and and maybe infliximab will see these and and maybe infliximab will see these azathioprine. But we were able to azathioprine. But we were able to drastically get that off and you're able drastically get that off and you're able to and you've been seeing yourself get to and you've been seeing yourself

get even better and better off the even better and better off the medications, which is a scary road. Talk medications, which is a scary road. Talk to your doctor, it's not medical advice, to your doctor, it's not medical advice, we're not guaranteeing we can do that we're not guaranteeing we can do that for anybody. You know, that's hard to for anybody. You know, that's hard to do, but to see yourself getting better do, but to see yourself getting better as the medications going down, I mean it as the medications going down, I mean it almost seems unfathomable. Does it sound almost seems unfathomable. Does it sound too good to be true, Chase? I mean too good to be true, Chase? I mean Chase, do you feel like Chase, do you feel like >> It's true.

>> It's true. You know, it's a you know, shutting off You know, it's a you know, shutting off the antibodies that would go and the antibodies that would go and regulate those or even prednisone, regulate those or even prednisone, you're just like mega-dosing cortisol is you're just like mega-dosing cortisol is is what you're doing and and telling is what you're doing and and telling your body you're super stressed and that your body you're super stressed and that it can't use our energy to you know, it can't use our energy to you know, have a high level immune response, which have a high level immune response, which sometimes works, sometimes doesn't. All sometimes works, sometimes doesn't. All of those are terrible for you and I of those are terrible for you and I wouldn't recommend them for anybody wouldn't recommend them for anybody unless you know, you're in a really dire unless you know, you're in a really dire straight and you just need to get some straight and you just need to get some quick relief. In terms of long-term quick relief. In terms of long-term health, it's one of the worst things you health, it's one of the worst things you want to do. It's you know, you're you're want to do. It's you know, you're you're if you're having an inflammatory if you're having an inflammatory response, you want to know number one response, you want to know number one what's causing that. You want to try to what's causing that. You want to try to be able to figure that out. You're be able to figure that out. You're you're you're having an inflammatory you're you're having an inflammatory response for a reason, so there's response for a reason, so there's something going on. Yeah. And so you something going on. Yeah. And so you don't want to shut off the signals your don't want to shut off the signals your body's giving you to say, "Hey, you body's giving you to say, "Hey, you know, something needs to be changed know, something needs to be changed either environmental or it's typically either environmental or it's typically an environmental factor." So, you don't an environmental factor." So, you don't want to, you know, turn off your want to, you know, turn off your intuition, your body's intuition.

intuition, your body's intuition. >> And we all we're all on the same basis, >> And we all we're all on the same basis, right? Like you save your life, it helps right? Like you save your life, it helps save my life. The best decisions, guys.

save my life. The best decisions, guys. And the one thing everyone needs to And the one thing everyone needs to know, the use of natural medicine and know, the use of natural medicine and conventional medicine combined give the conventional medicine combined give the greatest results. Everything we did with greatest results. Everything we did with Chase only helped the medications work Chase only helped the medications work better if he chose to stay on them. And better if he chose to stay on them. And to pay an an a fortune to be on to pay an an a fortune to be on Remicade, which is insane. And so, I Remicade, which is insane. And so, I mean, the fact that we were able to get mean, the fact that we were able to get those results and you haven't had to those results and you haven't had to keep using those infusions because you keep using those infusions because you were spending $12,000 an infusion. It's were spending $12,000 an infusion. It's not financially sustainable for any of not financially sustainable for any of us. That's insane. Man, what I am just us. That's insane. Man, what I am just so thankful to God that you're here, so thankful to God that you're here, that you the conviction, the courage, that you the conviction, the courage, you know, that we've been able to do you know, that we've been able to do this and to have this kind of success.

this and to have this kind of success. We don't know, right? We come in and we We don't know, right? We come in and we do our best. We listen to your case and do our best. We listen to your case and we say, "Hey, let's customize a plan for we say, "Hey, let's customize a plan for you to get these kind of results." It's you to get these kind of results." It's nothing I mean, that's God. It's it's nothing I mean, that's God. It's it's unbelievable. It's tremendous. And your unbelievable. It's tremendous. And your hard work matter tremendously. I want to hard work matter tremendously.

What Made Chase's Crohn's & Colitis Remission Journey Successful

I want to talk a little bit about, you know, why talk a little bit about, you know, why we think you got successful with this. we think you got successful with this.

And you know, maybe I'll highlight And you know, maybe I'll highlight something that we think really helped. something that we think really helped. You know, Armand, what would you say You know, Armand, what would you say working with Chase these last, you know, working with Chase these last, you know, >> Yeah.

>> Yeah. >> Yeah. >> 5 6 months? >> 5 6 months? >> I mean, what a great guy to coach. >> I mean, what a great guy to coach. Really, frankly, to put it summarize it, Really, frankly, to put it summarize it, I think it's the character. You come out I think it's the character. You come out through something as traumatic as Chase through something as traumatic as Chase did last year. To show up for yourself did last year. To show up for yourself literally weeks, literally if you think literally weeks, literally if you think about December to January is when I met about December to January is when I met Chase, to show up and sort of take the Chase, to show up and sort of take the bull by the horns and say, "I'm going to bull by the horns and say, "I'm going to change my life and do it." And to change my life and do it." And to realize this is not a magic pill. You realize this is not a magic pill. You know, I'm getting in the ring with you.

know, I'm getting in the ring with you. I'm going to work with you as a coach, I'm going to work with you as a coach, but you know, you still got to show up but you know, you still got to show up and you got to do it and you got to ask and you got to do it and you got to ask the questions. And he came in, he was the questions. And he came in, he was well read, super well read. I mean, well read, super well read. I mean, asking the questions, digging in, asking the questions, digging in, looking at the literature, knowing the looking at the literature, knowing the reasons why he's doing it, not just reasons why he's doing it, not just doing it cuz I told him.

doing it cuz I told him. >> Yes. >> Yes. >> Yes. >> Not just blindly sticking pills down >> Not just blindly sticking pills down your throat, actually understanding the your throat, actually understanding the process. And I think having that process. And I think having that tenacity, having that character, and tenacity, having that character, and having that drive, especially so soon having that drive, especially so soon after going through the traumatic after going through the traumatic experience, I think that's a experience, I think that's a That's a reflection of his of his That's a reflection of his of his character. And I think that's what character. And I think that's what helped him get such great results so helped him get such great results so quickly. Just knowing and I think yeah, quickly. Just knowing and I think yeah, of course, having that faith and and of course, having that faith and and knowing that, you know, there's is knowing that, you know, there's is purpose behind the turbulence and the purpose behind the turbulence and the suffering that sometimes the universe suffering that sometimes the universe makes us go through. I think I think uh makes us go through. I think I think uh that's a huge epiphany and he he echoed that's a huge epiphany and he he echoed that in his day-to-day. And I think that in his day-to-day. And I think that's what helped him get such great that's what helped him get such great results so quickly. So, results so quickly. So, >> I want to echo a little I want to little >> I want to echo a little I want to little echo a little bit of Armand what you're echo a little bit of Armand what you're saying with why I think Chase did so saying with why I think Chase did so well and was able to do something that well and was able to do something that you could write a book on. I mean, you you could write a book on. I mean, you could write three books on it.

could write three books on it. >> Definitely. >> Definitely. >> Definitely. >> is >> is >> is when you do all that hard work prior, when you do all that hard work prior, guys, everyone out there who's really guys, everyone out there who's really sick and been chronic, when you do all sick and been chronic, when you do all that hard work prior, whatever we add on that hard work prior, whatever we add on of it, that foundation is it's like a of it, that foundation is it's like a trampoline. It creates this ability trampoline. It creates this ability >> Everything Chase was doing mattered. It >> Everything Chase was doing mattered. It was effective. It was useful. We came in was effective. It was useful. We came in and helped customize some strategies and helped customize some strategies we've seen work specifically with IBD to we've seen work specifically with IBD to calm down that gut. When we threw our calm down that gut. When we threw our sauce on top of what he was doing, sauce on top of what he was doing, that's when we got the 10X. And it was that's when we got the 10X. And it was because he was already disciplined. It because he was already disciplined. It was because his mind was already sharp.

was because his mind was already sharp. It's because he'd already been said, It's because he'd already been said,

"I'm getting rid of alcohol. I'm getting "I'm getting rid of alcohol. I'm getting rid of snacking. I'm getting rid of rid of snacking. I'm getting rid of chips." We got to be able to spot that.

chips." We got to be able to spot that. So, when you come in and you work as So, when you come in and you work as hard as as Chase has worked, then we can hard as as Chase has worked, then we can go in there and help add that thing.

go in there and help add that thing. That's what helps that 10X result. That's what helps that 10X result. >> It's hard for us to know I mean, we >> It's hard for us to know I mean, we can't know for certain when we're can't know for certain when we're getting in the ring with someone if getting in the ring with someone if we're going to see these incredible we're going to see these incredible results that Chase saw uh experience in results that Chase saw uh experience in his life, but it's it's it comes with his life, but it's it's it comes with that character, that drive, that that character, that drive, that willingness to learn and grow and build.

willingness to learn and grow and build. And he had those traits. And I think And he had those traits. And I think with that, there's no magic pill. We with that, there's no magic pill. We don't wave a wand people just get don't wave a wand people just get better. They got to have that better. They got to have that commitment. And I think Chase undeniably commitment. And I think Chase undeniably had excessive amounts of that, which is had excessive amounts of that, which is huge, which is huge.

huge, which is huge.

Why Coaching Matters for Living with IBD

>> Yeah, and I also think it helps, Armand, >> Yeah, and I also think it helps, Armand, that you've worked with, you know, over that you've worked with, you know, over 600 people with IBD. How do You come 600 people with IBD. How do You come into the program, right? You're taking a into the program, right? You're taking a leap of faith. You you you heard me on a leap of faith. You you you heard me on a podcast. You said, "This guy has the podcast. You said, "This guy has the integrity, the connection that I want." integrity, the connection that I want." How important was coach Armand to your How important was coach Armand to your success? Not just watching trainings, success? Not just watching trainings, videos, community, all massively videos, community, all massively valuable, all massively successful, but valuable, all massively successful, but having that one-on-one coach and coach having that one-on-one coach and coach Armand specifically.

Armand specifically. >> Yeah, I think there's So, there's so >> Yeah, I think there's So, there's so much information out there. And when much information out there. And when you're in a situation like mine, you can you're in a situation like mine, you can be like, "Okay, I can spend a year be like, "Okay, I can spend a year trying to distill all this down and trying to distill all this down and figure out what actually works, or I can figure out what actually works, or I can go to somebody who number one has been go to somebody who number one has been through it, like the majority of coaches through it, like the majority of coaches and that that y'all bring on, and that that y'all bring on, and that has had the experience not only and that has had the experience not only with themselves, but also with like what with themselves, but also with like what was it? Armand had 600, is that?

was it? Armand had 600, is that? >> Yeah. >> Yeah. >> Yeah. >> 600 >> 600 >> 600 >> 600 people with with this a similar, you >> 600 people with with this a similar, you know, diagnosis. It's kind of a know, diagnosis. It's kind of a no-brainer. You know, you go to somebody no-brainer. You know, you go to somebody and you say, "Listen, I've I've read and you say, "Listen, I've I've read almost every medical journal on this.

almost every medical journal on this. What works? You've had I can only What works? You've had I can only self-test. I It's n of one with me. self-test. I It's n of one with me.

You've got n of 601. You know better You've got n of 601. You know better than I do. And I don't have time to do than I do. And I don't have time to do that extensive testing on myself. It's a that extensive testing on myself. It's a It's a situation where you come in there It's a situation where you come in there and you just have to have full faith and and you just have to have full faith and say, you know, "Arman or Dane or or say, you know, "Arman or Dane

or or whoever's coaching you, whoever's coaching you, you know, I'm trusting you on this. I'm you know, I'm trusting you on this. I'm I'm giving over the helm. Please tell me I'm giving over the helm. Please tell me like what to do." And you know, that's a like what to do." And you know, that's a scary position to put yourself in, of scary position to put yourself in, of course. It's a very humble position. You course. It's a very humble position. You know, if you if you do it in the wrong know, if you if you do it in the wrong place, things could go wrong, but I place, things could go wrong, but I think that if if you go through and you think that if if you go through and you watch their case studies and and watch their case studies and and testimonies that you'll see that, you testimonies that you'll see that, you know, they they've had a lot of success.

know, they they've had a lot of success. And Arman was telling me, you know, by 3 And Arman was telling me, you know, by 3 months, what was it? That most people months, what was it? That most people get 60% symptom relief, 90% symptom What get 60% symptom relief, 90% symptom What What's the stat that you had given me What's the stat that you had given me initially?

initially? initially? >> So, nine out of 10 of our clients see >> So, nine out of 10 of our clients see life-changing results within those first life-changing results within those first 90 to 120 days. Where it's not, you 90 to 120 days. Where it's not, you know, yeah, at least 60 70% symptom know, yeah, at least 60 70% symptom relief is what we'll commonly see when relief is what we'll commonly see when you, you know, what these practices in.

you, you know, what these practices in. But again, it's This is considered an But again, it's This is considered an incurable disease. Every case is incurable disease. Every case is different. That's why we customize.

different. That's why we customize. That's why we do one-on-one. So, we can That's why we do one-on-one. So, we can increase the likelihood that we can have increase the likelihood that we can have the impact we want to have.

the impact we want to have. >> Yeah. So, that that's kind of my my >> Yeah. So, that that's kind of my my perspective. And and he he had a lot of perspective. And and he he had a lot of distilled information that would have distilled information that would have taken me a long time to, you know, taken me a long time to, you know, create a, you know, my own personal create a, you know, my own personal protocol. They have, you know, taken the protocol. They have, you know, taken the experience of like specifically like experience of like specifically like Arman, 601 people and have distilled Arman, 601 people and have distilled what works and what doesn't and and have what works and what doesn't and and have been able to develop that pattern been able to develop that pattern recognition of saying, "Okay, maybe this recognition of saying, "Okay, maybe this is a little off. Let's try this is a little off. Let's try this specifically." Or, you know, maybe it's specifically." Or, you know, maybe it's leaning this way. Let's try this. And leaning this way. Let's try this. And and having that experience is, you know, and having that experience is, you know, you can't put a price tag on on on that you can't put a price tag on on on that kind of wisdom, especially when you're kind of wisdom, especially when you're when you're in a dire straight like I when you're in a dire straight like I was.

was. was. >> Yeah, 100%. And now, remember guys, as >> Yeah, 100%. And now, remember guys, as we say this, every plan needs to be we say this, every plan needs to be customized to you in that there is no customized to you in that there is no there is no there is no perfect answer. There's your there is no perfect answer. There's your answer, and you have to be able to build answer, and you have to be able to build your plan, but we can't help and support your plan, but we can't help and support in that process. If you feel like you in that process. If you feel like you need support, you can do the same thing need support, you can do the same thing Chase did, which is you can book a free Chase did, which is you can book a free 1-hour session just to get to know us 1-hour session just to get to know us and deep dive in your case. There's no and deep dive in your case. There's no hassle, no gimmicks. Right below is hassle, no gimmicks. Right below is where you can link that. And if you want where you can link that. And if you want to work with Arman, then you can say, to work with Arman, then you can say, "Hey, I want to request working with "Hey, I want to request working with Arman when you talk with us." If we Arman when you talk with us." If we decide to work together. Okay, whatever decide to work together. Okay, whatever you do, you need trust and integrity.

you do, you need trust and integrity. We're not We don't walk on water, okay? We're not We don't walk on water,

okay? This isn't easy. It's customized work.

This isn't easy. It's customized work. It's hard work. Our team has been It's hard work. Our team has been through it. We know what it takes. And through it. We know what it takes. And if you're ready to work with ready to if you're ready to work with ready to work.

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

But, you know, Chase, I think you work. But, you know, Chase, I think you just last few questions here for you. just last few questions here for you. You know, just you're 60 lbs heavier, You know, just you're 60 lbs heavier, you're at 2 to 3 lbs a day, you're off you're at 2 to 3 lbs a day, you're off the medication, you've been able to eat the medication, you've been able to eat a variety of food. Are you still doing a variety of food. Are you still doing carnivore only? Are you eating more carnivore only? Are you eating more variety of food now?

variety of food now? >> Oh, no, I'm I'm on vacation right now. >> Oh, no, I'm I'm on vacation right now. So, I mean, I've had three mimosas So, I mean, I've had three mimosas already today.

already today. >> Woah, okay. Woah, okay, this whole game >> Woah, okay. Woah, okay, this whole game this whole testimony just changed. this whole testimony just changed. Chase?

Chase? Chase? >> Yeah. >> Yeah. >> Yeah. >> Yeah, first of all, don't lay off the >> Yeah, first of all, don't lay off the mimosas. You've just got better.

mimosas. You've just got better. Everyone in real time is going, "Chase, Everyone in real time is going, "Chase, what the hell are you doing?" Like, you what the hell are you doing?" Like, you just got better. But, okay, the fact just got better. But, okay, the fact that you're okay and you're not only that you're okay and you're not only eating more variety of food, but having eating more variety of food, but having alcohol after what you just went through alcohol after what you just went through where you lost your memory, you lost the where you lost your memory, you lost the ability to walk, you lost 60 lbs, you're ability to walk, you lost 60 lbs, you're in in Mayo Clinic fighting for your in in Mayo Clinic fighting for your life, and you are out doing this right life, and you are out doing this right now, it is now, it is it is un- unbelievable success.

it is un- unbelievable success. Congratulations. And guys, remember, Congratulations. And guys, remember, when you build your shield, you can open when you build your shield, you can open up your nutrition plan and you can have up your nutrition plan and you can have celebration meals, like Jason's been celebration meals, like Jason's been doing, okay? And he's out in Florida doing, okay? And he's out in Florida doing his fun thing right now. That make doing his fun thing right now. That make That That view is beautiful. And so, That That view is beautiful. And so, just, you know, be careful with that, just, you know, be careful with that, Chase. I would I would not be doing I'd Chase. I would I would not be doing I'd be doing that right now if I were you be doing that right now if I were you after what you just went through. This after what you just went through. This is just absolutely tremendous, is just absolutely tremendous, absolutely valuable. What would you say absolutely valuable. What would you say to anyone out there who's relating with to anyone out there who's relating with your case? Who's like, "I've tried your case? Who's like, "I've tried everything. I've done carnivore for everything. I've done carnivore for years. I I don't know what's bad. I years. I I don't know what's bad. I think it might be mold." What would you think it might be mold." What would you advise anyone who's really resonating advise anyone who's really resonating with your experience here?

with your experience here? >> Yeah. And let me clarify, I'm on a >> Yeah. And let me clarify, I'm on a 2-year anniversary trip with my wife. 2-year anniversary trip with my wife.

So, we're we're we're So, we're we're we're having a little spiritual So, that's why having a little spiritual So, that's why we're we're stretching the limits a we're we're stretching the limits a little bit here.

little bit here. >> And you're celebrating it. Yes, love it. >> And you're celebrating it. Yes, love it. >> Yeah. >> Yeah. >> Yeah. We're celebrating. But, the thing I We're celebrating. But, the thing I would say is, you know, when it

came to would say is, you know, when it came to this this this my diet and my perspective was spot on.

my diet and my perspective was spot on. I don't think like in in terms of a I don't think like in in terms of a little hardcore elimination diet, I was little hardcore elimination diet, I was the most strict that you can be.

the most strict that you can be. >> Yeah. >> Yeah. >> Yeah. >> In terms of lifestyle factors, I was the >> In terms of lifestyle factors, I was the most strict that you can be. I was most strict that you can be. I was grounded. I was I was like, I'm taking grounded. I was I was like, I'm taking care of the ROSs. I'm getting high dose care of the ROSs. I'm getting high dose electrons through the feet. I'm taking electrons through the feet. I'm taking hydrogen water. I am going, hydrogen water. I am going, you know, crazy right now on lifestyle you know, crazy right now on lifestyle factors, diet factors. The factors, diet factors. The supplementation supplementation supplementation was key and it was what I was missing was key and it was what I was missing personally in my repertoire that I personally in my repertoire that I didn't know how to I didn't know how to didn't know how to I didn't know how to deal with this specific disease in so deal with this specific disease in so far as supplements because I tried far as supplements because I tried everything. I tried all the lifestyle everything. I tried all the lifestyle stuff. I tried all the diet stuff. You stuff. I tried all the diet stuff. You need that some that guided need that some that guided supplementation is is really what was of supplementation is is really what was of the most benefit to me. I think that the most benefit to me. I think that that's where that was the missing link that's where that was the missing link for me personally. And I think that for me personally. And I think that having somebody to walk you through that having somebody to walk you through that and say, "Okay, your symptomology is and say, "Okay, your symptomology is here.

here. here. We're going to try this, this, and this, We're going to try this, this, and this, you know, and we're going to let's say you know, and we're going to let's say we'll we'll modify your diet a little we'll we'll modify your diet a little bit here. We're going to add a couple bit here. We're going to add a couple things here that I've seen work based on things here that I've seen work based on your your symptomology. We're going to your your symptomology. We're going to take away some of this." I think that take away some of this." I think that that was super helpful. Just because, that was super helpful. Just because, you know, this is something you as a you know, this is something you as a person only deal with once. When you're person only deal with once. When you're working with somebody that's dealt with working with somebody that's dealt with it a lot of times, multiple times, you it a lot of times, multiple times, you know, they have that experience and they know, they have that experience and they have that knowledge and wisdom from have that knowledge and wisdom from dealing with all the different types of dealing with all the different types of variants, all the different types of variants, all the different types of causes. And and they can speak educated causes. And and they can speak educated they can speak in an educated way to they can speak in an educated way to your specific circumstance. And I that your specific circumstance. And I that that was super helpful for me. It was a that was super helpful for me. It was a lot of it was the supplementation with lot of it was the supplementation with that that really probably pushed me from that that really probably pushed me from surviving to getting back to actually surviving to getting back to actually normal.

normal. normal. >> I love it. And everyone, just to give a >> I love it. And everyone, just to give a little bit of context on what he's little bit of context on what he's saying, you know, building a protocol to saying, you know, building a protocol to help his body properly detoxify from the help his body properly detoxify from the mold using specific binders to clean up mold using specific binders to clean up the gut, using certain probiotics that the gut, using certain probiotics that actually work, and using actually work, and using anti-inflammatory immunomodulators anti-inflammatory immunomodulators naturally that can continue to calm naturally that can continue to calm things down as you come off medications.

things down as you come off medications. So, herbs, you know, potential peptides, So, herbs, you know, potential peptides, different detoxification products, different detoxification products, things that are using Eastern or things that are using Eastern or Ayurvedic plus your your classic Ayurvedic plus your your classic functional medicine all needs to be functional medicine all needs to be tailored for your specific case. And tailored for your specific case. And that's what he's that's what he's saying that's what he's that's what he's saying and that's what we do in the Shield. So, and that's what we do in the Shield. So, thank you, Chase. Thank you so much. Any thank you, Chase. Thank you so much. Any last words of advice for anyone out last words of advice for anyone out there who's sick uh before we end it?

there who's sick uh before we end it? >> Yeah, last word of advice is that you >> Yeah, last word of advice is that you can heal and uh can heal and uh if you have faith, number one that that if you have faith, number one that that you have a purpose here and you believe you have a purpose here and you believe that you have a God-ordained purpose on that you have a God-ordained purpose on Earth, you can heal. You uh are meant to Earth, you can heal. You uh are meant to do a lot of great things and this is do a lot of great things and this is just a challenge that you're going just a challenge that you're going through right now and you're going to be through right now and you're going to be very very very well rewarded when you push very very very well rewarded when you push through this and just keep the faith and through this and just keep the faith and just know that lots of people have done just know that lots of people have done it, you can do it as well.

it, you can do it as well. >> [music]