## <Untitled Chapter 1>

I had so much belching during night that I had so much belching during night that I would wake up in the middle of the I would wake up in the middle of the night [music] and spend four, five hours night [music] and spend four, five hours belching nonstop and most of my memories belching nonstop and most of my memories Well, the bloating has reduced like Well, the bloating has reduced like [music] 90%. It was like two 3 weeks in [music] 90%. It was like two 3 weeks in that it completely overnight that it completely overnight disappeared. [music] I can start living disappeared.

## Alexei's IBS journey begins

[music] I can start living >> Hey everyone, today I've got a special >> Hey everyone, today I've got a special guest. If you are someone who's dealt guest. If you are someone who's dealt with chronic SIBO, small intestine with chronic SIBO, small intestine bacteria overgrowth or IBS and you've bacteria overgrowth or IBS and you've been belching, burping, bloating, been belching, burping, bloating, fearful of food and you can't get out of fearful of food and you can't get out of it and you might even think your case is it and you might even think your case is too easy for all the crazy cases you've too easy for all the crazy cases you've been watching here. Welcome to today's been watching here. Welcome to today's training. Welcome to today's episode.

training. Welcome to today's episode. You are in the right place with my man You are in the right place with my man Alexi all the way from Colombia. Alexi Alexi all the way from Colombia. Alexi Muchto, thanks for being here, brother.

Muchto, thanks for being here, brother. Love you already. Great energy. And just Love you already. Great energy. And just so you guys know, him and coach Arman so you guys know, him and coach Arman did all their training in Spanish. So did all their training in Spanish. So yes, Hab espanol. Yes. See, we do. I yes, Hab espanol. Yes. See, we do. I don't. I'm obviously terrible as you can don't. I'm obviously terrible as you can see, but they they did it all, which I see, but they they did it all, which I love. And Alexi, can you first let us love. And Alexi, can you first let us know what was that diagnosis of SIBO, know what was that diagnosis of SIBO, IBS? What was that like for you? And you IBS? What was that like for you? And you know, what was going on for the last few know, what was going on for the last few years?

years? years? >> So when everything started, whatever I >> So when everything started, whatever I ate, my stomach was just growling. I was ate, my stomach was just growling. I was so bloated and I didn't had energy. I so bloated and I didn't had energy. I couldn't sleep. I had so much belching couldn't sleep. I had so much belching during night that I would wake up in the during night that I would wake up in the middle of the night and spend four, five middle of the night and spend four, five hours belching nonstop. Wow.

hours belching nonstop. Wow. >> And I just couldn't sleep. >> And I just couldn't sleep. >> That's crazy. I mean, I know what it's >> That's crazy.

## Living with SIBO & IBS: how it took over his daily life

I mean, I know what it's like not to be able to sleep because of like not to be able to sleep because of bloody bow moons, but belching again, bloody bow moons, but belching again, you're not sleeping. How did that affect you're not sleeping. How did that affect your ability to work, date, go out with your ability to work, date, go out with sit there at the pool table just sit there at the pool table just belching the whole time? I mean, so you belching the whole time? I mean, so you did you find yourself just isolating did you find yourself just isolating yourself from the world?

yourself from the world? >> The thing is that when everything >> The thing is that when everything started, I went from Colombia to Canada started, I went from Colombia to Canada to study my MBA. So there in Vancouver, to

study my MBA. So there in Vancouver, I was completely alone, right? So I left I was completely alone, right? So I left my girlfriend behind, my family, my my girlfriend behind, my family, my friends, right? So I was completely friends, right? So I was completely alone. It kind of maybe was part of the alone. It kind of maybe was part of the issue, but I was isolated. But the issue issue, but I was isolated. But the issue wasn't that I was alone but what you're wasn't that I was alone but what you're saying because of the symptoms I didn't saying because of the symptoms I didn't wanted to meet new people at university.

wanted to meet new people at university. I didn't wanted to go out and do things I didn't wanted to go out and do things from all that experience. I was in from all that experience. I was in another country and most of my memories another country and most of my memories are just locked up in that room. I was are just locked up in that room. I was in beautiful Vancouver and I maybe went in beautiful Vancouver and I maybe went a couple times just exploring and a couple times just exploring and knowing the city because I felt so bad.

knowing the city because I felt so bad. >> Wow. I mean, and that's part of why >> Wow. I mean, and that's part of why we're all here. It's because we're we're all here. It's because we're having these extreme symptoms where we having these extreme symptoms where we feel like we can't date, we can't feel like we can't date, we can't connect, we can't do holidays the same.

connect, we can't do holidays the same. It's hard to meet people cuz something's It's hard to meet people cuz something's wrong with us. We don't know where to wrong with us. We don't know where to explain ourselves. And I remember you explain ourselves.

## What held him back from getting help for his IBS

And I remember you were telling me just right before we were telling me just right before we started here today, you were like, Dane, started here today, you were like, Dane, I know I saw a few of your podcasts and I know I saw a few of your podcasts and I really resonated with a few of what I really resonated with a few of what you were saying and mental health and you were saying and mental health and all that, but there was something all that, but there was something interesting you said that you were interesting you said that you were worried when you started noticing who we worried when you started noticing who we were and how we help people that your were and how we help people that your case was too light. it wasn't the blood, case was too light. it wasn't the blood, the mucus, the Crohn's disease, and you the mucus, the Crohn's disease, and you were like, "No, it's not a good fit." were like, "No, it's not a good fit." Tell us about how you got to that Tell us about how you got to that mindset because I think a lot of us are mindset because I think a lot of us are like that. There's certain people like that. There's certain people listening right now that, oh, they don't listening right now that, oh, they don't have 20 bloody baboons a day, so this have 20 bloody baboons a day, so this isn't a good fit.

isn't a good fit. >> I think that it was defeated mindset, >> I think that it was defeated mindset, you know, like after so much time you know, like after so much time feeling bad, isolation, you start feeling bad, isolation, you start thinking like you kind of deserve to be thinking like you kind of deserve to be sick. So when I found your content and sick. So when I found your content and the shield program and saw like these the shield program and saw like these extreme cases, they have something extreme cases, they have something serious. My isn't that big of a deal. So serious. My isn't that big of a deal. So I don't know if they will accept me.

I don't know if they will accept me. >> Wow. And I think I've heard that before. >> Wow. And I think I've heard that before. So if anyone out there's listening and So if anyone out there's listening and you're just dealing with SIBO or some you're just dealing with SIBO or some constipation or minimal symptoms, that's constipation or minimal symptoms, that's like asking a snow instructor who does like asking a snow instructor who does double black diamonds if they can handle double black diamonds if they can handle doing a green slope or a bunny slope.

doing a green slope or a bunny slope. Yes, we can. But it's all about Yes, we can. But it's all about integrity. It's all about integrity and integrity. It's all about integrity and how you come. As you guys can already how you come. As you guys can already feel, Alexi has a great energy. He's so feel, Alexi has a great energy. He's so positive. He's so willing. He's so positive. He's so willing. He's so open-minded. And we wanted to really open-minded. And we wanted to really serve him. We felt connected to partner serve him. We felt connected to partner up in this situation.

And that's why we up in this situation.

## The moment he decided to reach out to CCL

And that's why we wanted to have today's call and share wanted to have today's call and share that experience. But Alexi, you came in, that experience. But Alexi, you came in, you had already done Refaxamin, you'd you had already done Refaxamin, you'd done antibiotics, you'd done diets, you done antibiotics, you'd done diets, you had seen different doctors, you said had seen different doctors, you said you've tried all these different you've tried all these different supplements, and you're not getting rid supplements, and you're not getting rid of the severe bloat, the belching, the of the severe bloat, the belching, the brain fog, the low energy, and you were brain fog, the low energy, and you were saying like this will never go away, and saying like this will never go away, and this is going on for years. What made this is going on for years. What made you feel that we could actually help?

you feel that we could actually help? >> So, it was just absolute desperation. I >> So, it was just absolute desperation. I needed to try something different. It needed to try something different. It was four years. I really felt what you was four years. I really felt what you said. I just couldn't leave. And I was said. I just couldn't leave. And I was there at 3:00 am belching nonstop there at 3:00 am belching nonstop looking at my computer. What the hell looking at my computer. What the hell I'm going to do? And I saw one of the I'm going to do? And I saw one of the discovery calls emails and I said they discovery calls emails and I said they can treat something so hard. Even if I can treat something so hard. Even if I have to beg, [laughter] I'm just going have to beg, [laughter] I'm just going to ask them like, "Come on, you heal to ask them like, "Come on, you heal that and you can't with [laughter] that and you can't with [laughter] people." Like, even if I have to beg, people." Like, even if I have to beg, >> I'm just gonna Yeah. go to the call and >> I'm just gonna Yeah. go to the call and just ask. I just have real information just ask. I just have real information instead of assuming things in my head.

instead of assuming things in my head. >> So, I did that >> So, I did that >> and that's why we do a free session. He >> and that's why we do a free session. He had a free session with Julia, who was a had a free session with Julia, who was a godsend. She's so sweet. She's been in godsend. She's so sweet. She's been in remission of ulcerative colitis herself.

remission of ulcerative colitis herself.

## His symptoms after joining the S.H.I.E.L.D. Program

We do free sessions and then we thought We do free sessions and then we thought coach Armon would be great for him. We coach Armon would be great for him. We say, "Okay, Alexi, let's jump in. Let's say, "Okay, Alexi, let's jump in. Let's do this. Let's work together. What are do this. Let's work together. What are your symptoms now? It's been about seven your symptoms now? It's been about seven months." months." months." >> Well, the bloating has reduced like 90%.

>> Well, the bloating has reduced like 90%. So, there's still a little bit of So, there's still a little bit of bloating. Okay. bloating. Okay. >> But it's not like I'm 9 months pregnant >> But it's not like I'm 9 months pregnant and my going [laughter] to explode.

and my going [laughter] to explode. >> Yeah. >> Yeah. >> Yeah. >> Now guys, remember a little some bloat >> Now guys, remember a little some bloat can be normal. Everyone in the world can be normal. Everyone in the world gets some bloat and gas unless you're gets some bloat and gas unless you're living on some island eating four living on some island eating four things. If you live in western world things. If you live in western world almost everyone can look to each other almost everyone can look to each other and say there's some bloat or gas that and say there's some bloat or gas that happens. So normal about of that what happens. So normal about of that what about the belching the sleep the energy about the belching the sleep the energy what happened there what happened there >> the belching it's so interesting and I >> the belching it's so interesting and I discussed it with coach Harmon. It was discussed it with coach Harmon. It was like two three weeks in that it like two three weeks in that it completely overnight disappeared.

completely overnight disappeared. >> Wow. Oh, >> Wow. Oh, >> it was also thanks to the shield >> it was also thanks to the shield training too that support material.

training too that support material. >> Yeah. >> Yeah. >> Yeah. >> That I watch all your trainings >> That I watch all your trainings particularly on the emotional Yes.

particularly on the emotional Yes. >> and behavior and the trauma healing. >> and behavior and the trauma healing. >> Yes. >> Yes. >> Yes. >> You know what I realized that belching >> You know what I realized that belching it was conditioned.

it was conditioned. >> Yeah. Yeah, I was inducing myself the >> Yeah. Yeah, I was inducing myself the belching and then I started with belching and then I started with awareness looking at that and that same awareness looking at that and that same night I woke up and I burped and I was night I woke up and I burped and I was wait I induced that burp [laughter] and wait I induced that burp [laughter] and then I stop swallowing air and I was then I stop swallowing air and I was like oh I really don't want to belch you like oh I really don't want to belch you was all thanks to that training that was all thanks to that training that conditioned trauma conditioned behavior conditioned trauma conditioned behavior your subconscious iously inducing your your subconscious iously inducing your own sickness or your own symptoms.

own sickness or your own symptoms. >> Your nervous not even conscious also >> Your nervous not even conscious also it's subconscious because your nervous it's subconscious because your nervous >> Yeah. It was subconscious. Yeah.

>> Yeah. It was subconscious. Yeah. >> Because when you're in a stressful >> Because when you're in a stressful state, your veagal nerve which is also state, your veagal nerve which is also regulating digestion, one of your core regulating digestion, one of your core problems is not operating properly. It's problems is not operating properly. It's like the nervous system to wake up. How like the nervous system to wake up. How many out there listening right now just many out there listening right now just automatically wake up at 6:30? Your automatically wake up at 6:30? Your circadium rhythm, your nervous system is circadium rhythm, your nervous system is then conditioned to do something or feel then conditioned to do something or feel something, right? Right? And that can something, right? Right? And that can happen experiences. If a person from a happen experiences. If a person from a World War II hears the clap or bang of World War II hears the clap or bang of something outside, they're immediately something outside, they're immediately going to be feel like they're back in going to be feel like they're back in that war. That's a nervous system. So, that war. That's a nervous system. So, he was conditioned from a state of he was conditioned from a state of trauma that he had to undo along with trauma that he had to undo along with rebuilding the microbiome, the actual rebuilding the microbiome, the actual physical, the microbiome, the digestion, physical, the microbiome, the digestion, the leaky gut, cleaning out the liver, the leaky gut, cleaning out the liver, helping eliminate toxins, which him and helping eliminate toxins, which him and coach Arman did a beautiful. So you're coach Arman did a beautiful. So you're able to figure out something able to figure out something unbelievable, start noticing trauma, do unbelievable, start noticing trauma, do trauma healing, completely change, get trauma healing, completely change, get rid of that bloating, gas to normalize rid of that bloating, gas to normalize it, undigested food, normal bowel it, undigested food, normal bowel movements. I mean, you had a lot of movements. I mean, you had a lot of undigested food, too. Tons of undigested undigested food, too. Tons of undigested food when you first started and got rid food when you first started and got rid of that completely. Sleeping through the of that completely. Sleeping through the night, energy, great. And you did all night, energy, great. And you did all this without any medications after this without any medications after trying all the medications.

trying all the medications. >> Yes, that's right. And you did this from >> Yes, that's right. And you did this from home in another country with coach Arman home in another country with coach Arman who's in Europe.

who's in Europe. >> Yeah. In Spanish. >> Yeah. In Spanish. >> In Spanish. I love it. Yeah. I love it. >> In Spanish. I love it. Yeah. I love it.

## Why a coach matters in your Crohn's remission journey

You know, this is amazing to see. How You know, this is amazing to see. How important was it to have Coach Arman important was it to have Coach Arman there doing private sessions with you, there doing private sessions with you, DM support, getting close and being that DM support, getting close and being that person along with the trainings and the person along with the trainings and the community and all the shield resources.

community and all the shield resources. >> So, it was absolutely essential for me, >> So, it was absolutely essential for me, right? Because having that support and right? Because having that support and guidance for somebody that has been guidance for somebody that has been there and done that and even harder like there and done that and even harder like way harder way harder >> way harder [laughter] in this case, >> way harder [laughter] in this case, right? Like the value of experience was right? Like the value of experience was so essential because he gave me so essential because he gave me certainty and trust on the process and I certainty and trust on the process and I think you mentioned in one of the shield think you mentioned in one of the shield training the importance of consistency training the importance of consistency and sticking to a protocol.

and sticking to a protocol. >> Yes. Before Arman, I was trying all >> Yes. Before Arman, I was trying all these things, right? I was trying all these things, right? I was trying all these antimicrobials, all these these antimicrobials, all these supplements, all these other protocols.

supplements, all these other protocols. And I tried one week, nothing really And I tried one week, nothing really changed. Next week, something completely changed. Next week, something completely different. Right? And I was in such different. Right? And I was in such desperation that I never trusted and had desperation that I never trusted and had faith that something could work till I faith that something could work till I joined the program and had Arman's joined the program and had Arman's support and support and >> back you up and guidance.

>> back you up and guidance. >> Yeah. Double down. Stick with it. do it >> Yeah. Double down. Stick with it. do it for seven more days. Let me know how it for seven more days. Let me know how it goes.

goes. goes. >> Yeah. >> Yeah. >> Yeah. >> And after our first session, what really >> And after our first session, what really gave me confidence and that's how you gave me confidence and that's how you know the value of experience. He said, know the value of experience. He said, "Oh yeah, yeah, no, this is what we need "Oh yeah, yeah, no, this is what we need to do." Oh yeah, this is what [laughter] to do." Oh yeah, this is what [laughter] we need to do. Oh yeah, just do this we need to do. Oh yeah, just do this protocol. Oh yeah, easy, man. Like protocol. Oh yeah, easy, man. Like >> it went out there with SIBO. I mean, >> it went out there with SIBO. I mean, this is it is a lot easier than IBD for this is it is a lot easier than IBD for sure. But I love what you're saying and sure. But I love what you're saying and consistency is so important and I think consistency is so important and I think you said it beautifully. Yeah, I you said it beautifully. Yeah, I couldn't have said it better there.

couldn't have said it better there.

## Coach Arman on how Alexei found IBS symptom management that worked

Arman, what do you think allowed Alexi Arman, what do you think allowed Alexi to be successful? I mean, he's four to be successful? I mean, he's four years of this. Four years chronic years of this. Four years chronic symptoms, can't get rid of him.

symptoms, can't get rid of him. >> Done antibiotics, done refaxamin, done >> Done antibiotics, done refaxamin, done antimicrobials, bought a bunch of antimicrobials, bought a bunch of supplements and microbiome stuff. How supplements and microbiome stuff. How much trauma he's in and then you have to much trauma he's in and then you have to save the day.

save the day. >> Well, that's you know, manishing it very >> Well, that's you know, manishing it very much so. But I think also Alexi much so. But I think also Alexi definitely like is humbling himself too definitely like is humbling himself too much. I think his case, even with SIBO, much. I think his case, even with SIBO, there's complexities and there's nuances there's complexities and there's nuances and we got to be aware of them. And I and we got to be aware of them. And I definitely think him coming in with a definitely think him coming in with a track record of all

the things that he'd track record of all the things that he'd had done and still being symptomatic, had done and still being symptomatic, you know, there was challenges he had to you know, there was challenges he had to face, right? And we had to face and kind face, right? And we had to face and kind of how do we not overlap with efforts of how do we not overlap with efforts he's already done and make sure we give he's already done and make sure we give something different, new, but going to something different, new, but going to be more targeted. And I think finding be more targeted. And I think finding structure, finding consistency, much structure, finding consistency, much like what he said, and being regular, like what he said, and being regular, and allowing time for us to get the and allowing time for us to get the returns of what we're trying to do is returns of what we're trying to do is very important. And I think what really very important. And I think what really helped him fundamentally, I mean, his helped him fundamentally, I mean, his character, you can see it. He's been character, you can see it. He's been watching the modules, he's been watching watching the modules, he's been watching the videos. He's resourceful. He's the videos. He's resourceful. He's diligent. He'll shop on calls with me.

diligent. He'll shop on calls with me. And it wasn't just like, you know, tell And it wasn't just like, you know, tell me what to do, right? It's very much me what to do, right? It's very much inquisitive, very well read. And I think inquisitive, very well read. And I think that's key cuz what we're trying to do that's key cuz what we're trying to do is empower you to learn more and build is empower you to learn more and build more and build that arsenal for more and build that arsenal for yourself. And he had that all with the yourself. And he had that all with the knowledge he'd already researched before knowledge he'd already researched before joining plus everything that we would joining plus everything that we would discuss on our calls. You can see even discuss on our calls. You can see even when he talks about the emotional side when he talks about the emotional side because you know I say this to everyone because you know I say this to everyone I work with I think the root cause we I work with I think the root cause we can talk about toxicity microtoxins can talk about toxicity microtoxins parasitic infections microbiome issues parasitic infections microbiome issues SIBO SEO but the root cause of the root SIBO SEO but the root cause of the root cause I often feel is always an cause I often feel is always an emotional turbulence or trauma emotional turbulence or trauma experience I know that for me for Dane experience I know that for me for Dane for everyone in our community all the for everyone in our community all the testimonials and you can touch success testimonials and you can touch success and you can have a great life with the and you can have a great life with the function medicine and interventions like function medicine and interventions like the supplements and the food and the the supplements and the food and the diet but you know to really go further diet but you know to really go further and lay deeper You got to adhere to and lay deeper You got to adhere to those emotions and you got to listen to those emotions and you got to listen to them and you got to make them relevant them and you got to make them relevant and you got to give them the attention and you got to give them the attention that they need and I think Alexi did that they need and I think Alexi did that and you could see it. I mean what a that and you could see it. I mean what a turnaround when he adhered that more and turnaround when he adhered that more and he was more aware of that. That's when he was more aware of that. That's when the shift happened, right? We started to the shift happened, right? We started to pick up momentum further and so you got pick up momentum further and so you got to see there's so many different facets to see there's so many different facets to healing. There's so many different to healing. There's so many different pillars supplementation, lifestyle, pillars supplementation, lifestyle, mindset, but it comes with that inertia mindset, but it comes with that inertia that desire to want to learn and grow that desire to want to learn and grow and he had those traits and that's why and he had those traits and that's why he's got so good.

he's got so good. >> Well said. And I think everyone if >> Well said. And I think everyone if you're listening resonating with Alex's you're listening resonating with Alex's case, you can feel that energy and case, you can feel that energy and positivity on them. Obviously, it's easy positivity on them. Obviously, it's easy when you get such massive success to when you get such massive success to have a big smile on your face. But if have a big smile on your face. But if you guys are resonating with this and you guys are resonating with this and you want to follow the exact same kind you want to follow the exact same kind of recipe Alexi has done with us, right of recipe Alexi has done with us, right below here, you're going to see a link below here, you're going to see a link to book a free call. Same thing Alexi to book a free call. Same thing Alexi did and I'm going to have it linked to did and I'm going to have it linked to Julia so you can talk to the same person Julia so you can talk to the same person he did. You can also request to work he did. You can also request to work with Coach Arman, the same coach that he with Coach Arman, the same coach that he had. If you guys are watching a had. If you guys are watching a testimony and you're really resonating testimony and you're really resonating with one, try to get that same coach.

with one, try to get that same coach. And you're most likely going to even a And you're most likely going to even a higher percentage of being here yourself higher percentage of being here yourself because I think a I keep hearing from because I think a I keep hearing from these testimonies we do, they're like, I these testimonies we do, they're like, I saw these and I thought I could be that saw these and I thought I could be that person. I could be here one day. I could person. I could be here one day. I could be someone who actually did this. And be someone who actually did this. And it's amazing to see you guys here. And I it's amazing to see you guys here.

## The greatest weapon in his IBS healing journey

And I always want to see you get these massive always want to see you get these massive success. Alexi, go ahead. success. Alexi, go ahead. >> Okay. So, I just wanted to add to what >> Okay. So, I just wanted to add to what you're saying about the energy.

you're saying about the energy. >> Yeah. Like if somebody's watching, I >> Yeah. Like if somebody's watching, I wasn't like this. I was in the couch or wasn't like this. I was in the couch or in bed most of the day, couldn't move. I in bed most of the day, couldn't move. I couldn't do anything. I didn't have couldn't do anything. I didn't have energy for anything. But there was energy for anything. But there was something that you said in the trainings something that you said in the trainings in the modules.

in the modules. >> You said until you're not happy with >> You said until you're not happy with your life, your life, >> you will never be truly healthy. And >> you will never be truly healthy. And that resonated so much because I was that resonated so much because I was already unhappy with my life when I got already unhappy with my life when I got sick. And it was life telling me like sick. And it was life telling me like you cannot keep like this, right? Life you cannot keep like this, right? Life had to got me so sick. So I open my eyes had to got me so sick. So I open my eyes and change who I was being. And I had and change who I was being. And I had this mindset once I heal I can enjoy my this mindset once I heal I can enjoy my life. Once I heal I'll go out with my life. Once I heal I'll go out with my friends. Once I heal I'll I'll do more friends. Once I heal I'll I'll do more things with my family. Right? Once I'll things with my family. Right? Once I'll heal, I'll be able to exercise. And I heal, I'll be able to exercise. And I was like, wait, maybe I cannot do was like, wait, maybe I cannot do everything, but I can do something to everything, but I can do something to start enjoying my life right now. I have start enjoying my life right now. I have no energy. I feel bad, but I can go for no energy. I feel bad, but I can go for a 10-minute walk. I can stretch a little a 10-minute walk. I can stretch a little bit. You know, there's something I can bit. You know, there's something I can do to enjoy right now and get out of do to enjoy right now and get out of that loop or feeling sorry for myself that loop or feeling sorry for myself and that once I heal, I can live. No, I and that once I heal, I can live. No, I can start living right now. And what can start living right now. And what really helped me too is you recommended really helped me too is you recommended the book Breaking the Habit of Being the book Breaking the Habit of Being Yourself.

Yourself. Yourself. >> Yep. >> Yep. >> Yep. >> I've been doing that. I read the book. >> I've been doing that. I read the book. I've been doing the meditations and wow I've been doing the meditations and wow like seriously game changer too.

like seriously game changer too. >> I focus so much on the emotional healing >> I focus so much on the emotional healing part because it was the thing that I part because it was the thing that I didn't pay attention to all these four didn't pay attention to all these four years.

years. years. >> Yeah. And it was the really real >> Yeah. And it was the really real [clears throat] game changer plus of [clears throat] game changer plus of course all the protocol and guidance.

course all the protocol and guidance. That combination for me is the recipe That combination for me is the recipe like to heal like to heal >> everyone. He's basically just summed up >> everyone. He's basically just summed up one of our biggest trainings which is one of our biggest trainings which is this idea that you cannot get healthy this idea that you cannot get healthy till you get happy. And you could see till you get happy. And you could see how much it resonated with them. When how much it resonated with them. When your cells really learn something, you your cells really learn something, you can speak on it. You see how much he can can speak on it. You see how much he can speak on that topic. We could do an hour speak on that topic. We could do an hour with Alexi. He can

talk on it because with Alexi. He can talk on it because >> you can't just hear something. You have >> you can't just hear something. You have to experience it. And when you to experience it. And when you experience it, it becomes a part of you.

experience it, it becomes a part of you. He experienced this idea that I don't He experienced this idea that I don't feel good, but I'm going to take action feel good, but I'm going to take action to feel better anyways because calling to feel better anyways because calling his sister, going for the walk, all of a his sister, going for the walk, all of a sudden you do it and you go, I already sudden you do it and you go, I already feel better than I did 10 minutes ago.

feel better than I did 10 minutes ago. To the secret is to not wait until To the secret is to not wait until you're healthy. It's to get happy now you're healthy. It's to get happy now and take action towards positive energy and take action towards positive energy right now. I couldn't walk, but I was right now. I couldn't walk, but I was reading Joe Despensza, Breaking the reading Joe Despensza, Breaking the Habit of Being Yourself. I couldn't eat, Habit of Being Yourself. I couldn't eat, but I was in the sunshine. I couldn't but I was in the sunshine. I couldn't stay away from a bathroom, but you stay away from a bathroom, but you couldn't keep me from gardening. I was couldn't keep me from gardening. I was the best gu 24-year gardener.

the best gu 24-year gardener. >> Exactly. >> Exactly. >> Exactly. >> So, you got happy before you get >> So, you got happy before you get healthy. So, I love that. I mean, Alex, healthy. So, I love that. I mean, Alex, I think that's one of the big things I I think that's one of the big things I want to highlight where he worked. I want to highlight where he worked. I know a lot of people are wondering how know a lot of people are wondering how did you get results without refaxment did you get results without refaxment and stuff. I'm looking at his protocol and stuff. I'm looking at his protocol over here, guys. We built it over many over here, guys. We built it over many months, but a lot of detoxification, months, but a lot of detoxification, certain binders, mucula healers, certain binders, mucula healers, probiotics were a big thing. We just probiotics were a big thing. We just built his custom plan and kept building built his custom plan and kept building it. I know we're out of time here.

## His advice for anyone struggling with IBS

I it. I know we're out of time here. I want to ask for last words of advice. want to ask for last words of advice. Arman, in your native tongue of Spanish, Arman, in your native tongue of Spanish, would you give anyone any last words of would you give anyone any last words of advice for considering the shield advice for considering the shield program coming in who maybe come from a program coming in who maybe come from a Spanish background?

Spanish background? >> I don't know what you said, Alexa. >> I don't know what you said, Alexa. [laughter] [laughter] [laughter] I kind of got it. I got it. Right. Go I kind of got it. I got it. Right. Go ahead. Your final thoughts in your ahead. Your final thoughts in your native tongue to anyone out there native tongue to anyone out there to salute.

to salute.