



Gut Health

Welcome to the Program

SUMMARY

- A healthy gut is foundational for digestion, immunity, mental clarity, energy levels, skin health, and weight regulation, while imbalances can show up as bloating, fatigue, brain fog, stubborn weight, mood issues, and poor focus.
- The gut includes the entire gastrointestinal tract, from mouth to colon, and is home to the microbiome—a complex ecosystem of bacteria, viruses, fungi, and microbes that influence overall health and metabolism.
- This program is for those experiencing symptoms like gas, bloating, heartburn, heaviness after meals, low energy, food sensitivities, acne, eczema, or brain fog, and want to reset their gut and overall vitality. It's not suitable for pregnant or breastfeeding women, those with serious medical conditions, a history of eating disorders, or anyone unwilling to commit to lifestyle changes.
- The cleanse focuses on removing inflammatory foods (like gluten, dairy, sugar, and processed foods), adding gut-healing nutrients and recipes, supporting detoxification with hydration, supplements, and lifestyle changes.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



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CALL TO ACTION:

1. What intention are you setting for your next 4–8 weeks on this gut health journey? Think about why you're here, what you hope to change, and how you want to feel at the end of this program.



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Lesson 1: Leaky Gut

SUMMARY

- Leaky gut, or intestinal permeability, happens when the lining of the small intestine becomes compromised, allowing toxins, undigested food particles, and bacteria to pass into the bloodstream. This causes widespread inflammation and can affect nearly every organ in the body.
- It is linked to a wide range of issues beyond digestion — including autoimmune diseases, skin conditions (like eczema, acne, rosacea), mental health concerns (like anxiety, depression, ADHD), migraines, brain fog, and nutrient deficiencies due to poor absorption.
- Major contributors to leaky gut include a poor diet (especially processed foods, sugar, low-fiber intake, raw vegetables in sensitive individuals), chronic stress, medications (such as antibiotics, birth control, NSAIDs), environmental toxins, and organ stress (like gallbladder removal or liver overload).
- Healing is possible and reversible through the 5R process — Remove, Repair, Replace, Re-inoculate, and Rebalance — which addresses both the causes and restoration of gut integrity, leading to improved overall health and reduced symptoms across the body.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



CALL TO ACTION:

1. Fill in the health marker worksheet



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Lesson 2: Defining Your Baseline

SUMMARY

- Defining a personal baseline offers a clear starting point to measure improvements in gut symptoms like bloating, fatigue, brain fog, and irregular digestion throughout the program.
- Using the health marker worksheets, gut health journal, intention setting, poop tracking, and intake forms creates self-awareness and highlights patterns that impact gut function.
- Several optional lab tests such as comprehensive stool analysis, food sensitivity testing, SIBO breath test, micronutrient panel, and H. pylori testing can provide deeper insight into hidden imbalances.
- This program emphasizes an affordable, food-first approach—focusing on daily tracking, mindful choices, and lifestyle shifts, while lab testing and doctor consults are encouraged when needed.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



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CALL TO ACTION:

- 1. Why do you believe your gut health affects your brain (mood, focus, or clarity)?

- 2. What does healing your gut actually look or feel like to you—physically, emotionally, and mentally?



3. What gut-related symptoms are you currently experiencing that you'd love to get rid of?

4. How would your daily life change if those gut issues were no longer a part of it?



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5. Have you checked in with your doctor about running any recommended lab tests to support this journey? If not, write down when you plan to schedule and get the lab test done.



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Lesson 3: The 5R Process

SUMMARY

- The 5R process is a proven step-by-step method to repair the gut, improve digestion, and balance the microbiome—especially helpful for those dealing with issues like skin problems, mood swings, and autoimmune symptoms.
- It includes five phases: Remove irritants, Restore the gut lining, Replace missing digestive elements (like enzymes or acids), Re-inoculate beneficial bacteria, and Rebalance lifestyle habits to support long-term gut health.
- As gut healing begins, it's common to experience temporary detox symptoms like headaches, fatigue, bloating, or digestive upset—these are signals of adjustment and typically pass within a few days.
- The healing process can be supported through hydration, light movement, fiber-rich foods, and tools like dry brushing or lymphatic drainage massage to ease discomfort and assist the detox pathways.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



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Lesson 4: R - Remove

SUMMARY

- The REMOVE step in the 5R process focuses on eliminating common triggers that damage the gut, including sugar, gluten, dairy, processed foods, seed oils, soy, caffeine, and alcohol, as well as environmental toxins like parabens, plastics, and harmful cookware chemicals.
- Inflammatory foods and ingredients such as refined flours, artificial additives, nightshades, and high-glycaemic fruits can fuel bad bacteria and worsen gut symptoms like bloating, fatigue, and brain fog.
- Removing toxic elements also includes reviewing household products, skincare, and cleaning supplies that may be contributing to hormonal disruption or gut irritation.
- Supporting the liver, reducing stress, and choosing clean, whole foods—like quality proteins, steamed vegetables, and healthy fats—lays the foundation for long-term gut repair and better overall health.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



CALL TO ACTION:

1. What processed or inflammatory items can you remove from your pantry starting today?

2. Are you paying close attention to food labels—especially hidden sugars, seed oils, and additives?



1. How can you map out a diet clean-up plan that feels doable for the next few weeks?



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Lesson 5: R - Replace

SUMMARY

- The Replace phase of the 5R process is about giving the body what it lacks to support proper digestion—this includes adding back digestive enzymes, stomach acid, and bile to improve nutrient absorption and gut repair.
- Common signs of low stomach acid or enzyme deficiency include bloating, gas, indigestion, and fatigue after meals; natural support can come from digestive enzyme supplements, betaine HCl, and apple cider vinegar taken before meals.
- Enzyme-rich foods like sauerkraut, kimchi, papaya, pineapple, and bitter greens like dandelion or arugula naturally support digestive processes, while herbs like oregano and thyme offer antimicrobial benefits.
- The replace step also includes making smarter choices in everyday eating—swapping processed snacks for whole foods, choosing natural carbs like sweet potatoes and black rice over refined grains, and minimizing frequent snacking by preparing real meals in advance.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



CALL TO ACTION

1. What healthier swaps can you plan for your breakfast, lunch, snacks, and dinner this week?



2. How can you create a full week's plan that includes more real foods and fewer gut disruptors?



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Lesson 6: R – Re-inoculate

SUMMARY

- The re-inoculate phase is about restoring gut balance by introducing beneficial bacteria through high-quality probiotics, prebiotic foods, and fermented foods to create a thriving gut ecosystem.
- Foods like garlic, onions, leeks, green bananas, and cooked-cooled potatoes feed good bacteria, while kimchi, sauerkraut, kefir, and coconut yogurt provide live cultures to support digestion, immunity, and mood.
- Bloating or discomfort may occur as the gut rebalances, especially for those with SIBO or candida, which may require working with a practitioner to personalize this step.
- A structured 10-day gut cleanse can alternate between binders (like charcoal or GX Assist), probiotics, and rest days—emphasizing that timing, dosage, and symptom awareness are essential for success.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



CALL TO ACTION

1. What have you been feeling lately as you've progressed through the program?

2. What small or big changes have you started to notice in your body or mood?



3. How do you plan to begin your re-inoculation phase?



4. What does your updated grocery list look like to support this next step?

5. Who in your tribe can you share this journey with for support and accountability?



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Lesson 7: R - Repair

SUMMARY

- The repair phase focuses on healing the gut lining, reducing inflammation, and restoring proper nutrient absorption after damage caused by triggers like stress, processed foods, and poor diet.
- This step highlights nutrient-rich, gut-repairing foods like bone broth, collagen, omega-3s, and anti-inflammatory herbs such as ginger, turmeric, and leafy greens.
- Additional supportive supplements include L-glutamine, zinc, aloe vera, and digestive enzymes, which help rebuild the intestinal barrier and improve nutrient bioavailability.
- Staying hydrated with water, electrolytes, and herbal teas like chamomile or licorice root supports detoxification and deeper repair, setting the stage for a stronger, more resilient gut.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



CALL TO ACTION:

1. Update your diet plan and add:
 - a. Clean grass-fed bone broth
 - b. Collagen Powder
 - c. L-glutamine or zinc



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Lesson 8: R - Rebalance

SUMMARY

- The Rebalance phase is about creating a sustainable lifestyle that supports long-term gut health by aligning daily habits like stress management, sleep, movement, and mindset with digestive well-being.
- Chronic stress is a major disruptor that can alter the microbiome and elevate cortisol, affecting gut repair and detox. Practices like breath work, grounding, journaling, and mindfulness help reduce this load.
- Sleep quality plays a key role in healing; establishing a consistent sleep routine, limiting screens, and using calming aids like lavender oil can help support gut balance.
- Gentle movement like walking, strength training, and yoga supports digestion and reduces cortisol, while mindful eating habits—chewing slowly, avoiding distractions, expressing gratitude, and nurturing social connection—promote a calmer gut and better nutrient absorption.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



CALL TO ACTION:

1. What small changes can you make to improve the quality of your sleep?

2. What distractions usually show up while you eat—and how can you minimize them?



3. How can you become more mindful while chewing your meals?

4. What does a gentle, gut-friendly workout routine look like for you right now?



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Lesson 9: Meal Sequence

SUMMARY

- The order in which meals are eaten matters—starting with a savory, protein-rich meal helps stabilize blood sugar, reduce cravings, and support gut healing throughout the day.
- Meal sequencing should follow a pattern: protein, fats, and fiber for breakfast; protein and carbs for lunch; and protein with healthy fats for dinner to avoid fat storage and support digestion during sleep.
- Proper macro balance is key—if carbs are low, fats should go higher and vice versa. Protein intake should remain consistent across all meals.
- Not all protein supplements are gut-friendly; many contain additives, gums, or artificial sweeteners. Prioritizing clean, minimal-ingredient options or whole foods helps prevent bloating and digestive discomfort.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



CALL TO ACTION:

1. What does your ideal meal plan for the upcoming week look like using the meal sequencing method?



2. After following this sequence for a week, what changes do you notice in your energy, digestion, and cravings?



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Lesson 10: Lymphatic Drainage

SUMMARY:

- The lymphatic system acts like the body's internal clean-up crew, clearing out toxins, excess fluids, and waste — and plays a key role in immunity, inflammation, and overall gut and liver health.
- When the lymphatic flow is sluggish, it can lead to symptoms like bloating, brain fog, puffy eyes, and even serious conditions like lymphoma if chronically burdened.
- Methods like manual lymphatic drainage massage, dry brushing, and rebounding (jumping movements) help stimulate this system and improve detox.
- Hydration, herbal teas (like dandelion and ginger), and castor oil packs applied with heat can further reduce inflammation and support toxin release through the lymph system.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



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CALL TO ACTION:

1. How can you fit a simple dry brushing and light jumping routine into your daily schedule?

2. After applying castor oil on your gut, what shifts do you notice in how your body feels?



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Lesson 11: Intermittent Fasting

SUMMARY

- Fasting is a powerful tool that goes beyond skipping meals — it allows the body to reset, repair, and regulate hormones, leading to better fat burning, gut repair, and mental clarity through processes like autophagy, where old cells are replaced with new ones.
- There are flexible fasting approaches like 12:12 and 16:8, as well as 24 to 72-hour fasts, each offering different hormonal and cellular benefits. Autophagy typically kicks in around the 17-hour mark, supporting anti-aging and gut repair.
- During fasting, only non-insulin-spiking options (like water, black coffee, green tea, and electrolytes) should be consumed to stay in a fasted state. Breaking the fast is equally important — starting with bone broth, followed by steamed veggies, proteins, and fats helps stabilize blood sugar and avoid energy crashes.
- Women may need to fast differently around their cycle, and those with autoimmune conditions or specific health concerns may benefit from customized fasting guidance. Fasting can bring freedom from food dependency, improve productivity, and support long-term energy and balance when done correctly.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



CALL TO ACTION

1. Create your IMF plan



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Lesson 12: Apple Cider Vinegar

SUMMARY

- Apple cider vinegar is one of the world’s oldest natural remedies, used for over 4,000 years, and is still widely valued for its benefits on weight loss, cholesterol, blood pressure, and blood sugar.
- Its key components—acetic acid, probiotics, and enzymes—support gut health, balance stomach pH, improve protein and carb digestion, and help with issues like acid reflux and low stomach acid.
- Research has linked daily ACV intake to improvements in blood pressure, acid reflux, and nutrient absorption, especially when taken before meals.
- To use it effectively, ACV should be consumed before meals, diluted in water or sparkling water, or added to teas and salads—look for ACV “with the mother” to ensure it contains active enzymes and beneficial bacteria.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



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CALL TO ACTION:

1. What are some creative or simple ways you can enjoy apple cider vinegar that actually work for your taste buds in your diet? For e.g.
 - a. Mixing 1 tbsp. of ACV into sparkling water with lemon and stevia for a gut-friendly mocktail
 - b. Adding ACV to your salad dressings with olive oil, herbs, and mustard
 - c. Stirring ACV into a cup of warm water or herbal tea with cinnamon or ginger
 - d. Blending ACV into a morning detox drink with water, lemon, and a pinch of sea salt and so on.



2. How will you start building a consistent daily routine with ACV that feels realistic and beneficial for your gut in your daily routine?



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Lesson 13: Collagen & Bone Broth

SUMMARY

- Collagen powder and bone broth are highly beneficial for gut repair due to their rich amino acid profile—especially proline, glycine, and glutamine—which help strengthen the gut lining and improve digestion.
- These nutrients also support skin elasticity, cellulite reduction, and slower aging, making collagen helpful not just for gut health but also for appearance and vitality.
- Bone broth can be made at home using beef bones, celery, carrots, onions, and water, simmered to extract collagen and create a gelatinous texture that's rich in healing properties.
- Collagen and bone broth are easy to digest, support energy levels, aid fat loss, and can be a staple in both a leaky gut repair plan and a long-term wellness routine, especially when taken consistently (e.g., daily during a 10-day gut cleanse).

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



CALL TO ACTION:

1. How do you plan to start incorporating collagen or bone broth into your daily routine?



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Lesson 14: Essential Oils

SUMMARY

- Essential oils like fennel, peppermint, and ginger support digestion by balancing stomach acid, easing bloating, soothing inflammation, and enhancing nutrient absorption.
- Oils such as DigestZen, On Guard, oregano, and frankincense are used in natural antibiotic protocols to support immunity, reduce inflammation, and promote cellular repair.
- The purity and testing of oils is essential—most store-bought oils are oxidized or synthetic, which may cause harm when ingested. Brands like doTERRA are preferred for their stringent third-party quality checks.
- Beyond physical benefits, certain oils (like lemon, wild orange, cheer, and motivate) also support mood, energy, liver cleansing, and emotional balance—making essential oils a versatile holistic tool.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



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CALL TO ACTION:

1. What physical discomforts—like bloating, fatigue, or stress—do you experience most often in your body?

2. Which essential oils could support these areas, and how do you begin using them in your daily routine?



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Lesson 15: Supplements

SUMMARY

- Supplements should be chosen with attention to ingredient quality, manufacturing standards, and third-party testing, due to lack of regulation in the industry.
- A well-rounded daily routine may include a multivitamin, deep sea fish oil, and mitochondria-supporting nutrients, along with binders followed by probiotics for detox and gut support.
- Additional aids like anti-inflammatory capsules, turmeric-ginger drinks, and collagen-rich beverages contribute to reduced oxidative stress and improved digestion.
- Hydration quality is emphasized through structured water options, while homemade alternatives like fat bombs and gummies are encouraged over store-bought versions containing added sugar.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



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CALL TO ACTION:

1. Have you spoken to your doctor about which supplements might best support your gut and overall health? If not, when do you plan to schedule your visit?

2. What would a sustainable and effective supplementation plan look like for you right now?



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Lesson 16: Let's Talk Poop

SUMMARY

- Bowel habits are a key indicator of gut health, and both constipation and frequent loose stools signal imbalances that should not be ignored.
- The Squatty Potty posture improves elimination by helping the colon align properly, reducing the strain on bowel movements.
- Fiber needs to be balanced; increasing or decreasing it may help with regularity depending on individual response, with psyllium husk mentioned as a helpful option.
- The Bristol Stool Chart is recommended to track stool types, with type 4 identified as the ideal form—smooth and soft—which supports a healthy digestive rhythm.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



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CALL TO ACTION:

1. Have you tried using a squatty potty to improve your bowel posture and ease of elimination? If not, now's a great time to get your hands on one.

2. Are you currently tracking your poop to understand what it reveals about your gut health?



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Lesson 17: Summary

SUMMARY

- The 5R protocol offers a complete framework to support long-term gut healing, with timelines based on individual symptoms and needs.
- Consistency is key in sustaining improvements like better digestion, energy, mood, and weight balance beyond the initial cleanse period.
- Long-term success depends on maintaining healthy routines—fasting, hydration, sleep quality, and stress reduction all contribute to overall balance.
- Avoiding the trap of yo-yo habits involves viewing this as a lifestyle shift, not a short-term fix, supported by community and structured accountability.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson: