



MINI HEALTH GUIDE

How to Improve Your Gut Health in 30 Days

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THE BENEFITS OF THIS WORKBOOK

Getting to the cause of health problems such as chronic fatigue & gut issues can be stressful, burdensome & an emotional process. We are going to dive in to the ways to take better care of yourself for longevity and radiance, to boost your immune & energy levels. This book will introduce you to the ways to increase your digestion and nourish your body through clean eating.

Some of the benefits of clean eating are:

- Boosting your natural immunity
- Recovering the body from illness
- Supporting your microbiome and digestion
- Increasing your absorption of vital minerals & nutrients.

CHAPTER 1

AN ELIMINATION DIET

The premise of an elimination diet and eating clean is about removing foods and toxins that irritate the gut and lead to inflammation in the body which when followed properly can reverse the onset of autoimmune disease through simply eating clean.

An elimination diet is when you remove irritating foods from your meals for a short period of time—usually, three weeks—to give your digestive system time to reboot, and more importantly, to discover your own particular set of intolerances and sensitivities.

I recommend 30 days as a minimum to experience noticeable changes and to be able to reintroduce certain foods once the gut begins to improve, energy levels and also elimination.

We will also go through a process of introducing herbal supplements to further support the detox and elimination process of toxin build up and also heavy metals. The way we will structure it is so that any reactions you may have should be minimised often when the body is healing we actually feel more tired in the beginning its about being able to see it through to the end results and not caving into temptation.

The greater effort you put in the greater the results.

- Please note this guide is not a substitute for professional health advice and you must consult your doctor if you are undergoing any form of medical issues or medication. This is a guideline only, to seek on-going coaching support through any mental, physical or emotional issues you can contact me to work with me on my program.



HYDRATION

It helps to take note of your current hydration levels and H₂O consumption. How many glasses of water are you drinking each day and where are you sourcing your water from? It is highly recommended to remove tap water and introduce a proper water filtration system that does not include fluoride and chlorine that impacts on the gut and the body.

How To Begin An Elimination Diet

I strongly encourage purchasing organic and fresh produce from local outlets and markets direct from local farms that are pesticide-free to begin with.

Removing take away meals and pre-made packaged foods containing preservatives, emulsifiers and so on.

We are also going to remove all of the following:

- Gluten
- Sugar and artificial sweeteners
- Baked goods, wheat, flour
- Cereals and any packaged foods
- Sauces, jars of bottled condiments, any ingredients which contain thickeners, or emulsifiers
- Foods which are cooked in any vegetable oils especially canola oil



Journaling

I want you to journal any emotions, thoughts or resistance that is coming up for you around beginning an elimination diet. What is your regular diet like and why? What are your motivations to change this:



Seven Days of Clean Eating - Weekly Planner

This planner is for you to schedule your meals and groceries in advance. Start putting some ideas down of healthy meals with lots of fresh vegetables and plan so that you don't get caught out.

SUNDAY:

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

NOTE:

More Ways To Encourage Digestion On A Daily Basis

Celery juicing first thing in the morning on an empty stomach or warm water and lemon is highly recommended to stimulate your digestion.

Sip warm water before and after meals instead of cold water, or even room temperature is better than cold. And please never drink tap water!

Have a supply of herbal teas such as licorice, fennel, and chamomile tea.

Having a daily workout practice, without being too strenuous to stimulate your lymphatic system.

Practice gentle belly breathing techniques when you find yourself holding your breath.

Take the time to slowly eat and don't eat on the go.

