

THE GUT RESET BOOTCAMP



love your
microbiome

The Missing Link To Your Health

We will explore what
scientific studies have
shown to be the root
cause of all health issues.

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What do you struggle with each day?

How many of them resonate with you, or people you know?

- Digestive Issues – bloating; diarrhoea; IBS; ulcerative colitis; Crohn's disease
- Metabolic Dysfunction
- Diabetes
- Heart Disease
- Brain Fog & Cognitive Problems
- Depression
- Hormonal Imbalance
- Fatigue & Sleep Issues
- Anxiety & Stress
- Infertility
- Low libido; sexual dysfunction
- Skin issues – acne; psoriasis; eczema
- Autoimmune Diseases
- Dementia & Alzheimer's
- Obesity
- Pain – especially in the joints

This list represents just some of the common ailments that people struggle with every day, I am sure that you have either suffered from one or more of these at some time, or know someone who has.

All of these things have some reference back to the health of our Gut Microbiome, so let's talk about that.



Make a note...

Make a note below of some of the health issues you are currently experiencing? Some of them might be from the list on the previous page.

1.

2.

3.

4.



What things have you tried?

You may have tried lots of different diets, exercise plans, holistic therapies or maybe you haven't been able to find anything that can help you.

List below, what you have tried and what results you have had.

I have tried....

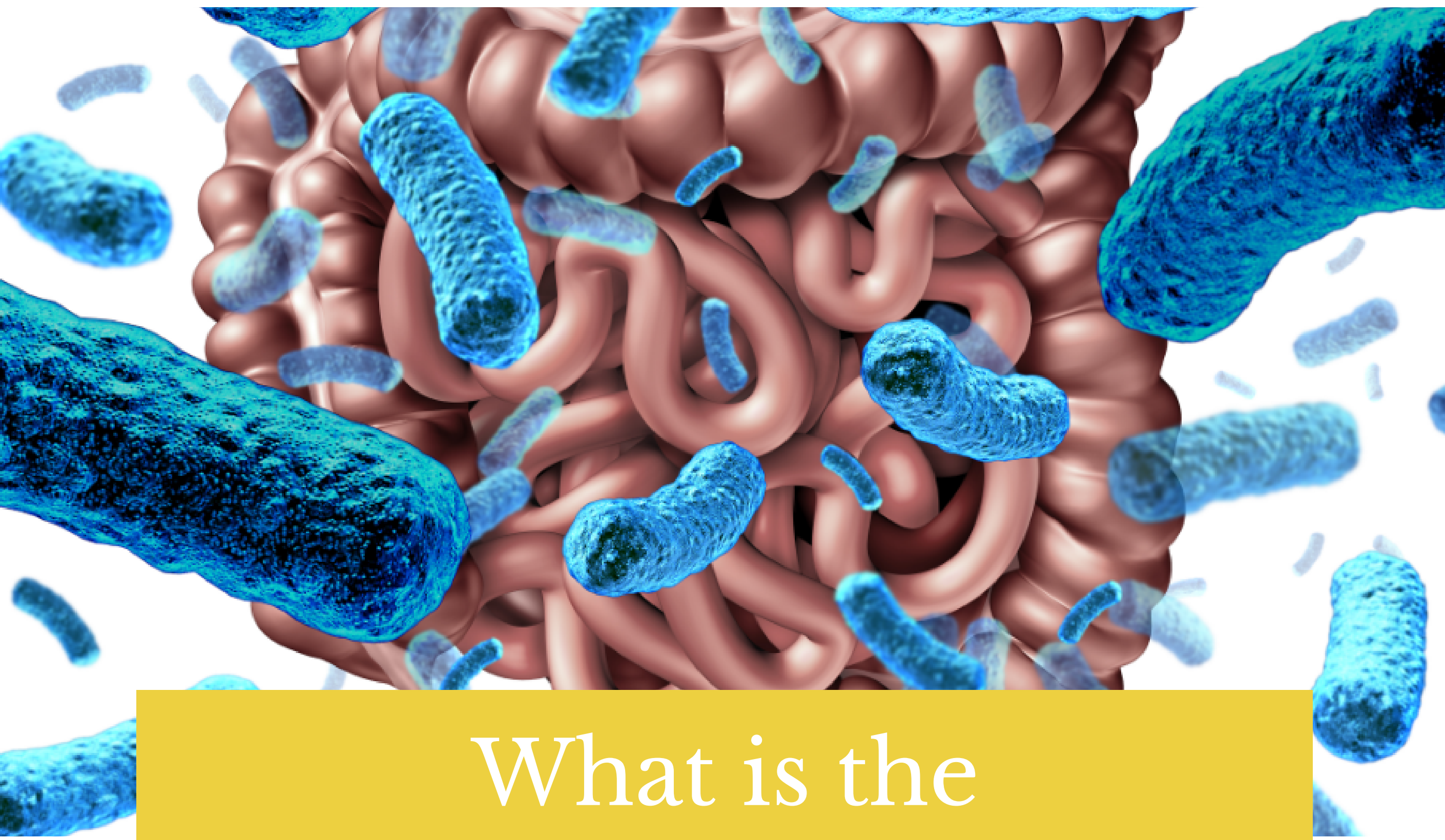
What has worked?



Your Gut could be the problem

Did you know that your gut health could be contributing to these symptoms and health issues you are experiencing. The balance of the bacteria in the gut is imperative to overall health and there have been many scientific studies linking the two.

READ ON FOR MORE DETAIL ON THIS AND WHAT YOU CAN DO.



What is the Microbiome?

Did you know that you we are made up of 90 Trillion bacteria, microflora, fungi live **IN** us and **ON** us

- You are actually only 10% human in terms of DNA
- There are 10,000 different species
- Several thousands of these live in the gut
- Weighing up to 4kg

THE MICROBIOME IS THE NAME FOR ALL THE GENETIC MICROBES - THE BACTERIA, FUNGI, PROTOZOA AND VIRUSES THAT LIVE ON AND INSIDE US.



The roots....

A good way to look at the role your Gut Microbiome plays is to think of a tree. When the roots – your Gut Microbiome in this case, are not nourished correctly, then the tree as a whole cannot function at its best.

**IF YOU PROVIDE THE RIGHT
NOURISHMENT, THEN THE ROOTS
BEGIN TO FUNCTION TO THEIR
OPTIMAL CAPACITY AND THEN
THE TREE LOOKS AND FUNCTIONS
AT ITS BEST - JUST LIKE YOU AND
YOUR GUT MICROBIOME**



Gut Dysbiosis

Our Gut Microbiome is made up of Symbionts – the Good Guys and Pathobionts – the Bad Guys. It is important to have the right balance between the two – we actually need both in the right quantities.

Optimally we should have about 85% Good Guys and about 15% Bad Guys. If we have the wrong ratio then we experience Gut Dysbiosis – or imbalance.

For some people, the lining of the gut wall can become damaged – this lining, called the intestinal mucosal barrier, consists of a single layer of cells. The junctions between these cells are usually kept very tight.

However, when bad bacteria attacks this gut lining, it can puncture small holes in the tight junctions and cause what doctors call “intestinal permeability” and what we know as Leaky Gut Syndrome. People suffering from this syndrome can experience a range of conditions, due to bacteria, toxins and sometimes even undigested food passing through these leaky junctions into the bloodstream.

This then causes the body to react by trying to defend itself – causing systemic inflammation, which is the body's normal defence mechanism towards what it thinks is an attack.



What the Microbiome affects

The Microbiome affects both our physical, mental and emotional health and listed below are some of the areas that can be affected by an unbalanced microbiome. As you can see, it has a huge amount of influence over how our body operates.

- Hormones
- Digestion
- Metabolism
- Brain health
- Mood
- Food choices and cravings
- Weight loss and gain
- Blood sugar and Cholesterol
- Immune System
- Inflammation Levels
- Stress and Anxiety



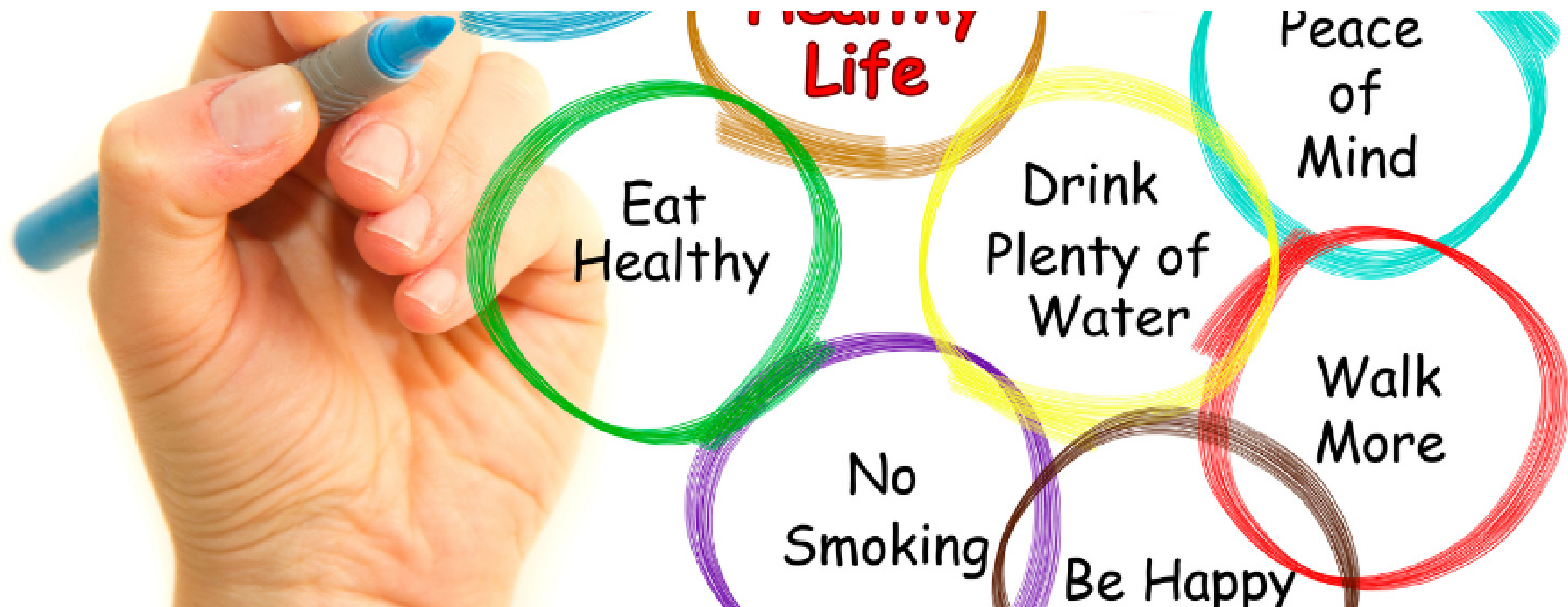
What Affects the Microbiome

So what can affect our Gut Microbiome?

We will touch on some of these areas in more detail in a moment, but as you can see, there are a range of things, some of which are easier to affect than others.

- Lifestyle
 - Medication
 - Smoking
 - The foods we eat
 - Environment
 - Not enough Exercise
- Regular Alcohol intake
 - Pollution - where we live
 - Obesity
 - How we are born
 - Stress

Let's think about these a little more on the next page and which aspects we could possibly improve to help our gut microbiome to function better.



What Lifestyle Changes would you like to make?

What parts of your lifestyle would you like to improve ?
Make some notes below.

E.g I am not happy with e.g diet, not enough exericse, stress levels etc



Steps for optimal gut health

What can we do to help our Gut get back to its optimal state now?

Well, it helps to imagine that you have just moved house and your Gut is the Garden in your new house. It needs bringing back to its best – the previous owner didn't really spend a lot of time looking after it.

4 STEPS TO CREATE OPTIMAL GUT HEALTH

1 Prepare the gut garden with **Prebiotics**

2 Plant your gut garden with **Probiotics**

3 Enrich your gut garden with **nutrients**

4 Pull the weeds by removing **toxins**

Take a Prebiotic supplement everyday to help your healthy bacteria flourish

Probiotics colonize our guts so make sure that you are taking Probiotics also

Have good antioxidants and eat gut friendly foods

Remove refined, unhealthy foods from your diet, Consider a cellular level detox to help the body to remove toxins



Which foods to eat?

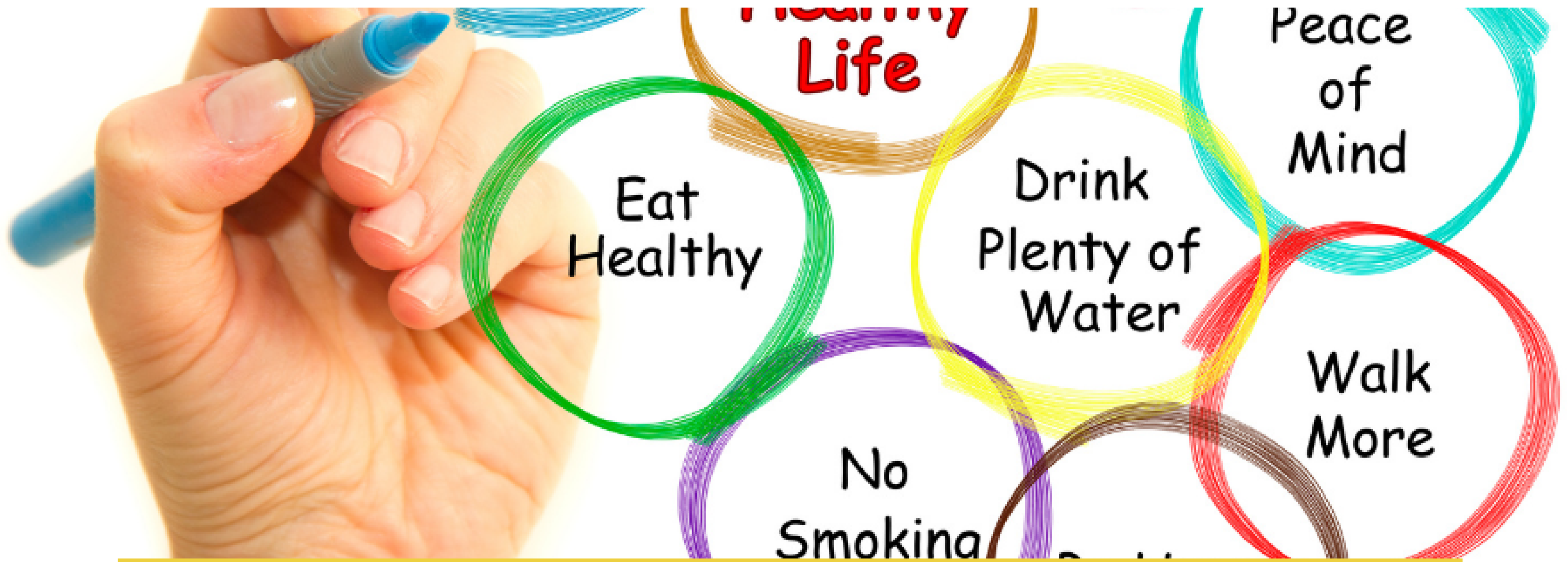
To maintain optimum gut health you should stick to whole foods, plenty of fruit and veg and protein. You should avoid processed foods, sugar and caffeine to name a few as this will only encourage the bad bacteria to increase.

Eating gut friendly foods will increase the health of your gut, but doing this alone will likely not be enough. Our fruit and veg is depleted in vital minerals and we do not get the nutritional value as we did just a couple of decades ago due to mass farming and the use of pesticides, fungicides, herbicides and insecticides.

You will also need to start with healing the gut and detoxifying also which can be very challenging to achieve through just food alone and can take a long time.

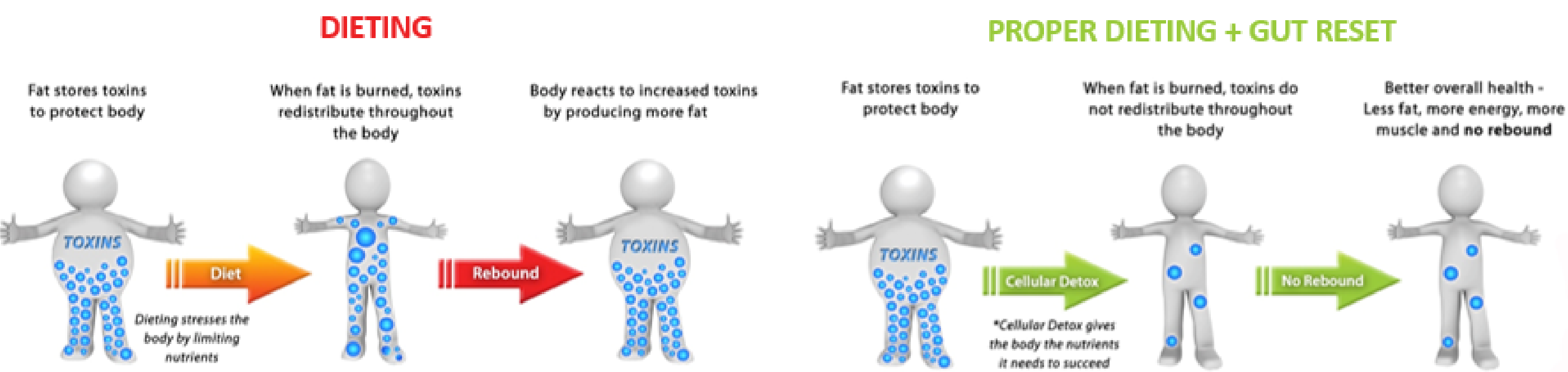


Drink more water!!! Have you ever heard the phrase 'you're not sick you're just thirsty' The body has many cries for thirst and often when you think you are hungry you are actually thirsty.



What support do you need to make lifestyle changes?

From the answers to your earlier questions around lifestyle changes and looking at the list on the previous page, what do you need to make these changes?
i.e. support, regime, habit change, time etc



An important point to mention here is that through diet and lifestyle changes alone, toxins are still the root of metabolic dysfunction and remain in the body. These toxins will continue to unsettle the balance of gut bacteria, disrupt the healthy function of the body's systems and impede your efforts to maintain lasting gut health.

Also, if you don't address the holes in the gut lining and start to repair the tight junctions prior then the body will still fail to absorb nutrients and the symptoms of leaky gut will still be prominent.

Embracing new habits can be difficult to do without support. Therefore you might wish to consider a structured programme consisting of easy lifestyle changes that uses specifically formulated supplementation for the gut and to detox the body. We provide this at The Gut Reset Bootcamp.

FIX THE GUT, FIX THE PROBLEM

Contact us to find out more details of The Gut Reset Bootcamp and how we can support you on your road to better health.

The background of the entire page is a close-up photograph of several lemons. Some are whole, showing their bright green, textured skin, while others are sliced in half, revealing the juicy, yellow-orange segments and white pith. The lighting is soft, highlighting the natural texture and color of the fruit.

**I HOPE YOU HAVE FOUND
THIS EBOOK
INFORMATIVE.**

Join the 21 day Gut Reset
Bootcamp today!

Explore how to improve your gut health through a
fully supported, structured programme of diet,
nutrition, exercise and lifestyle changes.

**CONTACT US FOR
FURTHER DETAILS**

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