

*Do Not Push or Over - treat  
Your Body!*



Gut Check Bootcamp

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## Do Not Push or Over - treat Your Body!

- Do not change too many things at one time. Instead, make changes gradually so your body has time to adjust itself accordingly.

- Do not do harsh and unnecessary treatments, such as cleanses and fasting.

**(A)** prioritise at least 8 hours of sleep per night.

**(B)** walking, gardening, yoga, and meditation practice at an intensity and for lengths of time that suits and how you are feeling

**(C)** incorporate more play into life

- Eliminate damaging foods, sugars and high-carb foods, and toxins.

- Build up your health with real food and fermented food in moderation.

- It is important to make changes slowly. Your body needs time to adjust to each change.

- Trying to change too much at once will only make you sicker, causing more healing and detoxifying symptoms than are necessary which will overwhelm you and your body.

**Most people should be able to get completely well on this program within 2-3 months, but others may have to take a lot longer.**

**Join a Community of the Like Minded**

Fermenting Goddess started The Gut Academy in a mind of putting deep love, gratitude, positive intentions, and the best of vegetables one can find, in a jar. This was my calling to heal the people I love - my friends and family. The friendships we have formed over the years are as mighty as the invisible organisms.

Thank you for loving what we do & and Thank you for all the support!!!

- Changing your diet can be stressful. Of course, not changing your diet is even more stressful in the long run! We all need help and support when we begin something new.

Reaching out to a community is the best way to get the support you need.

Let us face it, some of your friends and family probably do not understand why you are so excited by tasty, authentic, and responsibly made food.

They do not get why you would want to put yourself to this much trouble. They are worried that you are putting yourself at risk of further illness by adopting this new diet.

Everyone in our community has been where you are at now. We have all had lots of questions, had to learn new ways to feed ourselves and been criticized for our choice.

I think we have all felt a bit isolated at times.

- Reaching out is a great remedy for whatever troubles you during this transition. Unsure of whether your ferment is good? Just need a laugh. You will find that too!

# Do Not Push or Over - treat Your Body!

• **Take One Step at a Time ... It can be very overwhelming to be sick with so many symptoms and diseases and face the amount of information that you need to learn to get healthy.**

Therefore, it is very important that you approach your healing, one step at a time.

Not only is it easier on you, but it also will not overwhelm and confuse your body, causing more healing and detoxifying reactions and symptoms than are necessary.

Your body needs time to adjust to each change, at its own pace and as it sees fit.

Believe in your body's marvellous healing capabilities.

There is no point pushing your body since it will not get you healthy any faster.



While diet has one of the most profound impacts upon our health, there are other important lifestyle factors that equally impact our wellbeing – like adequate sleep, play, connection with others, time spent in the sunshine and outdoors generally, our mental thoughts, our ability to cope with and manage stress, the amount and way we exercise and how and what we breathe.

Pushing your body too hard or overtreating it by doing too many things at one time, interferes with your progress, creating more unnecessary symptoms and reactions:

- Do not change too many things at one time. Instead, make changes gradually so your body has time to adjust itself accordingly.

[With you on this journey, Linnie Stein xo](#)

We look forward to meeting you on the inside and getting your gut gorgeous!

Join us at the Gut Academy!

[Gut Check Online Course](#)