5 R’s

Make major shifts

Remove + Replace + Repair + Restore + Reduce

Make major shifts with the Gut Academy system and own your path to vitality!

Foundation for all good health

1. Digestion & detoxification
2. Rhythm & sleep
3. Movement & breath
4. Mindset & spirit

5. **5 R's Remove + Replace + Repair + Restore + Reduce.**

DIEt, detoxification!

Ditch the DIEt's.

Detoxing your way out takes time and patience.

Your body does not have the reserves to go full throttle into detox mode, so add new food slowly.

DIEt is not what we desire.

A way of life with food, specifically designed to alter the gut microbiome.

One of the most fascinating findings is the microbiome influences body weight.

Introducing the Good Poo Way of Living!

The Gut Academy system is simply switching to high fibre.

Since fibre is not just good for bulking up poop.

It is also primary source for 'good' guts bacteria.

The prebiotics for probiotics. The fuel for the good guys!

The system is low carbohydrate,
preventing feeding of kinds of bacteria implicated
in weight gain and food cravings.

This means supplying proteins and fats because our bodies require to eat less frequently when we consume them.

Also consider that when we eat, the bacteria are fed first.

By starving out carb-loving bacteria,
over time bacteria thriving on low carb food
would flourish, and we no longer will
be controlled by inexplicable chocolate
cravings.

A useful way to change thinking:
Resisting chocolate cake is not
about denying ourselves, it is about
denying our bacteria.

Bacteria influence neurotransmitter synthesis.

Low GABA levels can help produce GABA,
so a low concentration of bacteria means lower
levels of GABA and increase in sugar cravings!

Digestion!

Let us remove some junk from the trunk!

We will begin by gently giving the gut a good seasonal clean, alleviate gastrointestinal anguish and remove junk from the trunk.

1. **Maintain healthy balance gut flora!**

A healthy gut flora balance should include approximately 85% good bacteria to around 15 % bad bacteria.

However, today's diet can be overloaded in sugar, carbohydrates, preservatives, and additives.

It makes the perfect breeding ground for promoting an overgrowth of bad bacteria, that will kill off healthy gut flora very quickly.

Other causes of this imbalance can include medicines such as antibiotics, or drinking tap water, containing chemicals like fluoride and chlorine.

Suffering from skin problems, low energy, digestive problems, stubborn weight gain or low immunity; chances are you have an imbalance in gut flora.

THE OBJECTIVE: Restore the gut lining.

So, substances that do not belong in the blood stream are prevented from being absorbed and causing sensitivity.

What will we do:

Decrease sugar. We already know enough to avoid it like a dirty toilet seat!!

You do not require me preaching.

In time with adding probiotic rich food, your body will not crave the sweetness or carbs!

We have worked with many clients, who have found that cravings for low quality foods diminished as the population of gut bacteria shifted.

Maintain a healthy balance of gut flora!

Fermented foods are part of achieving and maintaining good health.

We also feel that by themselves, they will not make much of a difference - you really must **remove** the causes of the problems (chemicals and refined foods) and **replace** with a variety of truly healthy foods.

However, many people report after adding fermented foods they no longer crave the bad foods and fermentation does allow the body to consume vitamins not found elsewhere.

Bottom line, if you want to clean up your gut (**repair** and **restore)** repopulating it with beneficial bacteria is a requirement.

How do we do it!!

By starving out carb-loving bacteria, over time bacteria that thrive on low carb food will flourish, and no longer be controlled by inexplicable cravings!

Increase dietary fibre, anti-inflammatory turmeric, aloe vera + healthy fats such as extra virgin olive oil, flaxseed oil, cold pressed extra virgin coconut oil and avocadoes, and increasing antioxidant and probiotic rich fermented foods will help eliminate bad bacteria.

Fermented food reduces free radicals! Reboot your body into alkaline bliss!

An acidic body is a host for illness and stubborn weight gain.

Probiotic and fibre rich foods and an abundance of fresh vegetables including leafy greens will sweep out bad bacteria from your system and have an alkalizing effect on the magical universe within, promoting a healthy gut flora balance

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Why not try: Including sauerkraut brine at breakfast, kimchi with meals or make my beetroot kefir soup, there are lots of delicious gut healing recipes in my Heal Your Gut + Kefir & Sauerkraut books.

Probiotic rich food may help **reduce weight and belly fat**... Strains of the Lactobacillus family reduce body fat by 3-4 % in just over 6 weeks.

They aid elimination, too!

By helping stay "regular" and fend off icky situations like diarrhea and straining or constipation.

Balance Digestion

Toxins will begin leaving the body when digestive tracts improve.

It is toxins travelling through the circulatory system on their way to be eliminated that can cause feelings of discomfort.

The introduction of too many probiotics (fermented food) at once can cause flu-like symptoms as your body is detoxifying. And leave the room explosion time! So, go slow and build up!!!

1. **Rest & Repair the tummy! Twice per week**

It is not difficult to plant the gut in repair mode pronto.

Giving the digestive system a rest a couple of times, a week will help to fast-track gut lining rebuilding.

The system does not require any “fad fast” with no food at all to promote great gut healing.

On the two days, consume a delicious array of nourishing soups. They will sustain you and provide beneficial vitamins and minerals.

Keep well hydrated everyday with clean water.

Try detoxifying Parsley and Cinnamon tea on rest days.

It is important not to fast in extreme way whereby you fall into the trap of not eating at all and then having free reign the following day to gorge out on too much food.

It will become a counterproductive mind trip and set up for failure with a capital F.

Our system is not into calorie counting.

However, to give a clear idea – on the 2 tummy rest days around 600 for men and 500 for women.

This is easily achieved by consuming miso soup and egg for breakfast and a couple of bowls of delicious soup at lunch and dinner, giving the nutrients, you need and healing your gut at the same time.

A shot of kefir at breakfast and before bed. Take a thermos of broth soup if you get hungry during the day. A shot of beet kvass or sauerkraut brine is good if you get hunger pains!!

A scoop of kimchi on top of your soup.

Several studies have found that kimchi may be a potent food in lowering cholesterol and controlling blood glucose.

A published study involving 100 volunteers followed a low or high kimchi diet for 7 days in a controlled housing dormitory found dose effects of kimchi on fasting blood glucose, total glucose, total cholesterol, and LDL-cholesterol.

1. **Heal and seal!**

Healing your gut involves a dual focus: improving the balance of good bacteria in the gut and healing the intestinal walls to decrease intestinal permeability.

Healing and sealing the gut barrier can be done by stocking up on mineral rich broths, you can consume as a soup or soothing drink or use in any recipe that calls for stock.

Aim for two cups per week. Use as a base to cook breakfast eggs and toss in a load of greens.

Serve with sauerkraut salad and sprouted bread.

Recipes for protein + veggie broths in gut check downloads.

The goal is to add two or three small servings of "live" fermented foods per day.

To get our dose of pre-biotic foods, try eating more artichokes, garlic, beans, oats, legumes, onions, green banana flour and asparagus.

Low carbohydrate prevents the feeding of bacteria that have been implicated in weight gain and food cravings.

So, what are ways to incorporate probiotics?

• Taking a spoonful of kefir and working up to 30 ml of kefir in the morning, at meals, and before bed is a great way to start.

• The brine is a powerful gut loving way to start ...To avoid any reactions, introduce Sauerkraut brine gradually, starting from 1 teaspoon a day for 2-5 days, then 3-4 teaspoons a day for 2-5 days and so on until you can add a few tablespoons of the rich probiotic tonic into meals.

• Swap fruit juice and fizzy soft drinks for kraut and kefir smoothies.

Forego too much fruit in breakfast smoothies ... will set your gut to crave sweetness throughout the day!

• Raw vegetable noodles are always tasty with a few fermented additions.

Use fermented brines as a replacement for salt … use on and in everything … a dash of fermented garlic as the last addition before serving or fermented ginger and turmeric.

• Many delicious salads can be made with fermented + fresh and lightly steamed vegetables.

• Dollop fermented veggies on top of miso soup or any type of eggs for breakfast.

Spread fermented pesto on seed toast and top with scrambled eggs.

Dollop on top of a slow-cooked casserole just before serving.

Thin and drizzle for a salad dressing.

• Fill the fridge with a selection of goodies like probiotic rich jelly and kefir and chia yum-pots in small jars, pickled eggs for garnish and plenty of veggie combinations.

• Dips + savoury snacks (remember a snack should be a small meal).

• A touch of 'sauer' added to sweetness in sauerkraut bliss balls, kraut brownies and slices are a good stand by to fill a lunch box space or for an occasional treat.

Recap... home-made fermented foods contain beneficial bacteria (called probiotics).

Having sufficient quantity and diversity of such bacteria in our digestive tract is essential for strong immunity, digestive function, **metabolism / weight control.**