You're in the

right place

The Gut Academy System (AKA The Good Poo Lifestyle)

YOU'RE IN THE RIGHT PLACE IF... Living in a RIGHT sized body. Healthy, Happy, Thin & "FREE" can be your reality! The Gut Academy System (AKA The good poo lifestyle) is low carbohydrate ... preventing feeding the kinds of bacteria implicated in weight gain and food cravings.

Stop DIEt's

Why???

Your body is a temple and temples are started with a **SOLID** foundation.

When on calorie restrictive diets your temple goes into survival mode, saving energy by lowering body temperature, reducing pulse, and slowing thyroid function.

ALL things causing eventual weight gain.

If you neglect your foundation and try to lose weight, your temple will come crumbling down (i.e., you will gain more weight).

How does the temple function? Hint: It is a team player!!!

Not individually, but as a team.

Starting from the smallest cell to the largest working organ.

They rely on chemical reactions fuelled by the body's nutrients to work.

So, if bellies are not properly absorbing nutrients from the delicious food we are eating, how can the rest of our body systems do what they do and do it well!!

Metabolism Controlled by 5 Equally Important Parts

Gut Goddess Tip: Start with one food and add in one more per week.

Allow 2 - 3 months to work into your eating plan, heal and boost your temple function!

Begin with foods easiest to work into your routine.

There is no 'perfect' food. All good food has a place of importance.

Let food be thy medicine.

Let the following guide you toward the perfect prescription for your temple health!

Liver – The main detoxification organ.

The liver is responsible for ¾ of thyroid hormone production.

Dose: ½ cup of beetroot kvass, morning, and night, is an excellent blood tonic, promotes regularity, aids digestion, alkalizes the blood, cleanses the **LIVER.**

Adrenals – stress glands.

The adrenal glands regulate steroid hormones (for fat loss) and stress hormones helping balance metabolism.

Milk kefir is great as part of eating for Adrenal Health! A fermented milk product. The bacteria break down lactose into galactose and glucose, so our temple does not have to do it!

Smart these mighty invisible organisms.

They basically do the work for us – by pre-digesting our food for us!

Grab a handful of overnight kefir-soaked almonds for an afternoon snack.

Two avocados per week. A sprinkle of chia seeds. A pear for afternoon snack.

Use fresh herbs and use them often. From parsley to rosemary to thyme.

Dish up the parsley and mint Mediterranean salad known as tabbouleh with quinoa, sauerkraut and diced tomato and a dash of olive oil.

Gut dose; 1 to 2 cups per day.

Fresh bunch of greens massaged with olive oil … red sauerkraut and kefir-soaked almonds / tiger nuts for nut -free and kvass-soaked coconut and a pomegranate / watermelon / pumpkin seeds.

Top with something fatty, like an extra drizzle of olive oil or smash though an avocado.

Slim gut dose – 1 cup per day.

Quinoa is a seed! Although you will find it amongst the grains.

Packed with fibre and protein, along with anti-inflammatory antioxidants quercetin and kaempferol.

You can also buy it in pasta shapes at bulk food stores.

Dose: ½ cup cooked four to five times per week.

Sauerkraut perpetual salad from the sexy sauerkraut book is a great start.

Especially teamed with breakfast eggs. Enjoy 1 cup per day.

Kimchi is a quick way to get a healthy daily dose of probiotics. Just ask the Koreans!

¼ cup two to three times per week.

Makes a great topping from a sprouted bread sandwich to miso soup.

Add Wild salmon or anchovies, sardines, Atlantic herring, or Atlantic mackerel.

3 ounces two to three times per week.

Fermented ginger and turmeric in lime brine. Pain Fighting Duo Turmeric and ginger are a powerful combination anti-inflammatory, antimicrobial, and antioxidant properties

A small amount each day can aid digestion by stimulating the digestive juices in your stomach.

Or try some lemon citrus peel in your wake-up morning water.

Thyroid – master metabolism gland controlling body temperature, metabolism functions, and ability to burn fat.

Your thyroid makes and releases Thyroid Hormone.

It is the accelerator for metabolism.

The more of it your temple has the faster your metabolic rate and the more fat you burn!

Use food, not drugs as medicine!

Your temple is like your car. Your car can run on lawn mower fuel, but it runs much better and there is less wear and tear when using premium fuel.

Add Sea vegetables like kelp & dulce

Kefir / kombucha / water kefir / fermented turmeric and lemon myrtle brine-soaked organic Brazil nuts.

They are rich in selenium, activating thyroid hormone.

Grated as a parmesan replacement on top of salads or quinoa pasta.

A dose of organic cod liver oil and coconut kefir.

Proper free range organic eggs.

Pasture fed organic beef broth – 2 small cups per week.

Sesame seed paste – recipe in kefir book.

Make sure they are broken open otherwise they will pass straight through you.

Soaked pumpkin seeds … mixed through salads and sauerkraut bliss balls.

Spinach – wilted in broth when cooking eggs or add to soup and quinoa.

Soaked cashews – add to red sauerkraut salad or use in raw rainbow pie.

Avoid like the dirty toilet seat ... Wheat / gluten, soybean products, too much raw broccoli, kale, and cabbage (we are not talking fermented).

Add seaweed to sauerkraut and kimchi or any cruciferous veggie when fermenting.

And the no -brainers – sugar, tap water, refined vegetable oils and processed food. Processed food including those stamped organic and healthy over boxes can cause inflammation in your temple after you eat 'em and inflammation supresses thyroid hormone production and activation.

Muscle – The only metabolically active temple tissue, helps burn fat, regulate blood glucose, and support an elevated metabolism.

Liver Affects Metabolism

The aim is for the liver to be in thriving mode.

It will filter out environmental toxins, excessive stress hormones.

Help assimilate nutrients and minerals.

Aiding in digestion and blood sugar control.

Process macronutrients (good fats, good carbs, and proteins) efficiently.

Controls over 70% of thyroid function, helping keep an elevated temple temperature and metabolism.

When the liver goes from thriving mode to survival mode, metabolic problems soon follow.

Weight gain on hips and thighs

Abdominal bloating

Skin issues, moodiness, depression

Low energy, unstable blood sugar, sleep disturbances

Inability to reduce weight or maintain an elevated metabolic rate.

To ensure a healthy metabolism and elevated fat-burning potential; commit to supporting for the rest of your life.

Commit to eliminating the top inflammatory foods, processed foods, stimulants, and more.

The sky is the limits for your health, fat loss, and metabolism results.

It is not hard. Little steps and changing habits.

Remember, you are not alone. We are here to support you.

How Adrenal Glands Affect Metabolism

The adrenal glands play a major part in maintaining a healthy metabolism.

The hormones adrenal glands secrete and regulate can either help balance hormones in favour of a high metabolism or can have the opposite effect.

Habits, food choices, movement, and lifestyle determine how adrenal glands behave.

Cortisol regulates glucose, fat, and proteins and helps keep the temple metabolism in check.

Cortisol is important in regulating blood pressure. It also plays a role in controlling inflammation.

Metabolism Killers Keeping the Temple Overweight and Unhealthy

High-Carb Breakfast

We hear peeps who eat a morning meal tend to have smaller waistlines.

However, some find eating breakfast makes them hungrier.

If you can relate, it may be the “healthy breakfast” you are eating—such as cereal, toast, and fruit smoothies and juices—contains too many carbs and not enough fibre.

Basically, the temple has been fasting all night while shut eye, so blood sugar is LOW.

Not “bad” low, just low like it should be upon waking in the morning.

Flooding the temple with tons of sugar and carbs is not the way to start.

With a sluggish metabolism. It is often a sign of some insulin resistance.

The temple is having a hard time moving sugar from the bloodstream into cells for fuel.

With it is not working, you feel hungry even when you are physically not.

This is especially noticeable after waking.

Morning insulin levels are high—eat a high-carb meal, and insulin rises even more, then nosedives quickly, leaving you ravenous by noon.

Low-Protein Lunch

All day the temple is going through a process called protein turnover.

It is basically breaking down muscle tissues.

Totally normal, especially for females, who often do not eat enough protein (contains amino acids, the main "food" for muscles), to counteract this effect and properly maintain lean mass.

Not good since the more muscle you have, the more calories you burn no matter what you are doing.

Protein is essential for tissue repair and muscle building.

If protein is low, the muscles can begin to deteriorate.

Inadequate protein leads the temple to: Cravings**,** Brain Fog, Poor skin and hair health, Muscle loss, weakness, and fatigue.

The worst-case temple foodie scenarios: high-carb breakfast, sugary coffee / sweet smoothie, low-protein lunch, sugary drink, packet of crisps or cake, and high-fat dinner.

Or skipping meals and pigging out when arriving home from work.

This eating day is typical for many temples. It leads to chronically low protein levels and a sluggish metabolism.

Skipping meals is the metabolism killer! It is probably the most common in our society.

Typical signs you cannot reduce weight. The temple is not eating enough. It is feeling stressed out all the time, food cravings, cold hands and feet/below 98.6 body temperature, low energy, and of course, stubborn fluffiness (weight gain).

Remember, every day you eat fewer calories than you should, your fat cells become stronger, healthier, and less susceptible to being released/burned.

Choices full of low-fat, low-sugar, and skipping meals, a severely slow metabolism.

Because you have been led to believe the only way to lose weight is to be in a calorie deficit, most peeps start dieting, then slash their calories and add a large amount of exercise to their daily routine.

Suddenly you have an extreme calorie deficit that is working against you.

Leading to:

– Slowed thyroid production

– Decreased muscle mass

– Increased stress hormones

– Decrease in energy levels

The dieting past can negatively affect your healthy present and future weight loss.

While it may be difficult to recover from a past full of yo-yo diets, certainly NOT impossible.

Let us start with acceptance, planning, and additions of new food.

Focus on 1 new habit at a time!

Conscious planning will ensure you do not go hungry. THIS IS THE LIFESAVER!!

Cook meat & veggies in bulk. The slow cooker is a great tool for this.

Prep meals in advance. Chop up ingredients. Pre-portion for the week.

Well stocked fridge is key! Keep hard-boiled eggs, cooked quinoa, chicken, and sauerkraut salad on hand.

Veggies with every meal!!

Low-Carb

It is NOT carbs making you fluffy. The type of carbs and the timing of carbs are contributing to weight gain. The temples primary fuel source is glucose. And the very definition of glucose is “sugar.” Starch and sugar are essential sources of energy for humans

.

A low carb diet works extremely well for those with insulin resistance.

It quickly lowers basal insulin levels and blood glucose in those with metabolic syndrome.

It also requires less first- and second-stage insulin release. Allowing the body's metabolism to function more normally.

Typical "low carbohydrate" meal replacement bars and shakes, and other low carb or sugar-free snacks often contain potentially hard to digest ingredients.

If low carbohydrate diet involves boxed, wrapped, and packaged food, it can fall into this category.

There can be long term health issues as your body is chronically carbohydrate depleted over extended periods of time. The liver is exposed to extra stress as it is forced to assist with manufacturing glucose from fats and proteins.

High Inflammatory Fat/Low Anti-Inflammatory Fat

"We followed the "expert advice" to lower fat intake, thinking we would get healthier, leaner, and slow aging".

Many peeps are trying to lose weight, but few succeed.

Rates of diabetes, Alzheimer's, metabolic syndrome, and obesity are on the rise and do not seem to be improving.

Some fats are nature's weight loss solution to excess weight problem.

The types of fat many avoid are the same fats that can alter hormonal balance helping you feel more energetic and less hungry while helping burn more calories.

Fats like coconut oil, olive oil, and avocado.

Improper Meal Balance

Balanced main macronutrients (carbs, proteins, and fats) can be the difference between meals being "fat-burning meals" or "fat-storing meals."

Here are a few examples of fat-storing, improperly balanced meals:

Breakfast: Toast, cereal, smoothies, juices, and breakfast sandwiches

Lunch: Sandwiches, subs, salads, wraps, etc...

Dinner: Pasta dishes, potatoes/sweet potatoes (without a protein), etc...

Snacks: Sweetened drinks, fruit, bars, etc...

The most troublesome thing about this metabolism killer is many people would argue the meals listed above are "healthy."

Balancing meals is a very important and often ignored since it is hard enough eating healthy.

Something like 33% fat, 33% carbs, 33% protein with prebiotic and probiotic

The good news is you can eat healthy AND balance your ratios at least 80% of the time, you are going to propel weight loss results.

By regulating hormones, balancing blood sugar/insulin levels, and boosting metabolism so it is working all day long.

Decide + Focus on Reducing not Losing
Focus on the result you desire, not the problem!

Try creating a physical transformation vision board.

Including images of the types of physique you desire and other health changes.

Add clothing pictures and recipes too!

Once complete you can then carve out time each day to practice.

Seeing, Sensing and Feeling your new reality!

As you go about your daily movement you can imagine your temple becoming stronger, leaner and more toned.

It could be as simple as the desire to drink more water or incorporating broth, kefir and turmeric into your diet.

At the end of the day, the more we can change what we are thinking and doing on a daily basis is the key!

Don't be obsessed with making changes to your physical appearance.
Let go of any guilt you hold around food choices.
We don't want to be trapped in a constant state of wanting we are going to be doing!

The changes you make will be long lasting.
I AM WORTH IT !!! Look in the mirror each morning and high five yourself and repeat as much as you can - "I am worth it" Because you are.

I know & trust that I am worthy of having what I want. It always shows up for me. It always works out for me. I allow this to be worked out for me"

be less sugar, more spice, and only as nice as you are able without compromising yourself

I no longer chase anything or anyone. I work for what I want and I remain patient while going after it.

I do not have energy to chase what is not for me. Life is too short for me to run miles for people who don't take steps for me.

Don't compromise - you are all you've got