



JENNINGS
HOLISTIC HEALTH COACHING

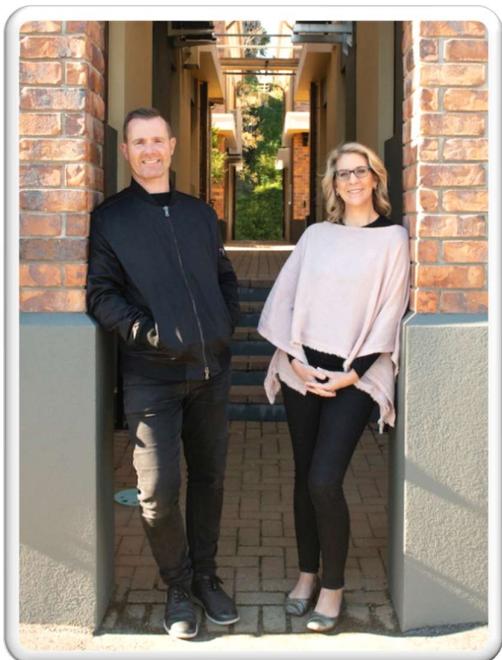
GUT HEALTH RESET MANUAL



HOW TO RESTORE DIGESTION,
ABSORPTION & ELIMINATION

Welcome to The Gut Health Reset Manual

Introduction



Welcome to our programme on how to reset your gut health, so you can sleep deeper, digest and absorb food better, eliminate toxins and have more energy to live your life again.

We are Steve and Heidi Jennings. Together we have over 20 years in the health industry and have worked with thousands of people around the world.

You have reached out to us for help with your gut health symptoms. Maybe there are other health issues too. The great news is that this holistic approach can solve many health issues with one robust approach.

You may feel a little sceptical when we claim that you can reduce your symptoms by 50% in as little seven days, but we can assure you that many of our clients regularly achieve this.

Reflux often disappears immediately, bloating eases, bowel function becomes more regular and easier. Stomach pain reduces.

Of course, everyone is different and depending on your personal situation, the time it takes to achieve results can differ.

If you have suffered symptoms alongside another health issues like depression or arthritis for example, you may halve your symptoms in four to six weeks.

Variables to consider include:

- What stress you are experiencing (family relationships, financial, work, poor sleep)
- How long you have experienced your symptoms
- Your current diet (alcohol intake, viral/bacterial friendly foods)
- Toxic exposure (mould, fresh paint, pesticides, herbicides, toxic heavy metals etc)
- And other more complex personal issues

Perhaps your symptoms are mild or very aggressive. Either way these symptoms are holding you back and when you are feeling lost and lack control, you lose your identity.

You may be suffering additional symptoms such as:

- Anxiety
- Depression
- Fatigue
- Joint pain
- Poor sleep
- Mood swings
- Stubborn bodyfat

- Stomach cramps
- Reflux
- Bloating
- Constipation
- Urgency to use the toilet

All of these symptoms can lead to low self-esteem and a lack of self-confidence.

The lack of self-confidence you may feel about your body in front of your partner and the lack of intimacy in your relationship.

The irritable moods you experience that affects your relationship with the kids and your partner.

The lack of joy and sense of humour which has deserted you as your health has deteriorated.

The constant fatigue that has left you feeling drained and lacking the motivation and enthusiasm to take part in experiences with friends and family.

Embarrassing toilet habits. Bowel movements so problematic that you can't go out to places for fear of losing control before finding a bathroom.

Constantly clearing your throat of excess mucus.

You may be asking yourself the question - "Why me?"

"Why do I have to suffer these symptoms, when my friends are breezing through their life?"

The problem today, is that there are so many root causes of gut health that are not being addressed. We refer to gut health simply as the ability to digest food, absorb nutrients, and eliminate toxins.

When we talk about our gut we are referring to our stomach, liver, gall bladder, small and large intestines and colon.

There is so much more intelligence in our gut. Often, we refer to our gut instinct when we are using our intuition. We follow our gut and trust our gut to lead the way forward when making big decisions. 80% of our immune system is housed in our gut.

There is anywhere from 75 to 125 trillion organisms living in our gut, and everybody's gut flora profile is different to the next person.

Often our mainstream health professionals use medication to address our symptoms, or we have nutritious food stripped away from us because our intestinal walls are so sensitive to certain foods we end up in pain. Rather than look broader at other issues that complicate gut function, we often remove foods from our diet.

Often, we see clients who have only a few foods left they can tolerate or are allowed to eat. Whereas if we raise hydrochloric acid in the gut and bile production in the liver, we can resolve digestion and reduce issues like bloating, constipation and reflux quickly.

Practitioners don't address the stress in your life that increases adrenaline. When adrenaline production is in overdrive, this weakens your digestive acids meaning that you can't digest or absorb food.

There is no better time to change and get on top of your gut health issues than right now.

We want you to join the thousands of people we have helped across the world and empower you with the wisdom and free will to make educated decisions to support your health. Some people we have worked with have had gut issues for over 50 years, and they have said this is the best programme they have ever used.

So how do we help you become that person you want to be? Full of self-esteem, vibrant personality and living your true purpose?

To reduce your gut health symptoms as quickly as possible let's discuss the following points:

1. What is really causing your symptoms
2. The five pillars of functional health you need to address in order to restore gut function
3. How your stress levels contribute to your gut health symptoms

And then we are going to map out the path for you to reclaim your life!

What Is Causing Your Gut Health Issues?

Your body speaks to you through body language – or symptoms.

Symptoms like anxiety, depression, bloating, energy issues, constipation, loose stools or stomach pain flare ups is your body's way of trying to tell you something is not right.

We end up with a diagnosis of Coeliacs, IBS, Chrohns, Diverticulitis or another fancy name. But we don't need to be boxed into a corner with a label for the rest of our lives.

For the vast majority of gut issues, the answer is to:

- **Address your gut flora**
- **Raise digestive acids (hydrochloric acid and bile acid)**
- **And remove toxins such as heavy metals**

Let's look at each section a little closer:

Address your gut flora

Raising your gut flora is one part of the process toward healing. This involves increasing plant based foods like lots of fruit & vegetables. These foods feed your productive gut bacteria that exist in your body. As you feed these micro organisms more healing plant-based foods, they grow stronger and replicate. As their strength in numbers grow, they hunt down nasty pathogens that create problems, and kill them. Nasty unproductive viruses like Epstein Barr Virus and bad bacteria like H-Pylori, E coli and Streptococcus are some of the problematic species (also known as pathogens) that your beneficial bacteria are fighting with each day.

If you feed your nasty pathogens in your gut with foods like processed sugar, wheat, dairy and eggs, they will get stronger and will gang up on your good bacteria, hunting them down and killing them.



The side effects of these pathogens in your gut can be beneficial or detrimental. Good bacteria create a by-product called serotonin that is a feel-good mood hormone. It's also the hormone that your body uses to produce melatonin, to help you sleep better. 90% of your serotonin comes from your gut.

If your bad pathogens are in charge, then they can create bad gases that can seep through your intestinal walls, directly entering your blood stream. These gases create energy deficit, anxiety and joint pain. This gas is Ammonia gas. It is also a by-product of putrefying food in the gut, rotting away. The issue we refer to here is called **Ammonia Permeability**.

To summarise this first section –

Eat more fruits and vegetables, and steer clear of eggs, dairy, wheat, tuna. Reduce caffeine, alcohol, sugar and stress. Over prescribed medications are also an issue such as anti-biotics, but you may need to consult with your doctor about your medication before removing medication. Medication is not our field of expertise as Holistic Health Coaches – this is your Doctors field.

Raise hydrochloric acid

Low hydrochloric is an issue that most adults will be experiencing. It's also an area where I am surprised that many practitioners do not address. As mentioned earlier, often practitioners will reduce fruit & vege options which does not solve any issues, and only reduces the amount of healthy food someone can eat. I accept that there are foods that people struggle to digest or that cause discomfort right now, *but what you need to understand is that when the body produces hydrochloric acid, the food breaks down into a more absorbable consistency.*

The other issue causing stomach pain as food moves through the body, are the sensitive nerves in the gut. These have been inflamed by toxins produced by bad pathogens and excess adrenalin. Have you ever experienced stress so powerful that you felt pain in your gut?

When we reduce adrenalin, the nerves can start to heal and hydrochloric acid in the stomach can be restored. This means we can tolerate more healthy food again.

To restore hydrochloric acid specifically to your situation, refer to your meal personal plan.

Remove toxins such as heavy metals

Removing toxic heavy metals are essential to this plan. These toxins can be accumulated over a lifetime. Aluminium cans and deodorant, mercury fillings, mercury in fish, second hand smoke and exhaust fumes in the environment, are just a few way we can ingest these toxins. Over decades pathogens have become stronger and adapted to feed off toxins that we are exposed too. Removing these toxins is like removing junk food for bad pathogens like strep bacteria, H pylori, Epstein - Barr virus and others.

You have an 80% chance that you have a herpes virus variant in your body. You may have a very mild strain of the herpes virus or you may have a very aggressive virus. *This can be a reason why you suffer a gut health issue.*

Herpes Viruses like Epstein Barr Virus and Bacteria such as Streptococcus infest the body, starting with the spleen and the liver.

These pathogens feed off toxic heavy metals like mercury (think tuna fish and mercury fillings). They are triggered by hormonal changes like stress, menstrual cycles, pregnancy and menopause and feed off certain foods like dairy, wheat, and eggs.

Even though I summed up a few things in a brief paragraph, this pathogenic load is actually very complex to work out on your own, which is why so many suffer.

How did you contract these bugs? It's a bit like catching a cold. Here are a few ways:

- Mononucleosis/glandular fever infection
- While you are in your mothers womb (your mother had a pathogen she passed on to you during pregnancy or during birth)
- Sexual intercourse, kissing
- Physical contact with someone who is carrying the bug
- Physical contact with something that an infected person has touched
- Blood transfusion

There can be other ways, but hopefully this list explains something to start with.

Epstein Barr Virus is also a leading culprit for auto immune dysfunction. You may be someone who has a thyroid issue, rheumatoid arthritis, interstitial cystitis, endometriosis, eczema or psoriasis for example.

You may suffer from fatigue, stubborn bodyfat, bloating, anxiety, depression, headaches, migraines, vertigo.

It's important you understand that in most cases these symptoms are linked together by the same cause.

Pathogens can travel anywhere in the body. **Let that sink in for a minute.**

In summary these three areas as mentioned will set the wheels in motion to heal your gut.

- Address your gut flora
- Raise hydrochloric acid and bile acid
- And remove toxins such as heavy metals

Our holistic programme will address these three areas all at the same time, as part of an even broader approach. Let's look at the diseases related to low stomach acid.

Diseases Related to Low Stomach Acid

- Addisons Disease (Adrenals)
- Asthma
- Celiac Disease
- Chronic Auto Immune Disorders
- Chronic Hives
- Herpes
- Diabetes
- Eczema
- Gall Bladder Disease
- Graves Disease
- Hepatitis
- Hyper and Hypothyroidism
- Lupus
- Myasthenia Gravis
- Osteoperosis
- Pernicious Anemia
- Psoriasis
- Rheumatoid Arthritis
- Rosacea
- Sjogrens Syndrome
- Vitiligo

Common Symptoms of Hydrochloric Acid Deficiency

- Bloating, Belching, Burning and flatulence after meals
- A sense of fullness after eating
- Acne
- Chronic candida infections
- Chronic intestinal parasites or abnormal flora
- Dilated blood vessels in the cheeks and nose in non alcoholics
- Indigestion, diahhrea or constipation
- Iron deficiency
- Itching around the rectum
- Multiple food allergies
- Nausea after taking supplements
- Undigested food in stool
- Upper digestive tract gassiness
- Weak, peeling and cracked finger nails

The Five Pillars to Functional Health

Here are the five areas we need to cover when designing a Holistic approach to health.

1. Address the root cause of stress (what is triggering the adrenalin?)
2. Gut Health (restoring gut function as previously mentioned)
3. Sleep (restoring deep restful sleep)

4. Nutrition (a specific plan to restore overall immunity and well being)
5. Exercise (the right type of exercise for your situation)

Addressing The Root Cause of Stress

We know a lot about stress based on research, professional experience and personal trauma. Most of our health issues are triggered from some type of stress. Stress is healthy for us, but only in small doses. The modern-day stress many of us encounter now is ongoing. That is a major problem, and it is triggering many health issues.

Sometimes our stress starts as a perception in our mind of a particular personal issue, then manifests as a hormonal response, which leads to a physical and/or emotional symptom.

Stress can arrive in the form of inflammation caused by bacterial and viral contamination that infest your body, or stress can also be attributed to toxic exposure from herbicides, pesticides, mercury fillings or food contamination.

The physical symptoms may result in inflammation and swelling, bloating, constipation or diarrhoea, cramps, mood swings, and stubborn bodyfat to name a few.

The emotional symptoms may be frustration, anger, bitterness, resentment, depression or sadness.

We must understand that a historical trauma can lead to years of health issues if we hold onto these issues and do not address them.

Remember stress is a trigger to weaken the immune system and the digestive system.

Everyone is different though and unravelling the root cause of your personal health symptoms can be complex and take time.

As far as *food stress* goes, we will address this through your meal plan.

Toxic stress comes in the form of medications, pollution, mould, mercury fillings and chemical exposure. The more exposure you have had, the more likely this is a trigger for your symptoms. Further testing such as hair testing can be great to identify these issues.

Personal stress comes in the form of a workplace bully issue, a family relationship problem, financial stress, death in the family and unresolved negative emotions toward others. These are triggers for your gut issues. These issues can take more time to resolve. Unfortunately, we cannot address the many scenarios in one manual, but hopefully this helps you understand the areas that need to be addressed sooner rather than later. If you are working with me privately this will be an area that we will address for you. About 50% of the clients I work with will have some unresolved trauma.

When adrenalin is produced due to stress, this lowers hydrochloric acid, and digestion is weakened.

I will leave you with some ideas –

Resentment, bitterness and anger only digs the hole you are in deeper. Forgiveness is the ladder out of the hole.

The longer you hold onto these emotions, the more your health will weaken.

Thank the person that hurt you – they actually gave you the gift of an amazing lifelong lesson. Forgiveness is ongoing – you need to practice forgiveness. Say goodbye, thank them and wish them the best of luck. They are human like you and they will make mistakes..... like we all do.

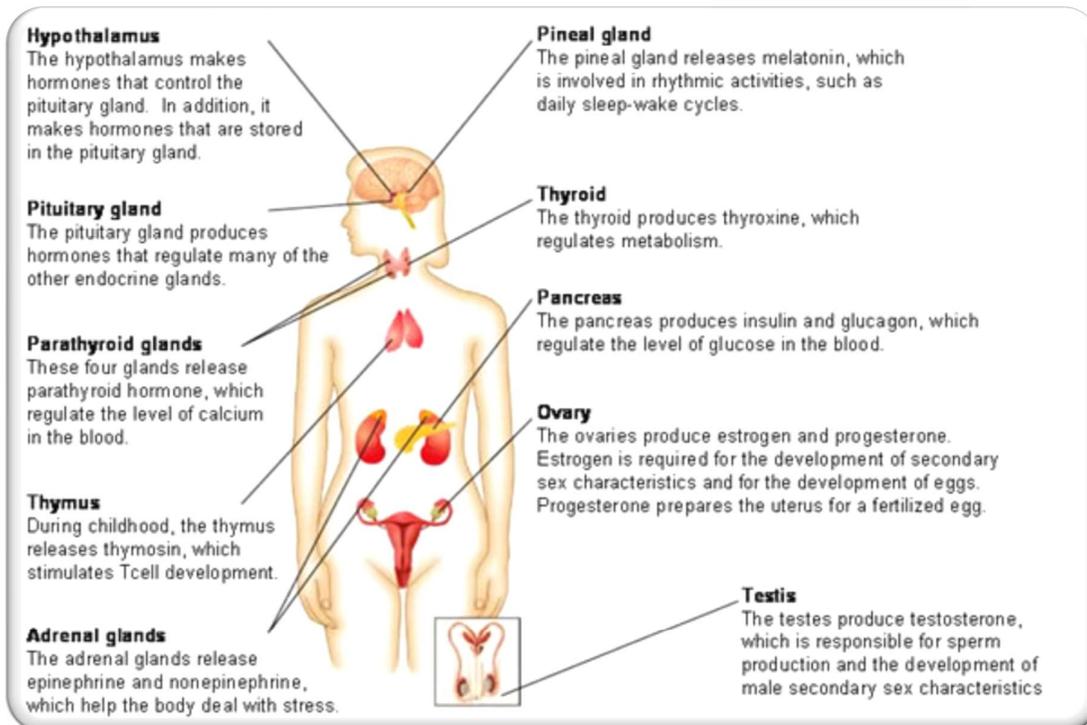
Draw the line with toxic people. If you let them walk all over you, then you must take responsibility. Be brave, stand up and tell that person their behavior is unacceptable. If they don't like it, too bad for them!

How We Can Test Your Stress Levels at Home

Your body is a complex, finely tuned system, performing tens of thousands of functions every day. Each body part talks to the other using chemical messengers (hormones).

These hormones tell our body to perform certain tasks and connect with other systems around the body. But when your organs are stressed, these systems do not work properly, and the finely tuned body falls out of sync.

Your adrenal glands are a part of a very important system called the Endocrine System which balances hormones in your body, and when this system is placed under too much stress for too long you can end up crashing.



When it comes to fat gain or fat burn, think of the Adrenal glands as a fat switch with two modes – “ON” and “OFF”. When you are thriving you will typically burn fat as fuel and feel energized, and your other symptoms reduce. This happens when we are relaxed with low stress levels.

When you’re in survival mode you will feel more tired, your body will store energy and hold on to fat. This is when the fat storage switch is turned “ON”.

Busy Life of The Adrenals

Your Adrenal glands control a staggering list of vital functions in your body:

- Hormone Regulation including adrenalin production
- Blood sugar levels to manage your energy during the day
- Bodyweight calibration
- Balance of electrolytes to maintain balanced hydration and nervous transmission
- Sleep and Waking Cycles
- Fight or Flight Response during stressful situations
- When to turn off Inflammation after injury

We will touch on these during the emails you’ll receive as part of the program. For now, looking at the list above, you can imagine that dysfunctional adrenal glands can relate to hot flushes, weight gain, bowel issues, poor sleep, a lack of tissue repair after exercise or injury, muscle cramping, bad moods, and lack of mental concentration & clarity to name a few.

An Adrenal Stress Quiz gives us an indication of your stress levels and a way to monitor progress as you begin healing. This is a basic at home test that you will have taken.

All Disease Starts in The Liver

We will also focus on the liver and how well your liver is functioning. Most of our symptoms will be linked back to liver dysfunction of some type. A poor functioning liver can create over stimulation of the adrenal glands, issues like brain fog or depression, skin conditions and digestive & bowel issues. Your liver has over 2000 functions. If you have a liver that is only performing at 50% of its ability, you may have up to 1000 liver functions not working properly!

Many people with chronic health issues like gut problems have a bacterial/viral infestation of the liver.

Why do these pathogens reside in the liver? Because they are constantly fed with an endless stream of eggs, dairy, wheat, environmental toxins, stress hormones and more that pass through the liver.

Everything in the blood stream must eventually pass through the liver. Everything.

The liver is a perfect hiding place for pathogens to feed off toxins. Because toxins and pathogens can travel anywhere in the body, you can end up with issues all over your body – your stomach, bowels, brain, kidneys, thyroid and so on.

Learn Your Stress Level - Take the Adrenal Stress Quiz

Everyone's stress levels are different. It's important that you take the adrenal stress quiz first as this give us a very quick easy way to gauge how your body is functioning on a hormonal level. This is a test that can be used every four weeks to monitor your progress. About 80% of our clients will reduce their adrenal stress quiz results by 50% in just four weeks. That is a significant difference in anyone's language!

We split adrenal function into four different categories. Here they are summarised in the table below.

You will need to take the Adrenal level quiz to find out which category you fit into. Then you can find out the specific course of action to turn the corner and move back toward the Thriving level. (You should have downloaded the Adrenal Quiz when you downloaded this E-book).

	Thriving		Surviving		
		Stressed	Wired	Crashed	
How You Feel	Enthusiastic	Edgy	Overwhelmed	Exhausted	
How Other people seem to you	Engaging	Too slow	Incompetent	Demanding	
Your Sleep Is	Deep and restful	hard to fall asleep	hard to stay asleep	Unrefreshing	
Your mental function is	Sharp & focused	Fast and scattered	Erratic/anxious	Unable to generate ideas/ depressed	
Best Type Of Exercise	Any, have fun	Strength training	Cardio	Yoga/walking	

1. **The Stressed Level:** This is like a reaction to a loud noise or your child crying. It could be nerves while public speaking or social anxiety. Anyone can move very quickly between the thriving stage and stressed stages.
2. **The Wired and Tired Level:** At this level the stress is lasting. Your body is putting a lot of its resources into resisting the stress in your environment, so it is less able to maintain optimum health. Your Adrenals are making much more Cortisol hormone and so the normal daily rhythm has been disrupted. At this level you may feel a combination of urgency but with weakness at the same point. This is why this level is called "wired and tired". It's common for people to feel constantly anxious at this stage, particularly in the afternoon/evening.
3. **The Crashed Level:** Also known as complete exhaustion. This is where the stress does not let up. Symptoms persist. Your adrenal glands have been producing excess adrenaline for so long now that your body is trying to enforce a rest break. At this level of stress, diseases like high blood pressure, high blood sugars, allergies, digestive problems and depression can get a foothold. Exhaustion is typified by a feeling of weakness and collapse. This is where people typically end up on medication

like sleeping pills, anti-anxiety medication, anti-depressants, pain meds due to a compromised immune system.

4. **Thriving is also listed above:** This is the optimal level we need to be functioning at most of the time to lead a healthier lifestyle.

Specific Courses of Action for Each Adrenal Stress Quiz Level

Read through the following section that relates to you. Note that we are covering exercise here too.

Stressed – Course of Action

The way to move forward from Stressed to Thriving is quite simply to reduce how much cortisol your body is making. This can happen in two main ways: by making less cortisol and by eliminating more cortisol from the body. Here you'll find several top-rated strategies to do both and to help you lose weight easier and faster than ever before.

- **Reduce your sodium intake** – sodium in the diet causes the body to eliminate cortisol more slowly. Aim to reduce or eliminate extra salt on your food
- **Take a coffee break** - limit caffeine to before 9am or simply remove altogether.
- **Follow a low stress diet** - Foods that reduce cortisol production: basil, beets, celery, cacao nibs, walnuts. Foods that replace lost nutrients due to high cortisol: adzuki beans, almonds, kiwifruit, lemons, sweet potatoes.
- **Exercise** – outdoor exercise leads to greater reduction in cortisol than indoor exercise.
- **When to run and when to walk** – cortisol levels rise for a few hours after brisk exercise. Since those who are stressed are not reducing their cortisol when they should, any exercise after 2pm should be limited to gentle yoga or walking.
- **Cardio – Less is More:** Prolonged and frequent high-intensity aerobic exercise will only make things worse. To keep cortisol levels in check, also avoid prolonged bouts of being sedentary.
- **Strength Training** – plan two strength-training workouts each week with movements that work the entire body. You can keep cortisol from elevating by doing a gentle cardio activity like walking, jogging or cycling.
- **Reset your sleep pattern** – ‘early to bed, early to rise’ is a good strategy, as your deepest, most restful sleep occurs before midnight. If you cannot get to sleep, simple exercises and light therapy work more effectively than sleep aids (and with no dangerous side effects).
- **Light therapy** – gain 30 minutes of bright overhead light exposure during the first hour of being awake (ie. take a walk or have breakfast outside in the sun). Sunlight helps to reset cortisol patterns.
- **Clear your mind** – improve your mental state by doing breathing techniques and this will help you deal with real-life problems (ie. financial demands, health concerns, family matters). You can download a breathing app for your phone to help this or use the technique below.

- **Morning alternate nostril breathing** – alternate which nostril you breathe through. Repeat the following cycle for 5 minutes. Best done within an hour of waking.
 1. Breathe through your right nostril
 2. Close both nostrils and hold
 3. Exhale from your left nostril
 4. Repeat the sequence, but use your opposite nostril each time
- **Diaphragmatic breathing** – deep breathing from the diaphragm reverses the effects of stress and stimulates the flow of lymphatic fluid throughout the body. Breathe in through your nose while pushing your tummy button outwards. You can do this sitting or standing. Do between 3 to 10 breaths several times per day.

Wired & Tired – Course of Action

The wired & tired stage is normally the quickest stress level to recover from. It is not a question of whether you are making too much or not enough cortisol, it's that you are producing cortisol at the wrong times of the day. For example, you may make too much cortisol in the evening which means that you don't sleep well. By following the tips to reset your circadian rhythm, you may return to the thriving stage in about one to three weeks.

Take this into consideration – if you have ever had a baby in the house, you know how important the daily eating & sleeping routine is for that baby. When the baby is kept up and becomes overtired, the whole routine is thrown off course. Adults at this wired and tired level have the same needs.

In many cases, people at this stage will be ravenous in the evening, and end up food bingeing. Carbs in the evening as I have mentioned in the videos will help you sleep deeper.

Exercise for the Wired & Tired Stage

Exercising at certain times of the day is critical to help reset your circadian rhythm.

Here's what you need to know for now:

- **Strenuous exercising earlier in the day** is better than strenuous exercising in the evening. A walk or yoga in the evening is ok. Strenuous activity can disrupt the afternoon/evening cortisol levels.
- **Exercise outdoors** and get the sunlight if you can.



- **Try High Intensity Training** like strength training/cardio two to four times per week. Walking & yoga is fine if you prefer low intensity exercise.
- **Stretching an hour before bed** is good to reduce cortisol levels. Yoga exercises that get your shoulders above your head are very beneficial. Hold each position for a count of about 20 to start with.

- **I suggest an 8 hour target to help with sleep**, but you can get away with less if you are waking up feeling well rested.

Resetting Your Sleep Pattern at The Wired & Tired Stage

It is normal for people at this stage of stress to sleep at very odd and impractical times. Here is an example of how to reset your sleep pattern to be more practical. This is best achieved over a long weekend, sleeping in a very dark room and waking to a very bright light.

This is a little bit harder to give out practical advice, but generally speaking most people will find it harder to fall asleep earlier. Here are some tips for you.

- **Remove your TV**, phone and computer from your evening/afternoon schedule
- **Run a hot bath**, add ½ cup baking soda and 250g of Epsom salts and some lavender. Soak for 20 minutes. You should be sweating during this bath. Once you get out, you'll feel very thirsty, so drink some water. *Note that the bath should be lukewarm if you are at the "crashed" level, or if you are on heart medications.
- **Read a book during the bath and for an hour in bed before lights out** – preferably not a study book. This is one of my favourite tips to help people relax. Quiet time will reduce stress quicker.
- **Have a Chamomile tea**. It will help relax and calm you.

Crashed – Course of Action

Crashed is the most severe dysfunction of the adrenal system, where the body is trying to protect itself by going into a state of forced hibernation. The body has been under so many cumulative stressors from the pressures of life, processed foods and pollutants, that natural cortisol production has been decreased to prevent further damage.

Those who find themselves in a crashed state have often led up to it with long periods of multiple demands and pressures over many years. To restore regular function, you need to reduce responsibility and pressure and take more time to care for yourself. When someone is at the Crashed zone, he or she can heal and start to notice benefits within days of taking the right steps.

Full recovery is possible in rarely more than six to eight weeks when health is made a top priority.

Note that at the crashed level cortisol levels are reduced because your body cannot tolerate the demands of high cortisol in the body.

This is why taking cortisol as a medicine is not helpful. When you are crashed, it is like an accelerator pedal in a car that doesn't work. *Your body is essentially forcing you to slow down.*

If you're Adrenal level quiz results have brought you to this level, it is important that you are examined and tested by a skilled doctor to rule out other medical conditions.

Here are a few that you ought to be checked for:

- Thyroid disease
- Anaemia

- Diabetes/hypoglycaemia
- Chronic Epstein-Barr virus (herpes viruses)
- Kidney disease
- Heart disease
- Fatty liver disease
- Sick building syndrome
- Nutrient deficiencies
- Sleep apnoea

People that regularly find themselves crashed, are the ones eager to please and don't like to say no when asked to do something. To heal your adrenals, you need to take some things off your plate and get more 'me' time. You must stop saying yes to everyone and start creating boundaries.

It is common to have digestive symptoms like gas and bloating. You can also suffer muscle cramps, cravings for salt or sugar, and dizziness when getting up suddenly, joint pain, unusually low blood pressure, fatigue, mid body obesity and a feeling of general weakness. Sometimes you may find it hard to be physically and socially interactive with others and you may experience major depression and weight gain. The most common daily cortisol pattern is levels that are below target throughout the day.

Normal cortisol testing is not perfect since cortisol is metabolised inside fat tissue and not all of it ends up in circulation.

The Road Back to Normality

If you are "crashed" you can feel benefits in a few days if you follow the right steps. You need to get your priorities straight though.

Sit down and write a list of your top ten-time commitments. Think of any extra things you do for work, family or other outside commitments

Now imagine the person you love the most just had a health scare and needs you to care for them. They will be fine, but they are relying on you to look after them for 2 hours per day for the next 2 months. Which 7 obligations could you cross off your list to be able to help your loved one?

Most of us would do more for a loved one than we would for ourselves. Instead of crossing off seven obligations, cross five off your original list. Now you have effectively gained an extra 2 hours per day for your recovery. **When you are crashed, your health is that critical!**

- What really matters? – Reduce your activities to those that are most essential and say no to all the rest.
- Add special foods – Foods that help low cortisol: grapefruit, maca, sesame seeds, turmeric. Foods with nutrients needed owing to low cortisol levels: avocado, grass-fed beef, sea salt.
- Increase sodium intake – those who are crashed often have very low blood pressure, so a little extra salt can help them regain energy.
- Circadian rest and repair – energy levels pick up, mood improves, and the body's ability to lose weight improves when the circadian cycle is repaired.

- Exercise – At this level, too much exercise can do more harm than good. Gentle walking and yoga are ideal. High intensity training is an absolute no-no!
- Reset your sleep pattern – allow eight to ten hours of sleep for the first two to three weeks.
- Thermal therapy – relax in a lukewarm bath for a few minutes before bed to help your body experience better temperature regulation and enjoy more refreshing sleep.
- Wet socks – an old trick that can dramatically improve circulation in a number of weeks. Wet a pair of socks, wring them out, and wear a pair of dry socks over the top of the wet ones. Sleep in them.

Okay, now we have looked extensively at addressing your stress levels, recalibrating your hormones and the type of exercise you need to focus on. Now let's look at the next in the five functional pillars.

Restoring Deep Restful Sleep



If you don't sleep properly you may struggle to get results. A lack of sleep can put you into survival mode, which makes fat very stubborn to shift, intensifies gut health symptoms and you may find it hard to recover from busy days.

Trust me, sleep is the most understated and under coached cornerstone of your health in the health industry. It can be very complex why people do not sleep well, but the main culprit is simply a poor lifestyle

high stress = poor sleep = coffee to keep you going = irregular hormone patterns, followed by poor sleep again.

Long story short, you get stuck in a merry-go-round and this leads to stubborn fat and more gut health symptoms.

Restoring deep sleep can take time - weeks and sometimes months. In 2017, I coached one busy mum who was sleeping only one hour per night, and after about 5 weeks of sticking to the routine she was sleeping a full 8 hours.

Only then did her body start to lose weight, her energy came back and her symptoms reduced.

A lack of sleep is a dysfunction in the body. **Sleep is a crucial part of this program.** If you can follow this routine for at least 6 days per week, you'll soon be a transformed person.

- Have a chamomile tea with two pieces of dark chocolate in the evening. Chamomile is naturally calming. Some people get instant results with the tea.
- Get into bed between 9 and 9.30pm and read a book. **Do not read the iPad or watch tv in your room.** Lie flat as you read (put your spare pillow on your lap and place your book on top. This will open your ribs and allow you to breathe deeper. As your body increases oxygen uptake, your brain shifts to a calm state (parasympathetic mode). This is very important to allow your body to move into deep restful sleep.
- Every hour of sleep before midnight is worth two hours to your adrenal glands (which help to regulate your bodyweight) so turn the lights out at 10pm at the latest.
- Try an Epsom salts bath three times over the next seven days. Get the bath nice and hot. Let 250gr of salts dissolve, and soak in the bath for 20 minutes. The magnesium will reduce muscle tension, cramps, headaches, twitches and spasms.

Re-training your body to sleep deeper can take time. You may find that as you go to sleep earlier, you may wake earlier. But don't give up on this routine. As mentioned, this can take time depending on where you are starting on the stress spectrum.

Specific Nutrition to Restore Gut Function

Your Gut Health specific nutrition plan is a separate document designed specifically for your situation. You have probably already seen it by now but have a look at the principles behind the plan.

Modern Lifestyles Lead to Gut Health Symptoms

Of the many reasons that researchers into modern world weight gain have considered, a common theme has emerged – the world we live in is more stressful than a few decades ago. We are online more, and our world is noisier, we face more financial stress, we work more (now women in particular work more full time employment roles), we have more family commitments, the food we eat is not as healthy for us as it once was, and our environment is more polluted. As I mentioned earlier stress can directly influence your symptoms by triggering your pathogenic load into action.

High Fat Diets

High fat diets like the Keto diet create more issue for the compromised liver and again increase adrenaline. High fat diets require the liver to produce bile acid, asking more from an already struggling liver. We need to take pressure off our liver and give it glucose in the form of carbohydrates like fruit, potatoes and kumara.

Yes! I said it - potatoes, fruit and other carbs are allowed! Hooray!

The Fasting Diet Trend

I am a fan of water and juice fasting, but this is not necessarily good for all sufferers of gut issues. Fasting when you are stressed is not good – adrenaline will kick in due to the lack of glucose in your body and wham - another gut issue! *For this reason, there is absolutely no fasting when you scored more than 46 on the Adrenal Stress Quiz.*

Fasting is ok when you are relaxed. Therefore I advocate fasting on a Sunday until 12 pm if you choose too.

The Gut Health Reset Programme nutrition simply relies on fruits, vegetables a low fat diet and a small amount of animal protein.

Cheat Meals

You can have a cheat meal once per week where you eat whatever you want. It's important that you don't think of this plan as a diet. Think long-term. If you want to have a piece of chocolate cake and a glass of wine on your wedding anniversary, then do it, and get back on the programme the next day. The stricter the meal plan, the less sustainable it will become.

Alcohol & Caffeine

Alcohol weakens the digestive system. Keep alcohol to once per week.

Caffeine will affect hormone levels and weaken the digestive system. Keep coffee to one serve per day, preferably in the morning.

Carbs Are Not Forbidden

- **Low Carbs lead to poor sleep** – Recent research has found that participants on a controlled low carb diet took longer to fall asleep as opposed to a moderate carb intake group.
- **Low carbs lead to higher cortisol levels** – If your carb intake is too low, your cortisol and adrenaline hormone will rise. It does this because when your body's functions need carbs as a fuel source, cortisol will stimulate the liver to release energy into the blood stream. This rise in cortisol can mean poor sleep and extra fat storage.
- **Low carbs can raise blood sugar levels** – an unexpected finding when monitoring diabetics identified that people on a very low carb diet had higher blood sugar readings than moderate carbohydrate subjects. True for both diabetics and non-diabetics. Why? Because when blood sugar levels drop too low and your organs need energy to maintain function, Cortisol is released to stimulate a release of blood glucose by the liver and muscles to fuel this demand. The result is that you have less energy and your blood sugar levels are raised more than if you had a meal with healthy carbs!

Instead we'll look at healthy carb options, portion sizes, and how to cycle them through the day to help keep everything running smoothly. We'll get to this soon.

Circadian rhythms are fixed – This will help you sleep better and allows your liver to help you control your weight.

Fats & Protein

We will focus on a low fat approach on this nutrition plan.

These are the fats I recommend – Olive oil, Nuts & Seeds, Avocado, coconut milk, coconut yoghurt. However these will be used very sparingly.

As far protein goes, I'm a big fan of animal and vegetable protein.

Keep meat & fish to **one palm size per day** for your animal protein portion. This will lower the stress on your digestive system.

For vegetarian protein options a portion size is one to two closed palmfuls. Vegetarian sources include pea protein powder, nuts & seeds, legumes, spirulina (2 tsp), ½ avocado. However do not get too focussed on protein as being the wonder macronutrient it has been made out to be. You will get the right amount of protein with your plant based food.

Gut Function

Digestion, Absorption & Bowel Movements

The goal is to eliminate (pass a bowel movement) daily. This is a major key to your progress. Don't panic if you miss a day, sometimes it takes time to restore gut function and get the body moving waste out efficiently. There are many reasons why constipation can happen.

- Bad food choices like bread, too much meat or other foods
- Stress related constipation – your body does not digest when you are stressed
- Your microbiome (gut bacteria) is out of balance (called dysbiosis)
- Liver dysfunction

The key to improving gut function is to raise digestive ability by increasing hydrochloric acid and bile acid.

Hydrochloric acid is produced in the stomach. It's the acid that breaks down your food into small pieces so your nutrients can be absorbed by the body. This is the why you need to drink lemon or lime juice, celery juice, and eat foods like watermelon and lettuce when possible. These foods raise Hydrochloric acid.

Bile acid is a digestive acid produced in the liver. It helps you break down fats for easier absorption. The only problem is that when your liver doesn't work properly, your bile acid is weak which means indigestion of fats. This is why we are focussing on a low fat diet. To increase bile acids, support the liver. Take your supplements, and also your morning lemon/lime juice or celery juice.

Measuring your progress – Tracking Weight Loss Goals

- You will need access to bodyweight scales for this program. You can measure everyday or just once per week if you like. Personally, I like to measure my weight each day. It's very important that you learn to interpret the scales as bodyweight can jump around for various reasons, including stress, menstrual cycles, excess carb consumption, constipation and poor sleep.
- I also recommend you use your mirror to gauge your progress visually. Take a before pic on your phone.
- Try on your swimwear or skinny jeans and see how they fit.

If One of Your Goals Is Weightloss, Take a before pic.



If your weight is not changing.... consider these scenarios:

Menstrual cycles – it's common for females to retain up to 2kgs or more of fluid

Inflammation – if you eat something you are sensitive to, you may have a flare up of symptoms

Constipation – you may be stressed, or your body is still getting into rhythm. Be patient and stick to the program. It will happen, sometimes it just takes some time.

Overeating – stick to the portion sizes

Stress – when you are under stress, your body can hold onto bodyfat. This is called survival mode. Get in touch if this is an issue.

Building muscle mass – as you start strength training you build muscle. Muscle weighs more than fat, so the scales stay put. Do you see more definition in the mirror? Are your pants looser around your middle and hips? This is a sign that you are building muscle.

If in doubt get in touch with me.

Ensure you have a healthy Thyroid

Unhealthy Thyroids can mean that your body may be storing lots of extra calories every day. People that are most at risk are:

- Females
- People over 40
- A family history of thyroid dysfunction
- Women who have used oral contraceptives in the past

- People with a past of unsuccessful dieting
- A history of glandular fever/mononucleosis or other herpes viruses

As part of your daily nutrition I recommend you add:

- Two to three pinches of Kelp Sea Salt per day (see your local health shop)
- 1 brazil nut per day
- Small amount of red meat each week or an iron supplement like spirulina.

An Extra Look at Chronic Epstein Barr Virus

Many of you have an underlying bacterial or viral condition (or both) creating common gut symptoms. Many Doctors do not address this issue, realise this is the common link between your health symptoms, nor understand a clear natural pathway to reverse the infestation.

Some savvy doctors are starting to look at Epstein Barr virus closer now, but the only issue is that they will try to vaccinate or medicate instead of looking at a natural solution to resolve this issue.

- Epstein barr virus (EBV) is the culprit for fibromyalgia, MS, chronic fatigue, IBS, some neurological issues, skin issues, thyroid issues and many of the gut issues.
- There are 60 varieties of EBV although conventional medicine recognises only a few strains. The over prescription of medications such as antibiotics has caused strains of EBV to mutate and become antibiotic resistant and thus harder to remove – yes antibiotics, strengthen this virus even though it is a viral invader. Antibiotics also strengthen Strep bacteria which is the number one co factor for EBV, which is why antibiotics can boost the inflammation of EBV.
- The 60 varieties can be placed into 6 different groups based on aggression of side effects and speed of these symptoms to appear in someone. For example, group 1 is very mild and causes barely any issues until people are maybe in their 70s or older and may only experience some back pain. Group 4 & 5 on the other end of the scale will cause issues as early as age 20 & 30 (group 6 hits hard in young kids). It is very aggressive and nasty. It takes longer to remove and you may experience symptoms of the other 3 groups also - brain fog, nerve pain, insomnia, night sweats, hot flushes, tingling hands, numbness, dizziness, vertigo, chest pain, asthma, fatigue, fibromyalgia, moodiness, confusion, anxiety, and even PTSD. It will feed off emotions such as fear and worry as this lowers the immune system and allows the virus to replicate itself and attack the body. Group 4 and up is beyond frustrating, but you can heal from it naturally.
- Favourite foods of the virus are canola oil, eggs, cheese, dairy, wheat, stress and toxic heavy metals (think mercury in fish, chemical solvents, mercury fillings, drinking water from copper/lead pipes, aluminium in deodorants, baking foil, cooking equipment like non - stick frypans)
- There are a list of 21 triggers for an attack on the body – the top four triggers are mold exposure, mercury exposure, b12 deficiency and zinc deficiency. The full list will be sent to you when you sign up for your emails.

- It can take as little as 3 months to remove the virus or up to about 18 months. Commonly about 12 months can remove most varieties if you are patient, stick to healing foods, and have a low stress lifestyle.

Healing foods will kill the virus and prevent replication of new virus cells.

Cells have a lifespan of 6 weeks and when they die they leave toxins in the body that cause symptoms like pain, fatigue, anxiety, brain fog etc. We need to get these out of the system but while the liver is struggling to cope, the lymphatic system and circulatory system will have toxins building up that we need to remove to relieve symptoms.

Detoxification with sweat and elimination are vital to get these toxins out of the body so you feel better. However as mentioned, when you have a sluggish liver and you are dehydrated, the toxins in the bloodstream will rise, causing adverse symptoms and feeling like you are getting worse not better.

Also, any undue stress will slow healing as it suppresses the immune system. This is where you must consider your job situation/relationship.

Healing Foods

Try to have at least 3 of these foods per day, rotating your consumption so that over a couple of weeks you get pretty much all of these in your diet.

- Wild blueberries – restore central nervous system and flushes ebv neurotoxins out of the liver
- Celery – raises hydrochloric acid and provides mineral salts
- Sprouts – zinc and selenium to strengthen immune system
- Asparagus – cleans liver and spleen, strengthens pancreas
- Spinach – highly absorbable micronutrients for the central nervous system
- Coriander – removes lead and mercury which feed ebv
- Parsley – removes copper and aluminium from which feed ebv
- Coconut oil – anti viral and is anti inflammatory
- Garlic – anti bacterial & anti viral
- Ginger – helps nutrient assimilation and spams from ebv
- Raspberries – removes free radicals from the organs and the bloodstream
- Lettuce – helps peristalsis in the intestines and cleans ebv from the liver
- Papayas – rebuilds central nervous system, boosts hydrochloric acid
- Apricots – rebuilds immune system and cleans the blood
- Pomegranates – helps detox and cleanse the blood
- Grapefruit – Supports the immune system, high in calcium, flushes out ebv
- Kale – helps protect against EBV
- Sweet Potatoes – helps the liver clean out EBV
- Cucumbers – flushes neurotoxins out of the blood stream
- Fennel - antiviral

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