

Clean Living Nutrition & Wellness



Heal. Balance. Thrive

The Gut Recovery Programme

Programme Overview



Introduction

I'm so excited you're here! If you've found your way here, you are probably a lot like so many of my clients when we first meet who are struggling with the effects of chronic stress; weight gain, hormonal imbalance and/or digestive issues and are looking for a proven plan that will guarantee your success!

Well you've just found it!

The Gut Recovery Programme is a 12 module programme designed for busy women over 40 who are struggling with the long-term effects of chronic stress on their gut health and want to take back control of their health from the inside out.

This programme offers a proven, step-by-step methodology and unwavering live support from a Registered Nutritionist to help your gut recover, rebalance and heal without having to give up all the foods you love for life or having to rely on medications with a long list of scary side effects!

Typical symptoms of poor gut health and digestive imbalances include the following:

- Gut infections (ie; H.Pylori)
- Candida – yeast overgrowth/bad bacteria overgrowth
- Gas/belching
- Bloating/indigestion
- Diarrhea and/or constipation
- Skin conditions (ie; psoriasis, rosacea, eczema, acne)
- Heartburn / acid-reflux / GERD
- Brain fog/lack of mental clarity/lack of focus
- Autoimmune conditions (ie; Lupus, Hashimoto's, Rheumatoid Arthritis, Crohn's Disease, Celiac Disease)

This programme is designed for women who are determined to get to the bottom of their symptoms and imbalances in their gut that are likely the underlying cause of all their other health woes, inability to lose weight and fatigue levels.

This programme is also designed for women who recognise the negative impact that chronic stress can have on their gut and how a struggling gut is often at the root of further problems with their physical and mental health.

These women are determined to learn and consistently implement new lifestyle and nutrition strategies to help support their gut health and in turn, support the health of their body and mind in the face of stressful situations.

The Programme Methodology

The methodology you will learn in The Gut Recovery Programme is called The ERASER Method:

Elimination (Part 1)

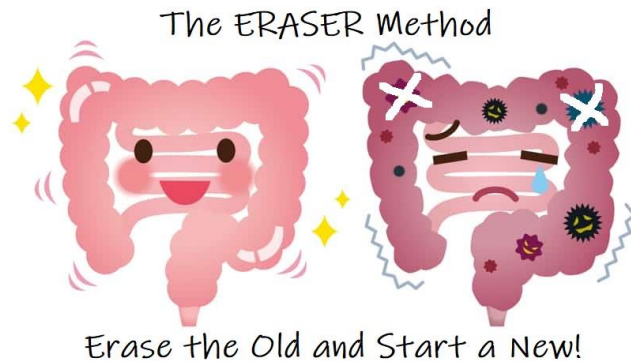
Rebalance

Accelerated healing

Surveillance

Elimination (Part 2)

Reintroduction & Routine Maintenance



Phase 1: The Elimination & Rebalancing Phase

This phase of the programme lasts 4 weeks although recovery may take longer dependent on the individual and the severity of their digestive struggles. This phase focuses on taking a burden off the digestive system and all major digestive organs in order to begin the rebalancing and healing process.

Imbalances begin to occur as a result of consistently poor nutrition and lifestyle habits which slow down digestion, cause incomplete digestion, poor absorption of healthy, essential nutrients and absorption into the bloodstream of invaders that stress out our immune system and our liver.

Typical imbalances we are talking about include:

- Adequate levels of hydrochloric acid (HCl)
- Adequate levels of good intestinal flora vs. bad bacteria
- Adequate levels of all essential enzymes

Before you can heal, you must make necessary adjustments to your nutrition and lifestyle habits to help take a load off the digestive process and stop making the problem worse.

In the initial stages of imbalance, symptoms may be vague, inconsistent and minor in comparison. Symptoms such as occasional gas, bloating, indigestion and constipation. Over time, these symptoms will become more noticeable and more persistent. This is your body's way of shouting out to you for help because the digestive organs and the digestive process itself have been struggling now for longer than they would like!

Eventually, if the imbalances within the digestive environment and the strain put on the digestive organs becomes overwhelming, a domino effect takes place. Now, those initially

mild symptoms, which became more persistent over time, have now led to even more uncomfortable and often painful symptoms as a result of chronic inflammation and damage to the digestive system itself. It is often NOW that you start paying attention!

Unfortunately, the problems don't tend to end there. The uncomfortable, painful symptoms are now indicative of more serious health conditions such as a leaky gut, food intolerances, and autoimmune conditions (ie; Lupus, Rheumatoid Arthritis, Crohn's Disease, Celiac Disease, etc.)

Chronic health issues such as autoimmune conditions (Lupus, Rheumatoid Arthritis, Crohn's Disease, etc.) do not develop overnight. They are often a result of smaller, but extremely important imbalances within the digestive system that have been left to continuously get worse over a long period of time. So it is important to understand that the recovery process will not happen overnight either. This will also take time and consistency in implementing new habits.

Phase 2: The Accelerated Healing & Surveillance Phase

This phase of the programme lasts a further 4 weeks initially although healing may take much longer dependent on the severity of the imbalances and damage to each individual's digestive system.

The Accelerated Healing & Surveillance Phase will commence at Module 5 assuming you have experienced an improvement in your gut symptoms over the last 4 weeks. If you are still experiencing symptoms of discomfort, it is recommended you continue with the Elimination & Recovery Phase monitoring one week at a time for improvement. We will review how to do this in more detail during the weekly live coaching sessions.

When you are ready to commence the Accelerated Healing & Surveillance Phase, you will begin re-introducing some of the foods that were previously off limits during the Elimination & Rebalancing Phase. These are the foods that do have nutritional value but can pose an added burden on the digestive system in the initial stages. Not all foods eliminated during the Elimination & Rebalancing Phase will be re-introduced as the majority provide no nutritional benefit and are therefore recommended to be eliminated long-term.

Phase 3: Elimination (Part 2) and Reintroduction & Routine Maintenance Phase

This phase of the programme lasts 4 weeks. In reality however the Secondary Testing Phase will last much longer dependent on the number of foods being eliminated and re-introduced. The Maintenance Phase should become part of your daily routine for life.

Hopefully by the start of this Phase (Module 9) you are feeling so much better! If not, further deep diving may need to take place ☺

If you are still experiencing uncomfortable digestive symptoms after the first 8-9 weeks of eliminating the common irritants and helping to heal the gut, then there may still be some culprits in your diet that need eliminating. At Module 10 you will begin a lengthy Secondary Testing Phase to remove a long list of typical food intolerances for a minimum period of 4 weeks. The hope is you will notice an improvement during those 4 weeks and can then begin to re-introduce these foods one at a time over the weeks to come. The Secondary Testing Phase will run well beyond the 12 weeks of The Gut Recovery Programme however you will be taught how to continue with this phase on your own before the programme concludes.

If by mid-way through Phase 3 your symptoms have now subsided considerably and you are feeling significantly better, both physically and mentally, you are now ready to commence the Maintenance Phase. From this point forward you will be focusing on consuming a dominantly alkaline diet. Alkalisating foods help to keep inflammation down in the gut and throughout the entire body. Although acidifying foods will not be entirely off limits, they will be significantly reduced. What this means is if you can only eat so many acidifying foods in a day, you will need to focus on making sure those acidifying foods are the nutritious ones!

Learning to eat this way going forward will help to improve the pH level of your blood which in turn will keep inflammation down throughout the entire body. Since inflammation is at the root of most illness, this is why your health should continue to flourish!

How to Get the Most Out of This Programme

This programme is a 12-module step by step programme designed to help you consistently implement new habits that support gut health recovery, healing and long-term health maintenance. The key is to follow the programme modules in the right order but don't stress if you can't implement everything within the time suggested. Just do what you can and move through the programme at whatever pace is comfortable for you, what feels good for YOUR body and YOUR lifestyle.

When you have questions, post them to the private Facebook community. This is where all questions are to be asked and answered. There is no such thing as a silly question and no request for support will go unanswered. I am here to make SURE you see success. And you will if you stick with it! If you're having a hard time, make sure to post that you are struggling. If something doesn't make sense, ask for clarification.

There is no email support or private messaging support; please use the private Facebook community. Our Facebook group community is a secret weapon and the difference between huge success and giving up for many people. Community and help are key.

Although you are encouraged to attend as many of the live weekly coaching sessions in the private Facebook group as possible, these are not mandatory for success. You will however get more benefit from the programme if you engage either by attending live or posting questions, updates and support for others even if life happens and you struggle to attend in person. The coaching sessions will be recorded and available for you to watch in the private Facebook group when you are ready to catch up 😊

Module Outline

Here's an overview of the module content so you can see what is to come in each week of the programme.

All materials will be available to you in your very own Members Only Programme Content Hub once you enrol.

Welcome – Setting Yourself Up for Success

Programme Preparation – A Journey Through the Digestive System & a 3 Day Liquid Detox

Phase 1

Module 1 – Elimination of Primary Triggers

Module 2 – Emotional Eating & Stress Management

Module 3 – Rebalancing and How to Handle Carb Cravings

Module 4 - Probiotics

Phase 2

Module 5 – Food Reintroduction & Surveillance Stage 1

Module 6 – Food Reintroduction & Surveillance Stage 2 and Liver Cleansing

Module 7 – Food Reintroduction & Surveillance Stage 3 and Intestinal Healers

Module 8 - Accelerated Healing

Phase 3

Module 9 – Candida Recovery Protocol

Module 10 – Secondary Food Intolerance Testing

Module 11 – Eating to Reduce Inflammation

Module 12 – Routine Maintenance & Planning for Long-Term Success

You Are the Perfect Candidate If You Struggle With:

- Autoimmune diseases
- Chronic inflammatory conditions
- Excessive gas and bloating
- Heartburn/acid reflux/ indigestion
- Sensitive skin (acne, eczema, hives, psoriasis) and/or age spots
- Weak fingernails/thinning hair/dull complexion
- Constipation and/or Diarrhea (less than 1 full bowel movement daily)
- Pain and discomfort after eating meals
- Bad breath/body odour
- Hemorrhoids and/or unhealthy bowel movements

- Sugar cravings and/or white coating on your tongue

Programme Features:

- Programme Prewrite/Quick Start Guide & 3 Day Liquid Detox Plan
- 12 Weekly Meal Plans/Recipe Guides
- 12 simple-to-follow training modules with video tutorials and implementation guides
- Access to the Members Only Facebook Group for weekly live coaching sessions
- with myself, 24/7 Q&A, support, accountability and motivation
- Continuous assessment of your progress through symptom-based analysis
- Programme Completion Personal Health Assessment
- Private 60 minute consultation at the end of the programme

Programme Transformation:

- Living a life without constant fear/anxiety over eating certain foods
- Freedom to travel without the worry whether a bathroom is close by
- Freedom to enjoy social dinner parties and fine dining restaurants without fear of
- embarrassing gas or painful gut flare-ups
- Experience a newfound energy and wake up feeling rested instead of exhausted and
- bloated
- Natural, healthy weight loss without even trying!
- Clearer, more focused thinking and improved concentration
- Enjoying a life with less prescription medications with potentially serious side effects.
- A more positive, mental attitude.

- Improved self-confidence, less bloat and look and feel AMAZING!
- Control over your cravings!
- The opportunity to enjoy a healthy retirement
- Happier, stronger relationships with others
- Reduced auto-immune flare-ups
- Deeper, more restful sleep
- Improved immunity against colds/flu and less mucous/respiratory illnesses

Testimonials:



roasted sweet potatoes green UNITS

 **Karen Wynn** August 23 at 12:37 PM

Joanne I want to say a big thank you to for yesterday you really make me positive again! and put me right back on track where I belong !!
 I have so much faith in you !!
 Gym this morning at 6am tummy is loads better 🙌
 My Itchy has gone away too lol 😊
 I have tagged you into some supplements on face book(cytoplan) when you get time have a look through them and let me know what you think .
 I think they sell the ones to kill the yeast but not sure which ones to take yet .
 Enjoy your family time and catch up next week 😊

  4 2 Comments Seen by everyone

 Like  Comment  Buffer 

nd. That's great you're bouncing back again... See More Mary Willis See More



Karen Wynn · 32:26 I did I prayed to be in the best health for my daughters wedding and it was amazing thank you to you x

Like · Reply · 1w



Karen Wynn · 20:50 Yes I doubled up on probiotics while away this is the first holiday that I wasn't poorly 😊

Like · Reply · 1w



Karen Wynn · 19:53 This was me a yr ago I had so much anxiety now I plan my food I didn't see my friends family for 6 months now I take my protein shakes every where with me and my almond butter oat cakes . I have just been invited to s Halloween party next week I will be taking my own food my friends now don't mind as long as they see me . 😊

Like · Reply · 1w



Karen Wynn · 52:16 You have been a great support to me thank you 😊

Love · Reply · 6w





Jane Baker · 30:14 If you'd have told me I'd feel as well as I do now, after 2 weeks of this program I'd have laughed. But it's almost second nature now to think about what I do buy at the supermarket



Like · Reply · 1w



Clean Living Nutrition & Wellness · 0:00 Jane Baker that's Ana amazing accomplishment in itself. Changing your mindset is sometimes the hardest part for a lot of people 🙌



Like · Reply · 1w



Jane Baker I'm eating more than I've ever eaten which is even more of a surprise 😊

Like · Reply · Message · 14m



Clean Living Nutrition & Wellness That's is one of the awesome perks of eating clean, balanced meals Jane. Not only will your gut continue to heal but you are supporting your blood sugar levels, your hormone balance and therefore weight loss is natural and sustainable! So happy for you 😊

Like · Reply · 13m



Jane Baker Clean Living Nutrition & Wellness all thanks to you!!!

I've tried all sorts but no other nutritionist has answered my questions properly so I've always given up after a month!

Like · Reply · Message · 11m



Clean Living Nutrition & Wellness Jane Baker I am so glad it is making sense. That is half the battle when you are trying to stick to a big lifestyle change. If it doesn't make sense it is only natural to want to give up on the tough days. And it won't be long until your body has adapted to the lack of fructose and your energy will return too 😊 And in the future, after you've had a chance to get the yeast and bacteria levels back in check and with the help of the alpha-galactosidase and maltase enzymes you should be able to introduce some fruits again. But let's not go there yet. Let's keep working together to make a valid effort to keep the fruits out for at least 4 weeks then we can re-evaluate 😊 You're doing amazing!

Like · Reply · 8m





Jane Baker · 1:30 I've been to Pilates tonight and it was amazing. I USED to suffer from plantar fasciitis and all sorts of aches due to stress etc. But I've recently read that sugar inflames everything. Well, since not having any all my aches and pains seem to have gone. And because of losing the weight I could do ALL of the exercises tonight!!! ❤️😊😊

Like · Reply · 8w



Jane Baker · 39:43 My skin has been dreadful since I turned 30. However, in the past few weeks I've had comments about how amazing it is. I put it down to no sugar!

Like · Reply · 4w



Jane Baker

October 19 at 8:54 AM

I think we've cracked it!!!!

Since coming home from Santorini everything about my diet, body and it's workings has been completely normal! 😊😊😊😊😊😊😊😊



1 Comment Seen by everyone

Invest with Confidence Guarantee

Here's how the guarantee works:

Within the first 30 days of starting the programme, if the client doesn't feel that the program is a good fit they can get a full refund and we will stop any future payments (if applicable). To be eligible for a full refund they must submit a completed food journal for 30 days to evidence they have been following the programme restrictions and they must have attended and participated in at least 3 group coaching calls. If after they participate and do some of the work they feel like it's not a good fit, they can submit the work listed above within the first 30 days of the start of the programme and they will receive a full refund.



Ready to get started or find out more?

[Book your free clarity call here](#) to find out whether you are the perfect fit for this cutting-edge program.

I can't wait to meet you and look forward to walking by your side on your recovery journey 😊

Joanne

