

Healthy GUT DIET

FEEL AMAZING – NOURISH YOUR GUT - BOOST TOTAL WELLBEING



01 ENJOY

Mix 2 teaspoons Everyday Greens every morning by mixing 2 teaspoons into a large glass of water to nourish the gut and boost your wellbeing.

02 REMOVE

gluten, alcohol, starchy carbs, refined sugars and carbonated beverages. By reducing or eliminating these elements from your diet, you can minimise inflammatory responses and reduce bloating.

03 EAT

a diet rich in antioxidants, proteins + healthy fats.
Enjoy nourishing soups and broths and a daily serve of Marine Collagen; rich in amino acids to repair the digestive system.

04 DRINK

filtered water and herbal teas such as Digest Tisane.
Mix one serve of Organic Superfood into water or mix into cultured yoghurt.

05 MOVE

every day. Regular exercise helps to make you happy, support weight management, boost your immune system, increase your energy, stimulate gut function and assist motility.

06 SLEEP

is essential for your body and mind to revive. Studies indicate that poor sleep negatively affects the gut microbiome, which can lead to other health issues.

Healthy GUT DIET

MORNING

+ Mix 2 teaspoons Everyday Greens
into 500ml of water daily

BREAKFAST

Kiwifruit Smoothie

LUNCH

Collagen Rich Miso Soup

AFTERNOON

Organic Superfood with water

DINNER

Immune Boosting Congee

NIGHT

Digest Tisane

EAT WELL
MOVE DAILY
HYDRATE OFTEN
SLEEP WELL
LOVE YOUR BODY

CORE PRODUCTS

EVERYDAY GREENS

A delicious blend of organic green superfoods combined with probiotics, digestive enzymes + L-glutamine to support your health and wellbeing.



MARINE COLLAGEN

Wild marine collagen helps to support digestive health and wellbeing. Collagen is rich in protein as well as the amino acid L-glutamine, a vital nutrient for the intestines to rebuild and repair.



ORGANIC SUPERFOOD

A delicious blend of organic fruits, vegetables, antioxidants + pre-biotics to nourish the digestive system + support total wellbeing.



SUPPLEMENTARY PRODUCTS

DIGEST TISANE

A soothing blend designed to bring your body back into balance.

YOUR CHOICE OF HEALTHY CHEF PROTEIN

Supports weight management + recovery, providing vital nutrients. Gluten-free – low -carb – sugar-free.

CHAI LATTE

A soothing, sugar-free and caffeine-free blend of pure rooibos tea + nourishing aromatics that include vanilla, cinnamon + ginger.

HEALTHY CHEF APP

Explore 800 recipes, 28-day health programs, customisable meal plans, an automated shopping list, + more.

DISCLAIMER

See your health practitioner for a full medical check-up before embarking on any new diet and fitness program. This information is only intended to serve as an introduction to healthy lifestyle changes. It should not be treated as a definitive guide, nor should it be considered to cover every area of concern or be regarded as legal or medical advice. Readers should always consult an appropriate health professional on matters relating to their wellbeing. Neither the author nor the publisher and their distributors can be held responsible for any loss, claim or action that may arise from reliance on the information contained in this book.