



The Sunday Nook
Holistic Health Coaching

REVITALISE YOUR GUT

10 Proven Steps to Relieve Stomach
Troubles, Boost Vitality,
and Feel Amazing



BY RAQUEL CUTAJAR





ABOUT ME

MY JOURNEY INTO THE HEALTH AND FITNESS INDUSTRY BEGAN AFTER I LOST 23KG THROUGH NUTRITION AND FITNESS RESEARCH. I IMMERSSED MYSELF FOR YEARS IN EVERYTHING FITNESS AND FOOD. FROM THERE MY INTEREST GREW INTO HOLISTIC WELL-BEING.

I'VE DELVED INTO EVERYTHING FROM NUTRITION TO ESSENTIAL OILS, REIKI, MEDITATION AND YOGA, GUT HEALTH AND HORMONES, AND SO MUCH MORE!

I HAVE BEEN RESEARCHING AND LEARNING AND ADAPTING OVER THE LAST 12 YEARS OF MY LIFE TO BRING YOU THIS PROGRAM WITH OUTSTANDING TOPICS THAT SHOULD BE IMPLEMENTED INTO YOUR LIFE IF YOU WANT OVERALL WELL-BEING, ENERGY, VITALITY AND TO LOOK AT YOURSELF IN THE MIRROR AND TO THINK "I AM SO BEAUTIFUL, I LOVE ME JUST AS I AM ". TO GO THROUGH LIFE KNOWING HOW TO LISTEN TO YOUR INTUITION AND TO LEARN BEAUTIFUL TECHNIQUES TO REDUCE AND COPE WITH STRESS.

NOW, AS A CERTIFIED WOMEN'S HEALTH COACH, I BRING YOU THIS GUIDE WHICH IS ONLY THE BEGINNING OF THE MAGICAL WORLD OF WELL-BEING YOU ARE ABOUT TO EMBARK ON.

I HOPE YOU ENJOY THIS GUIDE AS MUCH AS I ENJOYED CREATING IT FOR YOU.

RAQUEL XO

CONTENTS

| | |
|-----------------------|-------|
| INTRODUCTION | 04 |
| WHAT AFFECTS OUR GUTS | 5-7 |
| LIVER HEALTH | 08 |
| PRE & PRO BIOTICS | 10-13 |
| ENZYMES | 14-16 |
| BITTERS | 17-18 |
| BONE BROTH | 19-21 |
| L-GLUTAMINE | 22-23 |
| BREATHWORK | 24-25 |
| JOURNALING | 26-27 |
| MOVEMENT | 28-29 |
| ELIMINATE TOXINS | 30-32 |
| MINDFULNESS | 33-34 |
| TESTING | 35-36 |





HELLO AND

WELCOME

SO MANY PEOPLE BRING UP THEIR GUT ISSUES BUT HAVE NO IDEA WHAT TO DO ABOUT THEM AND HOW TO PUT AN END TO THEM. I KNOW HOW FRUSTRATING THAT CAN BE AND HONESTLY BELIEVE WE'VE ALL HAD A GUT ISSUE AT SOME POINT IN OUR LIFE. IF YOU'VE HEALED IT, THEN GO YOU!! BUT IF YOU'RE CHECKING THIS GUIDE OUT, YOU MOST LIKELY HAVEN'T AND YOU'RE DIGGING DEEP FOR ANSWERS. I HOPE THAT THE ONES YOU FIND HERE WILL TAKE YOU ON YOUR WAY TO HEALING YOUR GUT. THE REASON I SAY "I HOPE" IS BECAUSE IF YOU DON'T FOLLOW THE WAYS CONSISTENTLY, YOU MOST LIKELY WON'T FIND THOSE HEALING POWERS YOU'VE BEEN SEARCHING FOR.



✦
WHAT
AFFECTS
OUR GUT?
✦





TO HELP YOU UNDERSTAND HOW YOUR GUT HAS BEEN AFFECTED AND WHY YOU'RE LOOKING FOR SOME HEALING ANSWERS, CHECK THIS OUT.

YOU MAY HAVE NEVER REALIZED THAT YOUR GUT ISN'T JUST AFFECTED BY FOODS YOU EAT, BUT ALSO BY ANXIETY, STRESS, AND DEPRESSION, AS WELL AS ANTIBIOTICS, MEDICATIONS, AND OTHER DRUGS, POOR SLEEP, LACK OF VITAMINS AND MINERALS, SUGARS, AND BAD FATS, EXCESSIVE ALCOHOL CONSUMPTION, AND FOOD ALLERGIES. PEOPLE ALSO ASSUME THE GUT IS JUST THE STOMACH, WHEN IN FACT THE GUT IS THE ENTIRE DIGESTIVE SYSTEM, WHICH INCLUDES:

- THE MOUTH
- THE OESOPHAGUS
- STOMACH
- SMALL & LARGE INTESTINES
- RECTUM

NOW THAT YOU KNOW SOME OF THE BASICS ABOUT YOUR GUT, I'M GOING TO SHARE WITH YOU 10 WAYS TO START HEALING THAT DEEPLY NEEDED GUT OF YOURS.





DIGESTIVE PROCESSES WOULD NOT BE EFFECTIVE WITHOUT THE SECRETION OF SUBSTANCES BY VARIOUS ORGANS ALONG THE WAY. AMONG THEM ARE THE LIVER (WHICH PRODUCES BILE TO DIGEST AND TRANSPORT FATS), THE GALLBLADDER (WHICH CONCENTRATES BILE PRODUCED BY THE LIVER AND APPLIES IT TO DIETARY FAT SO THAT IT IS EMULSIFIED AND BROKEN DOWN), AND THE PANCREAS (WHICH PRODUCES DIGESTIVE ENZYMES SUCH AS PROTEASE TO DIGEST PROTEIN).

NOW THAT YOU KNOW SOME OF THE BASICS ABOUT YOUR GUT, I'M GOING TO SHARE WITH YOU 10 WAYS TO START HEALING THAT DEEPLY NEEDED GUT OF YOURS.

BUT BEFORE I DO, I WANT TO QUICKLY TALK ABOUT THE BASICS OF OUR LIVER HEALTH, SINCE IT'S SO IMPORTANT IN THE DIGESTIVE PROCESS AND OVERALL HEALTH AS IT IS OUR MAIN DETOXIFICATION ORGAN!

LIVER HEALTH

AS MENTIONED, THE LIVER IS THE STAR IN THE DETOXIFICATION PROCESS. I LIKE TO THINK OF IT AS OUR INTERNAL WASTE PROCESSING PLANT.

THE LIVER DETOXIFIES BY BREAKING DOWN CHEMICALS INTO INACTIVE AND LESS HARMFUL FORMS SO THAT THEY CAN BE SAFELY REMOVED FROM THE BODY.

BELOW ARE EIGHT RECOMMENDATIONS TO REDUCE TOXIC LOAD:

- EAT AN ORGANIC WHOLE FOODS DIET
- EAT ANTIBIOTIC- AND HORMONE-FREE MEATS, FISH, AND DAIRY
- USE A WHOLE-HOUSE WATER FILTRATION SYSTEM
- USE A HIGH-QUALITY AIR PURIFIER IN THE HOME OR OFFICE, AND OPEN WINDOWS AS OFTEN AS POSSIBLE
- AVOID ALCOHOL, CAFFEINE, SMOKING, AND ILLEGAL DRUGS
- AVOID PLASTICS - PARTICULARLY PLASTIC WRAP AND PLASTIC-LINED CANS
- SWAP OUT CHEMICAL HOUSEHOLD CLEANERS, SOAPS, AND ANTIBACTERIAL PRODUCTS FOR ALL-NATURAL BRANDS
- USE CHEMICAL-FREE BEAUTY AND SKINCARE PRODUCTS - CHOOSE THOSE WITHOUT TOXIC PRESERVATIVES AND ADDITIVES SUCH AS PARABENS AND ARTIFICIAL FRAGRANCES.

IT'S NOT HARD TO SEE THAT ALL OF OUR ORGANS NEED TO BE PROPERLY CARED FOR TO ENSURE OPTIMAL HEALTH. IT'S LIKE A BUTTERFLY EFFECT; WHEN ONE ORGAN OR SYSTEM ISN'T FUNCTIONING PROPERLY, IT CAN CAUSE HAVOC IN THE REST OF THE BODY.





THE 10 STEPS

#1

PRE & PRO BIOTICS



THE GUT LOVES PREBIOTICS AND PROBIOTICS AND IT NEEDS THEM DAILY.

PROBIOTICS ARE A FORM OF GOOD BACTERIA FOUND IN YOUR GUT THAT ARE RESPONSIBLE FOR MANY THINGS FROM NUTRIENT ABSORPTION TO IMMUNE HEALTH. THESE LIVE MICROORGANISMS ARE INTENDED TO HAVE HEALTH BENEFITS WHEN CONSUMED AS WELL, SPECIFICALLY FOR THE GUT. OUR BODIES NORMALLY PRODUCE THESE SAME OR SIMILAR MICROORGANISMS IN ORDER TO DESTROY DISEASE-CAUSING CELLS, DIGEST FOOD, AND HELP PRODUCE VITAMINS.

IF YOU ARE PURCHASING

A PROBIOTIC

MAKE SURE THEY CONTAIN ANYWHERE BETWEEN 100 MILLION AND ONE TRILLION CFUS (COLONY FORMING UNITS) AND INCLUDE

- ✦ LACTOBACILLUS ACIDOPHILUS
- ✦ LACTOBACILLUS BULGARICUS
- ✦ LACTOBACILLUS REUTERI
- ✦ STREPTOCOCCUS THERMOPHILUS
- ✦ SACCHAROMYCES BOULARDII
- ✦ BIFIDOBACTERIUM BIFIDUM
- ✦ BACILLUS SUBTILIS



SOME PROBIOTIC SUPPLEMENTS I RECOMMEND ARE RENEWLIFE AND GARDEN OF LIFE. PROBIOTICS CAN ALSO BE FOUND IN FERMENTED FOODS AND DRINKS LIKE YOGURT, SAUERKRAUT, TEMPEH, KEFIR AND COCONUT KEFIR, KIMCHI, MISO, RAW MILK AND CHEESE, KOMBUCHA, AND APPLE CIDER VINEGAR. THERE ARE OTHERS AS WELL, BUT THESE ARE SOME MORE COMMON ONES.

WITH THE PROBIOTICS, YOU NEED THE PREBIOTICS. SO MANY OF US PASS THESE OVER, BUT THEY GIVE THOSE PROBIOTICS MORE POWER. PREBIOTICS ARE NON-DIGESTIBLE FIBER COMPOUNDS THAT ACTUALLY FEED THE PROBIOTICS AND AMPLIFY THEIR BENEFITS. YOU MAY ALREADY BE TAKING THESE IN SOME SORT OF FOOD FORM, BUT IT'S GREAT TO LOOK OUT FOR A COMBINED FORM OF PREBIOTICS AND PROBIOTICS, CALLED SYNBIOTICS. THE PREFERRED SYNBIOTIC I RECOMMEND IS MADE BY SEED, NAMED THE DS-01 DAILY SYNBIOTIC.

GREAT SOURCES OF

PREBIOTICS

- ✦ DANDELION GREENS
- ✦ RAW LEEKS
- ✦ JICAMA
- ✦ UNDER-RIPE BANANAS
- ✦ RAW GARLIC
- ✦ RAW CHICORY ROOT
- ✦ ONIONS
- ✦ RAW ASPARAGUS

#2

ENZYMES



THE DIGESTIVE PROCESS ACTUALLY STARTS IN YOUR MOUTH AND ENZYMES ARE THERE TO PUSH IT ALONG. IT BEGINS WHEN YOU'RE CHEWING FOOD, RELEASING ENZYMES IN YOUR SALIVA. ENZYMES HELP US DIGEST FOODS SO WE CAN ABSORB THE NUTRIENTS BY BREAKING DOWN LARGER MOLECULES INTO SMALLER ONES THAT OUR GUTS HAVE THE ABILITY TO ABSORB. ENZYMES ARE NOT JUST BENEFICIAL - THEY'RE ESSENTIAL, AS STATED BY DR. AXE. SO NOW THAT YOU KNOW THEY ARE NEEDED, THEY ARE EVEN MORE IMPORTANT WHEN HEALING YOUR GUT. THANKFULLY, YOUR BODY ALREADY PRODUCES ENZYMES, BUT YOU NEED TO FEED IT MORE TO STEP UP THE PROCESS.

GREAT SOURCES OF

ENZYMES

YOU CAN PURCHASE AN ENZYME SUPPLEMENT, BUT TO EASILY MAKE THEM A PART OF YOUR DAILY ROUTINE, YOU CAN ALSO STOCK UP ON SOME DELICIOUS RAW FRUITS AND VEGETABLES LIKE:

- ✦ PINEAPPLE
- ✦ MANGO
- ✦ BANANA
- ✦ AVOCADO
- ✦ MISO
- ✦ RAW HONEY
- ✦ APPLE CIDER VINEGAR



WHEN TAKING ENZYMES, IT HAS BEEN RECOMMENDED TO TAKE THEM ABOUT 10 MINUTES BEFORE EATING OR WITH YOUR FIRST BITE. MANY EXPERTS SUGGEST LOOKING FOR AN ENZYME SUPPLEMENT THAT CONTAINS MULTIPLE TYPES OF ENZYMES INCLUDING:

- ✦ ALPHA-GALACTOSIDASE
- ✦ AMYLASE
- ✦ CELLULASE
- ✦ GLUCOAMYLASE
- ✦ INVERTASE
- ✦ LACTASE
- ✦ LIPASE
- ✦ MALT DIASTASE
- ✦ PROTEASE
- ✦ PEPTIDASE
- ✦ BETA-GLUCANASE
- ✦ PECTINASE
- ✦ PHYTASE

ONE OF MY FAVOURITE MORNING BEVERAGES IS 1/2 LEMON AND A CAPFUL OF APPLE CIDER VINEGAR IN FILTERED WATER BEFORE FOOD. THE STOMACH HAS A PH BALANCE OF 2, AS DOES APPLE CIDER VINEGAR. LEMON HAS A PH BALANCE OF 3, BUT BOTH OF THESE ARE SAID TO HELP BALANCE THE GASTRIC ACID IN OUR STOMACHS.

#3

BITTERS



OOOH BITTERS!! THEY'RE FUN BUT MAY SEND A LITTLE TINGLE THROUGH YOUR BODY. MOST OF US DON'T GO BINGING ON BITTER FOODS, BUT ONCE YOU SEE WHAT THESE ARE AND WHAT THEY DO, THAT MIGHT JUST CHANGE. THESE SERVE AS A POWERFUL FORM OF HOLISTIC MEDICINE AND HAVE BEEN COMMONLY USED AFTER A MEAL TO HELP WITH DIGESTION FOR MANY YEARS. NOT ONLY WILL BITTERS HELP IN HEALING YOUR GUT, BUT THEY ARE GREAT TO KEEP YOUR BODY BALANCED AND PREVENT LEAKY GUT.



BITTERS HAVE QUITE A FEW BENEFITS AND YOU'LL SEE WHY THEY ARE LISTED AS ONE OF THE WAYS TO HEAL YOUR GUT. AS MENTIONED ABOVE, THEY HELP WITH DIGESTION AND BOOST THE GUT MICROBIOME - WHICH IS EXACTLY WHAT WE ARE TALKING ABOUT HERE AND THEY MAXIMIZE ABSORPTION OF NUTRIENTS. MANY BITTERS YOU'LL FIND BELOW ARE ALSO PREBIOTICS. SO THERE'S A WIN!! YOU MAY FIND YOURSELF ACCOMPLISHING TWO ITEMS ON THIS LIST ALL IN ONE ACTION.

- ✦ APPLE CIDER VINEGAR
- ✦ DANDELION GREENS
- ✦ DARK CHOCOLATE
- ✦ BLACK COFFEE
- ✦ GRAPEFRUIT
- ✦ GINGER
- ✦ BROCCOLI RABE (RAPINI)

#4

BONE BROTH



A DELICIOUS CUP OF BONE BROTH CAN CHANGE YOUR DAY, WEEK AND LIFE... CAN YOU AGREE? ESPECIALLY ON A COLD NIGHT WHERE YOU NEED SOME EXTRA COMFORT - BONE BROTH WILL BE SURE TO SATISFY. AND IT'S SO GOOD FOR THE GUT. YOUR GUT WILL BE SO HAPPY WHEN YOU TAKE THAT FIRST SIP.

WHEN HEALING THE GUT, WE'RE LOOKING FOR THINGS THAT WILL HELP REBUILD AND SOOTHE THE GUT LINING AND BALANCE GUT BACTERIA.

AND THAT'S WHERE GOOD OLD BONE BROTH COMES IN. SINCE IT CONTAINS COLLAGEN, A TYPE OF PROTEIN THAT'S NEEDED TO FORM TISSUE THAT MAKES UP THE LINING OF THE GI TRACT, IT IS A GREAT WAY TO HEAL YOUR GUT.

HOMEMADE BONE BROTH IS JUST BETTER BECAUSE ISN'T ALL HOMEMADE FOOD ACTUALLY BETTER THAN PACKAGED? BUT I GET IT THAT YOU DON'T HAVE HOURS TO BE SITTING AROUND AS YOUR BROTH SIMMERS, SO FOR THOSE TIMES THAT YOU DON'T HAVE ENOUGH MADE, SOME BETTER BRANDS OF BONE BROTH INCLUDE: VITAL PROTEINS BEEF OR CHICKEN COLLAGEN OR KETTLE & FIRE.

PLEASE NOTE THAT IF YOU ARE VEGETARIAN OR VEGAN, YOU CAN STILL MAKE A BEAUTIFUL VEG BROTH AND YOU HAVE THE OPTION TO ADD IN A VEGAN COLLAGEN. REMEMBER TO INCLUDE, WHOLE ONION (INCLUDING SKIN), WHOLE GARLIC (INCLUDING SKIN), GINGER (WITH SKIN), LEMON RIND, CELERY, CARROTS, AND ANY OTHER VEG YOU WOULD LIKE.



IF YOU'RE IN THE SEASON OF HEALING YOUR GUT, I HIGHLY RECOMMEND COOKING UP A BIG BATCH OF BROTH AND STORING IT IN YOUR FREEZER, WHERE IT WILL LAST A FEW MONTHS.

GUT HEALING BONE BROTH

- ✦ 2-3 POUNDS ORGANIC CHICKEN BACKS
- ✦ 2-3 POUNDS ORGANIC CHICKEN FEET
- ✦ 1 TBSP APPLE CIDER VINEGAR
- ✦ HIMALAYAN SEA SALT

ADD ALL INGREDIENTS INTO THE SOUP POT AND FILL WITH WATER SO ALL INGREDIENTS ARE SUBMERGED. BRING TO A BOIL, THEN SIMMER FOR 8-16 HOURS. YES, MAKING BONE BROTH IS A PROCESS. PLAN AHEAD AND MAKE AS MUCH AS POSSIBLE SO YOU CAN SAVE SOME FOR A PERIOD OF TIME. BONE BROTH CAN BE FROZEN FOR A FEW MONTHS. TAKE OUT THE NIGHT BEFORE YOU PLAN TO USE IT SO IT CAN BE DEFROSTED AND READY TO EITHER DRINK OR USE FOR YOUR FAVORITE SOUP BASE.

#5

L-GLUTAMINE



L-GLUTAMINE, ALSO KNOWN AS GLUTAMINE, IS A NATURALLY OCCURRING AMINO ACID FOUND IN PROTEIN FOODS. IT WAS ORIGINALLY USED IN THE PAST TO LOSE WEIGHT FAST, BURN FAT, AND HELP BUILD MUSCLE. SCIENCE NOW SHOWS THAT IT ALSO PROMOTES GUT FUNCTION, DIGESTIVE AND BRAIN HEALTH. FOR PURPOSES HERE, WE'RE LEANING TOWARD GUT FUNCTION AND DIGESTIVE BENEFITS. BUT ISN'T IT GREAT TO KNOW IT WILL ALSO HELP WITH ALL OF THE OTHER THINGS MENTIONED? SOUNDS LIKE A BONUS TO ME!

MOST PEOPLE EXPERIENCING GUT ISSUES ARE ACTUALLY DEALING WITH A CONDITION CALLED LEAKY GUT. SINCE GLUTAMINE FEEDS THE CELLS OF THE SMALL INTESTINE, IT HAS BEEN SHOWN TO HELP TREAT LEAKY GUT IN CLINICAL STUDIES. L-GLUTAMINE IS THE TOP AMINO ACID TO HELP WITH HEALING YOUR GUT, ESPECIALLY IF YOU SUFFER FROM LEAKY GUT.

THIS AMINO ACID CAN BE FOUND IN EGGS, TOFU, BONE BROTH, COTTAGE CHEESE, WILD-CAUGHT FISH, SPIRULINA, ASPARAGUS AND SOME OTHERS. IT'S RECOMMENDED TO CONSUME AT LEAST THREE SERVINGS OF THESE FOODS DAILY - ESPECIALLY WHEN TRYING TO HEAL YOUR GUT.

#6

BREATHWORK



I'M SURE YOU'RE ALREADY QUESTIONING - HOW DOES BREATHWORK COME INTO PLAY? WELL, THE MIND-GUT CONNECTION COMES INTO PLAY HERE AND IS VERY POWERFUL. WHEN STRESS IS EXCESSIVE, IT CAN LEAD TO GUT ISSUES. HERE'S WHERE BREATHWORK SERVES ITS PURPOSE IN HEALING YOUR GUT. IT IS IMPORTANT TO TAKE SOME TIME TO BREATHE DAILY AND EVEN EVERY FEW HOURS. TAKE SOME BREATHS TO REMOVE THE STRESS THAT IS CAUGHT UP IN YOUR MIND.

SLOW RHYTHMIC BREATHING HAS NOT ONLY BEEN KNOWN TO REDUCE STRESS BUT HAS ALSO BEEN KNOWN TO HELP DIGESTION AND HEART RATE GET INTO PROPER RHYTHM. WHEN YOU SLOW YOUR BREATH AND EXTEND YOUR EXHALES, YOU ACTIVATE THE PARASYMPATHETIC NERVOUS SYSTEM - THE REST, RELAX, AND DIGEST STATE. BREATHWORK IS A CRITICAL PROCESS OF HEALING THE GUT, SO PLEASE DON'T SKIP THIS. YOU'LL BE LOSING OUT IF YOU DO.

LET'S TAKE A TRY AT IT NOW. SIMPLY OBSERVE YOUR BREATH AND DO NOT FORCE IT. START BY BREATHING NORMALLY BUT GRADUALLY TRY TO DEEPEN YOUR BREATHS. AS YOU EXHALE, IMAGINE THAT TOXINS ARE BEING RELEASED FROM YOUR BODY. THIS IS A SIMPLE PROCESS, BUT YET IS SO VERY POWERFUL. WHAT'S EVEN BETTER IS THAT YOU CAN DO THIS JUST ABOUT ANYWHERE AT ANY TIME, SO THERE REALLY ISN'T AN EXCUSE TO NOT DO IT.

IT'S ALSO WORTH NOTING THAT IF YOU TEND TO HOLD YOUR BELLY IN, THIS CAN ALSO CAUSE GUT ISSUES, AS WE'RE NOT ALLOWING THE STOMACH AND SURROUNDING ORGANS TO RELAX. WE CAN HOLD OUR BELLIES IN OUT OF HABIT AND WHEN WE'RE ANXIOUS AND STRESSED, SO START BECOMING AWARE IF THIS IS SOMETHING YOU DO.

HAPPY BREATHING!

#7

JOURNALLING



I'M SURE YOU'RE ALREADY QUESTIONING - HOW DOES BREATHWORK COME INTO PLAY? WELL, THE MIND-GUT CONNECTION COMES INTO PLAY HERE AND IS VERY POWERFUL. WHEN STRESS IS EXCESSIVE, IT CAN LEAD TO GUT ISSUES. HERE'S WHERE BREATHWORK SERVES ITS PURPOSE IN HEALING YOUR GUT. IT IS IMPORTANT TO TAKE SOME TIME TO BREATHE DAILY AND EVEN EVERY FEW HOURS. TAKE SOME BREATHS TO REMOVE THE STRESS THAT IS CAUGHT UP IN YOUR MIND.

ALONG WITH THE EFFECTS, I ALSO RECOMMEND BEING AWARE OF YOUR EMOTIONS AND JOURNALING THROUGH THEM. THIS TIME MAY BE EMOTIONAL FOR YOU AND THAT'S OK. WRITING THOSE EMOTIONS WILL BE SUCH A FREEING EVENT. IF YOU ARE TRYING TO HEAL YOUR GUT, I AM SURE THAT ALONE WILL BE FREEING. SO THIS MEANS DOUBLE THE FREEDOM. I BET YOU JUST CAN'T WAIT!

JOURNALING IN AND OF ITSELF WILL HELP STOP THE CHATTER IN YOUR MIND, RELEASES GRATITUDE, AND IS A GREAT WAY TO REFLECT ON ALL THINGS LIFE. WHETHER YOU'RE TRYING TO HEAL YOUR GUT OR JUST HERE TO LEARN, I HIGHLY RECOMMEND STARTING YOUR OWN JOURNALING PRACTICE. IT IS A GREAT MENTAL AND EMOTIONAL HEALING MODALITY THAT ALSO LEADS TO PHYSICAL HEALING.

#8

MOVEMENT



OK, I KNOW IT'S NOT A SECRET THAT MOVEMENT (OR EXERCISE) KEEPS YOU HEALTHY. BUT IS IT REALLY A STEP IN HEALING YOUR GUT? ACTUALLY, IT IS AND IT'S A VERY IMPORTANT ONE. MOVEMENT NOT ONLY GETS US LOOKING GOOD, BUT IT ALSO PROMOTES LONGEVITY, REDUCES INFECTION, CONTROLS BLOOD SUGAR, AND COMBATS STRESS, ALONG WITH SOME OTHER THINGS THAT ALL CONTRIBUTE TO THE GUT. SO IF YOU'RE INCLUDING MOVEMENT AS A NORMAL PRACTICE, YOU'LL FIND THAT IT LEADS TO A WELL-HEALED GUT. THERE ARE ALSO CERTAIN POSES IN YOGA (SUCH AS TWISTS) THAT AID IN DIGESTION AND GOING FOR A WALK AFTER DINNER CAN AID IN DIGESTION TOO!



IT HAS BEEN REPORTED IN STUDIES THAT ATHLETES CONTAIN A MORE DIVERSE MICROBIOME. IF YOU ALREADY HAVE A GYM MEMBERSHIP AND ARE DOING YOUR WARRIOR POSES, THEN AWESOME! IF YOU DON'T ALREADY PRACTICE SOME SORT OF MOVEMENT IN YOUR DAYS, HERE ARE A FEW TO CHOOSE FROM:

- ✦ TAKE THE STAIRS OVER THE LIFT
- ✦ GO FOR A WALK OR JOG
- ✦ FITNESS CLASS AT A REC CENTRE
- ✦ YOGA AND STRETCHING
- ✦ MAT OR REFORMER PILATES
- ✦ GO FOR A SCENIC BIKE RIDE

#9

ELIMINATE TOXINS



OH TOXINS - CAN'T WE JUST LIVE WITHOUT THEM? ASK ME OR ANY OTHER HEALTH COACH AND WE DESPISE TOXINS. THEY HAVE MESSSED UP ALL OF OUR GUTS AND OVERALL HEALTH AND IT'S TIME TO BREAK UP WITH THEM, ONCE AND FOR ALL. ARE YOU READY TO TAKE YOUR STANCE AND BOOT THEM OUT THE DOOR AND BATHROOM, KITCHEN, CLEANING SUPPLIES CABINET AND ANYWHERE ELSE YOU HAVE CONTROL OVER?

TOXINS ARE NOW IN EVERYTHING INCLUDING YOUR FOOD AND DRINKS, MAKEUP, PERSONAL HYGIENE PRODUCTS, CLEANING SUPPLIES, IN THE AIR AND EVERYWHERE YOU GO. SO IT'S TIME TO UNDERSTAND WHERE YOU FIND TOXINS AND WHAT TO LOOK OUT FOR AS YOU'RE STOCKING YOUR PANTRY, REFRIGERATOR, AND EVEN YOUR MAKEUP DRAWER. THIS IS JUST A SHORT GUIDE, SO I CANNOT LIST ALL OF THE TOXINS THAT ARE POTENTIALLY IN YOUR HOME (UNFORTUNATELY THAT LIST IS VERY LONG), BUT WHAT I CAN DO IS SHARE SOME OF MY FAVOURITE SPOTS TO DO A QUICK CHECK BEFORE YOU PURCHASE THINGS AND LIST SOME OF MY FAVE DETOXIFYING SUPPLEMENTS; WHICH ARE:

- CHLORELLA, CHARCOAL & BENTONITE CLAY (I MIX THESE TOGETHER AND CONSUME NIGHTLY [DOSE AS PER LABEL])
- FULVIC ACID- I USE 3; FULVIC

THE ABOVE SUPPLEMENTS CAN ASSIST WITH DETOXING THE BODY OF HEAVY METALS AND MOULD BY BINDING TO THEM AND BEING EXCRETED OUT OF THE BODY - YOU MUST ENSURE YOU ARE REGULAR. TO FURTHER ASSIST YOUR BODY IN DETOXING, PARTAKE IN:

- DRY BODY BRUSHING
- SAUNAS
- EXERCISE AND DAILY MOVEMENT (TO SWEAT)
- REBOUNTING
- SHAKING



THIS ONE YOU CAN SEARCH FOOD AND PERSONAL CARE PRODUCTS TO FIND THEIR RATINGS AND UNDERSTAND THEIR LEVELS OF TOXICITY. EWG'S HEALTHY LIVING APP

THINK DIRTY APP HAS BEEN PRETTY GREAT AS WELL. HERE YOU CAN SEARCH FOR SAFE BEAUTY, PERSONAL AND HOUSEHOLD PRODUCTS. THINKDIRTYAPP.COM

DON'T SHOP WITHOUT THEM! IF I MAY SAY SO MYSELF, THEY HAVE BEEN LIFE-CHANGERS.

THESE APPS HAVE BEEN SO BENEFICIAL IN MY LIFE SINCE I STARTED THIS WELLNESS JOURNEY AND THERE ARE STILL TIMES THEY ARE USEFUL.

#10

MINDFULNESS



MINDFULNESS CAN PLAY A HUGE ROLE IN NOT ONLY OUR GUT HEALTH BUT OUR OVERALL HEALTH, OFTEN WE EAT MINDLESSLY, DISTRACTED, AND RUSHED. WE HURRY OUR BITES OR EAT LUNCH AT OUR DESKS. WE OFTEN OVEREAT AND ONLY REALISE WHEN IT'S TOO LATE. WE END UP WITH BLOATING, GAS, AND A VERY UNCOMFORTABLE FEELING IN THE STOMACH. WHEN WE EAT FAST, WE OFTEN SWALLOW A LOT OF AIR, WHICH CAUSES BLOATING AND TUMMY ACHES. EATING MINDFULLY CAN BE A GAME-CHANGER IN HEALING YOUR GUT!



EATING IS A JOYOUS THING THAT IS LOVED ALL OF THE WORLD. IT'S PLEASURE, IT'S COMFORT AND IT'S LIFE. BUT THE JOY OF EATING HAS BECOME A CHORE, SOMETHING WE DO QUICKLY AND WITHOUT THOUGHT. HERE ARE A FEW WAYS TO BECOME MORE MINDFUL WHEN EATING:

- ✦ EAT WITHOUT DISTRACTIONS
- ✦ TAKE YOUR TIME TO LOOK AT AND SMELL YOUR FOOD
- ✦ LET YOUR TONGUE REALLY TASTE YOUR FOOD AND FEEL THE FOOD IN YOUR MOUTH
- ✦ PUT YOUR CUTLERY DOWN BETWEEN BITS
- ✦ TAKE AT LEAST 20 CHEWS BEFORE YOU SWALLOW
- ✦ EAT UNTIL 80% FULL AND DON'T OVEREAT

FINAL NOTE – TESTING



I'LL ADMIT, THIS WAS ONE THAT GAVE ME SOME DIFFICULTY - NOT IN TESTING ITSELF, BUT THINKING OF WHERE IT BELONGED IN THIS GUIDE. I FEEL LIKE ALL OF THE OTHER STEPS ON THIS LIST SEEM EASIER, SO I WANTED YOU TO GET COMFORTABLE BEFORE GETTING TO THE UNCOMFORTABLE STUFF. BUT I ALSO FEEL THAT TESTING CAN BE CRUCIAL. AS YOU ARE ON THIS GUT HEALING JOURNEY, IT'S A REALLY GREAT IDEA TO KNOW WHAT EXACTLY HAS GOTTEN YOU TO THIS POINT - REGARDING YOUR GUT ISSUES. KNOWING WHAT YOU MAY BE ALLERGIC TO IF YOU HAVE A PARASITE OR MOULD IN THE GUT, WHAT FOODS ARE RIGHT FOR YOUR BODY, AND WHAT IS AFFECTING YOUR GUT, COULD BE EXTREMELY HELPFUL BEFORE YOU START DOING A WHOLE BUNCH OF NEW THINGS THAT MAY NOT EVEN AGREE WITH YOU. SO I HOPE THAT YOU READ THE BEGINNING OF THIS GUIDE THAT RECOMMENDS READING THROUGH ALL THE STEPS BEFORE STARTING. IF YOU DID, YOU'VE GOTTEN HERE AND NOW KNOW THAT IT'S IMPORTANT TO DO SOME TESTING BEFORE GETTING TO ALL OF THE OTHER STEPS ABOVE. GOT ME?!

AS A HEALTH COACH, I HIGHLY RECOMMEND USING EVERLYWELL TESTING. THEY MAKE THINGS SO SIMPLE FOR YOU. GO AHEAD TO [EVERLYWELL - INNOVATIVE AT-HOME HEALTH TESTING](#) AND CHOOSE WHAT TYPE OF TESTING YOU NEED. WHEN HEALING THE GUT, I RECOMMEND GETTING THE FOOD SENSITIVITY COMPREHENSIVE TEST, AND IF YOU WANT TO HAVE MORE LOOK INTO COMMON ALLERGENS, THE INDOOR & OUTDOOR ALLERGY TEST. THEY WILL SEND YOU THE KIT AND ALL YOU NEED TO DO IS FOLLOW THE DIRECTIONS. IF YOU READ THROUGH THIS GUIDE BEFORE STARTING, I'M SURE YOU CAN HANDLE THE TESTING.

YOUR TESTING IS REVIEWED AND APPROVED BY A BOARD-CERTIFIED PHYSICIAN AND THEN YOUR RESULTS WILL BE AVAILABLE ON A SECURE PLATFORM WITHIN DAYS. ANOTHER GREAT THING ABOUT EVERLYWELL IS THAT THE TESTING KITS ARE OFTEN COVERED USING FLEXIBLE SPENDING AND HEALTH SAVINGS ACCOUNTS. NOT A BAD DEAL FOR SOME QUICK AND TRUSTED TESTING WITHOUT NEEDING TO LEAVE YOUR HOME.



THANK YOU!

BECOME PART OF OUR COMMUNITY OF LIKE-MINDED WOMEN
EMPOWERED TO GAIN CONTROL OF THEIR HEALTH BY JOINING THE
AWAKEN YOUR WELLBEING FACEBOOK GROUP

WWW.THESUNDAYNOOK.COM.AU
RAQUEL@THESUNDAYNOOK.COM.AU
[@THE.SUNDAY.NOOK](https://www.facebook.com/@THE.SUNDAY.NOOK)