



**PERKii**

targeted release probiotics

**14-day Gut Health**

**Challenge**



# Are you ready to embark on a journey toward better gut health?

The PERKii Probiotics 14-Day Gut Health Challenge is designed to make a positive impact on your well-being without turning your life upside down. No extreme measures – just simple, effective changes that can yield big results.

Each day of the challenge will feature dietary suggestions, exercise recommendations (no gym required), easy-to-implement lifestyle tips and a daily dose of PERKii probiotic drink with targeted-release probiotics. These changes are designed to be sustainable beyond the 14 days, allowing you to continue reaping the benefits.

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## Why is it so important to look after our gut health?

It's safe to say the gut really is the foundation of our health and wellbeing. Not only is it in charge of digesting the foods we eat, absorbing the nutrients we need to function and thrive and getting rid of metabolic waste and toxins; around 80% of the immune system is found in the gut<sup>1</sup> and 90% of the body's "happy hormone" serotonin is produced there too<sup>2</sup>.

A very big contributor of our gut health is the bustling community of microorganisms that live in the large intestine, collectively known as the gut microbiome. The gut microbiome weighs around 2kg and is home to literally trillions of bacteria, fungi and other microbes that assist with digestion, support the immune system, produce super important short-chain fatty acids, synthesise some vitamins and amino acids, protect us from illness-inducing pathogens and have a vital influence on our health.<sup>3</sup>

Everyone has a unique gut microbiome, much like our fingerprints. The makeup of our gut community is largely determined by our genetics, how we were born, whether we were breastfed or not, what we eat, our environment and other health and lifestyle habits.<sup>3</sup> Although our microbiomes may differ, a healthy microbiome is a diverse microbiome.<sup>4</sup> Having a wide mix of different microbes in the gut makes it more capable and resilient.

# What upsets our gut health?

The microbes in our gut are not permanent residents. They can come and go and change depending on our lifestyle and behaviours. Some of the factors that can challenge our gut health include:

- **Medication** – Antibiotics, though necessary in many cases, can disrupt our gut microbiome. This is because they can't distinguish between the 'good' bacteria that help keep us healthy and the bacteria making us sick.
- **Diet** – The foods we eat can have a dramatic influence on the type and abundance of bacteria and microbes in our gut. Fast food, processed food and other less healthy options, which are typically high in fat, hidden sugar, preservatives and other additives can throw our gut out of balance, often making it a more favourable environment for less healthy strains to thrive.<sup>5</sup> Consuming too much alcohol can have a similar effect.<sup>6</sup>
- **Stress** – Stress can actually reshape the gut microbiome, often leading to reduced numbers of healthy microbes and high numbers of less favourable ones.<sup>7</sup> Interestingly, a healthy gut microbiome also plays a role in the body's healthy response to stress.
- **Being inactive** – Regular exercise has a protective effect on gut health and improves bacterial diversity.<sup>8</sup> Being less physically active may have the reverse effect.

Without a strong microbiome foundation, many body systems can suffer the consequences, including our immunity, skin health and mental and emotional wellbeing. If your gut isn't functioning at its best, you might find that you're experiencing stomach discomfort/bloating, irregular bowel habits, feel tired and sluggish, get sick quite often and/or suffer with skin health issues\*.

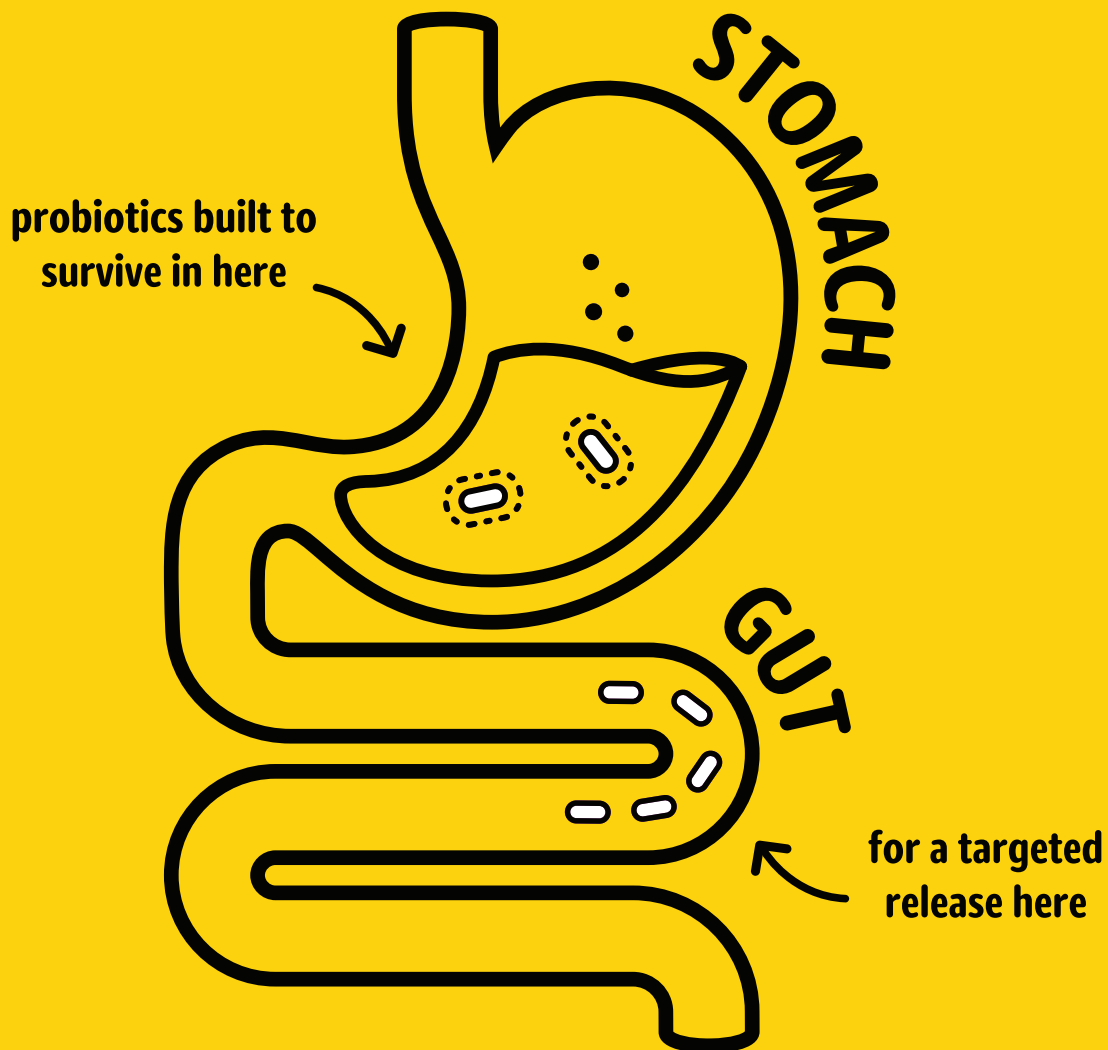
Considering the gut and brain are so closely connected, it might even be affecting how you think and feel.

\*These symptoms can also be indicative of other conditions. It is always recommended to consult a medical professional if your symptoms persist, worsen or become more frequent.

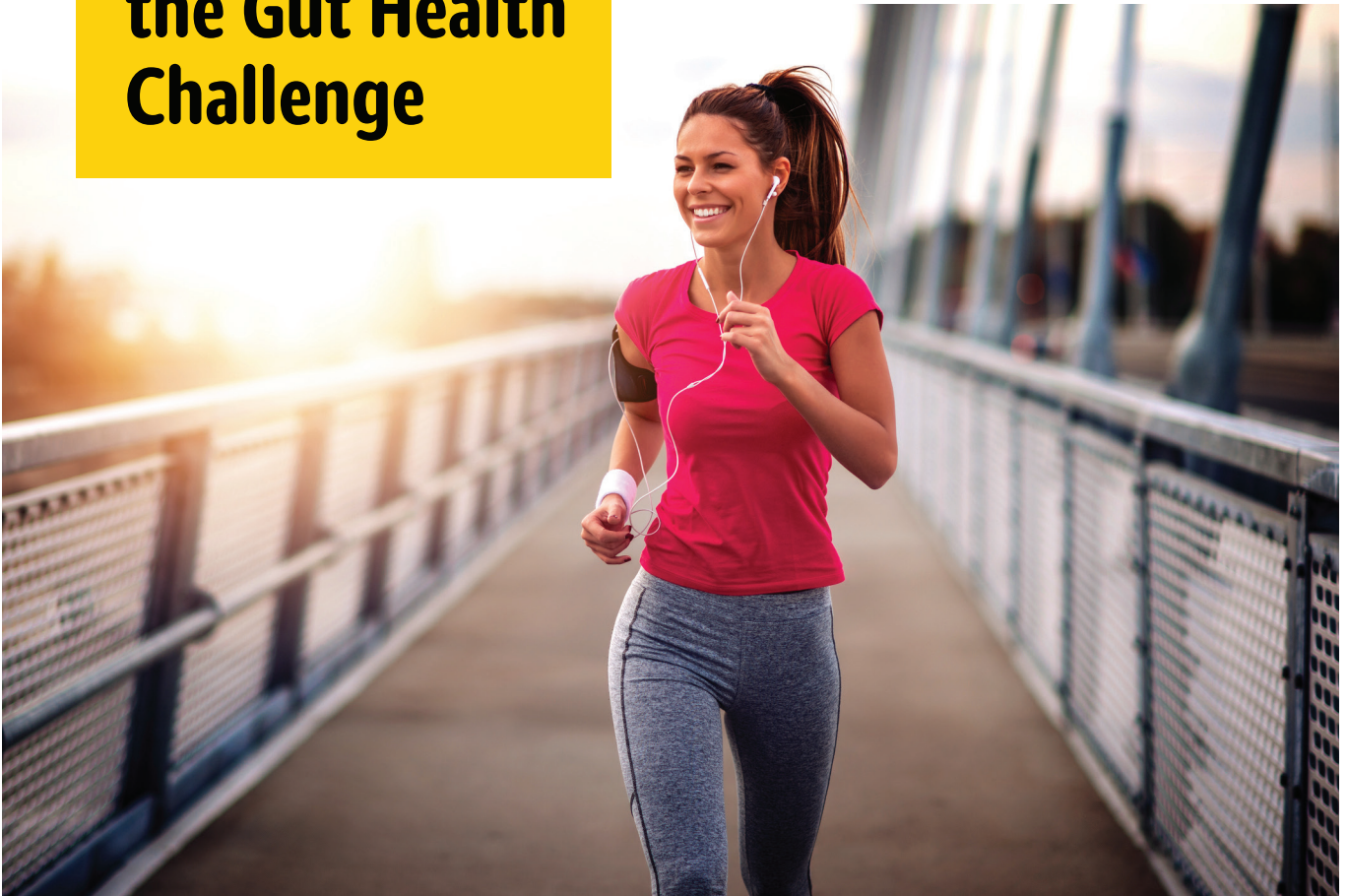


# How do probiotics fit in?

Probiotics are living strains of “good” or “friendly” bacteria that you can find in some foods, drinks and supplements. Consuming probiotics on a regular basis can help improve the balance of beneficial bacteria in the gut, crowd out the bad guys and support gut and immune health. Perkii probiotic drinks are an easy way to get through to your gut. With scientifically-researched, high dose bacterial strains and micro-shield technology to deliver the goodness where it counts, Perkii can help you prioritise your gut health.



# What to expect in the Gut Health Challenge



So what can you do to help reset, restore and step up your gut health? The Perkii Probiotics 14-day gut health challenge of course!

This program won't involve giving up all your worldly possessions, living off air or meditating on the top of a mountain. It will be a way to incorporate simple health and lifestyle changes rather than a complete overhaul of your life. Each day will include a diet suggestion or two, an exercise recommendation (no equipment needed), a non-complicated lifestyle tip and a daily Perkii drink with targeted release probiotics. Simple changes to create big impacts. That you can easily continue long after the 14 days is over – if you choose to.

You might want to begin your challenge on a Monday, which is typically the best day for a “fresh start” and may help you reach your gut health goals. Remember to always listen to your body and your unique needs. If something doesn't feel right, you can tailor your program accordingly. If you are pregnant or breastfeeding or have a medical condition, seek the advice of your healthcare professional before starting this program.

## Daily program

### Day 1

#### Daily diet tips and tricks

1. Start the morning with a glass of warm water and a squeeze of lemon juice.
2. Include two prebiotic plant foods into your day from the *Prebiotic Foods* list. Prebiotics contain a special kind of fibre, which is a food source for the good bacteria in your gut and can help them to flourish. Suggestions include overnight oats with chia seeds, grated apple, maple syrup and sliced banana or an omelette with asparagus, spinach, cheese and spring onion.

#### Exercise recommendation

Go for a brisk walk around the block for at least 30 minutes to support your gut health. Walking amongst some kind of nature (a park, along a creek or beach) will have added benefits to your health and mental wellbeing.

#### Lifestyle suggestion

Try this easy breathing technique to reduce stress and calm your nervous system. Box breathing involves inhaling for a count of 4, holding the breath for a count of 4, exhaling for a count of 4 and holding the breath out for a count of 4. Repeat 4 times.

#### Perkii probiotic product

Consume a Perkii probiotic drink of your choice. You might want to have this with your mid-morning or mid-afternoon snack for a little energy boost.

### Day 2

1. Switch one of your daily coffees to a dandelion latte or chai. Dandelion root has a similar bitter taste to coffee and also has prebiotic properties to support a healthy tummy.
2. Swap out meat in your meals today for legumes like lentils, beans or chickpeas, which have the type of fibre that gut bacteria love. These work especially well in dishes where you would normally use mince like Bolognese or Shepherd's pie. If using pasta, swap white varieties for a wholemeal, spelt or pulse alternative to keep your gut happier.
3. For a prebiotic sweet treat, try a couple of medjool dates with a smear of peanut or almond butter.

Try these yoga poses for a happier gut. They'll help reset your nervous system and give your internal digestive organs a little massage.

1. Cat/Cow
2. Thread the needle Child's pose
3. Supine twist

*Check out the 'Yoga poses for gut health' instruction sheet.*

Go to bed by 10pm tonight instead of scrolling socials or bingeing a TV series (as tempting as it may be!). Sleep is when the whole body, including the gut, rests and recharges and a lack of sleep can affect gut microbial diversity and health.

Consume a Perkii probiotic drink of your choice. You might want to have this with your mid-morning or mid-afternoon snack for a little energy boost.

## Daily program

### Day 3

#### Daily diet tips and tricks

1. Start the morning with a glass of warm water and a squeeze of lemon juice.
2. Include 2 probiotic foods into your day from the Probiotic Foods list to support gut health. Suggestions include adding sauerkraut to your avocado toast or sipping on miso soup.
3. Focus on eating mindfully today. Eating more slowly and chewing more thoroughly will help with the digestive process. Try to eat at least two meals at the table without distractions (put the phone down) rather than eating in the car or in the run.

#### Exercise recommendation

Start the day with a 1 minute plank (on your feet or knees depending on your strength level) followed by a 1 minute break and then a 1 minute wall sit to strengthen your core. Finish the day with the same routine.

#### Lifestyle suggestion

Try a 10 minute guided meditation to restore some calm and inner peace. There are loads of specialised apps and free online meditations available for you to choose from.

#### Perkii probiotic product

Consume a Perkii probiotic drink of your choice.

You might want to have this with your mid-morning or mid-afternoon snack for a little energy boost.

### Day 4

The gut microbiome thrives off plants. Eat the rainbow today.

Include at least 6 different coloured fruits and vegetables for a nutrient hit and to support your gut health.

Choose from:

**Red:** Apples, strawberries, raspberries, red capsicum, tomatoes

**Orange:** Sweet potato, pumpkin, carrots, apricots, papaya, oranges

**Yellow:** Yellow capsicum, bananas, pineapple

**Green:** Spinach, kale, cucumber, kiwi fruit

**Blue:** Blueberries

**Purple:** Eggplant, purple grapes, fresh figs, purple carrots.

Go for a brisk walk around the block for at least 30 minutes to support your gut health. Walking amongst some kind of nature (a park, along a creek or beach) will have added benefits to your health and mental wellbeing.

Try diaphragmatic or the 'belly breathing' technique to calm the body and mind. Sit or lie in a comfortable place with one hand on your tummy and one hand on your chest. Inhale deeply for a count of 4, feeling your belly expand and keeping your chest as still as possible. Exhale slowly for a count of 6. Repeat for 5-10 rounds of breath.

Consume a Perkii probiotic drink of your choice.

You might want to have this with your mid-morning or mid-afternoon snack for a little energy boost.



## Daily program

### Day 5

#### Daily diet tips and tricks

1. Start the morning with a glass of warm water and a squeeze of lemon juice.
2. Instead of relying on processed snacks to get you through the day, pack a container of raw nuts and seeds and dried fruit like almonds, pistachios, cashews, Brazil nuts, dates and dried figs to support a happy, healthy gut.
3. Try eating papaya or pineapple before your biggest meal as they contain natural digestive enzymes to help your body digest food and relieve tummy discomfort.

#### Exercise recommendation

Start your day with the recommended yoga poses to support gut health.

*Check out the 'Yoga poses for gut health' instruction sheet.*

#### Lifestyle suggestion

Block out your diary for some 'me time' today to help lower your stress levels and lift your spirits. This might look like a bubble bath, reading a book in a comfy spot, going for a walk and listening to a good podcast. Whatever you enjoy!

#### Perkii probiotic product

Try a Perkii Sparkling Probiotic drink rather than an alcoholic beverage to kick off the weekend.

Bottled with over 1 billion probiotics and only 45 calories, it's a guilt-free and much healthier choice for your gut.

Choose from orange, mango and passionfruit or strawberry, mint and cucumber.

### Day 6

Include 2 probiotic foods into your day from the Probiotic Foods list to support gut health. Suggestions include adding kefir or yoghurt to a smoothie or with spelt pancakes and berries or gut-friendly kimchi to your eggs on sourdough toast.

It's the weekend! So move your body in whatever way feels good for you. You might want to go for a hike, a surf, a bike ride, have a tennis match with friends, do some weight training or go for a beach walk.

Try this easy breathing technique to reduce stress and calm your nervous system. Box breathing involves inhaling for a count of 4, holding the breath for a count of 4, exhaling for a count of 4 and holding the breath out for a count of 4. Repeat 4 times.

Try a Perkii sparkling probiotic drink rather than an alcoholic beverage tonight.

Bottle with over 1 billion probiotics and only 45 calories, it's a guilt-free and much healthier choice for your gut.

Choose from orange, mango and passionfruit or strawberry, mint and cucumber.

## Daily program

### Day 7

#### Daily diet tips and tricks

Congratulations on getting to the end of week 1! Your gut will thank you for it.

1. Start the morning with a glass of warm water and a squeeze of lemon juice.
2. Include 2 prebiotic plant foods into your day from the Prebiotic Foods list to support gut health. For example, a brown rice or 'buddha' bowl, with snow peas, broccoli, cucumber and avocado and your choice of protein (egg, tofu, chicken, salmon) and a yummy maple, lemon, sesame oil, tahini dressing.

#### Exercise recommendation

It's the weekend! So move your body in whatever way feels good for you. You might want to go for a hike, a surf, a bike ride, have a tennis match with friends, do some weight training or go a beach walk.

#### Lifestyle suggestion

Go to bed before 10pm tonight instead of scrolling socials or bingeing a TV series for a fresh start to the new week.

#### Perkii probiotic product

Consume a Perkii probiotic drink of your choice for a hit of 1 billion probiotics.

You might want to try a gut-loving green smoothie with apple, berries, kale, mint, lemon juice and 1 x Perkii Super Berry probiotic shot.

## Week 2

### Day 8

1. Start the morning with a glass of warm water and a squeeze of lemon juice.
2. Swap out meat in your meals today for legumes like lentils, beans or chickpeas, which have the type of fibre that gut bacteria love. These work especially well in dishes where you would normally use mince like Bolognese or Shepherd's pie. If using pasta, swap white varieties for a wholemeal, spelt or pulse alternative to keep your gut happier.

Go for a brisk walk around the block for at least 30 minutes to support your gut health. Walking amongst some kind of nature (a park, along a creek or beach) will have added benefits to your health and mental wellbeing.

Try a 10 minute guided meditation to restore some calm and inner peace. There are loads of specialised apps and free online meditations available for you to choose from.

Consume a Perkii probiotic drink of your choice.

You might want to have this with your mid-morning or mid-afternoon snack for a little energy boost.

## Day 9

### Daily diet tips and tricks

1. Include two prebiotic plant foods into your day from the Prebiotic Foods list. Suggestions include: A chickpea and couscous salad with roasted beetroot, sweet potato, greens and pumpkin seeds or leek, onion and potato soup.
2. Focus on eating mindfully today. Eating more slowly and chewing more thoroughly will help with the digestive process. Try to eat at least two meals at the table without distractions (put the phone down) rather than eating in the car or in the run.

### Exercise recommendation

Start the day with a 1 minute plank (on your feet or knees depending on your strength level) followed by a 1 minute break and then a 1 minute wall sit to strengthen your core. Finish the day with the same routine

### Lifestyle suggestion

Block out your diary for some 'me time' today to help lower your stress levels and lift your spirits. This might look like a bubble bath, reading a book in a comfy spot, going for a walk and listening to a good podcast. Whatever you enjoy!

### Perkii probiotic product

Consume a Perkii probiotic drink of your choice.  
  
You might want to have this with your mid-morning or mid-afternoon snack for a little energy boost.

## Day 10

1. Start the morning with a glass of warm water and a squeeze of lemon juice.
2. Eat the rainbow today. Include at least 6 different coloured fruits and vegetables for a nutrient hit and to support your gut health and diversity.

Choose from:

**Red:** Apples, strawberries, raspberries, red capsicum, tomatoes

**Orange:** Sweet potato, pumpkin, carrots, apricots, papaya, oranges

**Yellow:** Yellow capsicum, bananas, pineapple

**Green:** Spinach, kale, cucumber, kiwi fruit

**Blue:** Blueberries

**Purple:** Eggplant, purple grapes, fresh figs, purple carrots

Start your day with the recommended yoga poses to support gut health.

*Check out the 'Yoga poses for gut health' instruction sheet.*

Go to bed by 10pm tonight instead of scrolling socials or bingeing a TV series. Sleep is when the whole body, including the gut, rests and recharges and a lack of sleep can affect gut microbial diversity and health.

Consume a Perkii probiotic drink of your choice.  
  
You might want to have this with your mid-morning or mid-afternoon snack for a little energy boost.

## Daily program

### Day 11

#### Daily diet tips and tricks

1. Switch one of your daily coffees to a dandelion latte or chai. Dandelion root has a similar bitter flavour taste to coffee and has prebiotic properties to support a healthy tummy.
2. Try eating papaya or pineapple before your biggest meal as they contain natural digestive enzymes to help your body digest food and relieve tummy discomfort.
3. For a prebiotic sweet treat, try a couple of medjool dates with a smear of peanut or almond butter.

#### Exercise recommendation

Go for a brisk walk around the block for at least 30 minutes to support your gut health. Walking amongst some kind of nature (a park, along a creek or beach) will have added benefits to your health and mental wellbeing.

#### Lifestyle suggestion

Try this easy breathing technique to reduce stress and calm your nervous system. Box breathing involves inhaling for a count of 4, holding the breath for a count of 4, exhaling for a count of 4 and holding the breath out for a count of 4. Repeat 4 times.

#### Perkii probiotic product

Consume a Perkii probiotic drink of your choice.

You might want to have this with your mid-morning or mid-afternoon snack for a little energy boost.

### Day 12

1. Start the morning with a glass of warm water and a squeeze of lemon juice.
2. Include 2 probiotic foods into your day from the Probiotic Foods list to support gut health. Suggestions include using tempeh as an alternative to meat in a stir-fry or having yoghurt and berries with a drizzle of honey as a gut-friendly dessert.

Start the day with a 1 minute plank (on your feet or knees depending on your strength level) followed by a 1 minute break and then a 1 minute wall sit to strengthen your core. Finish the day with the same routine.

Try diaphragmatic or the 'belly breathing' technique to calm the body and mind. Sit or lie in a comfortable place with one hand on your tummy and one hand on your chest. Inhale deeply for a count of 4, feeling your belly expand and keeping your chest as still as possible. Exhale slowly for a count of 6. Repeat for 5-10 rounds of breath.

Try a Perkii sparkling probiotic drink rather than an alcoholic beverage to kick off the weekend.

Bottled with over 1 billion probiotics and only 45 calories, it's a guilt-free and much healthier choice for your gut. Choose from orange, mango and passionfruit or strawberry, mint and cucumber

## Daily program

### Day 13

#### Daily diet tips and tricks

1. Include two prebiotic plant foods into your day from the Prebiotic Foods list. You could snack on delicious prebiotic rich custard apple or if you're in the mood for baking, try banana bread with almond meal or beetroot brownies.

#### Exercise recommendation

It's the weekend! So move your body in whatever way feels good for you. You might want to go for a hike, a surf, a bike ride, have a tennis match with friends, do some weight training or go for a beach walk.

#### Lifestyle suggestion

Block out your diary for some 'me time' today to help lower your stress levels and lift your spirits. This might look like a bubble bath, reading a book in a comfy spot, going for a walk and listening to a good podcast. Whatever you enjoy!

#### Perkii probiotic product

Try a Perkii sparkling probiotic drink rather than an alcoholic beverage tonight.

Bottled with over 1 billion probiotics and only 45 calories, it's a guilt-free and much healthier choice for your gut. Choose from orange, mango and passionfruit or strawberry, mint and cucumber

### Day 14

Congratulations on getting to your final day of the gut health challenge and well done for prioritising your gut health. Today you can choose whichever diet tip or trick that resonates with you. Eat the rainbow, include 2 prebiotic or probiotic foods or have a meat-free Sunday using legumes instead. You could even try them all!

It's the weekend (and your final day of the gut health challenge!) So move your body in whatever way feels good for you. You might want to go for a hike, a surf, a bike ride, have a tennis match with friends, do some weight training or go a beach walk.

Go to bed by 10pm tonight to finish your gut challenge on a rested and recharged high.

Consume a Perkii probiotic drink of your choice.

You might want to try a celebratory gut-loving Berry Burst Cooler with Perkii probiotic drink (strawberry watermelon), cranberry juice, sparkling, water, ice and a mint garnish.

## Perkii Probiotic Smoothie



banana probiotic smoothie

mango coconut probiotic smoothie

## Perkii Probiotic Drink



mango passionfruit

strawberry watermelon

## Perkii Sparkling Probiotic Drink



watermelon mint cucumber

orange mango passionfruit

## Perkii Immunity Probiotic Shot



super berry

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Enter Promo Code: **GUTHEALTHCHALLENGE** at Checkout

# List of Prebiotic and Probiotic foods

## Prebiotic foods<sup>9</sup>

Garlic  
Onion  
Leek  
Shallots  
Artichokes  
Spring onion  
Asparagus  
Beetroot  
Fennel

Green peas  
Snow peas  
Cabbage  
Custard apples  
Nectarines  
White peaches  
Persimmon  
Watermelon  
Rambutan

Grapefruit  
Pomegranate  
Dried fruit (dates  
and figs)  
Cashews  
Pistachio nuts  
Chickpeas  
Lentils  
Red kidney beans

Soybeans  
Baked beans  
Oats  
Rye bread  
Barley  
Rye crackers  
Wholemeal pasta  
Couscous  
Wheat bread

## Probiotic foods<sup>10</sup>

Kefir (fermented  
milk beverage)  
Sauerkraut  
Tempeh  
Natto  
Miso  
Kimchi  
Sourdough bread  
Yoghurt  
Sour cream  
Kombucha





## Yoga poses for gut health

These gentle yoga poses help massage the digestive organs and relieve body stress and tension. Practise on a yoga mat if you have one or on a rug, carpet or towel.

Always work within your own range of limits and abilities. If you have any injuries, consult a healthcare professional before attempting these postures.

### Cat/cow pose

1. Start on all fours (table pose) with your hands in line with your shoulders and your knees in line with your hips.
2. As you inhale deeply, tilt your pelvis up, drop your belly and lift your head (this is cow pose)
3. As you exhale, round your back, arch your spine and drop your head like a cat.
4. Repeat for 5-10 rounds

### Thread the needle pose

1. Staying on an all fours position, open your chest and extend your right arm to the ceiling as you gaze up towards your hand
2. Slide your right arm underneath your left with your hand facing up and rest your right shoulder on the mat. Rest your right ear and cheek on the mat.
3. Stay here for a few rounds of breath
4. Come out of the pose and back onto all fours
5. Repeat on the left side. Extending your left arm to the ceiling as you gaze upwards, slide your left arm underneath your right with your hand facing up and rest your left shoulder on the mat. Rest your left ear and cheek on the mat. Stay here for a few rounds of breath before returning to all fours (table pose).



## Child's pose

1. From all fours (table pose), sit back onto your heels and stretch your arms out in front of you
2. Separate your knees out wide with your big toes touching and rest your forehead on the floor
3. Stay for at least 30 seconds or as long as feels good for your body

## Supine twist pose

1. Lie on your back and bring your arms out to the sides in a T position
2. Bend your right leg and bring it up towards your chest
3. Bring your left hand to the outside of the right knee and gently draw the knee across to the left side of the body
4. If it feels good for you, turn your head to face the right hand. Otherwise look up.
5. Stay for around 10 inhales and exhales and then come out of the posture
6. Repeat on the other side. Draw your left knee towards your chest. Bring your right hand to the outside of the left knee and gently draw the knee across to the right side of the body. Look towards your left hand or up towards the ceiling
7. Stay for around 10 rounds of breath and then gently come out of the posture.
8. Stay lying on your back with your eyes closed in "Shavasana" for as long as you wish to.



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