

# Healthy GUT and Weight Loss Program

**Before starting, take your weight and measurements: (check them once a week after starting)**

- Waist
- Arms
- Legs
- Hips

## **Step 1. Track and Measure your food intake using the free Carb Manager App**

Carb Manager app is for Keto dieters, however you can use this app even if you are not doing keto to track your calorie intake and fiber intake.

**Rather than solely focus on carbs you can focus on calorie intake.** By tracking and recording your food intake you can work out what adjustments are needed to reach your goals. Guessing often won't work.



How many calories should you eat? Use this online calculator. (please note some people have faster or slower metabolism and will need to adjust accordingly but this is an excellent tool to find your starting place)

<https://www.calorieking.com/us/en/tools/how-many-calories-should-you-eat/>

## **Step 2. Increase Fiber to Reach Recommended Daily Intake**

The Goal of this program is get you up to at least 25 grams of Fiber a day. We have also included two products you may like to consider to help kick start you to help you feel happier, healthier and lighter. These support products can greatly assist in putting you on the track to a healthy gut.

Please note, increase your fiber slowly to avoid digestive upset. If you have been eating a low fiber diet it may take 2-3 weeks to reach the recommended intake.

Certain fibers are easier to digest than others. So consume the fiber foods that are the easiest to digest. For instance you may find you can eat bananas without any issues but apples may upset you. Everyone is different to which foods they can tolerate. If you are not used to eating these sorts of foods you need to allow your gut time to adjust and create a new healthier balance of good bacteria and consider the support of the two recommended products.



Drinking 2 litres of water a day is imperative to assist digestion, bowel movements and help digest fiber.

## Drink More Water\*\*\* Very Important

Try Filling a 500ml water bottle 4 times during the day. Please consume filtered water not tap water. Or fill a 2 litre jug in the morning and make sure it is gone by the end of the day.

**CONSTIPATION** IS MORE COMMON DURING  
WINTER as we tend to drink less water



**8 GLASSES OF WATER A DAY**



Reference: Mayo Clinic

## Fiber: Daily recommendations for adults

Age 50 or younger

Age 51 or older

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Institute of Medicine

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Men	38 grams	30 grams
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Women	25 grams	21 grams
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To increase fibre in your diet, as a general rule, swap white, processed foods for brown, whole foods and eat plenty of fruit and vegetables.

## Benefits of Reaching the Recommended Fiber Intake:

- Aids in achieving Healthy Weight as well as supporting Weight Loss

*“Since adding plenty of fiber based foods into my diet my weight has been a breeze to manage. I noticed even if I over eat a high fiber plant based meal I dont gain weight like I did before. I end up just popping it out.”*

- Promotes Regular bowel movements
- Helps to thicken and form fecal matter
- Helps to maintain a healthy gut bacteria environment.
- Lowers cholesterol levels
- Helps control blood sugar level
- Aids in achieving healthy weight
- Helps you live longer

“A new paper -- published in The Journals of Gerontology, Series A: Biological Sciences and Medical Sciences by scientists from The Westmead Institute for Medical Research -- reports that eating the right amount of fiber from breads, cereals, and fruits can help us avoid disease and disability into old age.

They found that out of all the factors they examined -- which included a person's total carbohydrate intake, total fiber intake, glycemic index, glycemic load, and sugar intake -- it was the fiber that made the biggest difference to what the researchers termed "successful aging." [Ref: Science Daily](#)

According to Cancer Research UK There are several ways that fibre could reduce your risk of bowel cancer. Fibre helps us to poo more often, increases the size of poos and dilutes their contents. This means harmful chemicals spend less time in the bowel. When fibre meets the bacteria in the bowel, the bacteria make something called butyrate. Butyrate helps the cells in our bowel to stay healthy, so that tumours are less likely to develop. [Ref. Cancer Research UK](#)

## Animal products contain 0 FIBER

Dairy, Milk, Cheese, Cream, Ice-Cream, Yoghurt. Fish, Chicken, Pork, Lamb, Beef. Anything of animal origin. An overabundance of Animal products and highly processed foods leads to constipation, poor bowel habits and imbalance of good bacteria in the gut.

*“The World Health Organization has classified processed **meats** – including ham, salami, bacon and frankfurts – as a **Group 1 carcinogen** which means that there is strong evidence that processed **meats cause cancer**. **Red meat**, such as beef, lamb and pork has been classified as a 'probable' cause of cancer. [Cancer Council Ref](#)” Therefore eat smaller serving sizes and balance it off with fiber based foods.*

*“Research commissioned by Cancer Council estimates that in 2010, one in six (or 2600) new bowel cancer cases in Australia were associated with consuming too much red meat and processed meat.*

*Lean red meat can be an important source of iron, zinc, vitamin B12 and protein. In terms of cancer risk there is no reason to cut red meat completely from your diet, but by limiting the amount you eat, you can reduce your risk of cancer.” [Cancer Council Ref](#)*

## Recommended Foods to add into your diet:

**“Jump-start your day. For breakfast choose a high-fiber breakfast cereal — 5 or more grams of fiber a serving. Opt for cereals with "whole grain," "bran" or "fiber" in the name. Or add a few tablespoons of unprocessed wheat bran to your favorite cereal.”**

“Switch to whole grains. Consume at least half of all grains as whole grains. Look for breads that list whole wheat, whole-wheat flour or another whole grain as the first ingredient on the label and have at least 2 grams of dietary fiber a serving.” The general rule is the less processing the more fiber. Experiment with brown rice, wild rice, barley, whole-wheat pasta and bulgur wheat.

“Lean on legumes. Beans, peas and lentils are excellent sources of fiber. Add kidney beans to canned soup or a green salad. Or make nachos with refried black beans, lots of fresh veggies, whole-wheat tortilla chips and salsa. Soaking legumes before eating and longer cooking times reduces lectins which can cause digestive upset. Ensure they are cooked and prepared properly. By doing so you will help avoid discomfort.

Eat more fruit and vegetables. Fruits and vegetables are rich in fiber, as well as vitamins and minerals. **Try to eat five or more servings daily.**

Make snacks count. Fresh fruits, raw vegetables, low-fat popcorn and whole-grain crackers are all good choices. A handful of nuts or dried fruits also is a healthy, high-fiber snack — although be aware that nuts and dried fruits are high in fat and calories.” **So don't eat too many. Nuts if not chewed properly can also cause tummy upset.**

[Ref Mayo Clinic](#)



## Sample High Fiber Foods



1 Cup of Brown Rice 3.5 grams of fiber



Chia Pudding 11 grams of fiber



PER Serving. For Serving Sizes please refer to [Weight Loss Resources UK](http://Weight Loss Resources UK) (Picture Sourced from [Weight Loss Resources UK](http://Weight Loss Resources UK))



*White - 0.5g*



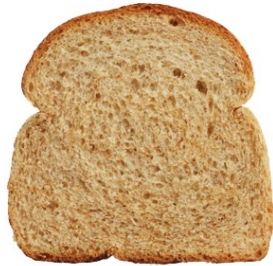
*Seeded - 2.8g*



*Brown - 2.0g*



*High Bran - 2.4g*



*Wholemeal - 2.1g*



*Rye 1.1g*



*Multi grain - 3.3g*



*Crispbread - 1.5g*



*Cannellini Beans - 4.6g*



*Kidney Beans - 5.5g*



*Soya Beans - 5.2g*



*Mung Beans - 3.0g*



*Chickpeas - 4.6g*



*Broad Beans - 6.8g*



*Red Lentils - 3.3g*



*Aduki Beans - 4.6g*



PER Serving. For Serving Sizes please refer to [Weight Loss Resources UK](#) (Picture Sourced from [Weight Loss Resources UK](#)) (please note the brown rice below is ½ cup serving size a more realistic serving may be 1 cup).



*Black Rice*  
- 3.0g

**✗ Low Fiber**



*White Rice*  
- 0.3g



*Brown Rice*  
- 1.6g

**✗ Low Fiber**



*Basmati Rice*  
- 0.4g



*Cous Cous*  
- 1.6g



*Wild Rice*  
- 1.3g

PER Serving. For Serving Sizes please refer to [Weight Loss Resources UK](http://Weight Loss Resources UK) (Picture Sourced from Weight Loss Resources UK)



*Apples - 2.9g*



*Bananas - 4.2g*



*Cherries - 1.3g*



*Figs - 1.0g*



*Grapefruit - 2.1g*



*Grapes - 0.3g*



*Kiwi Fruit - 2.3g*



*Olives - 0.7g*



*Oranges - 2.5g*



*Pears - 3.7g*



*Peaches - 1.7g*



*Plums - 3.2g*



*Raspberries - 5.2g*



*Strawberries - 1.1g*



*Tomatoes - 1.5g*



**Vegetables are A GREAT SOURCE OF Fiber. Include and Abundance in your daily diet!**



**Top 20 high fibre Vegetables per cup:**

1. Artichokes	5.0 gr	11. Spinach	4.3 gr
2. Peas	11.0 gr	12. Romaine Lettuce	2.0 gr
3. Broccoli	2.3 gr	13. Celery	1.6 gr
4. Brussel Sprouts	4.0 gr	14. Beet Greens	4.0 gr
5. Cabbage	2.2 gr	15. Parsnip	3.6 gr
6. Squash	5.0 gr	16. Green Beans	4.0 gr
7. Kale	2.0 gr	17. Avocado	10.0 gr
8. Carrot	4.0 gr	18. Pumpkin	3.0 gr
9. Corn	4.2 gr	19. Edamame	8.0 gr
10. Cauliflower	3.0 gr	20. Eggplant	3.0 gr



Another Food you can use is a product called Slendier that comes in the shapes of Fettuccine, Rice and Spaghetti. It's made from Konjac Root. Konjac is gluten free, wheat free, grain free, soy free, sugar free, allergy free... Konjac fiber is a water soluble fiber, which is a perfect prebiotics, which can feed good gut bacteria and help balance the gut bacteria.

### Step 3. Product 1 - 4 Day Detox/Cleanse

Helps support healthy liver and bowel:

- Designed to detoxify your body
- Removes mucoid plaque from your body
- Helps eliminate bodily toxins
- Enhanced your body's nutritional supply



This product helps support healthy tissue linings throughout the entire gastrointestinal tract. It also aids in the removal of mucoid plaque and excess fecal matter. Your digestive system will be able to operate on peak levels and digest food with more efficiency.

There are many toxins that we encounter every day. They are found in beauty products, pre-packaged foods and even in the air we breathe. Over time, these toxins build up in our body, robbing it of nutrition.

**This self-regulated formula uses natural, herbal ingredients that are scientifically designed to detoxify your body, removing impurities from your liver and gastrointestinal tract. It also helps support healthy tissue linings throughout the entire GI tract and the removal of mucoid plaque and fecal matter from the colon.**

Help support your body's ability to rid itself of the impurities that can hinder a healthy lifestyle. Try this product and feel how good it is to have less toxins in your body.

All Natural Herbal Formula Designed For Detoxification That Helps To Remove Impurities From Your GI Tract.

## **DIRECTIONS**

For best results, use 8-16 oz. of only water when taking capsules.

Take 1 capsule in the evening of the first day.

Take 2 capsules in the evening of the second day.

Take 1 capsule in the morning of the third day.

Take 2 capsules in the evening of the third day.

Take 2 capsules in the morning of the fourth day.



Take 2 capsules in the evening of the fourth day.

This product must be self-regulated. Increase or decrease, by one capsule until you are having 3-4 bowel movements a day.

**To purchase this product please contact the person who shared this document with you.**

## **Step 4. Product 2 - Weight Loss Support with Fucoxanthin BHB**

### **This product may:**

- support energy and stamina from within\*
- support focus and mental clarity\*
- support healthy metabolism through thermogenesis\*
- support appetite suppression\*

**Fucoxanthin and Fucoidan.** Fucoxanthin is a prized carotenoid derived from the same brown seaweed as the sulfated polysaccharide Fucoidan. Research suggests that fucoxanthin and fucoidan may promote natural thermogenesis, a process by which the body increases its metabolic rate, requiring utilization of internal stores of energy, such as white adipose tissue or fat. BHB.

**BHB or Beta-hydroxybutyrate** is a naturally occurring salt found in the body during ketosis. Getting into ketosis can be difficult to achieve through diet alone. Exogenous (provided externally) BHBs can provide the critical fuel needed during a keto diet and will help you get into ketosis faster and stay there so you can achieve your weight management goals.

**Ashwagandha.** Chronic stress may lead to elevated cortisol levels that stimulate the appetite, sabotaging a healthy lifestyle and making it difficult to lose unwanted pounds. Ashwagandha is an adaptogen that can help you better manage stress, support a healthy metabolism, improve sleep, and overall well-being.

**To purchase this product please contact the person who shared this document with you.**

## **Step 5. Product 3 - Commence Pre and ProBiotic Containing Fiber and Vitamin D**

- Prebiotic: Chicory root helps to create an ideal environment where probiotics can thrive. Prebiotics are food and fuel for probiotics.



- Probiotic: Rhamnosus, Acidophilus, and Bulgaricus are all infused within this product. When these probiotics enter your body, they flourish because of the prebiotic found in Chicory root. When probiotics are broken down, they eradicate the harmful bacteria from your GI tract.



- Organic microfiber: Apple, Chicory root, and Maltodextrin are the microfibers that work by creating long chain polymers that grab, bond, and remove excess waste from the lower intestine.



- Vitamin D: Contains 300IU of Vitamin D per serving, which helps your body absorb calcium, promotes bone growth, and is linked to fighting against breast cancer, colon cancer, prostate cancer, heart disease, depression, weight gain, and other maladies.

Take 7 Capsules per day. Capsules may be emptied into food or drink for easy consumption. **CONTAINS 3 Grams of FIBER PER SERVE!!**

To get started with these products today... Please get back to the person who shared this with you.

\* No claims found in this document have been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. No claim or opinion on these pages is intended to be, nor should be construed to be, medical advice. Please consult with a healthcare professional before starting any diet, supplement or exercise program. If you are unwell please check with your doctor before starting.