GRP

GUT REBALANCING PROTOCOL

Module 1

PREPPED FOR SUCCESS

Handbook

Your FUTURE health comes from DOING... just one day at a time

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WELCOME TO MODULE 1

This handbook, your ACTION sheet, Module 1 Gut Health Library and corresponding Module 1 materials, will guide you through everything to do to get you 'Prepped for SUCCESS'.

Don't overthink it, or try to do more than instructed, as you'll only cause yourself totally unneeded worry, angst or overwhelm.

Trust us and simply follow the instructions as they guide you, step by step, through what you need to to to set yourself up for GRP success!!

REMEMBER... One of the most important lessons to learn on the GRP is one you need to start learning right NOW... that the process of healing cannot be SPED up. We understand that process... and when you understand that too, you'll settle into the rhythm and enjoy the journey and let your body do what it needs to heal.

This module - GETTING PREPPED FOR SUCCESS... is KEY to your success.

Think about this... if you signed up to run a marathon, 42km (26-miles), in a few months' time. Would you just wait until the week before to prepare and train?

...That would spell disaster, right? You'd burn out pretty quickly.

Even seasoned marathon runners wouldn't do that. They've learned to be prepared in not only their physical, mental and emotional fitness but in what gear they need to successfully navigate the terrain.

Well, its the same for the GRP.

If you dive straight in without preparing: failing to look ahead, not having the right gear, not scoping the terrain – it is going to spell disaster, right?

Don't misunderstand: we're happy that you're keen to get going BUT this HEALTH TRANSFORMATION is for the long haul, not a quick fix .... It is NOT a holiday destination it is a lifelong journey.

You are planting a tree, not sowing a quick cash crop.

It is important to understand also, at this juncture, that you must take responsibility to read, re-read AND read again and again throughout the GRP. WHY? Because...

Repetition is the simplest, most effective, 'no-brainer' way to improve comprehension and retain new information... and is KEY to your success here on the GRP.

So, take the time you need and deserve to SLOW down and read through instructions, guidelines etc., with a view to comprehending ... not just finishing and ticking off your 'to-do' list!

Putting pressure on yourself to speed through things, trying to 'get ahead' and 'save time' negatively impacts your gut health... through your body's brain-gut connection.

So, make the promise to yourself RIGHT NOW that you will SLOW DOWN and make YOU your priority and give yourself the time and fundamental attention YOU DESERVE!!

Also... when starting out - and BECAUSE OF your health issues - your brain's capacity to focus is limited and it can be difficult to concentrate or retain information.

ALSO... you're probably juggling a heap of things and haven't learned (YET) to prioritize you!

Therefore going back to thoroughly read and listen to your GRP information is essential to effective comprehension.

...Do you think we're really laboring this point...? GOOD! That means you're paying attention! But don't worry: as you get healthier - and learn how to PRIORITIZE YOU... your ability to learn and retain information improves.

You see... while you cannot grow new brain cells, you can improve the function and performance of your hippocampus, where the brain stores memory. And by providing every cell in your body with right combination of food and implementing new lifestyle habits that the GRP provides, it will come to function more effectively!

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GUT HEALTH LIBRARY

Each module has its own GUT HEALTH LIBRARY [GHL] ... embedded into your Module page (accessed through your Member Hub account)

Only topics that are relevant to the current module are included. This helps to keep things tight - and you focused.

The Gut Health Library captures the latest scientific research and translates it into clear, concise and understandable information.

At the top of the Gut Health Library, there is a list of topics, hyperlinked to the relevant content, to allow you to flick conveniently through topics. Peruse these topics over the course of the week, zeroing in to read the ones that interest you the most.

In future weeks, you will still have access to previous modules so you can revist these topics if you choose.

PERSONAL HEALTH ASSESSMENT

Your Personal Health Assessment, or as we call it, your PHA... is designed to elevate your awareness, bringing consciousness into very detailed aspects of your health.

The process of considering and answering each section IS the tool for doing this. Get used to this, as it is CRUCIAL to you first attaining the place from where long-term sustainable health can be maintained.

Evaluating and assessing your health in detail can be confronting, overwhelming as well as both exhilarating AND deflating. However, it is important to always see this DEEP DIVE into your health as a POSITIVE experience, as it introduces you to a model of self-care you have never experienced before.

While we do NOT encourage you to equate yourself or your body with a machine, think for a moment here of the benefits of having your car regularly serviced. Doing that allows you to determine from a place of knoweldge and understanding what needs attention, rather than ignoring issues that may become a serious problem if ignored, or worse... something that is too late to be remedied.

This practice of regular, thorough and detailed self-assessments (aka, “self-check-ins”) is designed to keep your health in the forefront, as your priority.

It represents an unparalleled opportunity to assess for yourself whether your wellbeing is improving or declining into areas of neglect. These insights provide the diagnostic input and motivation for timely, targeted action using your GRP toolkit.

The GRP teaches you to use the crucial baseline of anthropometric measures... Waist to Height Ratio, Body Mass Index, Waist Circumference, Middle Upper Arm Circumference (MUAC), Waist-Hip-Ratio and other measurements, along with QUANTITATIVE (i.e., Ratings) & QUALITATIVE data (i.e., Description) as part of your toolkit to strategically assess the state of your ongoing health.

It is important to understand that NO one tool on its own, or even a combination of two, can determine overall health. Measurements are tools used to assess your health; they do not measure health. However, combined with how you LOOK (complexion, skin integrity, posture, positivity etc.) and HOW you FEEL (energy, sleep, mood, digestion, motivation, aches and pains etc)... together, they are an excellent KIT OF TOOLS for you to regularly evaluate your health.

We HIGHLY recommend you take photos (front, side and back profile) to see the visual changes as your health improves, both for your own personal records and so you can see for yourself your own transformation as you take charge of your own health.

However there is ONE thing we do <u>NOT</u> want you to do...

And that is...

Don't weigh yourself again (after your initial weigh in) UNTIL you are instructed at the end of a phase - we will tell you when that time is in the GRP HUB.

If you are tempted to have a peek, don't!!

Learn to get in touch with HOW you FEEL - NOT the number on the scale!!

If you don't think you can trust yourself then give your scales to a friend to hold for you until it is time to weigh in!

Take the time to read the instructions on your PHA, so you can accurately fill it in.

Your PHA is FOR YOUR EYES only* and no-one else, so be brutally honest with yourself and deep dive into every aspect of your health!!

Your PHA also asks you to set 3 goals.. Goal-setting is important because it provides direction...but it is the 'WHY' that is REALLY important.

Once you've zeroed in on what you actually want, ensure your goal meets the SMART criteria:

- Specific
- Measurable
- Attainable
- Realistic
- Time-bound

Making your goal specific means you can clearly track your progress and know whether you've met the goal. The more specific you can be with your goal, the greater the chance you'll complete it.

**Unless you have a private consult, then we'll ask you to send us your PHA so we can assess all your health issues to be able to apply safe and effective targeted treatment strategies.*

When setting a GOAL... it's important to know WHY you want it.

These WHYS are your motivations for wanting to accomplish a goal, driving you forward towards it. As such, they can outlast any challenge! WHYS are meaningful to YOU. NOT what someone else wants for you.

A goal without a WHY is like having a car with NO accelerator!!

And remember... ONE CONDITION: You CANNOT refer to WEIGHT or BMI as one of your GOALS or refer to getting to a goal weight. Why? Because, focusing on WEIGHT or BMI, i.e., looking at a 'number on the scales', has nothing to do with building a consistent set of healthy behaviours and a healthy Gut Microbiome. Being healthier involves how you FEEL, how well you sleep, your energy levels, your mood, your ability to navigate life with ease, how you move your body effortlessly without aches and pains, how clearly you can think, how your body performs and SO much more.

You'll learn more about this in your Module 1 Gut Health Library.

To keep your motivation strong and move you towards your goals, you'll be prompted in the GRP HUB when to evaluate and feed back on how you're travelling.

Self-evaluation is critical as it provides you with the opportunity to make any necessary adjustments and keep going.

And one last thing about GOALS...

You'll be familiar with this (as are we) from making New Year's Resolutions year after year, only to see them fall by the wayside a few weeks later.

You see, many people decide on a goal but NEVER create an action plan!

They never determine, step-by-step, HOW exactly they will meet that goal i.e. have no plan, meaning that chaos IS the plan.

Well NOW you have a plan with the GRP.

Say goodbye to 'resolutions' (and chaos!) and say hello to a transformation!

We also highly recommend (but as an option) to get a set of full blood tests if you haven't had them done in the past year.

Also, if you decide to consult with Natalie, while on the GRP, she will want to review the results.

Blood tests are just one of the means to screen for disease, assess potential health risks, assess any abnormalities, diagnose an illness, look at the progression of disease, determine a treatment option, monitor illness and assess the effectiveness of medications and its effects on other organs.

For GRP'ers taking medications, they are useful to evaluate medication dosage and/or the need for continuing medication(s).

Getting a 'starting' point with your blood tests also allows you to measure them post GRP, and objectively measure your 'health improvement'.

It is important to discuss your current health issues and recurring symptoms with your GP and determine the best tests for you.

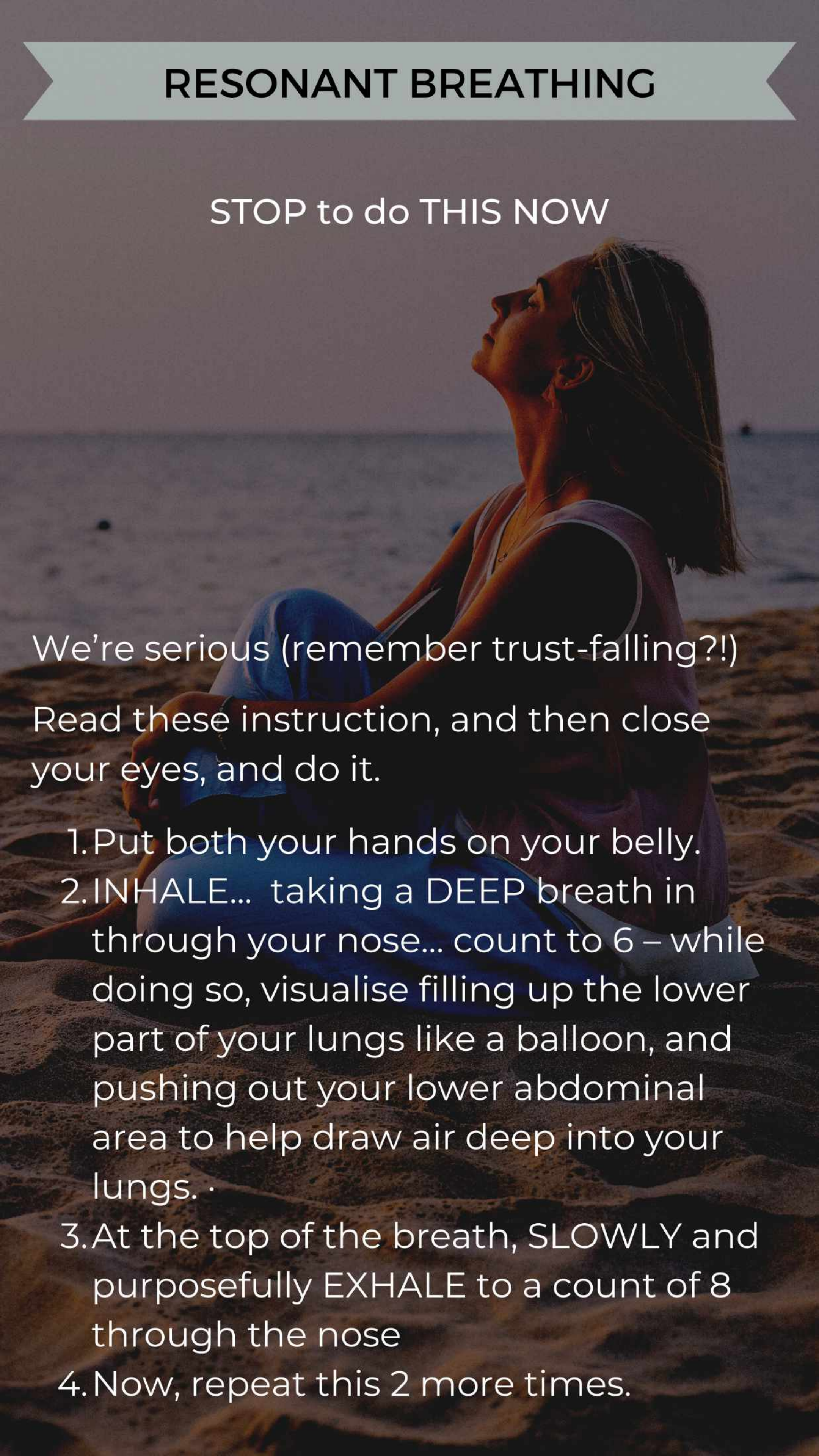
However, generally I recommend the following... Full lipid studies, Haematology (incl. ESR), Glucose Fasting, HbA1c, LFT, Cumulative Electrolytes/Renal Function, TSH/T34, Full Iron Studies, Vitamin D, Total B12 and Active B12, Folate, Hormone panel, PAP Smear/Cervical screening test.

And for those with ongoing digestive issues... Coeliac Serology, H. Pylori UBT, Bacterial stool culture (incl. Dientamoeba fragilis & Blastocystis hominis)

And... if your GP feels it is medically relevant... CRP, TPO Ab/TG Ab, Androgens, RF/Anti CCP Abs/Anti-Nuclear Ab, Uric acid, Homocysteine, Faecal calprotectin.

RESONANT BREATHING

STOP to do THIS NOW



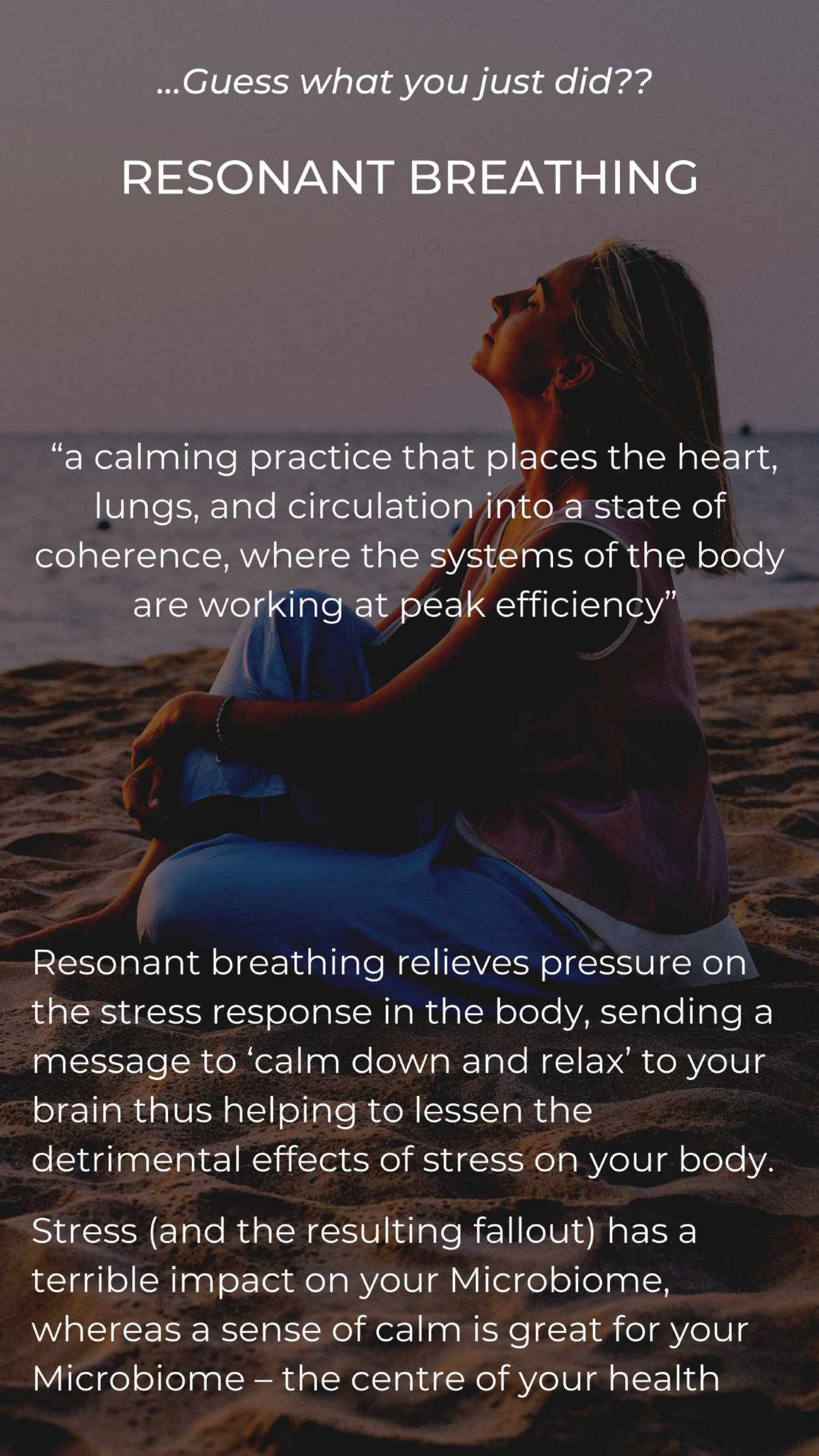
We're serious (remember trust-falling?!)

Read these instruction, and then close your eyes, and do it.

1. Put both your hands on your belly.
2. INHALE... taking a DEEP breath in through your nose... count to 6 – while doing so, visualise filling up the lower part of your lungs like a balloon, and pushing out your lower abdominal area to help draw air deep into your lungs. ·
3. At the top of the breath, SLOWLY and purposefully EXHALE to a count of 8 through the nose
4. Now, repeat this 2 more times.

...Guess what you just did??

RESONANT BREATHING



"a calming practice that places the heart, lungs, and circulation into a state of coherence, where the systems of the body are working at peak efficiency"

Resonant breathing relieves pressure on the stress response in the body, sending a message to 'calm down and relax' to your brain thus helping to lessen the detrimental effects of stress on your body.

Stress (and the resulting fallout) has a terrible impact on your Microbiome, whereas a sense of calm is great for your Microbiome – the centre of your health

When you're calm, you are more open to listen, to take in new experiences and better able to welcome (instead of resist) change.

If you don't believe this... Have you ever tried to reason with a child having a tantrum - or a super stressed adult?

...Impossible, hey? They can't really listen, let alone figure out what you are saying....right?

But when they calm down, they can listen and take in what you're trying to communicate with them.

This is just one of the TOOLS in your GRP Toolkit that will transform your health, but it relies on you implementing it. Not 5 or 10-mins later but the very MOMENT you are faced with ANY feelings of overwhelm, frustration, fear, anxiety, worry, anger etc.

"How can I learn to do that...?!" You might be wondering.

Why, by doing it, of course.... How else...?

Think of it as the most basic bandage in your NEW stress relief first aid kit (and don't worry, there will be more tools for you!)

If you cut your finger would you wait 5, 10 or more minute later? Of would you tend to it straight away?

See this technique as your own, self-empowering triage, to minimise reactivity and stop things getting worse, until you learn other 'strategies' while on the GRP.

Please remember your RESONANT BREATHING... and use at ANY time you are faced with ANY feelings of stress, overwhelm, frustration, fear, anxiety, worry etc.

It is a quick, simple strategy - that really works!

AND you can do it anywhere!

It's like pelvic floor muscle exercises (Kegal's)... no-one knows you're doing them, but YOU get the amazing benefits of DOING them!

You can even do RESONANT BREATHING with your eyes open.

KITCHEN BASICS

Let's say you want to learn how to play Hockey - but you have no stick and ball?

Without them the sport cannot be played, end of story.

Now let's say you get a stick and ball – are you prepared to play?

Well you could... but without your shin guards, helmet, gloves, shoes, exercise gear etc., you may struggle or get hurt.

The "right tool for the job" rule has never been so important as in the GRP. Having the right kitchen tools is imperative so that you can prepare meals and snacks simply, quickly and successfully, with minimum fuss or frustration.

You have already downloaded your KITCHEN BASICS list, now its time to check

Having these basics is going to make your life SO much easier!

You do not need to spend a fortune to deck your pantry out with new jars etc.

Head to second-hand shops, online marketplaces, thrift stores and bulk stores, or ask friends, to get these items at a reasonable price or better still, for free!

You can even ask friends of family if they can loan you equipment for a while. Or if you're lucky they may have items just sitting around doing nothing and you can have it. If you don't ask, you don't know!

As you progress through the GRP and want to level up, then by all means do so. You do NOT need fancy equipment to start with.

If unsure as to what 'type' of items are best, ask other GRP'ers in Virtual Clinic; they'll have great advice for you!

PANTRY, FRIDGE AND FREEZER 'SPRING CLEAN'

To avoid being tempted when you start to have cravings *(when pathogenic bacteria raise their ugly head – and they will)* and also when you go through sugar, salt and fat withdrawals it is VITAL that your pantry, fridge and freezer is CLEARED of the obvious 'sugar, salt, fat laden and unhealthy foods' – so you're not tempted. You know what they are, right?

Some examples are… Lollies/Candy, Chocolate, Potato/Corn chips, Salted nuts, Crackers, Ice-cream, Processed foods, Biscuits, Cookies, Sauces and Condiments etc.

SERIOUSLY you CANNOT have them in your house.

What you're about to go through, with withdrawals, is kind of like being a newly recovering Alcoholic.

We're certainly not trying to scare you but PREPARE you.

What you are going to experience with 'withdrawals' from salt, sugar, fats etc... You may already fully appreciate what this means, but let's paint a picture here just in case...

If you were a newly recovering Alcoholic, you couldn't have alcohol in the house, right? And if your friend or family member was an Alcoholic or recovering Alcoholic, you wouldn't drink in front of them, right? That'd be plain mean - and unsupportive.

Well make no mistake that having these foods in your pantry, fridge or freezer would be like keeping alcohol in the house if you were a recovering Alcoholic.

Now if you get ATTITUDE from those you live with, then just let them know they CAN eat anything they want to... but they just need to do it OUTSIDE of the house!

THIS is just one of the ways your loved ones can DEMONSTRATE their support for YOU.

Which is the perfect segue to your next very important TO DO...

‘THE TALK’ WITH FAMILY

Don’t skim over this one... thinking... *“I’ve told my family I am doing the GRP”*

It is crucial you explain to those you live with and are closest to not about doing the GRP... but HOW you have drawn a line in the sand and you are NOW making your health YOUR priority.

This includes any partner, children (at home or grown-up adult kids who’ve left home), parents, siblings, housemates, extended family, etc.

Basically, anyone who you are living with, visiting often, or come in a lot of contact with - especially around mealtimes, or family celebrations.

Do NOT do this in a passing fleeting moment. You must do this - face-to-face and in-person - if you don’t treat what you are doing with the gravity it requires to succeed - then how can you expect others to...?

Sit down and have this talk with NO distractions. Do NOT attempt to discuss this very important topic while the other person is reading, watching TV, cooking, using a mobile device, or distracted in any way.

You need 100% of their undivided attention

You may have discussed starting the GRP with those significant in your life, however now you need to explain WHY you are doing this.

You need to share with them, to list your health issues, to these important people, and HOW it is affecting YOUR life and impacting your relationships.

This is where your PHA comes in!!

Because with it - in front of you as documentary evidence - you are going to share ALL your health issues.

You'll tell them your GOALS and your WHYS, about how you want to, need to change - and ask them for their support.

And then you need to shut up and give them the opportunity to step up.

...And if even just thinking about this is scary to you... well, aren't you curious as to WHY...?

Tell them that you are revamping the WAY you do things, not just FOOD but LIFESTYLE changes too.

Let them know how crucial their support is to your success.

Share with them also your feelings about what it's taking for you even to be talking about it with them... because you're going to really want their support in making these changes - you may go through some powerful withdrawals - and may beg them for chocolate (or whatever)!!

Or you'll be super cranky and need some timely understanding!!

So ask them kindly that if THEY want to eat ice-cream, chocolate, hot chips, potato chips etc. to do it somewhere else. E.g. have it at their work, school, uni etc... JUST don't bring it into the home.

Make no mistake - the ultimate responsibility is yours NOT to eat these things if they are being eaten around you... but trust us - you DO NOT need the temptation!

And while they don't have to make these changes with you, they do need to respect what is now THE PRIORITY in your life. They need to understand that their needs will often have to wait until you tend to yourself FIRST.

And remember, just as you may need to be reminded - perhaps even time and time again - about FOOD and LIFESTYLE choices, your significant others will also need to be reminded of HOW IMPORTANT this is for (and to) YOU.

While you may even feel you want to lash out if or when they don't support you, remember that YOUR focus is NOT their focus and that they may have forgotten what you told them.

So if you feel you're not being supported, practice your RESONANT BREATHING, then sit down PATIENTLY with them again and go through WHY this is so important to you.

Also, it's important to acknowledge... that while CHANGE will be confronting for you at times, it is likely also in different ways confronting for them.

You may have been used to doing things together e.g., watching TV while eating dinner, a nightly drink (alcohol) together, eating out often, ordering take-away, etc.

...And when these suddenly stop or change, others can feel left out (or behind) isolated and even sad. So, you will have to find new, health reinforcing ways of connecting.

If you are having trouble with ideas, then this can be a very good time to head to your GRP HUB as there are GRP'ers - and US - who have been through this and can help and support you with tips and strategies. You're not alone!

BACK

‘THE TALK’ WITH FRIENDS

Talking with close friends (or colleagues) whom you believe may be impacted by what you are undertaking… can be a double-edged sword… so you have a couple of options here.

Either say absolutely nothing… but be prepared when you go to meet friends and colleagues at a café, restaurant or a work function.

Here’s an example… You may meet friends for a coffee and treat on a regular basis or go to get your morning coffee with colleagues. If you suddenly, out of the blue announce… *“No treats for me, no alcohol for me, I am not eating on the run… I am focusing on my health”*.

Think of it this way: what they may well be hearing is… *“I no longer wish to be unhealthy – like you”*.

So, unless you want disgruntled friends or colleagues, instead try being a little strategic, saying things like…

..."I'm still full from breakfast (or lunch), so nothing for me today"

..."I brought my own snack today, so I'm just going to have that"

..."I'm trying out black coffee for a while"

Or... you can <RESONANT BREATHE> and tell them honestly about the health issues you're experiencing and that you are undertaking a Food and Lifestyle protocol to transform your health ... and ask for their support.

However, it seems that everyone becomes a Nutritional expert when you tell them that you're changing especially your eating habits. It depends how confident you are in fending off friends/colleagues' comments. We'll let you decide.

But make no mistake you NEED the willing support of those closest to you. You don't need their buy in, or for them to do what you're doing - but they do need to respect your choice.

BACK

ME SCHEDULE

Making time for YOURSELF seems to be impossible at times, right? Maybe even MOST of the time?

With multiple spinning plates... work, home, family, friends, relationships, kids... you're probably wondering how you will ADD one more spinning plate... the GRP.

It's important to remember that the GRP is all about YOU – so making yourself your PRIORITY is a plate that HAS to be SPUN because it is now your priority. It's not indulgent, it's not selfish, it's NECESSARY if you are truly going to Transform your Health.

REMEMBER: You cannot change without actually making changes...you get that, right...?

You NEED a daily plan that puts YOU first, then slots everything, and everyone, around this commitment to YOUR health. Or even removes some other commitments... putting down some other spinning plates - once and for all!

And we are going to help you CREATE that plan. It's called your...

GRP'ers who created a ME SCHEDULE and put in on their fridge for the whole family to see have enjoyed the greatest success - you want that too, right?

Your step-by-step instructions, on HOW to do... are in Module 1 (Gut Health Library) in your Member Hub.

COMMITMENT

By joining the GRP you have undertaken the commitment to make YOUR health YOUR priority.

Taking responsibility for the decision to put your own health first means accepting that ONLY YOU can action the behaviours that will create lasting change, improve your health and your life.

This is what it means to 'be accountable'.

We will do everything we can to help you remain accountable to your commitment - even when you resist that accountability (as most do). It's important you understand that...

WE ARE ON YOUR SIDE.

We understand very well the nature of your condition: how it looks, how it works, how it moves, how it shows up and how it hides, how it affects you and how you will recover from it. We will guide, educate, coach, support and cheer you on. We will put the tools and resources in your hands - but YOU HAVE TO USE THEM.

Without you stepping up and owning the overall process there is no way this can happen.

At times you will want to speed things up and you will hear us say...

"Slow down!"

At other times you will want to stop, or slow things down and you'll be told...

"Do it NOW!"

It is because things can seem counter-intuitive at times that you need to remember your commitment.

Your determination to remain teachable and coachable throughout your time here is how you will make it through.

It's the only way that you, using the invaluable GRP toolkit, can accomplish in a matter of months the reversal of a condition (or conditions) that has taken years, if not decades, to rob you of your health.

What does 'your commitment' look like?

It involves daily CHECK-INS... to your GRP HUB.

Besides the obvious coaching and education component, frequent contact with the GRP serves another critical function... to harness the supreme power of your awareness.

Bringing anything into conscious focus and keeping it at or near the forefront of your awareness throughout the day, is a clear and unambiguous demonstration of priority.

The more you think about something, the more important it is to you - it really is that simple... when you stop and think about it!

...And think about this: how can you turn your health around, except by ensuring it IS and REMAINS a conscious priority?

And regular check-ins mean that you're never far from speedy, targeted support for anything that does pop up, that might threaten your progress, learning or peace of mind. All you need to do is post it in the GRP HUB!

Check-ins are an easy yet powerful mechanism that keeps you responsible to this new commitment to your health, by simply ensuring you are showing up, as required for you to heal.

This can get uncomfortable because it's when we are feeling most vulnerable that we want to curl up in a ball and hide. It's precisely because this is when our choice-making mechanisms are weakest that the commitment to show up and participate in the GRP HUB is one of the most powerful tools for helping you stay accountable to your commitment – and that's how you stay on track.

CHECK-IN to the GRP HUB and watch the coaching videos, pop-up lives or watch the Live Q&A's (if a topic takes your fancy). Or scroll the thread and read the posts. There's over 6-years of eductaion there!!

But when you do watch or read... we'd love you to LIKE (or emoji) the post, or better still, leave a comment.

This helps us to support you and to ascertain if you are understanding the information and allows us to provide targeted coaching.

Make sure you join in on discussions with other GRP'ers... it helps you to learn and engage with new ideas, promotes interest and engagement which leads to positive outcomes for YOU.

Also, don't sit back and wait for a question to be asked – ASK IT! There are NO silly questions.

BE HONEST... if you're struggling, if you're feeling unmotivated, if something has gone wrong, there IS a way through it. Don't wait until your little 'mole-hill' becomes a mountain – because that is detrimental to your Microbiome - and ultimately your health. Get in quick and post in the Live Q&A broadcast post, or come to our Zoom roundtables, and together we will find a way forward!

AND MOST IMPORTANTLY... HAVE FUN... have a laugh!! It's good for you, it's good for your Microbiome!!

Now... head to your ACTION sheet and make your way through the activities over the next week.

BACK

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