

MUMMA'S OWN 6 WEEK GUT RESET PROGRAM - FAQ'S

If you've suffered with skin conditions, autoimmune issues, foggy brain, poor digestion or just want to give your immune system and health a little boost then you're in the right place.

*This **gut healing program** is suitable for the whole family to heal and seal a leaky gut, practice in some new lifelong habits and get you feeling back on top of the world and ready to tackle anything.*

*Just remember, before you start any nutritional program you should consult with your **healthcare professional** to ensure it's the right program for you.*

What is the Mumma's Own 6 Week Gut Reset Program?

My program is a cross between a Paleo Style Diet and The GAPS™ Diet which I created as a result of the many unwell but time poor patients I have treated in my clinic over the years.

This program is nutritionally focussed and supports the healing and sealing of a leaky gut whilst being designed to be a lot easier to follow than some other programs I've seen on the market.

People who tend to love my program are those that enjoy good quality healing and nutritious food that's suitable for the whole family, can be prepared in advance and will benefit a variety of health conditions for both themselves and their family.

The **Mumma's Own 6 Week Gut Reset Program** is grain free, gluten free and dairy free and is based on the premise that those out there who have health or digestive issues need to treat their gut with kindness and care.

It treads very slowly at the beginning, really nurturing your digestive system and builds up to a more lifestyle based way of eating that you can continue well past the 6 weeks.

As I say to many of my patients, when you wean a baby from breast or bottle feeding to solids you don't start them on a steak because their very sensitive digestive system won't cope.. in this program your digestive system is the baby.

What will I get with the program?

This is a **6 week gut reset program** so the idea is you will follow a plan for 6 weeks designed to help you rebuild your gut health whilst healing and sealing.

With this program comes the following:

- One Cookbook focussing on the basic essentials you'll need throughout the program
- A bonus section with hints and tips on how to be successful, what to do when you're eating out, gut healing essentials, your own weekly meal planner template to continue with once the 6 weeks are over and more
- Fridge, freezer and pantry essentials, detoxifying your life and even some supplement suggestions to support you during this time
- What foods you should be incorporating into your new lifestyle and which ones you should be avoiding
- A weekly menu plan with all meals and snacks mapped out for you and a matching cook book each week

My life is busy, how will I fit this in?

The reality is our lives in the past 10 years have become crazy busy with most households having 2 parents working full time and kids involved in a heap of after school activities.

The things to consider or ask yourself are:

- Can I multi-task? If you said yes then great, as I tell my patients, when you're cooking dinner tonight cook something else at the same time... why? Well you're already in the kitchen and you're already making a mess so what's an extra pot at the end of the night - especially one that can go in the dishwasher!!
- Do I want my kids to eat a more varied and better diet? If the answer is yes then this is a great way to introduce new flavour and nutritional meals to them.
- Could I get another freezer so I can prepare meals in advance and pack small individual "lunches" to take to work each day?
- Could I start doing my shopping online to save time running around.



Do I need any special equipment to do this program?

There's nothing special required for this program and many of you are more than likely to have most of the things you need:

- A large slow cooker or a large stainless steel pot for making meat broths
- Sharp knives
- Frying Pans / Baking Dishes / Casserole Pot
- A Thermomix is great but don't worry if you don't have one a good blender or food processor will also do the trick

Will I lose weight on this program?

From the outset I never designed this program as a weight loss protocol, it was always focussed on gut healing.

The good news is however, when your body is functioning at its best you may find you naturally lose weight and find a place you sit comfortably weight wise without the hassle of daily calorie counting and restrictions.

I'm trying to fall pregnant, can I do this program?

When trying to fall pregnant it's just so important you get your body into the best possible condition you can. Having had two children I know the toll it takes both during the pregnancy and when you're breast feeding and sleep deprived.

Nutritionally this program is sound to do if you're trying to fall pregnant, however, before starting any new program you should consult with your healthcare practitioner to ensure it's the right way to go for your individual circumstances.

I have treated many patients over the years who have wanted to get pregnant and used this program or ones that are very similar with great success. This success has been based on **individual consultations** with those patients and monitoring them along the way, something I can offer you (via personal, phone or skype consults) if you would prefer a more personalised approach.

Oh and ladies, it does take two to tango so it's not just your health that's important during this time, your partner needs to look at their diet and should also consider consulting with a healthcare practitioner to ensure his swimmers and health are in great shape.



I'm pregnant, can I follow this program?

If you're pregnant I wouldn't recommend following this **program** as there may be a detoxification / die off process that occurs as you remove certain foods from your diet and add in other healthy ones which could affect baby.

What I would suggest is consulting with your **healthcare professional** and ensure the diet you are having is a healthy one and avoid processed foods, additives, preservatives and lots of chemicals.

I'm breastfeeding, can I follow this program?

This is a nutritionally sound **program** that allows you to eat as much or as little as you need, encourages fermented foods which are high in good probiotic bacteria and has lots of good fluids incorporated in it.

With this in mind I would again highly recommend consulting with your **healthcare professional** to ensure this is an appropriate choice for you during this time.

What about the kids?

Every recipe in this program is one I've written, made and the whole family has eaten. As I tell the kids, this isn't a restaurant and this is what's for dinner tonight.

In actual fact, the recipes in this **program** are highly nutritious and absolutely appropriate for kids plus it's a great opportunity to reinvent the way the whole family eats.

I'm Vegetarian / Vegan can I do this diet?

Unfortunately this program is unsuitable for those on a vegetarian or vegan diet as to implement the gut healing this program does use animal products such as meat broths and animal fats.

I have a medical condition, can I still do this program?

The answer to this question isn't a simple one due to the fact that for many medical conditions I've treated in the past this program has been a great option for many of my patients. But, this decision has always been made after a personal consultation to determine if it's appropriate.

If you have a medical condition I recommend consulting with a **healthcare practitioner** before making a decision if this is right for you.

How do I cope with the detox and die off?

Whenever you make such big changes to your diet you will experience some detox or die off type symptoms. These could be anything from a change in bowel habits, rashes, headaches, nausea or fatigue.

Consider what you're doing.. you're getting rid of sugar, caffeine, alcohol, preservatives, colours, processed foods and in general your normal "go to" foods.. your body, like a child, is going to have a tantrum and rebel against the changes for a few days.

The best way to deal with those early days is to keep your fluids up, these can be in the form of water or herbal teas and rest. Don't beat yourself up or try to be a hero, if you need to take it slowly, lie down or have a day off then do it.

If the symptoms don't pass after a few days and you're concerned the go and see your **healthcare professional**.

When's a good time to start?

Anytime is a good time to start as far as feeling great is concerned, but in all seriousness I recommend starting at a time where your social life is possibly a bit quieter just so there aren't as many distractions to push you off track.

What happens if I get invited out for dinner?

I have a bit on this particular topic in the bonus section to give you some hints and tips of what to do in these situations.

How does the program work?

Once you purchase the program you have access to the bonus section and the three modules which take you through the program.

When you purchase you will have immediate access to the program and I recommend you sit down and go through the modules in order before you get started.

Being organised and prepared will ensure success.

