

MUMMA'S OWN



## BONUS SECTION

### FAQ'S

[www.mummasown.com](http://www.mummasown.com)



# FAQ'S

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## WHY DO I NEED FERMENTED FOODS?

Fermented foods contain a variety of good bacteria which are required to support not only gut health but your overall health and wellbeing.

## WHAT IS THE PURPOSE OF THE MEAT STOCK EVERY DAY?

Meat stock and bone broth contain a number of essential amino acids, vitamins and minerals which are the building blocks to a healthy gut, strong bones and your overall wellbeing.

## SHOULD I BE TAKING ANY OTHER SUPPLEMENTS?

For this program there are minimal supplements suggested as the ultimate goal is to achieve your required nutrients through the food.

If you have any special health conditions or requirements that you have been taking supplements for it's best to consult with your practitioner.

## SHOULD I BE STOPPING MY OTHER MEDICATIONS WHILST DOING THE PROGRAM?

Never stop any medication without a consultation with your medical practitioner.

## DOES THE FOOD HAVE TO BE ORGANIC?

Organic is always the preferred option, however it can be expensive so I have provided you with a list of foods it's preferable to purchase organic and those that are okay to purchase non-organic.

Do your best with the resources you have and don't put yourself under any additional pressure during this time as it will have a negative affect on your healing.





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## WHAT SHOULD I DO IF THERE'S A TYPE OF FOOD I DON'T LIKE?

If there's a dish you don't like that's fine, swap it out with one of the others you prefer. If it's ingredient based and appropriate at the time replace that ingredient with something else or remove it completely.

For example, if you don't like fish but you do like chicken then replace the fish with chicken if you still like the sound of the recipe, otherwise skip it altogether in favour of something else.

## CAN I MIX THE MEALS AROUND IF I DON'T FEEL LIKE SOMETHING THAT DAY?

You can always mix the meals around and change the weekly menu which is why I've provided you with a blank menu planner in case you would like to do that.

I just recommend you keep to the recipes in those weeks as they have been purposefully selected to support gut healing along the way.

## CAN I SKIP MEALS IF I'M NOT HUNGRY?

If you find you're not hungry for one of the meals, rather than skip it completely find a lighter option instead..

For example if you don't feel like eggs for breakfast then go with a smoothie or meat stock in its place or if you don't feel like a heavy dinner try making yourself a light salad or bowl of soup if salads haven't been included in the diet yet.

