

A close-up photograph of a person's midsection, showing their stomach and the lower part of their torso. They are wearing a light-colored, possibly beige or cream, top. A hand from the right side of the frame is pointing towards the person's stomach. Two thick, green, curved arrows are overlaid on the image, forming a clockwise circle around the navel area. The background is a soft, out-of-focus green, suggesting an outdoor setting with foliage.

**7 Day Get Started
Transform Your Gut**

NOTICE TO READER

This program cannot be construed as a recommendation of medical treatment or medication. It is not professed to be physical or medical treatment nor is any such claim made. There are no medical recommendations or claims for the *7 Day Transform Your Gut* program or for any of the vitamin or mineral regimens described in this program.

No individual should undertake the program or any of its regimens without first consulting and obtaining the informed approval of a licensed medical practitioner. The author makes no warranties or representation as to the effectiveness of the *7 Day Transform Your Gut Program*.

The statements have not been evaluated by the Food and Drug Administration.

DAY SEVEN

Exercise & Moving Forward



“A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.”

Paul Dudley White (1886-1973), American physician and cardiologist

GETTING STARTED

Of course, we all know that exercise is good for us, but everyone may not know that it is scientifically proven to make us smarter, happier, and more successful as well as strengthen our immune system.

Exercise helps us to build muscles, get stronger, and lose weight. It also relieves symptoms of both depression and anxiety, if done regularly and with some intensity. Exercise creates better sleeping habits and enhances self-esteem.

Spark: The Revolutionary New Science of Exercise and the Brain by John Rate, MD, Harvard professor, says that students who scored highest on fitness levels and lowest on body fat scored twice as well on aptitude tests in reading and math compared to children who were less fit. Something to think about!

GETTING STARTED

“Exercise can be used like a vaccine to prevent disease and a medication to treat it. If there were a drug with the same benefits as working out, it would instantly be the standard of care.”

Robert Sallis, MD, VP American College of Sports Medicine, Exercise is Medicine Advisory Board Chairman.

Keeping track of your physical activity is just as important as keeping track of feelings, thoughts, and food intake. Everyone is different. For health and wellness, you should aim for a minimum of 150 minutes weekly (25 minutes a day, 6 days a week).

Before starting any activity, think about how active you are now and how active you were in the past. Think about your likes and dislikes when it comes to being active. This helps you to decide what you want to do and how much activity is right for you.

- Work up to your goal slowly. It will take about 4 weeks.
- 150 minutes of activity will burn about 700 calories per week.
- Pick activities you like.
- Choose moderate kinds of activity such as brisk walking.

Adapted from National Diabetes Prevention Program

GETTING STARTED

How Active Are You?

Before you begin a new physical activity routine, it is important to know how much activity you do now. It is also important to figure out what type of activity is best for you and how much.

Answer these questions about how active you are right now:

- 1.** How active are you now?
- 2.** What do you do? Where do you do it? Whom do you do it with? How long do you do it? How often do you do it?
- 3.** What activities have you done in the past?
- 4.** Why did you stop?
- 5.** What do you like and not like about being active or being inactive?

Adapted from National Diabetes Prevention Program

GETTING STARTED

It is not always easy to start being more active, but we are here to help. Here are some tips to make it easier:

- Work out or walk with a friend.
- Have fun!
- Plan activities you enjoy.

Be Active. It's Your Choice!

This session focuses on how to become more physically active as a lifestyle choice. In life, we have a lot of choices. We can choose a healthy lifestyle. Change can happen, you just have to be willing to begin and set aside time.

Find the Time

We never have enough time for everything we want or need to do. Physical activity is one of the hardest things to budget time for. If you struggle with finding the time, you may be surprised at the simple things you can do to fit exercise into your day. Having an active lifestyle means making choices to move instead of sit. Examples include taking the stairs, parking far away from entrances, and walking, instead of driving, whenever possible.

Adapted from National Diabetes Prevention Program

GETTING STARTED

You Can Find the Time!

We all have busy lives so it seems we have little time for physical activity. That is just not true! It's all about what you choose to give a priority in your life.

Here are tips on how to make time to be active:

1. Every day, set aside one block of time to be active. Decide on a good time to set aside 20-30 minutes to do an activity you enjoy. If one block of time will not work, think about trying smaller blocks of time:
 - 10 minutes three times a day.
 - 15 minutes twice a day.
 - 10 minutes in the morning, 10 minutes in the afternoon, and another 10 minutes in the evening.
2. Replace less active blocks of time with active ones.
 - Walk for half an hour instead of watching TV.
 - Instead of reading a book seated, read while on an exercise bike.

Adapted from National Diabetes Prevention Program

GETTING STARTED

Keep It Safe

Being active is usually safe, but problems sometimes can arise. The best way to avoid problems is to prevent them.

Here are some ways to prevent common minor injuries:

Prevent sore muscles or cramps

Increase only **a little at a time** how often, how intensely, and how long you are active.

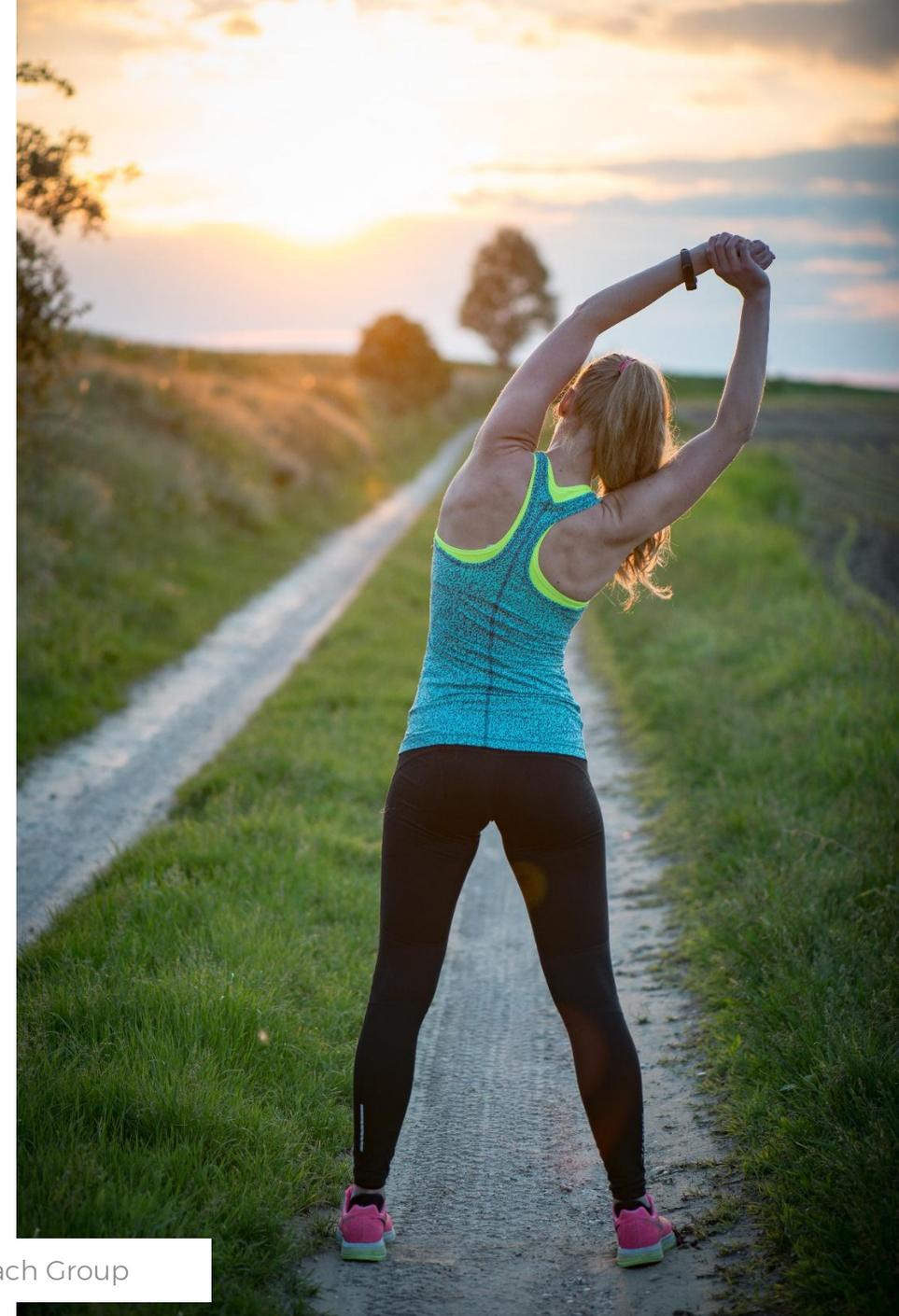
- Drink plenty of fluids (especially water) before, during, and after being active.
- Warm-up before every activity and cool-down afterwards (10-15 minutes).

If you do get a muscle cramp

Stretch the muscle and then massage it. Repeat until the cramp goes away.

If you still have pain, put ice on the pain for a few minutes and then repeat the stretching and massaging.

Adapted from National Diabetes Prevention Program



Are You Ready to Nourish Your Gut?

I know you've been waiting for...

- Some miracle to fix your subpar digestive system that plagues you with painful belly bloat, food intolerances, constipation or diarrhea, and stomach upset on a daily basis.
- An answer to your constant exhaustion, gurgling and out of whack hormones.
- Someone to show you that it IS possible to lose those last 10 pounds you can't shake.
- The chance to feel normal again, like you used to feel before stress, poor food choices and...well, life...got in the way.

The problem is:

Miracle cures and quick fixes? They don't work long-term. Ever. Especially when it comes to the health of your body's second brain—your gut.

So What Does Work?

My 4-week gut health plan that's designed around the concept of bio-individuality. Translation? I know there's no one magic cure for anyone...especially when it comes to your gut health.

That's why I've designed a program to help you learn which foods SERVE your unique body and which foods HARM your unique body...because believe it or not, just because it's "healthy," doesn't mean it's the right food for you.

**Give me 4 weeks and I will help you get there...
and then some.**

And by the end of it, you'll have everything you need to:

- Look amazing and feel incredible
- Reverse years of aging
- Have energy to go all day long

Did you know the gut of your health will make or break your overall health?

This actionable program walks you through the 5 steps to heal leaky gut, so you can finally overcome the root cause of many of your problems.

1. Know your type
2. Remove inflammatory food triggers
3. Nourish gut lining with key nutrients
4. Repair specific organs with supplements
5. Rebalance microbes and probiotics

We'll cover every step you need to take to overcome leaky gut. If you're not sure what to eat, we have step-by-step meal plans ready for you. You'll learn the exact foods that are causing your gut to leak and the supplements, meal plans and lifestyle strategies to help you heal.

With this program you'll have every tool and resource you need. Plus, I'm going to take you by the hand and walk you through the 5 steps together. So you can begin repairing and fixing leaky gut in just 30 days.

This is the same program that I've used to heal my gut. I am confident that this program can help you too.

Are You Ready to Get Started?

- Extra weight?
- Chronic health issues??
- Lethargy?
- Poor sleep?
- Belly bloat?
- Depression?
- Irritability?

Yep...you can most likely chalk that all up to poor gut health.

All of these symptoms are your body's way of telling you it's time for a change.

So let's do this. Together.

4-WEEK RESTORE
YOUR GUT PROGRAM

only **\$497**

*Includes \$200 in supplements

*Regular price \$997

Pay \$297 now and then you'll pay for supplements during your first session.

Buy Now

4-Week Restore Your Gut Program

Personalized Health Coaching

If you have the desire to pursue change, but don't feel confident that you could achieve it alone then this program is for you.

Tiffany is passionate about what she does. She will help you design your 30-DAY personalized program, featuring all of the tools and encouragement you need to radically expand your ability to sustain a changes that will last a lifetime.

You Will Get:

- One 45-minute wellness consultation before we officially begin
- Three 30-minute sessions
- E-mail support between sessions
- Tasty recipes that are simple to prepare
- Coaching and guidance to help you make the dietary and lifestyle changes you want
- Simple, but informative handouts to boost your nutritional knowledge
- **BONUS:** Includes Essentialzyme-4™, Digize Vitality, Life 9™, and 2 bottles of NingXia Red (\$208.50 value)

Buy Now

TODAY AND TOMORROW:

Today

We talked about ways to get moving. Get out and do it!

Tomorrow

Let's discuss how to move forward. Please contact me to set up a time to visit.

REFERENCES

- [Put Your Heart in Your Mouth: Natural Treatment for Atherosclerosis, Angina, Heart Attack, High Blood Pressure, Stroke, Arrhythmia, Peripheral Vascular Disease](#)
- [Restoring Your Digestive Health, Jordan Rubin](#)
- [Food Allergies and Food Intolerances Jonathan Brostoff, MD](#)
- [Eat Dirt, Dr. Josh Axe](#)
- [The Microbiome Diet Raphael Kellman, MD](#)
- <http://articles.mercola.com/fermented-foods.aspx>
- [GAPS, Natasha Campbell-McBride](#)
- <http://www.cspinet.org/reports/chemcuisine.htm>
- [National Diabetes Prevention Program](#)
- <http://drericz.com/healing-the-gut-with-essential-oils/>
- <https://www.navs-online.org/nutrition/healthissues/foodsensitive.php>