



THE GUT REBALANCING PROTOCOL

How It Works

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You are More Microbe than Human

The human body contains trillions of microorganisms outnumbering human cells by 10 to 1. It also outnumbers genes, with over 3 million bacterial genes vs 22,000 human genes. **This is your Gut Microbiome.**

Research shows that a healthy balanced Gut Microbiome can determine your health and wellbeing, and that an imbalanced microbiome is linked to conditions such as weight gain, IBS, digestive disorders, depression, anxiety, eczema, psoriasis, adult acne, allergies, diabetes, high blood pressure and cholesterol. Even a connection to conditions such as Inflammatory Bowel Disease, Chronic Fatigue Syndrome, Parkinson's, MS and Alzheimer's.

What A Healthy Gut Microbiome Does For You...

- ★ Optimises Gut health.
- ★ Regulates appetite, mood and sleep.
- ★ Optimises metabolism so you can effortlessly maintain an ideal weight.
- ★ Breaks down food and extracts vitamins & minerals.
- ★ Builds a gut immunity barrier. 70-80% of immune cells are within the intestines.
- ★ Increase levels of the gut hormone and neurotransmitter, Serotonin. Low levels of Serotonin have been associated with depression.
- ★ Generates Vitamin B, the body's own 'Berocca' for energy.
- ★ Produces Vitamin K, regulating blood calcium levels and blood clotting.
- ★ The body's source of natural antibiotics.

Over time; stress, alcohol, diet, direct or indirect antibiotic ingestion, pesticides, personal and home care products, environmental toxins, pain killers, antihistamines, additives, preservatives, infections and second-hand hormones **INCREASE** detrimental bacteria and **DECREASE** beneficial bacteria species resulting in an **IM-BALANCED** Gut Microbiome.

In a nutshell... When your Gut Microbiome struggles, you struggle.
When it flourishes, you flourish.

The **Gut Rebalancing Protocol** has previously only been available to private clients but now, for the first time, is available to you.

If you have bloating, digestive or weight issues, no energy, mood swings, adult acne, a skin condition, suffer from aches and pains or have a health condition then this **Protocol** is an important first step to reaching optimal health. Natalie Woodman, Naturopath, Holistic Nutritionist, and creator of this protocol will give you all the tools you need to restore and rebalance your microbiome.

The **Gut Rebalancing Protocol** is an 8-week Protocol designed to rebalance your inner ecosystem by eliminating foods that promote inflammation and feed pathogenic bacteria (Phase 1- 28 Days) and introducing foods that fertilize beneficial bacteria and reduce inflammation (Phase 1 & 2).

This is a comprehensive program that supplies you with Weekly Meal plans, Shopping lists, Recipes and Online Support. For those on the Support or Personal Plan it is coupled with expert Coaching, that nourishes the important "why" and "how" factors along with essential nutritional tweaks for optimal health gains.

Results You Can Expect*

- ✓ No more cravings, out of control appetite or food addictions
- ✓ Improved digestion, say goodbye to bloating and digestive complaints
- ✓ A slimmer, healthier you. Effortlessly lose weight with no feeling of deprivation
- ✓ A new found energy, I dare say...vibrant energy!
- ✓ Balanced moods
- ✓ Clear radiant skin
- ✓ Sleep better than you have in years
- ✓ Reduce or eliminate allergies
- ✓ Greater ease of movement without aches and pains
- ✓ A stronger immunity
- ✓ A reduced risk for chronic diseases

**Individual Results may vary, and are not intended to represent or guarantee that you will achieve the same or comparable results. It depends on your current health, if you have a health condition and how serious it is, how long you have been in this condition, age, gender, lifestyle and dietary habits and how you apply the information and adhere to this protocol. These results are from other clients and may not reflect your experience, they are meant as a showcase of what clients have achieved. For those suffering a serious health condition you should not count on this protocol as your only treatment and should join as a private patient for extra support and careful regular monitoring of your condition.*



How It Works...

Once you Purchase your Chosen Plan you will receive an email with...

- ✓ Weekly Meal Plans for Phase 1 & 2 (Weeks 1 - 8)
- ✓ Weekly Shopping Lists Phase 1 & 2 (Weeks 1 - 8)
- ✓ Simple and Delicious Gut Rebalancing Recipes Phase 1 & 2
- ✓ Comprehensive Guidelines Phase 1 & 2
- ✓ Link to Join Your Online Support Group
- ✓ Personal Health Assessment and Goal Setting Sheet
- ✓ And **Extra's** if you choose them on your Plan *Link on last page*

All you have to do is **Shop, Cook and Eat** It's as simple as that

Weekly Meal Plans...

Make what to eat everyday a no-brainer. Flexibility is the key in your Meal plans. Each day fits like a glove with your busy work and home schedule.

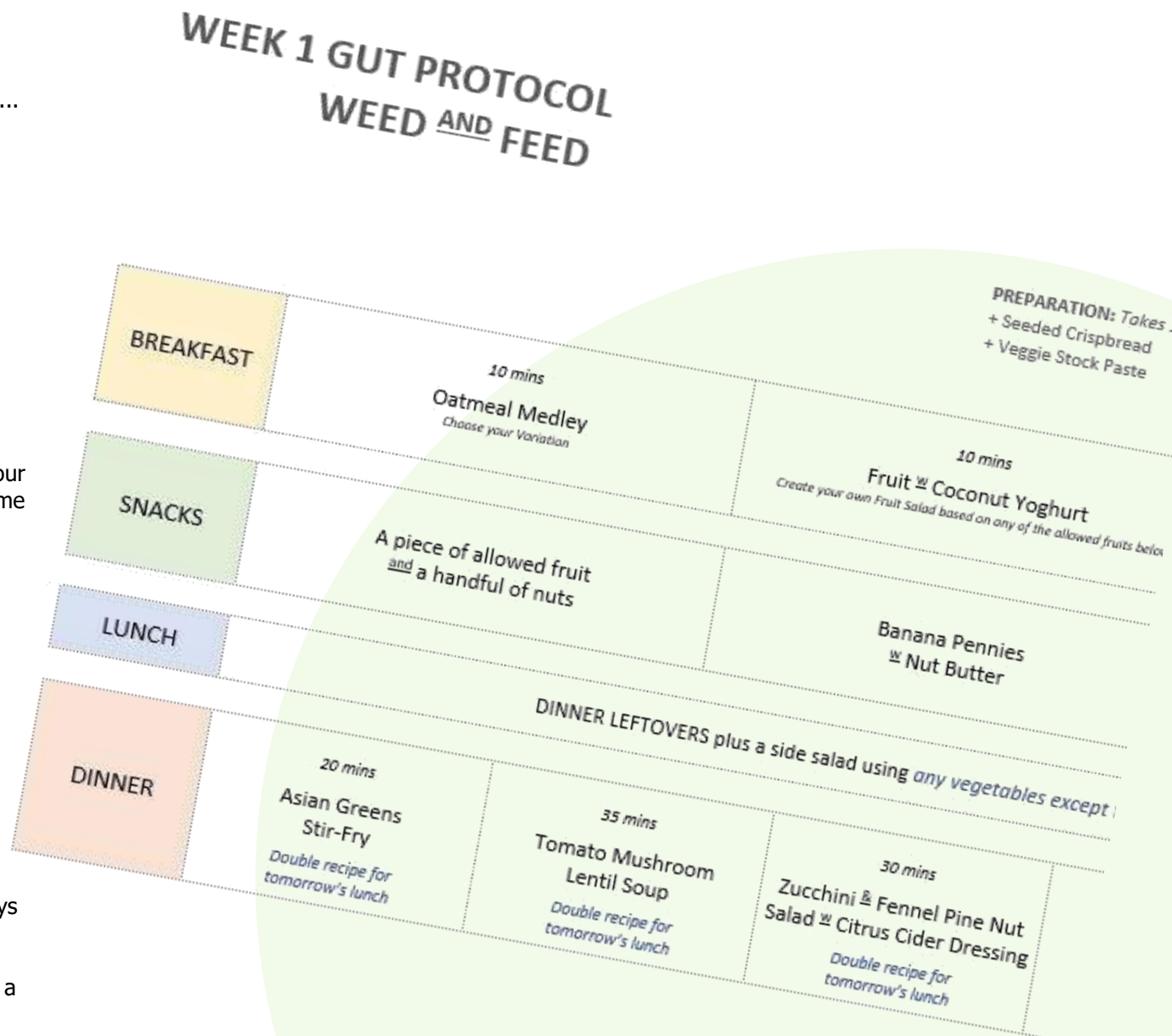
Preparation is listed at the top of your Meal Plan. These are the building blocks for the meals you'll make for the entire week. This preparation is essential as it will save you *a lot* of time during the week.

Breakfast gives you a choice of 2-3 meals. When you wake up in the morning, eat the meal you feel like, or have time for.

There are 2-3 simple **Snacks** to choose from that you can enjoy anytime.

Lunches are dinner leftovers from the night before (as you would have made a double batch) saving you time and ensuring you always have something to delicious to eat ;-)

The 5 **Dinners** on your meal plan, allow for dinner's out, repeating a meal you really like, or for you to create your own meal.



Shopping Lists...

Make shopping a breeze. No more pacing the supermarket aisles faced with 100's of options and no idea what foods are to purchase.

Your shopping lists provide with everything you need to buy, week by week. Catering for individuals, couples or families with 1, 2,3 and 4 serves. Exact quantities are listed so you can go to a market or bulk store and buy just the amount you need for that week. It also reduces, and in some cases, eliminates waste. Especially with perishables.

Many participants report that they pay for the cost of their Protocol with the money they save each week!

CAULI CHICKPEA MADRAS

gluten free | dairy free | nut free | vegetarian | vegan

A delicious vegetable madras curry that will fill your kitchen with beautiful indian aromas. This recipe provides generous servings with enough for leftovers the next day



YOU'LL NEED...

	1	2	3	4
Cauliflower	1/2 whole	1/2 whole	3/4 whole	1 whole
GGC mix see recipe	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp
Onion - Red	1/2 whole	1 whole	1 1/2 whole	2 whole
Chickpeas 400g	1/2 can	1 can	1 1/2 cans	2 cans
Tomato crushed 400g or fresh	1/2 can	1 can	1 1/2 cans	2 cans
Coriander	1 handful	2 handfuls	3 handfuls	4 handfuls
Chick - Green	1 whole	2 whole	3 whole	4 whole
Vegetable stock	125 ml	250 ml	375 ml	500 ml
Cloves, whole	2 whole	4 whole	6 whole	8 whole
Cardamom pods or ground see notes	2 whole	4 whole	6 whole	8 whole
Cumin, ground	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp
Garam Masala	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp
Turmeric	1/2 tsp	1 tsp	1 1/2 tsp	2 tsp
Pepper, Black cracked	a pinch	1/2 tsp	1/2 tsp	1/2 tsp

NOTES:
 • 5-6 whole fresh tomatoes = 1 can tomatoes.
 • 2 Cardamom pods = approx. 1/2 tsp. Cardamom powder.

LET'S GET STARTED...
 • Remove core from cauliflower, roughly chop into small pieces and steam until tender (about 15 mins).

*Imperial version available for U.S. participants

WEEK 1 SHOPPING LIST GUT PROTOCOL

Shop at home first, check off items on your list

	1 SERVE	2 SERVES	3 SERVES	4 SERVES
FRUIT, VEGETABLES, FRESH HERBS				
<input type="checkbox"/> Avocado	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Banana	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Bok Choy/Pak Choi Or other Asian green	2 bunches	4 bunches	6 bunches	8 bunches
<input type="checkbox"/> Cauliflower	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Celery	4 sticks	8 sticks	12 sticks	16 sticks
<input type="checkbox"/> Chicory, Rocket or Arugula leaves	2 handfuls	4 handfuls	6 handfuls	8 handfuls
<input type="checkbox"/> Chilli pepper - Red 10cm long	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Fennel bulb	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Fruit your choice, for fruit salad & snacks [see pg.2]	12 pieces	24 pieces	36 pieces	48 pieces
<input type="checkbox"/> Garlic [1 bulb = approx 8 cloves]	3 knobs	6 knobs	9 knobs	12 knobs
<input type="checkbox"/> Ginger [1knob = 2cm x 2cm]	1/2 whole	1 whole	1 1/2 whole	2 whole
<input type="checkbox"/> Leek	2 whole	4 whole	6 whole	8 whole
<input type="checkbox"/> Lemon	1 whole	2 whole	3 whole	4 whole
<input type="checkbox"/> Lime	30 whole	60 whole	90 whole	120 whole
<input type="checkbox"/> Mushrooms, button	80 gr	150 gr	240 gr	320 gr
<input type="checkbox"/> Mushrooms, Enoki	4 whole	8 whole	12 whole	16 whole
<input type="checkbox"/> Onion - Brown	2 handfuls	4 handfuls	6 handfuls	8 handfuls
<input type="checkbox"/> Radish	1 1/2 whole	3 whole	4 1/2 whole	6 whole
<input type="checkbox"/> Snow peas	1/2 cup	1 cup	1 1/2 cups	2 cups
<input type="checkbox"/> Zucchini	1 cup	2 cups	3 cups	4 cups
NUTS AND SEEDS				
Almonds, flaked	1/2 cup	1 cup	1 1/2 cups	2 cups
Almonds, whole raw or buy Nut butter	1 cup	2 cups	3 cups	4 cups
Cashews, whole raw or buy Nut butter	1/2 cup	1 cup	1 1/2 cups	2 cups
Flaxseeds or buy Ground Flaxmeal	2 tbsp	4 tbsp	6 tbsp	8 tbsp
Temp seeds	300 gr	600 gr	900 gr	1.2 kg
Fruit your choice, for snacks [see pg.2]	1/2 cup	1 cup	1 1/2 cups	2 cups

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Simple Delicious Recipes...

Forget about spending time scouring cookbooks, blog and recipe sites or wondering what to have for dinner every night. I've done all the hard work for you and created delicious and nutritious meals that are quick to make and create a healthy robust Gut Microbiome, your ticket to optimal health.

No shortage of choice with over 80+ Recipes such as...Moroccan Chickpea Stew, Coconut Granola, Lemon Cashew Balls, Apple Raspberry Crumble, Coconut Veg Curry, Banana Pancakes, Banana Raspberry Muffins, Phyto-Green Salad, Black Bean and Quinoa Salad with Cumin Lime Dressing, Mexican Chilli, Mushroom Walnut Bolognese and many more.

All recipes are naturally Gluten Free, Dairy Free, Vegetarian and Vegan. Nut free options given in recipes that includes nuts.



Weekly Podcast...

Support and **Personal** Plan participants receive a weekly email a link to the podcast with the 'how' and 'why', including topics such as...

- ⇒ An in-depth look at the role of the Gut microbiome.
- ⇒ What foods and products contribute to chronic gut microflora imbalance.
- ⇒ Digestive Dominoes - the anatomy of 'how' you eat and the microbiome.
- ⇒ How the Gut microbiome influences your weight, immunity and mood.
- ⇒ Protein, Fats & Carbs; Vitamins, Minerals, Phytonutrients etc.
- ⇒ Prebiotic, probiotic and fermented foods.
- ⇒ Maintaining a healthy microbiome.

Support...

All Plans have 24/7 access to Voi Clinic Private Facebook Support Group to ask questions, receive support and interact with other participants.

The group is led by Natalie Woodman, Holistic Nutritionist and Naturopath - A 'Gut Centric' Health Professional with extensive knowledge of the Gut Microbiome.

Commitment...

If you're looking for a "detox" or "quick fix", then read no further. If you're thinking, "I'm in... but I'm not giving up X, Y or Z", then again, this is not for you.

This protocol requires commitment, because I'll be asking you to avoid certain foods (not forever, just for now) to rebalance your microbiome and reduce inflammation e.g. alcohol, animal products, packaged foods etc. *This is non-negotiable.*

Don't think of these foods as 'good' or 'bad' but as not 'right' as we heal your gut and grow your lush inner garden.

Think for a moment... If you had a broken leg in a plaster cast - you wouldn't be running a marathon, go cross-country skiing or jogging, would you? You wouldn't even take up these activities just after you got your plaster cast off. They're not 'bad' activities, they're just not 'right' for you as your leg heals.

But don't worry, you won't notice your 'usual foods' missing as you'll have an amazing array of delicious foods to eat and I will support you with tools you need for success!

Choose the Plan that Suits You...

It's important to choose a plan that matches your health needs and that will help you achieve *your* health goals.

Self-Starter Plan...

Already into your health journey? Or perhaps you're already plant-based, but looking for nutritionally-balanced inspiration that will give you a solid track to run on. This plan is designed for the confident self-starters, who just want to get in and DIY-it to a better Gut Microbiome.

Support Plan...

Already have a pretty healthy diet, but just not seeing the results? Or worse - actually gaining weight or experiencing digestive and other health issues? If you want a clear, research-backed protocol with the essential nutritional tweaks, a clear, logically structured roadmap and the knowledge that will power you through and secure those health gains you know you should be getting, then this is your plan!

Personal Plan...

Already have a health condition, carrying excess weight for sometime, or been on courses of antibiotics? Tried any number of things to feel better but to no avail? There IS a way through this.

The personal plan begins with a Comprehensive Health Form with multi-dimensional questions about your health, past and current, to build a comprehensive picture of your condition and how I can be of help.

This Naturopathic and Nutritional analysis allows me to ask targeted questions, based on your responses, during the consult. Allowing for a pinpoint precise assessment and the prescribing of Therapeutic Researched Strain Probiotics for Microbiome Recovery.

To restore the microbiota, in those with health conditions, requires the administration of Therapeutic Strains in combination with the consumption of dietary changes in the protocol e.g. Microbiota Accessible Carbohydrates (MACs).

[Click here to View Plans](#)