

THE GUT REBALANCING PROTOCOL

How It Works

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Transform your health

*When your Gut Microbiome struggles, you struggle.
When it flourishes, you flourish.*

Did you know, you are More Microbe than Human. The human body contains trillions of microorganisms with over 3 million bacterial genes vs 22,000 human genes. **This is your Gut Microbiome.**

Cutting edge nutritional scientific research strongly supports a strong **Gut Microbiome** as the very best indicator - 'the holy grail' of human health, overall wellness and resistance to disease. And my clinical work with clients; and some of the incredible health turnarounds they've experienced, fully supports these findings.

A **healthy balanced Gut Microbiome** can determine your health and wellbeing, while an imbalanced microbiome is linked to conditions such as weight gain, Type 2 Diabetes, Irritable Bowel Syndrome, digestive disorders, depression, anxiety, eczema, psoriasis, adult acne, allergies, high blood pressure and cholesterol. There is even a connection to conditions such as Inflammatory Bowel Disease, Chronic Fatigue Syndrome, Parkinson's, MS and Alzheimer's.

So how does it become imbalanced? Over time stress, diet, alcohol, direct or indirect antibiotic ingestion, pesticides, chemicals in personal and home care products, environmental toxins, pain killers, antihistamines, over the counter medications, additives, preservatives, infections and second-hand hormones **INCREASE** detrimental bacteria and **DECREASE** beneficial bacteria species resulting in an **IMBALANCED** Gut Microbiome.

What does a Healthy Gut Microbiome do?

- ★ Optimises Gut health, keeping the lining in tip top condition.
- ★ 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.
- ★ Increases 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.
- ★ Creates a natural source of antibiotics to fight off infections.

The **Gut Rebalancing Protocol** has previously only been available to private clients but now, for the first time, is available to you. Put simply, this protocol Restores and Rebalances your Gut Microbiome - Your Inner Garden, Your Own Personal Ecosystem.

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

The **Gut Rebalancing Protocol** is a 56-Day 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 feed and breed beneficial bacteria and reduce inflammation (Phase 1 & 2).

This is a comprehensive program that supplies you with Weekly Meal plans, Shopping lists, Recipes, Online Support and 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



How It Works...

Once you Purchase your Chosen Plan you will receive an email into your inbox within approximately 2hrs containing ...

- ✓ Weekly Meal Plans for Phase 1 & 2 (Weeks 1 - 8)
- ✓ Weekly Shopping Lists Phase 1 & 2 (Weeks 1 - 8)
- ✓ Gut Rebalancing Recipes Phase 1 & 2
- ✓ Comprehensive Guidelines Phase 1 & 2
- ✓ Link to Join Your Online Facebook Support Group
- ✓ Personal Health Assessment and Goal Setting Sheet
- ✓ Plant Based Essentials and Fermenting E-Book
- ✓ 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.

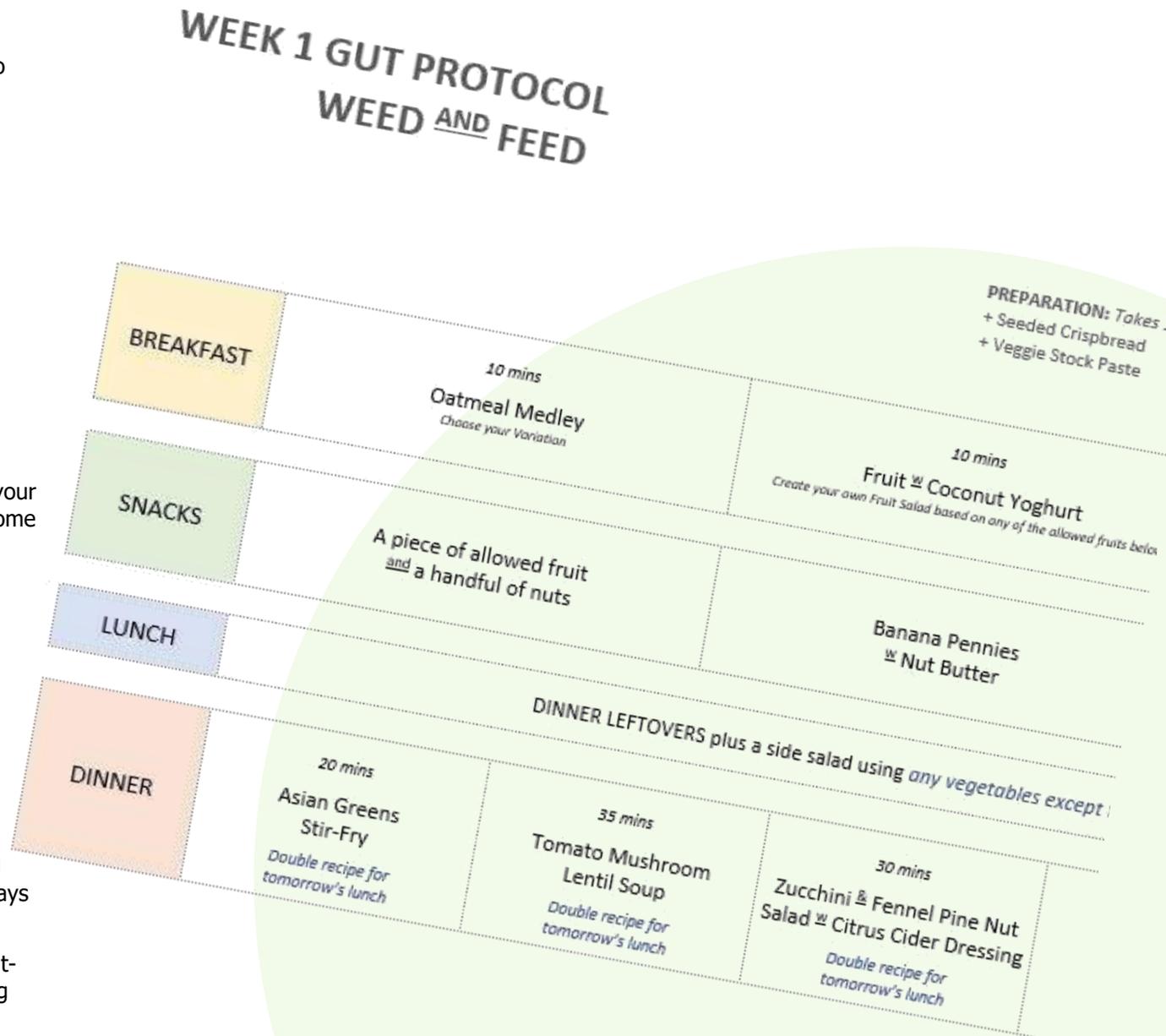
Preparation is listed at the top of your Meal Plan. These are the building blocks for the meals you'll make for the entire week. This preparation is essential as it will save you *a lot* of time during the week.

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, allowing for dinner's out, repeating a meal you really like, or for you to create your own meal using the guidelines.



Shopping Lists...

No more pacing the supermarket isles faced with 100's of options and no idea what to buy. Or stocking the pantry and fridge with items you never use and throw out.

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 saving you \$\$\$. 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!

WEEK 1 SHOPPING LIST				
GUT PROTOCOL				
Shop at home first, check off items on your list				
	1 SERVE	2 SERVES	3 SERVES	4 SERVES
<input checked="" type="checkbox"/> 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]	12 cloves	24 cloves	36 cloves	48 cloves
<input type="checkbox"/> Ginger [1knob = 2cm x 2cm]	3 knobs	6 knobs	9 knobs	12 knobs
<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	3 whole	6 whole	9 whole	12 whole
<input type="checkbox"/> Onion – Brown	4 whole	8 whole	12 whole	16 whole
<input type="checkbox"/> Radish	2 handfuls	4 handfuls	6 handfuls	8 handfuls
<input type="checkbox"/> Snow peas	1 ½ whole	3 whole	4 ½ whole	6 whole
<input type="checkbox"/> Zucchini	1 ½ whole	3 whole	4 ½ whole	6 whole
NUTS AND SEEDS				
Almonds, flaked	1 ½ whole	3 whole	4 ½ whole	6 whole
Almonds, whole raw or buy Nut butter	¼ cup	½ cup	¾ cup	1 cup
Cashews, whole raw or buy Nut butter	1 cup	2 cups	3 cups	4 cups
Flaxseeds or buy Ground Flaxmeal	½ cup	1 cup	1 ½ cups	2 cups
Pump seeds	¼ cup	½ cup	¾ cup	1 cup
Walnuts, your choice, for snacks [see pg.2]	2 tbsp	4 tbsp	6 tbsp	8 tbsp
Walnuts	300 gr	600 gr	900 gr	1.2 kg
	½ cup	1 cup	1 ½ cups	2 cups

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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	¼ whole	½ whole	¾ whole	1 whole
GGC mix see recipe	¼ tsp	1 tsp	1 ½ tsp	2 tsp
Onion – Red	¼ whole	1 whole	1 ½ whole	2 whole
Chickpeas 400g	¼ can	1 can	1 ½ cans	2 cans
Tomato crushed 400g or fresh	¼ can	1 can	1 ½ cans	2 cans
Coriander	1 handful	2 handfuls	3 handfuls	4 handfuls
Chilli – 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

*Imperial version available for U.S. participants

Gut Rebalancing 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 nutritionally balanced meals that are quick to make, and most importantly, create a *healthy robust Gut Microbiome*, to Transform your Health.

No shortage of choice with over 80+ Recipes such as...Phyto Green Salad w/ Divine Green Dressing, Coconut Granola, Lemon Cashew Balls, Apple Raspberry Crumble, Tomato Basil Zucchini Pasta, Banana Pancakes, Banana Raspberry Muffins, Phyto-Green Salad, Black Bean Quinoa Salad, Mexican Chilli, Mushroom Walnut Bolognese and more.

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

Plant Based Essentials and Fermenting E-Book...

With 32+ extra recipes learn how to make delicious dairy free cheese and butter, dips, sauces, dressings and more. Learn the art of fermentation with a step by step visual guide on how to make your own kimchi, sauerkraut, sourdough bread, beet kvass and coconut yoghurt saving you \$\$ and giving you the skills you need for optimal health.

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Weekly Educational Podcasts...

Every week I will send you a link to the weekly podcast covering information about the Gut Microbiome; What makes it stronger, what diminishes it and how you can keep your inner ecosystem flourishing forever. The podcasts are educational; empowering you to make informed decisions around your health.

Support Group...

A closed Facebook group is provided exclusively for you while on the Protocol. It is for you to ask questions, receive expert advice and share your journey. It also allows you to benefit from topics raised, participate in discussions and connect with others on the same journey.

The group is led by Holistic Nutritionist and Naturopath, Natalie Woodman. A Health Professional affectionately known as the 'Gut Engineer' due to her extensive knowledge of Anatomy, Science and 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 🙌🙌

Can't decide? Let's chat . Book a Complimentary Call [HERE](#)

Self-Starter 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.

Includes: 8 Weeks of Meal plans, Shopping Lists, 80+ Gut Rebalancing Recipes, Online Facebook Support Group (10wks) for Nutritional and Naturopathic Expert Advice, Personal Health Assessment & Goal Setting Sheet, Weekly Education Podcast, Plant Based Essentials Recipe E-Book with 32 Recipes, Fermentation for Health E-Book Step By Step Instructions.

Personal Plan...

Have a health condition, carrying excess weight for some time, or been on a course (or multiple courses) of antibiotics? Tried any number of things to feel better but to no avail? There IS a way through this.

Includes: All of the Self-Starter Plan **PLUS** Initial Consultation with Comprehensive Health Analysis*, 2 x Follow Up Consultations (4th & 8th week) and prescribing of Therapeutic Probiotics for Microbiome Recovery.* (In person or by Skype).

Coaching Plan*...

"There's a big difference between knowing what you should do and actually doing it" – this is where Coaching comes in.

Includes: all the elements of the Personal Plan **PLUS** Weekly Coaching calls to keep you motivated and accountable, Unlimited email support and a complete revamp of your kitchen and pantry* to set you up for life. Do something healthy for yourself - I promise you that your life and health will improve dramatically, forever.

*This plan is only available to Perth, W.A. clients. Pantry Makeover has a 40km from CBD radius, but can travel up to 70km from CBD at an extra charge of \$1 per km each way. Pantry/Kitchen makeover does not include jars, labels etc. but advice on where to buy is provided.

[Click here to Choose your Plan](#)