GET YOUR GUT IN GEAR CHECKLIST

Name:_____ **Dates:**_____

Creating consistency is the key to healing your gut for good! Healing the gut requires a 3-prong approach; 1- removing inflammatory and pathogenic food sources, 2- healing the gut lining and 3- getting rid of any pathogens (bacteria, parasites, yeast). You'll also be focusing on adding in some healing enhancements along the way to flush out the release of toxins being expelled from your gut and can track them here also to keep you focused along the way.

Day	Gluten Free	Dairy Free	Soy Free	Sugar Free	Alcohol Free	Exercised 30 min. +	Water- 1 liter per 50 lbs	Asleep by 10pm	Took Daily Supps	ENHANCEMENTS	Lemon Water Upon Rising	Bone Broth or Gelatin	Oil Pulling	Epsom Salts Bath	Yoga, Meditate or Deep Breathing	Castor Oil Pack (Daily)	Liver Flush (Weekly)	Colonic (Weekly)
1																		
2																		
3																		
4																		
5																		
6																		
7																		
8																		
9																		
10																		
11																		
12																		
13																		
14																		
15																		
16																		
17																		
18																		
19																		
20																		
21																		
22																		
23																		
24																		
25																		
26																		
27																		
28																		
29																		
30																		