

Gutsi®



Your Gut Reset Journal

Your essential guide for transforming your gut health for the better, because **everything** starts with a healthy gut!

Welcome



The keys to health

Your gut is the interface between the outside world and the inner workings of your body, the seat of your immune system and host to a very important collection of microbes we have co-evolved with over millennia – our microbiome.

Our understanding of this universe within has never been more sharply in focus, with research insights into this mysterious last frontier being revealed every day. This guide seeks to bring you the latest know-how on all things gut health so you too can care for your unique microbiome and experience the difference it makes to your health, now and in the future.

Learn more



Our Gutsi story

We believe that a happy microbiome is the key to health. Hippocrates postulated that “all disease starts in the gut” nearly 2,500 years ago. Now, more than ever, we know about the gut-brain connection and the power that microbial diversity can have in virtually every body system.

The future of gut health is exciting and it's here.

Our passion for the role of functional medicine in improving digestive health drives us to offer nature-inspired, science-backed formulas that work. Through education and easy-to-digest, evidence-based support, it's our mission to empower you to be your most healthy self. Trust your gut when it comes to your body and health.

Be Gutsi®.

*For personal support on your gut healing journey,
please contact our Naturopaths on naturopath@gutsi.co.nz*

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About Kiran Krishnan

Gutsi® formulator Kiran Krishnan is a Research Microbiologist and has been involved in the dietary supplement and nutrition market for the past 20 years. Most recently, Kiran is the General Manager of Novozymes One Health America, and Co-Founder/Chief Scientific Officer at Microbiome Labs, a leader in microbiome and probiotic research. He is a frequent lecturer and expert guest on the Human Microbiome at Medical and Nutrition Conferences. He is currently involved in over 18 novel human clinical trials on probiotics and the human microbiome, has published clinical trials in peer-reviewed scientific journals, and has several global patents in his name.

Gutsi

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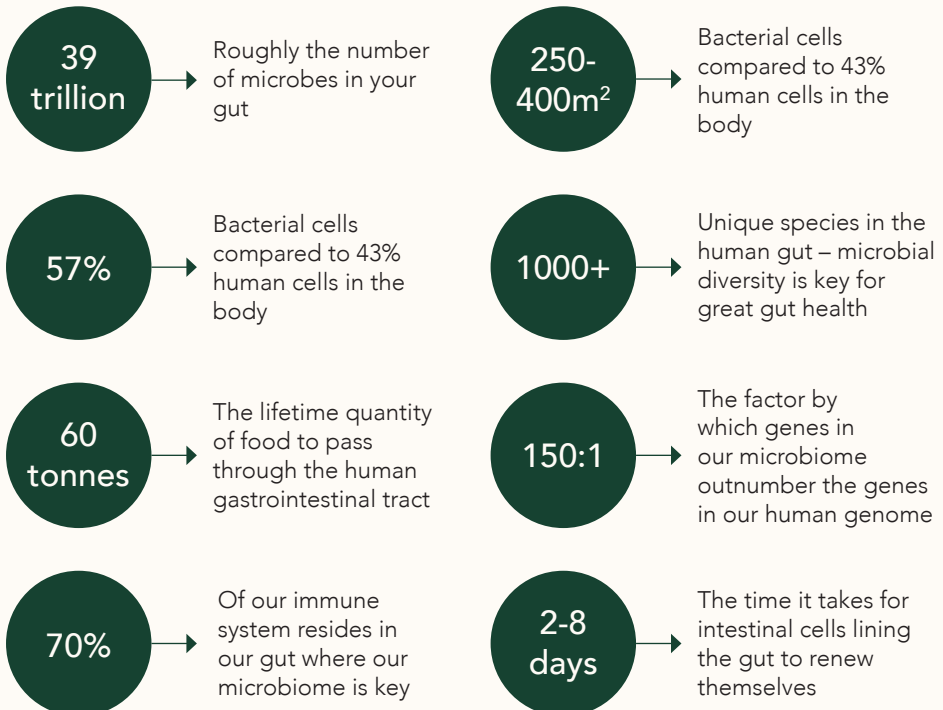
Gut health fundamentals

The microbiome

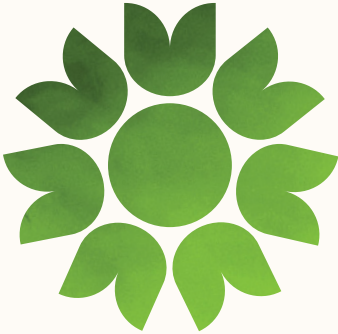
"Microbiome" is a term that refers to the community of microscopic organisms – the bacteria, fungi, archaea, viruses and single-celled organisms – that live together in a particular place. They can contribute to or detract from our health – and maintaining a good balance of beneficial flora is a top priority for optimal overall health.

Many areas of the body have a microbiome unique to that site, such as the mouth, but the 'mother' of all microbiomes in the body has its residence in the large intestine of the gut, a sprawling civilisation in miniature of trillions of microbial species. This diverse collection of 'bugs' includes even the most ancient of all single-celled organisms on earth, part of all living ecosystems, archaea. Humans have evolved with these organisms over millennia and we would quite literally not survive without them. With so many factors in our daily lives threatening to upset the balance between bugs that help and bugs that harm, it's good to know that there is a lot we can do to support our microbiome for the better. This guide shows you how!

Your gut by the numbers



What are prebiotics, probiotics & postbiotics?



Prebiotics

Non-digestible fibre that feeds beneficial keystone bacteria to encourage a diverse microbiome.

Prebiotics can be found in: garlic, onions, leeks, green bananas, asparagus, beans & legumes, whole grains, artichoke, inulin, chicory root, dandelion greens, burdock root, apples, flaxseeds, chia seeds, yacon root and bran.



Probiotics

Live bacterial microorganisms in either a spore or vegetative form, which when delivered to their site of action effectively, work to reseed and balance the gut.

Probiotic organisms can be found in fermented foods like kefir, sauerkraut, tempeh, kimchi, natto, miso, kombucha, yogurt and traditional buttermilk.



Postbiotics

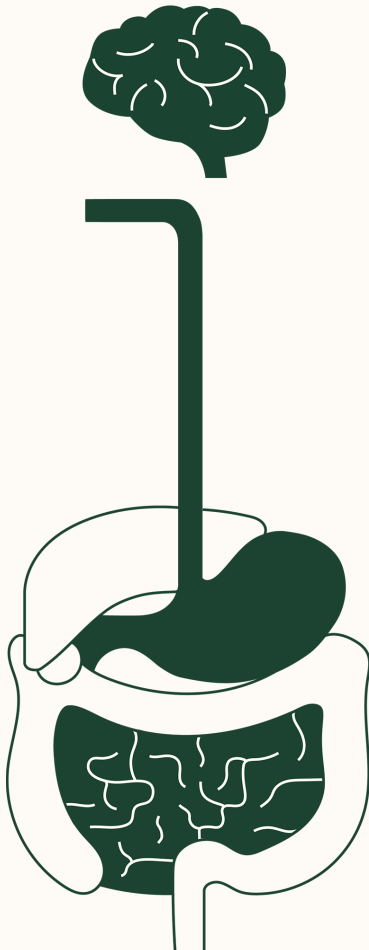
Beneficial substances produced by bacteria after the fermentation and digestion of fibre that help the body and the microbiome flourish.

Postbiotic bioactive compounds include vitamins (K, the B vitamins), amino acids, neurotransmitters, enzymes, short-chain fatty acids (energy source for cells), bacterial lysates (made from bacterial components), cell wall fragments and exopolysaccharides.

A healthy gut

– the digestive process

It's no surprise that many of the signs and symptoms associated with compromised gut health have to do with eating or pooping, or both, and the effect this has on how you feel. When working well, our gut can process a broad range of foods, properly absorbing all the nutrients available to fuel the building of new cells in the body, and then easily pass the waste products out of the body.



- Digestion starts in the brain using our senses to anticipate food.
- Mechanical digestion starts in the mouth with chewing and the support of salivary enzymes.
- The stomach's acidic environment and protein digesting enzymes helps break down foods further.
- The more alkaline small intestine completes the breakdown of foods and fats with the help of bile from the liver. This is the site of nutrient absorption.
- The large intestine is home to our microbiome, feeding on indigestible fibres and producing more nutrition for our bodies.
- Anything not used and absorbed is eliminated as a bowel movement.



The scoop on poop

What does your poop say about you? The Bristol Stool Chart provides a guide to the different forms of stool and what this reflects about your digestive function.

Type 1



These stools are separate, hard balls or lumps. They are hard to pass and spend too much time in the colon. This can be caused by dehydration, lack of fibre in the diet, not enough exercise, some medications and changes to routine.

Type 2



Lumpy and sausage like, these can be stuck together. These stools may cause moderate straining and may produce haemorrhoids if you strain to get them out.

Type 3



Like a sausage shape with cracks on the surface. These stools may cause mild straining but are on the low end of 'acceptable'. It might be a good idea to increase your water and fibre intake.

Type 4



Banana or sausage like, these stools can be 'S' shaped: soft and moist, not too hard, not too soft – they are just right! If you see stools like this in the toilet, GOLD STAR! You are an A+ pooper.

Type 5



Soft blobs with clear-cut edges, these stools can pass easily and are on the high end of 'acceptable'. They are typical of one who experiences several bathroom trips per day and may indicate a lack of fibre in the diet.

Type 6



Mushy consistency with ragged edges, consistent with a loose bowel. You might want to consider adding more fibre to your diet, searching for food sensitivities or checking for parasites.

Type 7



Liquid consistency with no solid pieces indicates a severely loose bowel. This is not good. It can lead to dehydration, which can be particularly dangerous. If you have signs of serious dehydration, seek medical help.

Do you need a gut reset?

Whether you have obvious digestive niggles or more subtle signs of health imbalance, the reality is that almost all of us would experience the huge health gains possible when we concentrate some time, attention and care on the health and wellbeing of our gut. If one or more of the factors below are regular occurrences for you, then you are in the right place! A gut reset will most certainly be supportive of improved health outcomes.

Frequent burping or belching?	Y / N
Feeling bloated after eating?	Y / N
A 'sensitive' stomach?	Y / N
Difficulty processing certain foods?	Y / N
Frequent loose bowels?	Y / N
Frequent sluggish bowel?	Y / N
A combination of both loose and sluggish bowel?	Y / N
Mucus in your stool?	Y / N
Foul-smelling stool?	Y / N
Difficulty cleaning-up after number 2s?	Y / N
Alcohol intake?	Y / N
Cigarette use?	Y / N
Regular consumption of medications?	Y / N
Past or present antibiotic use?	Y / N
Mood fluctuations?	Y / N
Energy lows?	Y / N
Frequent or recurrent infections or illnesses?	Y / N
Frequent stress?	Y / N
Congested sinuses or sensitivity to allergens?	Y / N
Poor diet or lack of dietary diversity?	Y / N
Low levels or lack of physical exercise?	Y / N

The 6 principles of a healthy gut

Every day, our gut and our microbiome are exposed to and modified by a range of factors that have a bearing on our health outcomes, for the better or worse. Just as the gut is the critical link between the outside world and the inner world of the body, so to it is the foundation that connects all aspects of our body functions to power whole-body health.

We become what we consume, so if our diet is devoid of essential nutrients, or we damage the absorptive capacity of our intestinal tract with toxins, then our body doesn't have the necessary building blocks to power our brains, support a healthy mood, fight immune pathogens, produce clear, glowing skin, synthesise correctly balanced hormones and so much more. By focusing on the 6 core principles of gut health, you can turn that around by nourishing the cells and structure of your digestive tract and most importantly the happy balance of your gut's microbiome.



Nutrition

Weed out food sensitivities

There is no one 'right way' to eat as we are all unique. What might be right for you, might be wrong for your partner, child, friend or family member. But eating the wrong foods that don't suit your body is a sure-fire way to damage the delicate balance of your gut microbes as well as your gut lining. From there a slippery down-ward slope will likely ensue. Learning to listen to which foods agree with you and which don't is an important first step. Using a food diary that tracks what you eat and when, how you felt afterwards and how your digestive processes responded is a useful tool to help pinpoint foods that don't sit well with your system, and which ones do.

Fibre is king

Plant foods are rich in fibre which has many benefits for the body such as supporting blood sugar balance and insulin sensitivity, removing excess fats like cholesterol, clearing spent hormones and binding to waste products for removal. Soluble fibre mixes well with water to create a gel-like consistency that helps us feel fuller after eating. Plus it helps bulk and soften stool to make it formed and easy to pass. Our gut bacteria can feed upon this fermentable form of fibre to produce postbiotics. Insoluble fibre, sometimes called roughage, sweeps through our gastrointestinal tract like a broom collecting wastes for removal. It supports regularity of bowel movements as well as a healthy stool form. Resistant starch is a sort of cross between the two with characteristics of both. It is very difficult for the body to digest and much more fermentable by gut bacteria so provides a rich fuel source for our microbiome.

Emphasise pre & probiotic foods

Fermentable fibres, such as soluble fibre and resistant starch, are a food source for our healthy gut bacteria and stimulate the growth of selected strains, which in turn produce health-supporting substances that we can use called postbiotics. These fibres are essentially chains of indigestible sugar-molecules including inulin, pectin, fructans and galactoligosaccharides that can be found in foods like garlic, onions, mushrooms, oats, algae like spirulina, green bananas, cooked and cooled starches such as potatoes, rice and lentils, gums like xanthan and agar and human breast milk. Probiotic foods are fermented foods that contain beneficial bacteria also, including miso from natto (fermented soybeans), fermented vegetables like kimchi and sauerkraut, and cultured dairy like yogurt. Prebiotics encourage the proliferation of beneficial bacteria that in turn produce postbiotic substances like short-chain fatty acids such as butyric acid which nourish the cells of our gut barrier, supporting overall immune health.

Raw or home-cooked?

Of course, eating real foods doesn't necessarily mean eating raw foods or foods that aren't processed to a degree. Although many raw foods – like salad vegetables – are extremely healthy, and contain many helpful digestive enzymes that benefit digestion, raw foods can also be difficult to properly digest for some, especially those with compromised digestive function. So home processed foods are absolutely ok – pureeing foods to help break down plant materials whilst retaining the beneficial fibre (soups & smoothies) or cooking foods healthily like steaming or reusing the liquid from boiled veges will help to ensure you get every precious nutrient, whilst also being kind to your digestion.

Variety is the spice of life

An ideal health-supporting diet is diverse, one that includes as many foods and food groups as possible to ensure essential nutrients are obtained. When following restricted diets due to health reasons, religious or personal preferences, it is important to identify nutrients you might be at risk of deficiency of (eg vegans might need additional Vitamin B12, and possibly iron). Plant foods should be a staple of all eating styles, however, with the many colourful fruits and vegetables providing important secondary plant constituents in addition to the vitamins, minerals and nutrients that benefit our health. Aim for 30 different plants foods every week, and don't forget herbs and spices count!

Natural vs artificial

A diet high in mass-manufactured processed foods, artificial ingredients, additives, sweeteners, flavours and flavour enhancers, damaged hydrogenated fats, and the like have no place in a gut-healthy diet. These ingredients are foreign to the body and especially to the beneficial bugs of the microbiome leading to imbalance. Instead opt for real, whole foods – if you can catch it, hunt it, pick it or harvest it – it is likely a real food that your body and bacteria can use.

The importance of hydration

Water is not only essential for life, its essential for a healthy, diverse gut microbiome! This often-forgotten nutrient supports digestive function, lubricating the food mass so that nutrients are more readily extracted and absorbed. It also nourishes the cells that line the GI tract, and is essential for combining with soluble fibres to soften the stool for easier bowel movements. Drinking 8 or more cups of water daily is associated with a significantly greater degree of microbial diversity and health than 4 or fewer cups.



The gut-brain connection

Your gut and your brain directly influence each other, impacting both digestive function, mood and behaviour. This is due to the gut-brain axis, comprising the vagus nerve and the gut's enteric nervous system (or 'second brain'), the microbiome and the chemical substances they produce. Chronic stress negatively impacts microbial diversity and gut-barrier function, ultimately leading to a vicious cycle of gut and mood issues.

Calming the stress response

Stress is driven by the sympathetic nervous system, the so called 'fight or flight' response. To counter its physical and psychological effects, focus on improving the opposing parasympathetic nervous system, or 'rest and digest' response, by stimulating the vagus nerve. Choose one of the techniques below to increase your vagal tone and stress resilience.

Deep breathing

Slow, deep diaphragmatic breathing is easy, simple and cost free and is one of the most effective ways to relax the body and improve your vagal tone. Breathe in slowly to a count of four deep into your abdomen, pause for a second or two before exhaling to a count of 6 or longer.

Vibration for vagal tone

'OM' chanting yogis have understood the power of vibrational healing for centuries. Chanting, humming, singing and even gargling all work to the same end, creating a vibration of the muscles in the back of the throat that activate the vagus nerve to reduce the fight or flight response and increase feelings of relaxation.

Laughter is the best medicine

A good belly laugh always feels good and is good for you! Whether it is spontaneous laughter or listening to others laugh, this technique produces a relaxing effect in the body, stimulating parasympathetic activity via the vagus nerve. Bring on a burst of the giggles for 5-10 minutes daily for whole-body health.



Mindfulness

Bringing back balance

'Balance' is a key principle of health, with the body always striving to maintain its equilibrium between too little and too much. This is as true for the mind as it is for the gut. As you work towards just the right balance of your microbiome, spend time creating a mindset of balance that champions mindfulness – an open awareness and acceptance of the immediate present.

Mindful eating

Mindful eating is all about thoughtful attention to your food, eating slowly and chewing food thoroughly to best appreciate the flavours of your meal and support optimal digestion. This relaxed way of eating releases emotional baggage around food, reduces the stress response and supports normal, unhurried digestion. No more digestive woes from inhaling food mindlessly in front of the phone or TV!

Practicing gratitude

Many cultures have a traditional practice of offering thanks before a meal, and this simple act of gratitude can have a profound effect on digestion as well as full body health. Gratitude is a powerful positive emotion that has a correspondingly positive impact on the gut microbiome. The digestive benefits don't end there, with feelings of gratitude working via the vagus nerve to support the parasympathetic nervous system to prioritise intestinal activity and digestive enzyme secretion for optimal nutrient uptake.

Mindful meditation

Put simply, meditation is the practice of learning to focus your awareness on the present with an open, non-judgemental mindset. It can be done in many ways, such as focusing on the awareness of breathing, and yields an abundance of health benefits, including an increased feeling of calm, stress resilience, mental clarity and positive mood. Research shows regular, consistent meditation performed over the long-term supports a healthy gut microbiome and mental health outcomes. Try a guided meditation app if you are a beginner, which provide great instruction to support a regular mindfulness meditation practice.

zZ Sleep

Sleep and your microbiome

Poor sleeper? Take a look at your gut! Just as the gut-brain axis can support a healthy mood, sleep quality and gut health can also impact each other. Shift workers and people with disrupted sleep experience disturbances to their circadian rhythm which can impact the microbiome. Certain beneficial bacteria as well as healthy microbial diversity is associated with better sleep quality, longer sleep duration, less wakefulness and better overall sleep efficiency (the amount of time actually spent sleeping vs trying to sleep). The neurotransmitter serotonin is involved in the sleep-wake cycle, and our gut bacteria are one of our primary sources outside of the brain in manufacturing this chemical.

Sleep hygiene techniques

- Melatonin is the hormone that tells our body to go to sleep, and it is highest 2 hours after we go to sleep. Full spectrum lights (hint: TV, tablets, phone screens and the like) will disrupt the effect of melatonin more than yellow coloured (incandescent) lights.
- Your sleep environment should be completely dark, as if you are sleeping in a cave.
- Keep your bedroom around 15 °C – we sleep better in cooler temperatures and our body's temperature naturally decreases at night.
- Keep your bed away from fuse boxes, electrical cords, and don't have anything plugged in beside your bed.
- No pets in your room and keep your room as hypoallergenic as possible – histamine keeps you awake.
- Go to bed at the SAME time every night, and wake up at the SAME time every morning – even weekends!
- Try to eat your last full meal before 7 pm or at least 3 hours before you want to sleep. Digestion takes a lot of energy and can be disruptive to sleep.
- Avoid caffeine (or nicotine) for at least 6-8 hours before you plan on going to bed.



Exercise and the microbiome

The more you move, the more you encourage the beneficial bacterial populations associated with physical activity to flourish. Moderate activity improves both the composition and the output of postbiotic substances such as butyrate from gut bacteria. As a fuel source for intestinal cells, butyrate supports the healthy turnover of these intestinal cells for optimal gut barrier function and healthy immune function. But more isn't always better, with extreme exercise or overtraining wreaking havoc on the gut, leading to an imbalanced gut microbiome known as dysbiosis.

Your workout checklist

- ☐ **Exercise outside as often as possible** – Connecting with nature, whether forests, beach or countryside, expose us to bacteria and other substances that can support the microbiome as well as provide a positive influence on mood and stress levels.
- ☐ **Exercise in the morning** – Then it's done and there is no risk of being too tired to do it later. Also, the greatest metabolic (and fat burning) benefits are experienced when done at this time.
- ☐ **Use a pedometer or download a walking app on your smart phone** – This is a worthwhile investment. Counting your steps – and aiming for 10,000 a day – will get you competitive with yourself!
- ☐ **Commit to 20 minutes only** – This way you'll do it, you won't baulk (as you would if you bossily tell yourself you must do a one- hour workout). Once started, you can bulk it up to 30 minutes. Or longer!
- ☐ **Be active every day** – Something strange happens when you say you'll exercise just three days a week...you spend every morning deliberating whether today is one of those days instead of just doing it.
- ☐ **Think outside the gym** – Get your steps in doing the shopping, take time for a mid-afternoon hike or try some gentle stretching or yoga.
- ☐ **Try a home workout on rainy days** – There are plenty of varied and fun workout options on the internet using everyday items such as tins of tomatoes, chairs, walls and your own body weight.

Supplements

The best approach to achieving optimal gut health combines the benefits of a nutrient-rich diet and healthy lifestyle interventions with quality supplementation to provide complete 360-degree microbiome support. Gutsi® supplements work in synergy to support and maintain optimal gut function by nourishing a harmonious microbial ecosystem for complete digestive health.



SporeBiotic™ – *Reseed and balance the gut*

Gutsi® SporeBiotic™ is a microbiologist formulated, 100% spore-based broad-spectrum probiotic and antioxidant designed to support microbial diversity and the growth of key gut bacteria and antioxidants for a healthy microbiome.



Gut Food – *Nourish friendly flora*

Gutsi® Gut Food is a precision prebiotic that utilises non-digestible oligosaccharides to support the beneficial changes from SporeBiotic™ by feeding friendly keystone bacteria in the dynamic environment of the gut.



Good Guts – *Support postbiotic production*

Gutsi® Good Guts™ features key amino acids and polyphenols to support the production of short-chain fatty acids and postbiotic compounds which serve as fuel for a strong and healthy gut barrier and healthy immune response.



MoodBiotic™ – *Unlock inner calm*

Gutsi® MoodBiotic™ harnesses the power of the gut-brain axis to support a resilient response to stress, pairing the potent mood probiotic *Bifidobacterium longum* 1714™ with the calming support of botanicals L-theanine from Green Tea and Passionflower for occasional feelings of stress and overwhelm.

Actioning your Gut Reset

Kudos to you for choosing to embark on the Gutsi® 60-day Gut Reset! Now that you know the 'what' and the 'why' of digestive health, it's time to embark on the 'how' and put your gut reset into action!

To follow, you will find some useful tools to help you assess your health now and as you progress, develop actionable goals to integrate into your new healthy lifestyle, and a handy daily tracker to keep you focused every step of the way on your 60-day journey.

This is the start of a new you, with the vibrant, glowing health you have been looking for!

Be bold, be Gutsi®!

Self-assessment

Before embarking on the Gut Reset, score your current health against a range of factors on a 1-10 scale, 1 being low/not present/unsatisfied and 10 being high/always present/satisfied. Come back and revisit this page to re-assess every 2 weeks on your gut-reset journey.

Before Gut Reset – Date:

Stress level:	1 2 3 4 5 6 7 8 9 10	Energy level:	1 2 3 4 5 6 7 8 9 10
Sleep quality:	1 2 3 4 5 6 7 8 9 10	Mood:	1 2 3 4 5 6 7 8 9 10
Digestive symptoms:	1 2 3 4 5 6 7 8 9 10	Overall wellbeing:	1 2 3 4 5 6 7 8 9 10

End of week 2 – Date:

Stress level:	1 2 3 4 5 6 7 8 9 10	Energy level:	1 2 3 4 5 6 7 8 9 10
Sleep quality:	1 2 3 4 5 6 7 8 9 10	Mood:	1 2 3 4 5 6 7 8 9 10
Digestive symptoms:	1 2 3 4 5 6 7 8 9 10	Overall wellbeing:	1 2 3 4 5 6 7 8 9 10

End of week 4 – Date:

Stress level:	1 2 3 4 5 6 7 8 9 10	Energy level:	1 2 3 4 5 6 7 8 9 10
Sleep quality:	1 2 3 4 5 6 7 8 9 10	Mood:	1 2 3 4 5 6 7 8 9 10
Digestive symptoms:	1 2 3 4 5 6 7 8 9 10	Overall wellbeing:	1 2 3 4 5 6 7 8 9 10

End of week 6 – Date:

Stress level:	1 2 3 4 5 6 7 8 9 10	Energy level:	1 2 3 4 5 6 7 8 9 10
Sleep quality:	1 2 3 4 5 6 7 8 9 10	Mood:	1 2 3 4 5 6 7 8 9 10
Digestive symptoms:	1 2 3 4 5 6 7 8 9 10	Overall wellbeing:	1 2 3 4 5 6 7 8 9 10

End of week 8 – Date:

Stress level:	1 2 3 4 5 6 7 8 9 10	Energy level:	1 2 3 4 5 6 7 8 9 10
Sleep quality:	1 2 3 4 5 6 7 8 9 10	Mood:	1 2 3 4 5 6 7 8 9 10
Digestive symptoms:	1 2 3 4 5 6 7 8 9 10	Overall wellbeing:	1 2 3 4 5 6 7 8 9 10

Healthy habits

Fasting – Intermittent fasting or ‘time-restricted eating’ can optimise gut bacterial composition and function to deliver significant health gains. Aim for at least a 10 hour fasting period overnight but ideally longer such as a 12-16 hour fasting period.

Meal timing – An easier option is to incorporate pockets of fasting throughout the day. This initiates a process called the ‘migrating motor complex’, a ‘self-cleaning’ function of the digestive tract that starts only after 90 minutes of fasting and continues for at least 90 mins, so periods of 3-5 hours between meals without snacking is ideal.

Avoid eating late – Finish eating at least 3 hours before bed to avoid going to bed with a full stomach. Eating too late in an evening is also associated with disruptions to the gut microbiome as it operates on the same circadian rhythm we do.

Other nutrition habits to adopt

- Make vegetables the main part of your meal rather than starchy carbohydrates.
- Take the 30 plant food challenge, and aim to eat 30 different types of plant type foods each week. Count every new fruit, vegetable, bean, pea, grain, herb or spice only once per week even if you consume it more than once!
- Eat a rainbow – aim to have at least 2-3 different colours (more if you can manage it at each meal (‘white’ isn’t a colour!). For example, if you are having muesli for breakfast, add some strawberries and blueberries or when making a salad, add things like capsicum, raw beetroot, grated carrot and corn to your salad leaves.
- Always go for ‘full fat’, ‘brown’ or ‘whole’ versions. For example, look for full fat yoghurt, brown rice, wholegrain bread or pasta options.
- Keep meat intake to a palm-size per meal. It should be the size and thickness of your palm – no fingers!
- Hydration: Choose filtered water as your predominant drink, aiming to drink at least 30 mL per kg of body weight; increase hydration if exercising, it is hot outside, or you are unwell.
- Chew your food! This is one of the most underrated nutrition tips for great digestion. Chewing stimulates salivary enzymes so aim for 30 chews before swallowing every mouthful.

Self-care goals



Body self-care

- ☐ Enjoy a glass of warm water upon waking to stimulate digestion (before coffee or tea!)
- ☐ Practice deep breathing
- ☐ Take a yoga class
- ☐ Get a massage
- ☐ Take daily supplements (e.g. high-quality multi, probiotics, fish oil)
- ☐ Dance to your favourite music
- ☐ Bake something delicious
- ☐ Clear out your wardrobe
- ☐ Open the windows in your home
- ☐ Aim for 7-8 hours of sleep per night
- ☐ Whenever you find yourself stressed, draw your attention back to your 5 senses for 10 seconds to activate brain circuits that produce feelings of balance, calm and inspiration



Soul self-care

- ☐ Be kind to someone else
- ☐ Laugh at something
- ☐ Reach out to an old friend
- ☐ Volunteer or give back
- ☐ Connect with nature – go on a hike/walk, do an outdoor activity, garden
- ☐ Intentionally schedule “me time” on your calendar/diary
- ☐ Give someone you love a hug
- ☐ Spend time doing an activity that “fills your cup”
- ☐ Learn a new skill
- ☐ Plan a bucket list trip
- ☐ Tend to your environment as much as possible to cultivate a positive state of mind; clean, tidy, beautiful spaces can help you stay inspired and calm



Mind self-care

- ☐ Practice daily meditation or mindfulness
- ☐ Write a gratitude list
- ☐ Complete a puzzle
- ☐ Try a digital detox and step away from your phone to recharge, refresh and reconnect with your surroundings
- ☐ Take a 30-minute nap
- ☐ Sit and listen to the sounds of nature
- ☐ Allow yourself to feel and express all of your feelings (in a safe & appropriate environment)
- ☐ Look for ways to transform your stressors into opportunities; reframing problems this way can help you stay positive and eliminate stress



Sleep self-care

- ☐ Create a bedtime ritual
- ☐ Go to bed early (by 10 pm!)
- ☐ Limit caffeine after lunchtime
- ☐ Take magnesium or sleep-supporting herbs if you have a hard time going to sleep or staying asleep
- ☐ Increase your daily activity/exercise
- ☐ Have an earlier dinner
- ☐ Do a 10-minute body scan technique to check in with each part of your body
- ☐ Limit screen time before bed
- ☐ Enjoy a bath with Epsom salts
- ☐ Star gaze

Daily planner

Date: / /



Challenge of the day



Notes



Food log



Gut health checklist

- ☐ Health supplements
- ☐ Stress relieving activity
- ☐ 30 minutes of movement
- ☐ 7-8 hrs of sleep
- ☐ Drink at least 8 cups of water



Mood



Daily health goals



Water



Poop type

1

2

3

4

5

6

7

NONE

Gutsi®

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