



Phase 2: It Starts in the Gut

“It Starts in the Gut” is our most in-depth program and rightfully so. Our gut health is central to total body health. This program is 5 months long and includes 8 in-person appointments, 5 phone check-ins, GI-Map stool testing (Diagnostic Solutions Laboratory), and a 5-month membership to our Nutrition Club which includes InBody 570 body composition testing.

What we accomplish:

- Support liver health and detoxification systems with our Body Boost protocol to prepare the body for gut healing. (This is a scientific approach.... No fad detox diets here!)
- Implement a personalized diet and supplement plan to rebalance gut bacteria, promote optimal digestion, and heal the gut. We utilize a specialty stool test to pinpoint areas of gut health to work on.
- Provide guidance for slowly and systematically reintroducing foods that were eliminated to help determine the best long-term diet for you. Clarify any diet confusion related to what to avoid and what to consume.
- Address lifestyle factors beyond food that impact gut health (i.e. stress, anxiety, emotions, sleep). Create plan to change these factors in order to promote long-term resolution of problems.

Whether you have obvious digestive issues, or if your symptoms are more related to inflammation, hormonal imbalances, and autoimmune disorders – this program gets to the root of many of these issues. For some prospective clients, beginning in Phase 2 may be appropriate if you have already “figured out” your diet to a certain point or if your “gut” tells you, you need this program (that’s often the case!)