



## **7 Step Jumpstart Program to Heal your Gut for Good:**

How to Plan, Prepare and Implement a Gut Healing Strategy that eliminates your Digestive Discomforts, Food Intolerances, Mood Swings, Brain Fog and Skin Problems, so that you can FINALLY eat *anything you want* in moderation WITHOUT having to pay for it later!

- Is your skin itchy, sensitive, acne or rash prone?
- Do you suffer from fatigue, depression, irritability, mood swings and uncontrollable cravings for sugar?
- Are you are sick and tired of living with gas, constipation, diarrhea, pain and bloating?
- Are you bored by your sugar free, yeast free, gluten free, nearly everything free diet etc. only to feel marginally better without these foods?
- Have you been avoiding certain foods for so long, that you are wondering if there will be anything left to eat- while the list of things that you *CAN* eat continues to dwindle?
- Have you been told that there is nothing wrong with you, even though YOU know that you are not entirely well?

Are you ready to explore a healing approach that has helped thousands of people heal themselves of digestive troubles, skin conditions, aches and pains and other symptoms through strategic diet and supplementation, that heals the gut at the level of root cause?

Many people are finding relief from their uncomfortable or painful symptoms, purely by omitting certain foods from their diet such as gluten and dairy. But what if I told you that you can actually heal at a much deeper level, one that allows you to eat the foods that once bothered you, in moderation without having to suffer any ill consequences? Is that something that you would you like to know more about ?

The following 7 Step program teaches you exactly what you need to know in order to Plan, Prepare and Implement a Gut Healing Strategy that is Sustainable over time! This approach can be your first step in putting an end to the pain and frustration of food sensitivities, so that you can start enjoying eating the very foods you once thought you had to give up for life!

What I offer is an approach that takes the anxiety out of eating, and brings the pleasure back in! Can you imagine looking forward to a future in which you can enjoy eating with your friends and family or dining out in restaurants without having to pick apart the menu?!!!

Are you ready to learn more?

### **Step 1: Make the Connection between Your Painful Symptoms and the Food you are currently Eating so that you know where to start!**

Together we will explore where you are now and where you want to be, using strategic goal setting.

✓ *Map out a strategy that will get you the results you want.*

✓ *Stop the insanity-doing the same things over and over and expecting different results!*

**Step 2: Soothe the Discomfort-Quick and NATURAL Side Effect FREE Relief!** During our sessions, you will come to understand how seemingly unrelated symptoms, reflect poor gut health. Get the clarity and understanding you require, to access the inspiration and motivation you need to follow through on your program. In addition, learn about simple, affordable and accessible natural remedies that will give you relief NOW!

*√ Feel better right away and keep track of your changes so that you know that what you are doing is REALLY working!*

*√ No more confusion- Your suffering will no longer be a mystery to you!*

*√ Move from feelings of Futility to FINALLY getting that, not only is healing possible, but probable!*

**Step 3: Eliminate Digestive Toxicity to Relieve the Belly Bloat Fast!**

In this session, you will discover the 3 FREE Sure-Fire ways to improve your digestion while cultivating an infusion of feel good hormones that will help you slow down and experience more connection and pleasure in your food!

*√ Give your stomach a break and get the most nutrition possible from your food!*

*√ Enjoy your food and maximize your relax and feel good hormones!*

*√ ``Stoke`` instead of ``snuff`` your digestive fire to create a ``gut made of steel``!*

**Step 4: Discover the 3 Keys to a Sustainable Healing Strategy so that you don't Treadmill, or Backtrack in your Progress!**

In this session we are creating fertile ground, not only in your gut but also preparing your mind to open to the healing process. We will explore the metaphor of our own inner ecology vs. the earth's ecology, and what that tells us about the sustainability of our health as humans.

*√ Gain confidence in yourself and your body's self healing mechanisms.*

*√ Expand your vision to include the bigger picture.*

*√ Save \$ over Time, Ramp up your Digestion and Enjoy a Whole New Array of Food Possibilities!*

**Step 5: How to Avoid the Top 7 Mistakes that most people make on their Road to Recovery!**

In this session you will get all your questions answered about the intricacies of healing your gut, and troubleshoot any areas where you might be feeling stuck. In addition you will discover why certain fats and oils have a surprising link to allergies and digestive disturbances, and what you can do about it!

*√ Feel confident that the approach that you are taking addresses your gut issues at the level of root cause.*

*√ Breathe a sigh of relief knowing that you don't have to reinvent the wheel here! Instead, ride on the experience of those who have paved the way- know what works and what doesn't!*

*√ Shed light on your blind spots (the things you don't know, you don't know!) and drop the habits and mindsets that slow down or impede your progress!*

**Step 6: How to Systematically Reintroduce Your Trigger foods, so that you can eat pretty much whatever you want in moderation, WITHOUT having to SUFFER for it later!**

In this session you will learn what to eat while you are eliminating potentially allergic foods. In addition, we will explore how to keep from getting sensitized to the foods you are currently eating

now, so that they don't bother you later. Finally, you will learn how to reintroduce foods in a way that will let you know whether or not your body is truly ready for them, or if there is still further healing to do.

✓ *Discover exactly which foods are the culprit to your digestive dilemmas- get them out and add a whole new array of yummy foods into your diet!*

✓ *Feel nourished not deprived!*

✓ *Know without a doubt how to reintroduce Trigger foods without having to swing back into digestive distress!*

### **Step 7: 3 Simple Strategies that Lighten the Toxic Load, so that your Capacity to heal Can Finally Kick into High Gear!**

In this session we take a look at the external toxins and energy drains that impede our ability to heal completely. In addition you will discover why a diet of REAL foods, including sweet treats now and then, can be a source of nourishment and food for the soul!

✓ *Get those nasty and noxious chemicals out of your life so that your liver can focus on the biochemical functions that keep you well, instead of getting backlogged and sluggish with detoxification duties.*

✓ *Wake up each morning clear headed, and breathe a sigh of sweet relief from the stuffy nose syndrome.*

✓ *Lick the Sugar habit WITHOUT feeling deprived!*

### **The “Healing Your Gut for Good” Program Features:**

✓ *Modules that outline what you have learned as we go, so that you can take action in a streamlined step by step fashion, and refer to the steps later.*

✓ *Simplified DFY (done for you) Materials such as hand-outs, lists, visual learning aids etc.*

✓ *My signature “Get started on Healing your Gut for Good Menu Plan” including recipes and done for you shopping lists for a gut soothing and healing boost with 3, 7 and 10 day options!*

✓ *A Step by Step Planner for “How to Prepare, Plan and Implement a Gut Healing Strategy” that is unique to you!*

✓ *A few secret surprises!*

### **About the Consultant**

Sherry Rothwell graduated with Honours from Canadian School of Natural Nutrition (Vancouver, BC), where she received her Diploma and professional designation of Holistic Nutritionist (RHN). She also holds a certificate in nutrition from the Edison Institute. Sherry offers consulting, coaching and courses in natural nutrition. For more information visit her website @ [www.wholefoodsfamily.com](http://www.wholefoodsfamily.com)

More importantly, Sherry has successfully used this gut healing approach to heal herself of Candida, her son of eczema and more recently her husband of sugar addiction. Sherry has humbly stood in your shoes and knows that while healing the gut may be simple, it is not necessarily easy in today's fast food and fast paced culture. With this in mind, she has streamlined a jumpstart program that practices a step-by- step approach to healing the gut. One that essentially omits the guesswork, overwhelm and confusion for those who want or need a “hand held” approach to get started.

“The Healing Your Gut for Good” Program is offered as a private consulting package or group coaching series. For more information, please contact Sherry Rothwell @ 204-417-8073 or e-mail her @ [sherry@wholefoodsfamily.com](mailto:sherry@wholefoodsfamily.com)