

# GRP

GUT REBALANCING PROTOCOL

## BIOME FRIENDLY SKIN, ORAL AND HOME CARE RECIPES



*"If it is going ON your body,  
it is going IN your body"*

# CONTENTS

Click each TITLE to go to that section

## **SKIN & ORAL CARE**

Liquid Hand & Body wash

Natural Polishing  
Toothpaste

Silky Smooth Body Polish

## **HOME CARE**

Abrasive Cleaning Scrub

All Purpose Surface Cleaner

Glass & Mirror Cleaner

Done for you *option*

## SKIN & ORAL CARE

The ultimate care for your Skin and Oral Microbiome is to use organic and natural plant-based ingredients to ensure there is no disruption to these delicate eco-systems.



## LIQUID HAND & BODY WASH

Pure and simple; Free from chemicals and additives – So simple, and cheap, to make.

This can be used for BOTH hands and body. Can even be used as a laundry liquid.

You'll need

- 1 x 200g organic unscented vegetable soap
- 1 litre distilled water
- Saucepan
- Grater
- 1 litre glass jug
- Funnel
- Empty glass pump bottle & pump
- Stick blender
- 40 drops of essential oil, optional



Let's get started...

1. Grate the soap. You should end up with approx. 1 cup of soap flakes.
2. Pour distilled water into saucepan and over a medium-high heat, bring to a boil.
3. When boiling add the grated soap and keep stirring.
4. Turn down heat to low as soon as it bubbles.
5. Keep stirring until all the soap has melted then turn off heat.
6. Pour into glass jug and put in the fridge to cool overnight.

*It will look very watery at this stage – that's normal.*

The next day the mix should be thick and creamy. If it is 'thin', looking like coloured water... don't worry as the thickness will depend on the OIL (fat) percentage in the soap. More fats equals a thicker mix. The 'liquid soap' will still be effective.

Using a stick blender, blend on high until the mix becomes creamy and soapy.

Add optional essential oils and blend again with the stick blender.

Using funnel, pour liquid soap into your pump bottle(s).

Any unused portion can be stored in a clean sterilized glass jar. It will keep for up to 6-mths.

### How to use...

- HANDS... Pump 2-3 times into palms of wet hands, rub well then rinse.
- BODY... Use 'as is' to clean 'pits and bits' i.e. armpits and genitalia/anus. To clean the rest of body use your Silky Smooth Body Polish.

# NATURAL POLISHING TOOTHPASTE

Effective in cleaning and gently polishing teeth, safely removing surface stains and harmful plaque. Your teeth will be noticeably brighter and your breath fresher – simple to make, ridiculously cheap... and does not harm your Oral or Gut Biome.

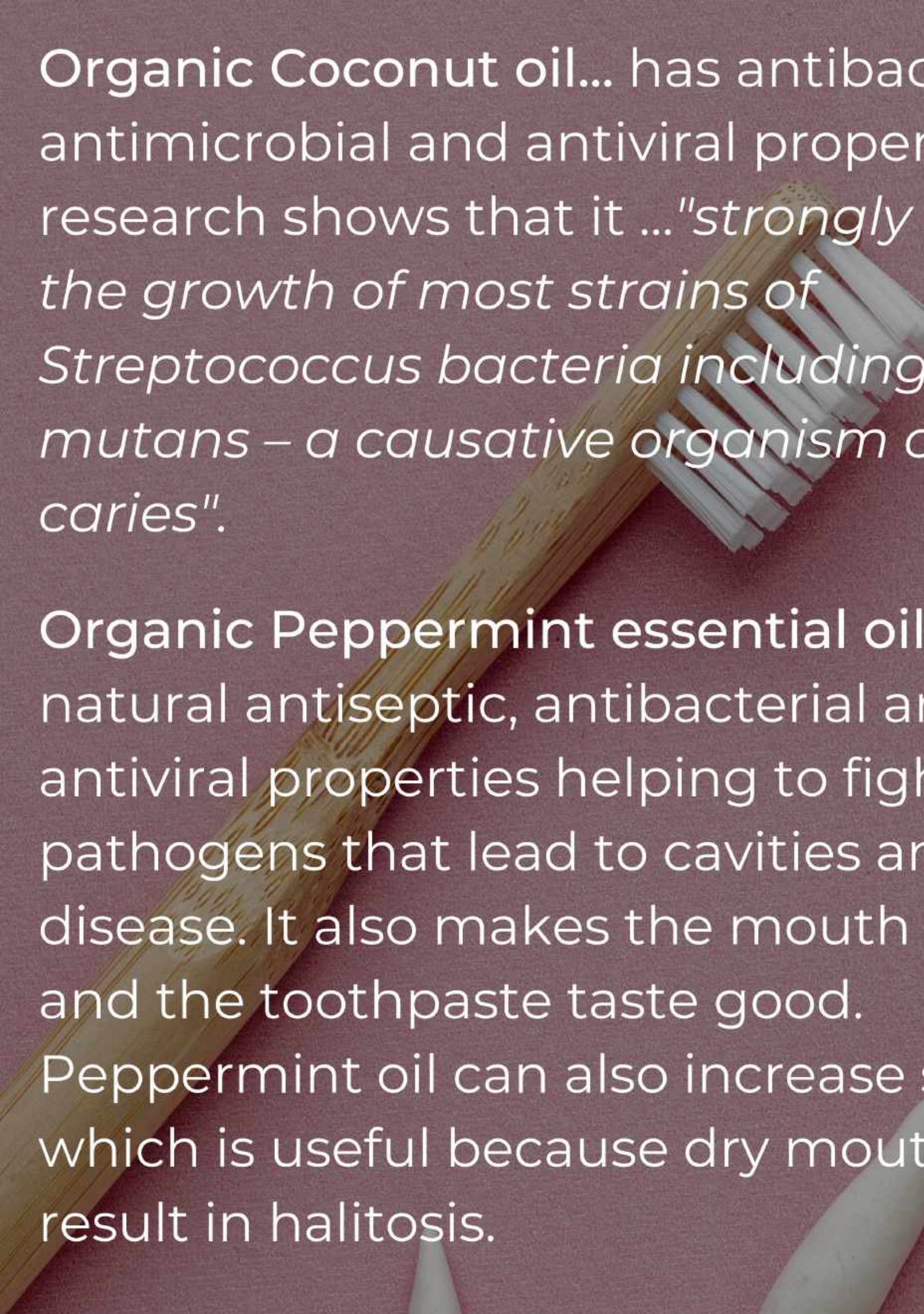
Each ingredient has been deemed, by dental studies... *“suited for safe daily use in oral hygiene regimens”*

**Pink Himalayan Salt...** scientific evidence supports the use of sodium chloride (salt) in conjunction with routine oral care to promote oral wound healing.

**Bicarbonate of soda** (Sodium Bicarbonate/Baking soda) has been approved in oral care by Dental associations and research demonstrates...

- It's low-abrasive qualities are more effective in stain removal and whitening than other compounds that have a higher abrasivity.
- Neutralisation of plaque acids reduces dental caries.
- Can help break up pathogenic bacteria biofilms in the mouth that cause cavities and gingivitis, thus is an effective preventative strategy to cavities and gum disease.

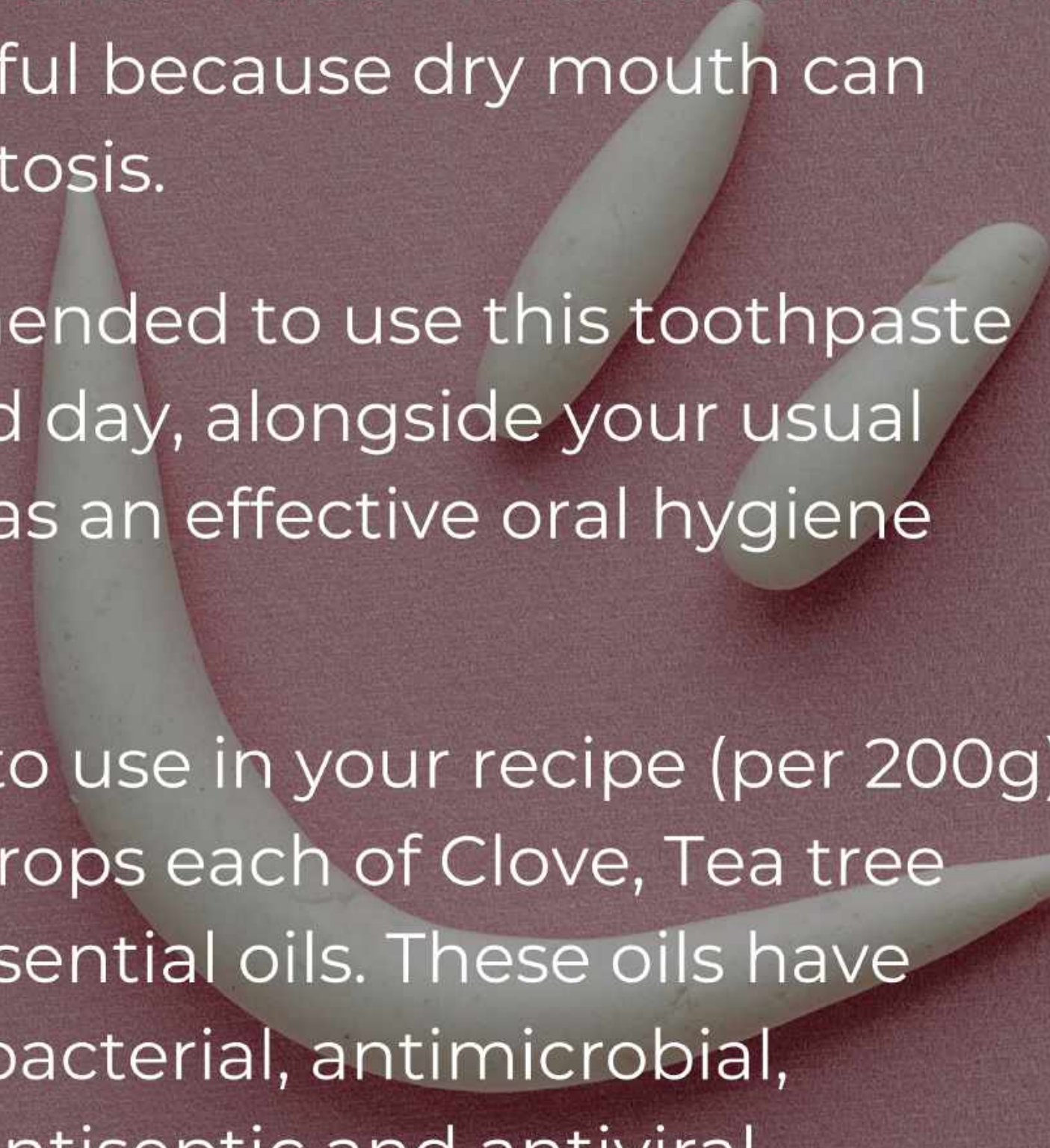
*“Microbiological studies have shown that baking soda products have significant bactericidal activity against oral pathogens, which explains benefits demonstrated in clinical studies on plaque biofilm and gingivitis reduction.*



Organic Coconut oil... has antibacterial, antimicrobial and antiviral properties and research shows that it ...*"strongly inhibited the growth of most strains of Streptococcus bacteria including S. mutans – a causative organism of dental caries"*.

Organic Peppermint essential oil... has natural antiseptic, antibacterial and antiviral properties helping to fight oral pathogens that lead to cavities and gum disease. It also makes the mouth feel fresh and the toothpaste taste good.

Peppermint oil can also increase salivation, which is useful because dry mouth can result in halitosis.



It is recommended to use this toothpaste every second day, alongside your usual toothpaste, as an effective oral hygiene routine.

Variations... to use in your recipe (per 200g) is to add 4 drops each of Clove, Tea tree and Sage essential oils. These oils have natural antibacterial, antimicrobial, antifungal, antiseptic and antiviral properties that work to eliminate harmful pathogenic bacteria.



To make 200g of toothpaste you'll need...

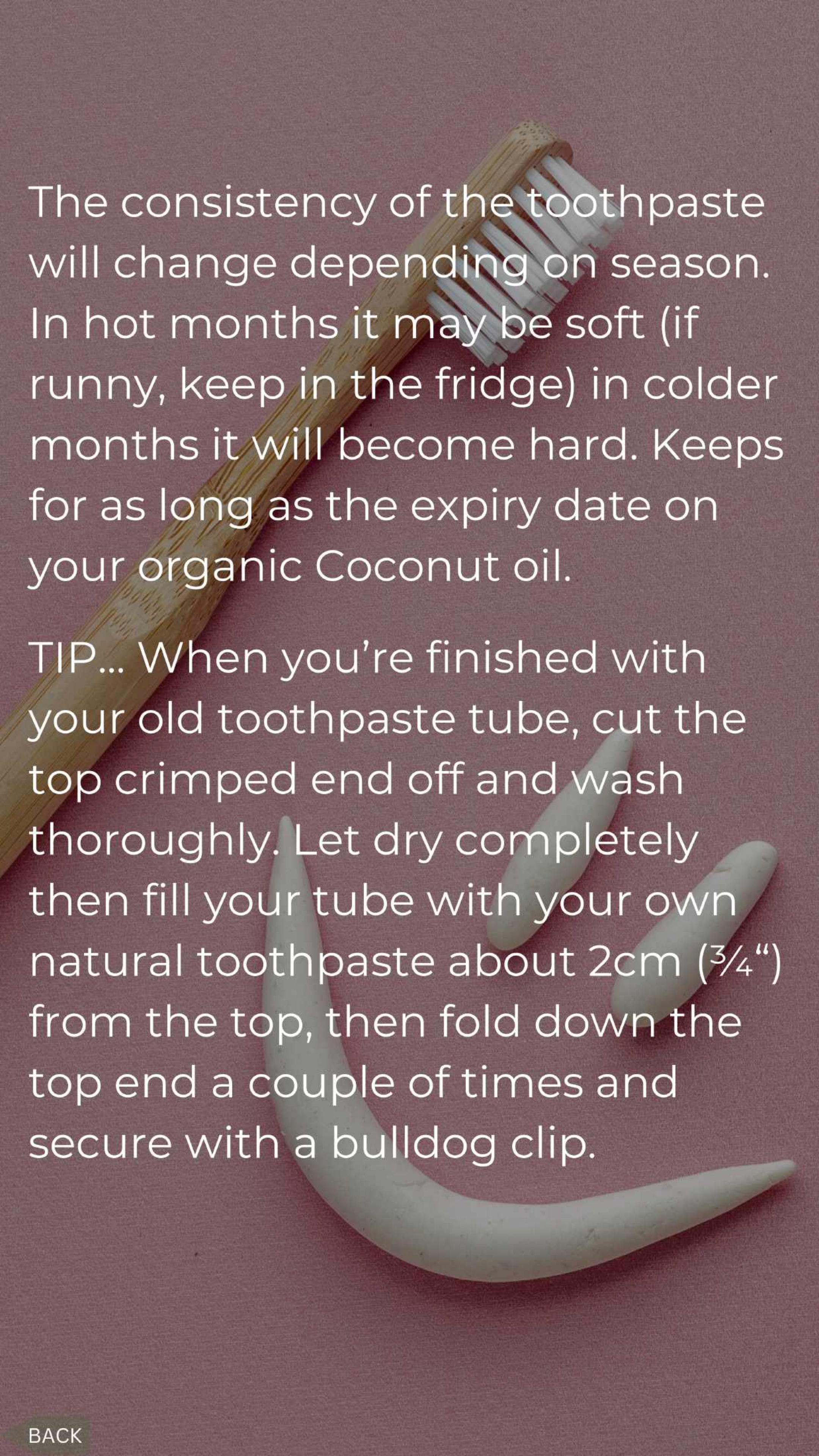
- 1/3 cup organic Coconut oil
- 1/4 cup Bicarbonate of Soda
- 2 tbsp. Pink Himalayan Salt (finely ground)
- 1 tsp organic Peppermint essential oil
- Electric hand mixer
- Shallow glass storage container(s)

Let's get started...

- Melt coconut oil in a glass jug.
- Add finely ground salt and bicarbonate of soda to melted coconut oil.
- Using hand mixer, blend on high, until well combined.
- Put in freezer for 5-10 mins to cool, then add peppermint essential oil and blend again with hand mixer.
- Pour mix into shallow containers & put on lid.

How to use...

- Dispense a small amount with a wooden spatula or pop stick and apply to toothbrush and brush teeth (after flossing)

A bamboo toothbrush with white bristles is positioned diagonally across the upper left portion of the image. Below it, a white, curved toothpaste tube is shown, partially filled with a light-colored paste. The background is a solid, dark red color.

The consistency of the toothpaste will change depending on season. In hot months it may be soft (if runny, keep in the fridge) in colder months it will become hard. Keeps for as long as the expiry date on your organic Coconut oil.

TIP... When you're finished with your old toothpaste tube, cut the top crimped end off and wash thoroughly. Let dry completely then fill your tube with your own natural toothpaste about 2cm ( $\frac{3}{4}$ " ) from the top, then fold down the top end a couple of times and secure with a bulldog clip.

## SILKY SMOOTH BODY POLISH

Moisturize and exfoliate your body at the same time for super silky-smooth skin. Each ingredient is safe to use on skin and will not disrupt the delicate acid mantle nor Skin Microbiome.

**Organic Extra Virgin Olive Oil...** contains SQUALENE... which more easily penetrates the skin than other oils. Olive oil contains up to 300 times more squalene than other vegetable oils. It also contains tocopherols (vitamin E) and has natural antibacterial properties.

**Organic Raw Sugar...** has rounded edges and together with the olive oil, is able to slide gently over skin removing only dead skin cells. A superior base as opposed to apricot kernels or walnut/almond shell pieces that (because of sharp edges) cause microscopic tears in the outer skin layer.

**Essential oil(s) choices...**

**LAVENDER** – A relaxing oil that calms the mind and body and can relieve pain and spasms associated with headaches, muscular pain and menstrual problems. It is excellent at balancing skin and assists in wound healing.

## Essential oil(s) choices (cont'd)...

**LAVENDER** – A relaxing oil that calms the mind and body and can relieve pain and spasms associated with headaches, muscular pain and menstrual problems. It is excellent at balancing skin, h and assists in wound healing.

**CHAMOMILE** – has anti-inflammatory, anti-allergy and antioxidant properties. It is known to help soothe and calm irritation and redness associated with sensitive skin.

**GERANIUM** – May assist in firming and toning skin. Its anti-inflammatory properties help to calm irritated skin.

**LIME** – With sweet and stimulating aromatic qualities it is very refreshing however... Citrus oils are known to be phototoxic meaning that it should not be used if going out in the sun within 12 hours of application.

**ROSE OTTO** – May help to soothe, soften and hydrate skin and is beneficial for dry and aging skin.

**YLANG YLANG** – Soothe skin with this uplifting, relaxing and known aphrodisiac oil.

To make 400g, you'll need...

- 600g glass storage jar.
- 400g of organic raw sugar.
- 200ml of organic extra virgin olive oil.
- Optional, 20 drops of Essential oil(s)

Let's get started...

- Pour sugar into your glass jar.
- Add chosen essential oils to olive oil and mix well.
- Pour olive oil, over sugar, into a jar and with a spoon mix really well so that the oil moistens all the sugar.

How to use...

- As the last step in your showering routine, step out of the water stream and grab a small handful of mix. Gently massage skin in a circular motion. Do not scrub!! vigorously. This will then remove dead skin cells but not remove healthy new skin cells.
- Step back into the water stream and wash off sugar. Gently pat dry with a towel to leave skin moisturized.

**CAUTION:** Oil can make bathroom floor tiles slippery so be careful!

**NOTE...** If the sugar starts to dry out a little after a week or two, just add more olive oil and mix through. Keeps for as long as the expiry date on Olive oil.

## HOME CARE

NATURAL CLEANING PRODUCTS have been around much longer than modern chemical versions. Think back to your grandparents, or maybe great grandparents, and there were no cleaning sprays, just basic ingredients such as Bicarbonate of Soda, Lemon juice or Vinegar – all used to clean almost everything, and effectively!

No 'chemical-aroma' was left lurking, in fact there was no aroma at all – just the aroma of CLEAN – which actually has NO fragrance.

Fast forward to today and you'll find a plethora of different types of cleaners. Marketers have led you to believe you need a different cleaner for every single cleaning job and that you need to NUKE every surface to remove bacteria!

You don't!

In fact, with a few basic ingredients you can clean a multitude of surfaces, simplify your life, save money and most importantly NOT harm your health, or the health of your family.

## ABRASIVE CLEANING SCRUB

Use on bathroom and kitchen sinks, toilet bowl, shower screens and tiles.

You'll need...

- White vinegar. Pour into a glass spray bottle.
- Bicarbonate of soda (Bicarb/Baking soda)

Let's get started...

- Sprinkle Bicarbonate of Soda over the surface you are cleaning.
- Spray white vinegar over the top of powder.
- With a sponge vigorously scrub.
- Rinse clean with water.

## ALL PURPOSE SURFACE CLEANER

Suitable for plastics, laminate but NOT stone, marble or wood.

You'll need...

- Spray bottle.
- 300ml Distilled water
- 600ml White vinegar
- ½ tsp Essential oil

Let's get started...

- Combine all ingredients in a spray bottle.
- Before applying to surfaces, shake well, then spray on surface to be cleaned.
- Wipe with a microfibre cloth, rinse and then wipe dry.



## GLASS AND MIRROR CLEANER

Suitable for ALL types of glass and mirrors.

You'll need...

- Spray bottle.
- 300ml Distilled water
- 300ml White vinegar

Let's get started...

- Combine all ingredients in a spray bottle.
- Before applying to surfaces, shake well, then spray on surface to be cleaned.
- Wipe with a microfibre cloth, rinse and then wipe dry.

Do not saturate glass/mirror with cleaner as it will leave streaks.

## DONE FOR YOU...

### IF WANT A DONE FOR YOU ALL-IN-ONE CLEANER...

Based on evidence-based research I developed an Organic Cleaning Do-it-all that is BIOME friendly and replaces ALL your cleaning products!

- Organic, natural and chemical free.
- Safe and non-toxic.
- One spray for every surface.
- Easy refillable from concentrate, never run out.
- Eco-friendly, sustainable, no waste.
- Anti-bacterial, anti-microbial, anti-fungal, antiseptic, deodorising & sanitising

Sold as a concentrate to reduce waste... a 50ml bottle of concentrate makes approx. 20 x 500ml bottles making it extremely cost effective for an organic, natural cleaner that does EVERYTHING.

Unlike chemicals and fragrances, the inhalation of these essential oils has been shown NOT to harm the body's immune, reproductive or endocrine systems. In fact, these essential oils are known to calm the nervous system and can even help to ease symptoms of chest and nasal congestion, allergies, colds and flu.

The added benefits of these essential oils are that they have excellent antibacterial activity against pathogenic bacteria such as *Escherichia coli*, *Salmonella* etc. while not harming 'beneficial' bacteria species.

More detailed information on the website. 10% discount, using code **GRP10**, for current GRP members.

Biome Friendly Skin, Oral and Home Care Recipes.

Sixth edition 2023 | Copyright © Woodman, N., Bazeley, G.M., GRP.

The moral right of the authors has been asserted. All rights reserved. Apart from any use permitted under the Copyright © Act 1968, no part of this book may be reproduced by any process whatsoever, stored in or introduced into a retrieval system, or transmitted, in any form or by any means including an electronic, mechanical, photocopying, recording, nor any other exclusive right be exercised without the written permission of both the copyright owner and the publisher.

**DISCLAIMER: ALWAYS patch test on skin or surface BEFORE using.** The information in this recipe e-book is for the purpose of disseminating information to the public. This material is general in nature. While we have exercised due care in ensuring the accuracy of the information contained in this e-book, the information is made available on the understanding that Natalie Woodman is not providing professional advice on a particular matter. Nothing contained in this recipe e-book is intended to be used as medical advice and it is not intended to be used to diagnose, treat, cure or prevent any disease, nor should it be used for therapeutic purposes or as a substitute for your own health professional's advice. Before relying on the material in any important matter, users should carefully evaluate its accuracy, currency, completeness and relevance for their purposes, and should obtain any appropriate professional advice relevant to their particular circumstances. In some cases the information may incorporate or summarise views, guidelines or recommendations of third parties. Such information is assembled in good faith, but does not necessarily reflect the considered views of Natalie Woodman, or indicate a commitment to a particular course of action. Natalie Woodman does not accept any liability for any injury, loss or damage incurred by use of or reliance on the information provided in this recipe e-book.

♥ A lot of time has been spent in developing and perfecting this handbook. Please respect our work – and how our team makes its living – and do NOT share, copy, reproduce, redistribute, any of this handbook.

Creators, Authors, Designers, Publishers:

Woodman, N., | Nutritional Medicine & Gut Health Practitioner | Naturopath  
[www.nataliewoodman.com](http://www.nataliewoodman.com)

Bazeley, G.M. | Behavioural Health Practitioner | Counsellor  
[www.michaelbazeley.com](http://www.michaelbazeley.com)