GRP

GUT REBALANCING PROTOCOL

Your Guide to THE GRP

The 'HOW' for actioning your 'WHY'

CONTENTS

Click each TITLE to go to that section

Welcome!

Introduction

Group Coaching

Handbooks

Modules

Action Sheets

GRP Recipe e-book

Food Prescriptions (Meal Plans)

Food Guidelines

Shopping Lists & Ingredients A-Z

Movement Prescription

Hydration Prescription

GRP Hub

GRP Hub Notifications

Private Consults

Accountability

Be Kind to Yourself

"The best time to plant a tree was 20 years ago. The second best time is right now."

- Proverb

WELCOME!

We tell you with confidence that the Gut Rebalancing Protocol (GRP) is the very LAST health program you will ever need.

...*Why "with confidence"?*

Because the GRP:

- is hands-on, practical,
- is based on scientific evidence,
- provides coaching support

It has already proven its effectiveness with 700+ women, helping them to not just eat better and reach and maintain a healthy weight, but to internalise the primary principles and elements of optimal health that made their GRP gains *truly* theirs, f*orever*.

It is a step-by-step blueprint, that will both show and teach you how to rebalance your Gut Micro-biome, walking you through the requisite steps leading to a *literal* health transformation.

The efficacy of the tools we hand you along your GRP journey offers the most complete, clinical, educational and empowering approach to health and wellbeing available.

Please pause for a moment to savour this...and then imagine the positive flow-on effects to every aspect of your life and wellbeing when you have proven it true for yourself, as you will when you have completed it.

BACK

INTRODUCTION

One day at a time and starting TODAY, this handbook will walk you through the count-down to the start of your coming health transformation. It begins with you carefully reading, slowly and carefully, every page.

It's important you don't overthink any of this and *only* do as instructed. Try to do *more*, or other than instructed and you will already be wandering 'off-protocol' - as well as demonstrating why optimal health has probably been eluding you for a long time.

Get clear that you really have only ONE JOB here: to pay attention and relax into the process. To do otherwise is only likely to cause yourself totally unnecessary angst or overwhelm, trying to control a process that you haven't yet even begun to understand or internalise.

Please trust us: simply follow the instructions, as they guide you, step by step, through what you need to prioritise and to do for each and every day throughout the GRP.

LEARNING POINT**...** Do NOT jump ahead! One of the most important lessons of the GRP is ...

The process of healing cannot be RUSHED

We are ‘gut whisperers’. We understand how and why the gut heals, which is what gets the results our clients enjoy - a process which begins with you doing exactly as instructed.

Which is why it’s essential that you do a kind of ‘trust-fall’ with us here going forward... right up until you are able to understand for yourself & internalise much of the reasons and principles behind what we will be teaching you to do throughout the GRP.

And think about it... up till now in your life, you can probably recall times where speeding through instructions, guide-lines etc... resulted in the fallout of frustration, overwhelm -- and worse -- having to FIX mistakes or RE-DO things, taking up even more of your valuable time.

But putting pressure on yourself to speed through things, trying to 'get ahead' and 'save time' negatively impacts your gut health... through your body's brain-gut connection.

So, make the promise to yourself RIGHT NOW that you *will* SLOW DOWN and trust-fall into this way of life over the next 56 days.

And, like all those who have managed to remain teachable and coachable throughout, you will be very glad you did.

Because... ***WE’VE GOT YOU!***

BACK

GROUP COACHING

"A professionally guided, structured, purposeful and transformational process that helps clients produce extraordinary results in their lives, helping them to bridge the gap between where they are now and where they want to be"

Group coaching is a wonderful opportunity to work in, with and around a group of likeminded women, on parallel journeys, who are interested and invested in achieving similar goals.

Group coaching furnishes you with a collaborative space and opportunity to manifest your goals together, helpful for both accountability and progress.

The group experience fosters a sense of community and a supportive, nurturing environment, where sharing sensations and experiences with other GRP'ers facilitates genuine empathy and belonging.

Group coaching is a great way to stay motivated and work towards a common goal. The support structure makes it easier to achieve your desired results.

Group coaching LIVE Q&A's are a source of learning, education, support, tips, strategies and more. As humans, we are more alike than not, so questions asked by others are very often something that will genuinely interest you and vice-a-versa.

The insights you'll get from other GRP'ers questions and experiences, plus feedback, knowledge, expertise and answers from your coaches, help you develop better ideas and positive change.

On the flipside, collaborating with others when facing challenges helps you - and they - to strive even harder on your own, and thereby, over time, to thrive. It is an excellent way of training yourself to keep focused on your goals and stay accountable to yourself for your actions. This serves to also help draw your attention towards any larger behaviour patterns... as well as the thoughts and emotions that underpin them.

Which means getting to the root of what has been keeping you unhealthy.

GROUP COACHING...

- IS an emphasis on action, accountability, and follow-through.
- IS providing structured actions, with deadlines, to keep you moving forward.
- IS providing you greater clarity, focus and awareness.
- IS helping you get unstuck and move forward when you see no way out.
- IS helping you achieve growth, balance and fulfilment.
- IS helping you face challenges you never thought you could.
- IS a discovery of who you are and how to change to get closer to who you want to be.
- IS a mirror that helps you to see what is hindering your success.
- IS helping you uncover patterns of thinking or behaviour that are working against your goals.
- IS support to help you navigate the often scary path beyond your comfort zones.
- IS helping you to learn.

So make the decision now to LEAN into the coaching experience, post your questions in the LIVE Q&A BROADCAST posts, along with others, and then tune in (at a time that suits you) to get all the benefits that come from the LIVE Q&A's and other group coaching!!

BACK

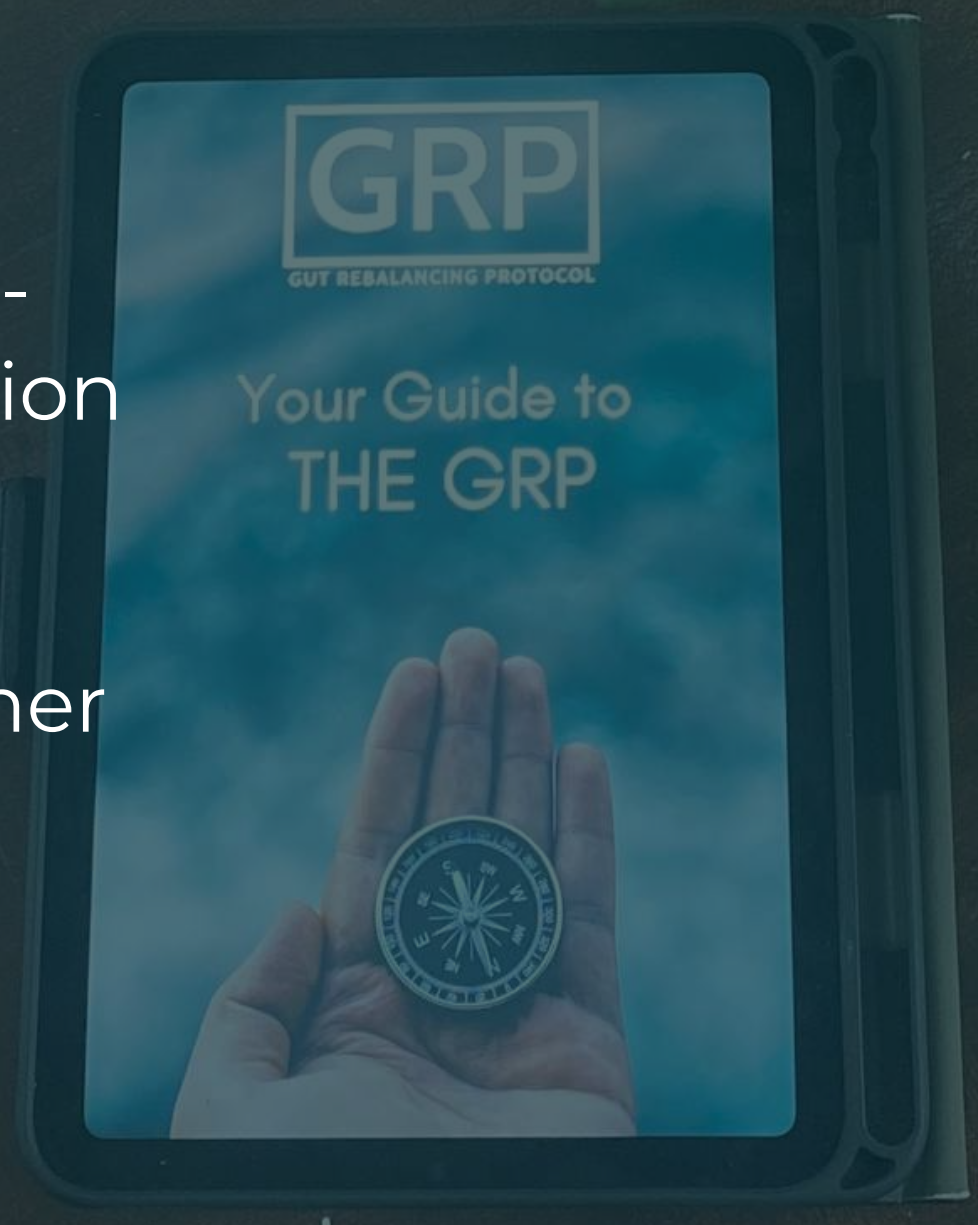
HANDBOOKS

This Handbook, and those in future modules, contain essential information about the materials used in every Module of the GRP. It is designed as a convenient orientation tool, to help you easily navigate between and through each element, a handy reference to help you clearly understand what each elements is for and how to use each one.

GRP materials are made available in convenient PDF format (making them accessible across all digital platforms and devices).

To maximise your experience of them and to access all the features of the documents you will use throughout this program, it is essential that you first download and install the FREE Adobe Acrobat Reader software app (use the link provided to ensure it is the genuine Adobe Reader), on your laptop and/or any other device (phone, tablet, etc) you will be using throughout the GRP.

Note that your GRP Handbooks are also hyper-linked, for ease of navigation to other sections in the same document or to external websites, for further information about the topic you are reading.



Adobe Acrobat Reader

BACK

MODULES

We know you have managed to access your Member Hub, because you are reading this!

And you've accessed your COUNTDOWN to DAY-1 materials. And your ACTION SHEET for this Module will guide you as to what to get done over the coming week, in preparation for Week 1, Day-1.

Your WEEKLY MODULES are released on the Saturday before the Monday start of that week's module.

We do not release ALL modules at once because we want you to FOCUS on what is in front of you RIGHT NOW, rather than flitting forward and backward between modules and losing focus and momentum.

Trust us... we've been doing this a long time and know exactly how it works and exactly how YOU work. You see, when you gut is 'unbalanced' i.e. in a state of dysbiosis... you are not thinking clearly and it is more difficult to focus. So until, such time your gut is balanced and you can focus clearly, we are going to steer you in a clear precise methodical direction.

Recalling the trust-fall metaphor: We ask you to just let go and relinquish control; don't waste your precious time and energy thinking about it and "just do it". The 'why' will become clear when you get to that part or module and experience the life-changing benefits of what you are doing.

In this sense, then, the GRP is just like life: it must be lived forward and without always knowing exactly what's coming next.

And ALSO just like life: the 'lessons learned' often happen backwards, when remembering back on what happened.

So please accept that the logic is there, although you just may not be able to see it until later in the protocol.

However, if you do find yourself with a particular concern, or question, then we encourage you post it in the 'Live Q&A broadcast' post pinned to the 'featured' section of the GRP Hub and it will be answered in the next LIVE. *More on that in that further in the handbook).*

BACK

ACTION SHEETS

In every module , including your 'Countdown to Day-1', your ACTION SHEET gives you instructions on what you need to focus on during that week, in progressive steps and with further resources and helpful notes about how and when.

They provide simple instructions for moving through each module (materials), consolidating every step into larger health-supportive behaviour patterns.

Like a cross-country road trip, the Action Sheets break your GRP journey into strategic segments, paced and sequenced to match the staged healing of the Gut Microbiome on its road to optimal health and back to homeostasis.

Along with THIS handbook you will have also downloaded the 'Countdown to Day 1' Action Sheet that accompanies this pre-start segment of the GRP.

Preview the activities you will action in the time between now and when you begin Day 1 of the GRP.

BACK

GRP RECIPE E-BOOK

Please familiarise yourself with the look-and-feel of the your GRP recipe book as well practicing and navigating the layout of the recipes.

Ensure you have them readily-accessible on your computer and/or mobile device or in the cloud so you can reach for them whenever you like.

DO NOT PRINT!

You may be used to using 'paper bound' recipe books but using the recipes digitally is SO much easier.

This is a change that you may feel resistant to, but one that we would like you to implement.

We know you're probably thinking... *"I prefer print copies, so I'll do it my way and print them"*.

Stop for a moment and recall what we said about trust-falling into the GRP.

This is one of those moments!!

Embrace CHANGE and something NEW.

Step outside your comfort zone and just do it.

Because this is just the first of ONE of many LITTLE changes... that when done... will see you transform your health.

Using these books ELECTRONICALLY will revolutionise and simplify your kitchen life as...

- The CONTENTS pages are hyperlinked to take you directly to the selected recipe.
- Each recipe is also hyperlinked to take you 'back to top' i.e., back to the CONTENTS page.
- You can easily search in an e-book, rather than scrolling through all the pages.
- It is always backlit making it easy to see in any condition.
- You can change the size of the document by zooming in or out.
- Splashes or spills are easily wiped off.
- It takes up little room on the kitchen counter.
- Out shopping? Makes it easy to refer to your shopping list and recipe books.
- So... save our trees, help the environment and do not print!

Here's a suggestion: if you don't already have one, you can easily get an old iPad, tablet or computer, to keep exclusively in your kitchen.

You don’t need to buy a new or expensive model. You can purchase a used one, cheaply, on any of the online marketplaces. Sometimes people are just giving them away for free.

Or ask family, friends or colleagues if they have a spare one, they don’t use. People are always updating technology and have ‘old’ devices sitting around that are still extremely useful.

Load your recipe e-book on to that device and keep in the kitchen on a recipe stand.

During your COUNTDOWN to DAY-1 take the opportunity to get familiar with ingredients, quantities, cooking methods in your recipe e-book.

Also start practicing the strategy of doubling dinner to provide leftovers for lunch. No more wasting $$$ on buying lunch!

BACK

FOOD PRESCRIPTIONS

More than a ‘meal plan’ --- they are actually a Food prescription.

The WORD ‘prescription’ is used on purpose because, just like any prescription, it needs to be taken exactly AS-PRESCRIBED for it to work.

It is absolutely essential that you strictly adhere to all the elements of your Food Prescription and follow it along with your Food Prescription Guidelines

Your Food Prescriptions follow scientifically proven methods to manipulate and start the rebalancing of your Microbiome.

Based on current evidence when prebiotic, fibre-rich and probiotic foods are introduced in a particular sequence, in a specified dose, they are able to positively stimulate the richness, evenness, diversity and function of your beneficial microbes to start rebalancing your Microbiome, and restore you health.

You have been provided with your Food Prescriptions for the entire 56-Days and you will receive BONUS training at the end to transition into maintaining (and further improving) your health.

The GRP is not a creative, or interpretative, process, it is a PROTOCOL i.e. a prescriptive framework with a set of procedures, in a designated time frame, that accomplishes a specific task.

Your Food Prescriptions are not a ‘long-term’ way of eating, they are just intended to rebalance your Microbiome, thus are just implemented over a short 56-day period.

Think of wearing a cast on a broken leg, the ‘cast’ is used for a short-term to heal the initial break. After… it is taken off … and with a change in treatment strategies, further healing takes place.

The GRP uses a variety and specific plant-based foods as a strategy to rebalance your Gut Microbiome and restore your health.

On the topic, we do NOT endorse ANY diet, and the GRP is NOT a diet.

Nor do we label foods as ‘GOOD’ or ‘BAD’… you’ll learn more about this during the GRP.

At the top of each week's FOOD PRESCRIPTION, you'll see the title... Weekend Essential Preparation. This is exactly what it means... 'Weekend' and 'Essential'.

We highly recommend that you START this on Saturday afternoon, and then complete on Sunday.

Prepping your upcoming food week is just like you prep your upcoming work week: getting work clothes cleaned and ready to go... except MORE important!

Not only does the smooth sailing of your food week DEPEND on it but the WAY in which food is prepared, and WHEN it is prepared, is an essential part of IMPROVING how THAT particular food fuels the growth of beneficial gut bacteria... so it's important to get it all done exactly as it is laid out for you.

The preparation time is an ESTIMATION. It may take you longer the first few times, as you're doing NEW things, maybe also with NEW equipment. As the weeks progress, you'll notice that time spent on your weekend essential preparation will greatly reduce.

Just remember that learning anything new - ESPECIALLY when it involves unlearning old habits - involves some conscious organization and preparation and involves at times some frustration and perhaps feelings of overwhelm.

Remember when you learnt to drive a car? Ride a bike? Or when you had to learn a new sport, instrument or language – frustrating hey...? It took more time at first, right? You stumbled at times, made errors and wondered if you would ever learn or get used to it. And, though it took time, you got better and better at it with practice.

The GRP is no different - and it's well worth it!

So LEAN into this LEARNING and new ways of doing things and you'll soon see how much it helps you!

BACK

FOOD PRESCRIPTION GUIDELINES

The Food Prescription Guidelines is another separate document you will download and A KEY AND CRUCIAL element of the GRP.

Quite detailed, it is ESSENTIAL that you take the time to read them SLOWLY and CAREFULLY so you know how your food prescription works, what you need to prepare, to include, to avoid and what to expect.

You will be referring to it often, so please read it a few times to get familiar with the contents.

In it you will see a list of INCLUDE and AVOID foods. If you stick precisely to your food prescription (because it IS a 'prescription'!) you will not have to worry about eating an ‘avoid’ food.

However, we DON'T want you to be a hermit, and DO encourage you to go out, and really open your eyes to all the amazing foods that are available at cafes and restaurants.

It is very possible to DINE out, we know because 700+ women that have walked this journey before you -- DID IT!!

But when eating out, you DO NEED to know the AVOID foods, because you CANNOT include any of them. Adding them in at any stage can result in feeding pathogenic bacteria, subsequent proliferation and resulting in uncomfortable or even painful inflammation.

In this day and age, with so many food requirements, allergies and dietary requirements it SO simple to ask for a variation on ANY dish and be catered for in almost ANY café or restaurant.

If you are unsure about what to choose in a restaurant then head to your GRP HUB and post a question in the LIVE Q&A BROADCAST post and we'll help.

Also CHECK OUT these 3 great posts in the GRP HUB that provide great strategies for eating out. Click the link and it will take you to the GRP Hub.

- Post 1
- Post 2
- Post 3

Eating or drinking an AVOID food will SERIOUSLY hamper your progress and can exacerbate a current condition and even bring on new symptoms or other setbacks. We tell you this not to SCARE you but to PREPARE you.

With ALL the delicious food you will be eating during this phase, you will soon realize that you are 'going **WITH**', not 'going without'!

SHOPPING LISTS

You have been provided with ....

- All your WEEKLY shopping lists that correspond to each week's Food Prescription) that includes ALL fresh produce, dry goods, pantry, fridge and freezer items.
- Also a COMBINED shopping list that has ALL the dry goods, pantry, fridge & freezer items needed for the entire 56-Days. This allows you to buy items that keep for a long time, ALL at once. It is also cheaper to buy in bulk.

An addendum to these shopping lists is the... INGREDIENTS A to Z, that you have downloaded. That document lists INGREDIENTS used in the GRP and specific details of what you need to look out for when purchasing.

Some of the items are hyperlinked to the GRP HUB to provide further details, photos and tips on what to look out for and (for the lucky Perth people) where to buy!

You do NOT need to read each item on your A-Z list now. ONLY read the items on your shopping list that carry the instruction 'READ'.

In your Countdown to Day-1 you will make your GRP essentials - Lemon blend, GGC, Veggie Stock Concentrate, The Ultimate Loaf, Omega 3 mix plus optional Nut or seed milk

On the top of your shopping lists you will be reminded weekly to add ingredients to your list IF your GRP ESSENTIALS' stocks are OUT or LOW. The reminder is there so you develop the WEEKLY habit of checking your GRP Essentials, because they ARE essential!

Your shopping lists have been put together to make YOUR life easier, so we've already done ALL the CALCULATIONS for you e.g. we have calculated the ingredients needed for ANY doubling of quantities for dinners, or multiple serves of breakfasts or snacks.

All you have to do is purchase EVERY ITEM and the QUANTITY listed in the '1 person' column.

Of course, if you are shopping for you and your partner, and/or your family, then you'll have to put your MATH-HAT on and do the calculations and write in the NOTES section.

However, ONE very important thing to remember is that the GRP is a PROTOCOL and as such is not suitable for children 'AS-IS' but the MEALS are definitely a great base to add to!

So you don't have to be running a restaurant at home and catering for different people.

For example make the Asian Greens Stir Fry, take out your serve (and your lunch serve) then add in organic beef strips, or rice noodles, or serve theirs on a bed of rice. The options are endless.

And you will be helping to improve the MICROBIOME of your children too!

We know it can be done because over 90% of the women who have done the GRP have kids, and have used this method.

And because we are here to HELP YOU... if you struggle in this area, then make sure you post your question (or struggle) in the LIVE Q&A BROADCAST post and we will provide strategies.

Having raised 3 children, and now with 3 grandchildren, we totally get 'fussiness'!!

When you first go shopping you will notice a couple of things...

ONE... That you may have to visit a number of shops before you find the 'right' ingredient. This will entail venturing outside of your usual shopping spots shops to find them.

This is not unlike the very familiar scenario of looking for an outfit, or a pair of shoes, for an occasion... and having to traipse from store to store until you find the 'right' one!!

This can be both tiring and time consuming at first -- traipsing from shop to shop -- however, after a few weeks you will become very familiar with where things can be sourced... and subsequent shopping days become easier and quicker!

Therefore for AT LEAST the first few shopping expeditions ensure you allocate at least HALF a day (Saturday) to do your shopping - and if you finish earlier then it's a bonus.

Think of it as being willing to 'go that extra mile' for someone who is totally worth it: YOU.

Because this is part of what PRIORITIZING YOU looks like.

- View this time as an INVESTMENT in you, not a 'waste' of time.
- Look at it as an OPPORTUNITY to discover and learn, not a chore.
- Look at this as a nutritional learning experience, not a 'wasted' day.

The SECOND thing you will notice is that your first couple of shopping trips may be more expensive.

That's because you're STOCKING your fridge, freezer and pantry with NEW staples that you may not have, such as as... Rice vinegar, Tamari, Apple Cider Vinegar, Tahini, Miso paste, Cacao powder, Herbs and Spices and more.

Understand that these items will last MONTHS and months so the actual 'per serve cost' is VERY low.

In fact, when you look at the 'per 100g' price of any of these items and COMPARE them to you've been buying (or paying with take-away or dining out) you will find it either SUBSTANTIALLY CHEAPER or, at worst, comparable.

Once your pantry, fridge and freezer are stocked with your staples then you will notice your weekly shopping bill getting cheaper and cheaper.

That's because PLANTS are substantially cheaper than ANIMAL products and much cheaper than dining out or take-away!

If you are still FOCUSING on the shopping docket total... then we want you to do this.

1. Go to your wardrobe.
2. Open the calculator on your mobile phone.
3. With EACH item of clothng in your wardrobe... add the cost (as best as you can remember) to the calculator.
4. Once you have gone through ALL your clothing write down that TOTAL.
5. Now do the same steps above with ALL your shoes... then write down that TOTAL.
6. Now repeat above with your handbags, scarves, accessories... and write down that TOTAL.

Now ADD these all up.

So what's the approximate DOLLAR value of your wardrobe?

Are any of these an INVESTMENT in your health?

Becuse the food you are buying IS an INVESTMENT in your health, and we dare say much cheaper than what's sitting in your wardrobe.

MOVEMENT PRESCRIPTION

Throughout the GRP you'll follow a Movement prescription that enhances your physical, mental and emotional health and has been proven to have a positive impact on the diversity and abundance of your Gut Microbiome's beneficial bacteria.

You'll notice we use the word 'movement' NOT 'exercise'. That's because we focus on healthy, natural and fluid movements rather than 'working out'.

During the GRP you will implement targeted movement therapies that research has demonstrated induce positive change in the Gut Microbiota by promoting a diverse community of beneficial microbes needed for optimal health. You are going to 'learn' AND 'unlearn' a lot and learn the 'science' behind what what will heal your gut and optimise your health.

In Weeks 1-4 you will simply be doing your nightly BEFORE BED Yin Yoga 15-min session and a 30-min Barefoot walk every second day.

Remember 'trust-falling'? Well here we are again. Just trust that we've got you and that you will find out more about the WHY when your Movement and Hydration Module comes in a few weeks' time.

With your Yin-Yoga you'll do 1 x 15-min session BEFORE bed every night. You don't need any specific equipment or gear. You can do it in your pj's (in fact we recommend it) on a rug, if you don't have a yoga mat.

Your ACTION sheet explains how to access your videos. While you are waiting for Day-1 next week, why not start practicing?

The other movement that you will do during Weeks 1-4 is slow-paced barefoot walking. This is new to many.

It's exactly how it sounds. No shoes - barefoot. Whether it is hot, cold, wet, dry... no matter what the conditions, you're going for a barefoot walk every second day.

Start to investigate areas near work or home, or on the way to or from work where you can do this. Is there a lush green park nearby (without prickles!)? Or a beach nearby, where you can walk on the sand and shoreline? Walking paths in the hills/woods? Start investigating where you can do your barefoot walks.

As you will be walking slowly and mindfully, watching every step, you will be able to navigate the terrain very safely!

We can tell you that the MAIN reason GRP'ers feel reticent about doing the barefoot walk is that they feel 'silly'.

But think for a moment... would you rather appear 'silly' and BE HEALTHY or appear 'sensible' ... and not improve your health?

And... like like GRP'ers before you, once they started and fell in love with it... they didn't feel silly at all, and wondered why they even felt that way!!

NOW, remember YOUR health is YOUR priority and as such you NEED to set time for Movement. So open your mobile phone now and create a NEW event with a time slot for your barefoot walk. Have it on repeat, have it an alert turned on.

Revel in this YOU time!!!

As you progress through the GRP other targeted, therapeutic and effective MOVEMENTS and techniques will be added.

Your GRP Movement Prescription is an important element in stabilizing the tight-junction barrier in your gastrointestinal tract. Think of this like the mortar between bricks... it keeps the wall strong and sturdy and stops bugs from infiltrating. Your tight junctions are a key element of your gastrointestinal tract, keeping the barrier integrity intact and keep-ing out pathogenic bacteria, viruses and fungi.

Your GRP Movement Prescription is a vital element in the health of your Microbiome and in transforming and restoring you to health so make sure you PRINT out your prescription and put it somewhere visible to fill in EVERY SINGLE DAY!

HYDRATION PRESCRIPTION

There is growing evidence that increasing fluid intake brings many health benefits. WATER is VITAL for optimal digestion. During the digestive process 9 litres of water/fluids enter the digestive tract and assist with digestion and peristalsis (movement of food through the intestines)... not that you need to drink 9-litres, it is just what it uses!

In your Movement prescription you will work out how many litres of water you need to drink daily. This is your target and you'll enter in what you drink daily, to keep track of what you're holding yourself accountable to!

Now being fully hydrated is important, but MORE important is the way in which you drink water.

The OPTIMUM way for your body to process this 'hydration' is through REGULAR hydration e.g. sips every 30-mins.

You are going to implement the Stretch, Decompress, Hydrate [SDH] method EVERY DAY... a SIMPLE way to ensure that you are taking the time to adequately hydrate yourself (regularly), stretch and take a moment to decompress.

Your SDH is ALSO to be done on your days off. In most cases your STRETCHING will be taken care of as you move throughout the day with home admin. However, you still need to ensure that you are hydrating every 30-mins and taking a moment to decompress.

So head to your GRP HUB, read and like this post

STRETCH DECOMPRESS HYDRATE POST

Once you read it, comment with the answers to the questions asked.

BACK

GRP HUB

Your GRP HUB is KEY to your transformation... because it provides group coaching (more on that in the next section), knowledge, education and learning... empowering you with the tools and techniques to know HOW to change from 'poor' health to 'optimal' health and, more importantly, to KEEP IT that way.

It's also a place where, as previously mentioned, you can connect with others on a parallel journey and others who have already walked this journey.

Understand also that having a peer support network is a strong predictor of success in effecting long-term, sustained behaviour change.

Making health changes in isolation is incredibly difficult, and the bigger your goals, the more peer support will help in ensuring your success.

Think about the difference in effort required in completing a large, complex project on your own with NO help or support versus working alongside a team WITH daily help and support.

Your GRP HUB is your direct link to Group Coaching which means... you have access to coaching and support every single day.

No matter what your questions is, big or small, do NOT sit on your hands, just post your question in LIVE Q&A BROADCAST post (always pinned to the to of the group page) and we will answer it in the next LIVE.

You can listen live, or watch later, as we POST lives afterwards.

And... feel free to pop in anytime during the LIVE because IF there is time, we answer pop-up questions .

Joining the GRP marks the start of your commitment to truly make health your priority.

Commitment to putting your health first means accepting responsibility to own and action the behaviours you will both learn and practice here in the GRP; actions that will create lasting change, transform your health and the long-term quality of your life.

And, because true commitment has no "only when I feel like it", escape clause, we highly recommend you check-in daily (at a time that suits you, prior to 8pm). GRP’ers who have had the greatest transformations are those who checked in DAILY!

Your check-ins are a simple yet powerful reminder of your ongoing health commitment.

P.S. During the GRP you will learn while there is a HUB curfew!!

True transformation requires a new way of being... and learning how... can be tiring...

‘Focusing on your health' may seem a drag and you may want 'take the day off' or 'delay your check-in' because other life concerns may seem so pressing ... but it is EXACTLY at such times your choice-making mechanisms are at their weakest.

And until this new orientation has really bedded-in, priorities can shift very rapidly unless you have tools in place to prevent that from happening. So make the commitment now to CHECK-IN DAILY... and participate in the GRP HUB.

It helps you to access resources to help support and reinforce your new commitment, rather than allowing yourself to be pulled into an unhealthy spiral back towards poor health.

In fact, right now, why don’t you schedule in a recurring EVENT every day (in your phone calendar) to remind yourself of your CHECK-IN. Make it happen, no matter what, telling yourself, “THIS time is sacred to my health”, and give it the FOCUS and ATTENTION it deserves... because you ARE the priority.

Your GRP HUB check-ins bring both your AWARENESS and FOCUS to your number one priority... YOU.

This is a clear, daily reminder that YOUR health needs to be at the forefront of your awareness, until reminders are no longer needed.

AND... in your GRP HUB, you have a group of women who are in YOUR corner. But it's a two way street... you are ALSO here to support them.

Research shows that acts of kindness, and supporting others, makes us both happier and HEALTHIER!!

So scroll the feed while you're in the GRP HUB and read other GRP'ers posts and leave a comment... Just something short and sweet is fine.

You will get the 'good feels' of supporting others and also the benefit of useful insights, tips and strategies by observing other GRP'ers parallel health journeys.

Research shows that surrounding yourself with like-minded individuals is key to success. Because rather than giving up at the first sign of a slump you are motivated to keep it up, seek support and power through!!

So... sit back and relax and make the decision that you will embrace your GRP HUB and enjoy ALL these benefits...

- Daily reminding of your PRIORITY to your health, as number ONE on your to-do list.
- Daily CHECK-INs to keep you accountable to your commitment.
- Group coaching, posts, videos, quizzes, popups and more.
- Gut Health (Microbiome) information and research.
- LIVE Q&A sessions, Pop-up-lives.
- A focus on the facts, without judgement.
- Connections and support from others on a parallel journey.
- Tips, Ideas and Strategies.
- A platform to celebrate your successes.

Now that you know how the GRP HUB works, and what Group Coaching is, it's time to introduce yourself to everyone.

Being a 'virtual', shared space, it's important to look beyond this 'virtuality', to appreciate the living, breathing people behind the avatars and words in the posts and responses you will read there, and to recognise each person as being on their own health journey - just like you.

To that end, we want you to think of the GRP HUB the same way you would a room in a real bricks-and-mortar building.

What does this mean?

It means that, just as you would do if you walked into a room full of people who are there for similar reasons, you would smile, say, "Hi!", and introduce yourself and get comfortable in a shared clinical space, dedicated to your health.

We understand that at first this can be a little uncomfortable for some. But know also that everyone here was in the same position when they started. However, you will soon see how welcome you are.

Now that you know what the GRP HUB is used for, it's important to know what it is NOT for. Why? Because it is essential you understand the GRP HUB is a place that focuses on HEALTH...

- Your HUB is NOT for posting random photos, memes, jokes, shares etc
- Your HUB is NOT for asking about, or resolving, how to use your computer/device.
- Your HUB is NOT for asking about which software or search engines to use.
- Your HUB is NOT for resolving 'technology' issues... WIFI access issues etc.
- Your HUB is NOT for asking how to use Facebook e.g. search, use notifications, upload photos or screenshots, how to comment etc.
- Your HUB is NOT for asking about mobile phone issues... how to use an app, how to input into your calendar, set reminders etc.
- Your HUB is NOT for asking about how to, or the best way, to use a kitchen appliance.

If you need help with "How to..." questions, then please GOOGLE, or ask someone with expertise in that area of need, to help you.

Posts that pertain to any of the above will be removed without notice. This way our HUB remains tightly focused as a place for you and your health. Thanks for your understanding.

BACK

GRP HUB - NOTIFICATIONS

Notifications are updates about activity in the GRP HUB. We highly recommend that you set your notifications so that you see ALL posts.

There are two ways you can see notifications....

You may see a NUMBER next to the Facebook (FB) icon on your mobile phone. Or when you open FB you will see a NUMBER on the Notification (bell icon) on the menu bar at either the top or bottom of the screen. This lets you know what is going on in the HUB.

Once you have set your notifications in the GRP HUB too see ALL... we highly recommend that you turn OFF your notifications for ALL the other groups you are in.

Or, alternatively, do a 'spring clean' and leave those groups while you're on the GRP, to better focus on your health! ...You can always re-join them later, right...?

BACK

PRIVATE CONSULTS

Throughout the GRP you have access to book a private 1:1 consult, should you wish, with either Natalie or Michael at the special 50% off member price.

Natalie assists with all things GUT health related while Michael is available to help facilitate behavioural health challenges.

The LINK to book your private consult is your unique MEMBER HUB account which is accessible through the website... www.nataliewoodman.com

BUT BEFORE YOU BOOK A CONSULT...

We highly recommend you ask the question in the LIVE Q&A BROADCAST post. Don't be shy, we talk about the colour of stools, consistency of stools and SO much more. This is a safe space to ask ANY question.

If we believe you require 1:1 attention then we'll tell you to book a consult.

BACK

ACCOUNTABILITY

The GRP will get the RESULTS you came here to get. But it relies on one, critical factor: holding yourself accountable, to the commitment you made by joining the GRP, that is... to make your health your priority. Accountability is your connection between this commitment and your RESULTS.

In our modern times, the term 'accountability' is bandied around a lot, but what DOES *"holding yourself accountable"* really mean?

It isn't 'force', which attempts to get you to do something against your own will. You aren't trying to 'force' yourself to do anything here.

Accountability is key to achieving your goals. Accountability is pegged firmly to the action at hand. It's about 'How CAN I do this?' not motivation or enthusiasm.

It is your source of personal power. Because having decided what you REALLY want or truly NEED to do, then accountability ensures that you show up - and keep showing up – until showing up is just second nature.

'Accountability'...THEN... is the fire that forges successive days of 'DO' into an unbreakable chain of 'DONE', when YOUR new, non-negotiable health habits have been acquired.

BACK

BE KIND TO YOURSELF

You’re not expected to know everything – or else you wouldn’t be here. So release yourself from any burden of having to pretend that you do. Open your eyes and ears, ask honest questions, lean into the process and accept the education and coaching offered.

Like so many GRP'ers who arrived here before you, you'll be so very glad that you did!

On that point: pay close attention also to the parallel journeys of your fellow GRP’ers, past and present – because their questions, successes AND their challenges are a 'living database' of wisdom that will serve to save you time and effort in your own journey - if you have the eyes to see them.

Just on that note, being kind to yourself doesn’t mean telling yourself “I’m trying” or “I’m doing my best”... it is a simple act of DOING with the GRP, you don’t need to try, just do. If you need inspiration listen to this LIVE in the GRP HUB.

Gut Rebalancing Protocol | 56 Days Program.
Eighth 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.

♥ 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

Bazeley, G.M. | Behavioural Health Practitioner | Counsellor
www.michaelbazeley.com