

# Your Path to a Happy Gut: The 5R Framework

## What is Gut Restoration?

Think of your gut like a garden. Sometimes, weeds grow, the soil loses its nutrients, or the fence breaks down. Gut restoration is a step-by-step process to clear out the "weeds," fix the "fence," and help your internal garden thrive again so you can feel your best.

## Why This Matters For You

- **Less Bloating and Discomfort:** By clearing out unwanted bacteria and helping your body break down food properly, you can finally eat without feeling like you're "6 months pregnant" after a meal.
- **Clearer Thinking:** There is a direct "phone line" between your gut and your brain. When your gut heals, that "brain fog" often lifts, leaving you feeling sharp and focused.
- **Better Energy:** When your gut lining is strong and healthy, you absorb more nutrients from your food, giving your body the fuel it needs to get through the day.

## What You Can Do Today

1. **Support Your "Digestive Fire":** If we have discussed digestive enzymes or "bitters," make sure to take them at the very start of your meals. This helps your body break down food so it doesn't sit in your stomach and cause gas.
2. **Focus on "The Big Chew":** Digestion starts in the mouth. Aim to chew each bite until it is almost liquid. This simple step takes the stress off your gut and makes the "Repair" phase much faster.
3. **Prioritize "Rest and Digest" Time:** Your gut cannot heal if you are constantly stressed. Take three deep, slow breaths before you take your first bite of food to tell your nervous system it is safe to digest.

## Questions to Discuss with Your Practitioner

- **How am I reacting to the "Remove" phase?** (Are you feeling better, or are you noticing any temporary "die-off" symptoms like tiredness?)
- **Is it time to "Heal and Seal"?** (Ask if your gut is ready for soothing supplements like L-Glutamine or Zinc to repair the lining.)
- **Which "Good Bugs" are right for me?** (Instead of a generic probiotic, let's talk about the specific strains that match your unique goals.)

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