

30-Day

Gut Reboot

The Side Effects of a *Healthy Rebooted Gut*

Yes, this 30-day reboot takes commitment. And, when it comes to this type of commitment you need to know that it's going to make a difference, that's it's worth it. So how will you know if you are on the right track, what can you expect? It's going to vary for each and every one of you, but here are some side effects of a healthy rebooted gut:

- **Your Best Self, Your Best Health:** Great health, and even good health, starts at the core—the gut. Rebooting your gut is likely to improve your quality of life in one way or another. You may experience improved energy, improved mood, enhanced mental clarity and more.
- **Balanced Weight:** When we don't digest our food properly we can have trouble losing weight or gaining weight. As you balance your microbiome and reboot your gut you may find that your body begins to balance its weight to a healthy state which may mean dropping some weight you were hoping to lose.
- **Healthy Glow:** Digestive problems show themselves in different ways including skin issues. As you reboot and balance your gut you may notice that skin issues begin to clear up, leaving you with a healthy glow.
- **Digestive Issues Disappear:** What digestive issues? Common ones people typically experience include reflux, constipation, bloating and gas... All of the indications that you aren't processing food as you should. When those issues begin to disappear you know you are on the right track.
- **Reduced Sensitivity to Food:** Maybe there were foods (real foods not fake foods) that typically caused you some digestive discomfort or foods that you were sensitive to causing mood swings, breakouts, headaches, and other symptoms. You will know your reboot is working as you are able to enjoy those foods without discomfort.

Remember, we are all different and we are all starting in a different place, which means a gut reboot will affect all of us differently. Regardless, we can all benefit in one way or another from a gut reboot.

