



# SLIM GUT JUMPSTART GUIDE

*Better Gut Health Today*

THE SLIM GUT  
SUMMIT EXPERTS  
SHARE SIMPLE  
CHANGES AND  
PRACTICAL STEPS  
YOU CAN START  
TODAY.

No overwhelm  
necessary, just  
**pick one**  
and start  
**THE FAST TRACK  
TO HEALING  
your gut and  
trimming your  
waistline.**

**ONE HOUR,  
PEOPLE! ↓**

**DR. TOM O'BRYAN**



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Of course, you are going to feel overwhelmed and you are too busy...you can't do all this stuff!! It is just a fact of life. My suggestion and what I know WORKS? Set aside just one hour each week to implement change. This is how you will be successful in implementing all that you are learning in this summit and everything else you are doing in your life. For example, one week you could spend your hour researching online and ordering new glass containers to replace your plastic storage. The next week it could be rewatching one of the Slim Gut Summit expert talks and then implementing something you learned from the talk the following week. And the next week you do one more thing...and the week after that another. That is how you are successful - one hour and one week at a time.

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"F"WORD ↓  
OCEAN ROBBINS**

Add more fiber to your diet. So let's be clear...where is fiber? You find it in whole plant foods. There is no fiber in any animal products or oils and there is very little fiber in sugars or white flours. So we are talking about whole plant foods like vegetables but even legumes and whole grains have fiber. When you base your diet around more of those fiber-rich foods you will be feeding the "good guys" in your gut. Find some recipes that you like and start there.



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**FEED YOUR  
FRIENDS FIRST ↓  
PEDRAM SHOJAI**

There is no fixing it and then forgetting about it. You can't say, "I am going to fix my bacteria colonies and then go back to drinking root-beer." It's all about making a lifestyle change. Start thinking about how to begin feeding your friends in your gut with amazing prebiotic fiber and creating an ecology that supports them. When that happens we are getting ATP, energy and nutrients. So the orientation needs to be ... let me think about feeding my bacteria FIRST before feeding myself ... then they will feed ME. So make sure you are eating prebiotic fiber so you are feeding your friends FIRST.



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## HELLO THERE, STRESS ↓

### DR. RITAMARIE LOSCALZO



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The first step I always suggest to my patients is to take steps to change how you perceive stress. There is no way we can change the stress and situations “out there” but what we CAN do is change our perception of it and how we deal with it. There are a lot of really great techniques that you can learn. I always suggest starting with “mini-meditations” that take no more than 5 minutes using resources such as Heartmath.

## HOW “HEAVY” ARE YOU? ↓

### DR. WENDY MYERS



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Get tested for heavy metals. There are certain metals such as copper, mercury and silver that kill beneficial gut bacteria and allow pathogenic gut bacteria to overgrow. This is just the tip of the iceberg when it comes to how metals interfere with your gut function.

## IT'S EASY BEING GREEN ↓

### DR. MARIZA SNYDER



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I always suggest starting with food. The first thing would be to incorporate a green smoothie into your daily morning routine. They are SO easy to make ... you can add a little lemon or ginger essential oil, your favorite fruits and any combination of greens. When you do this you are getting more fruits and veggies in a 16 oz. smoothie before noon than most people are getting the ENTIRE week... just in one green smoothie! This is the easiest way to get more nutrients and fiber into your diet and turbo boost your gut health.

## RESET IT ↓

### DR. RYAN WOHLFERT



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Take the time each morning to reset your nervous system. Doing this will not only support your gut health but your brain as well. When your alarm goes off in the morning, before you check your phone and emails, stand up and take 10 deep breaths. Doing this will reset your brain AND get you into a growth mindset rather than a reactive mindset for the day.



## NATURE'S CALLING ↓

### DR. MICHAEL MURRAY



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Look to nature first. Think about how you can add more nature into your life. It's about being out in nature, getting clean water and enjoying the sunlight on a daily basis. It's about communing with nature and it's eating foods that are of natural origin.

## ASK YOURSELF ↓

### DANETTE MAY



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I would just ask yourself "Is it the food I'm eating? Is it the nonmovement I'm doing? Or is it the relationships I'm keeping?" Because you know yourself better than anyone...you know intuitively which is your first step. And then trust your instinct and start with that piece.

So if it is food, start getting rid of the processed food loaded with artificial preservatives and start eating whole foods found on the perimeter of the grocery store. If it's relationships, start protecting your energy around toxic people. Especially if it is friends that you get to choose. You get to choose the energy you put yourself in.

And if it is movement, then just get out and move. I cannot stress this enough, everyone has the same amount of time, you just have to make the choice to get out and move. It doesn't matter what it looks like, it doesn't have to be complicated, and it doesn't have to be for a long time. I just want you to move your body for 10 minutes or more.

## CLEAN UP YOUR CLEANING PRODUCTS ↓

### STEPHEN EZELL



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Toxins in your cleaning supplies and laundry detergents wreak havoc on your gut microbiome, your overall health, and the environment. Start by just replacing your standard cleaning supplies as you run out with toxic free alternatives. Not everyone has the funds to just dump out everything that they currently use so making a small change each time you purchase replacement cleaning supplies will go a long way in improving your health and your slim gut.

## GREENS, PERIOD, END OF STORY ↓

### JONATHAN BAILOR

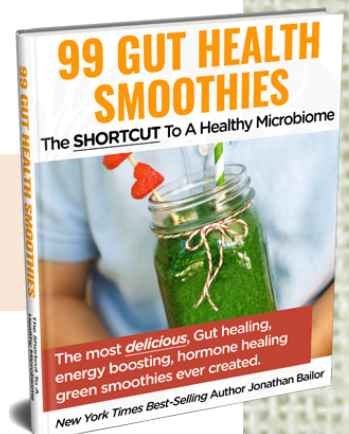


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Eat more green leafy vegetables. It seems like it should be more difficult and complex but it isn't. Talk about healing your gut! This is it! The first and most important step. The catch is how. People tell me it is hard, they don't taste good, it's a pain to prepare them. I always share that the easiest way is to start incorporating more greens is in a smoothie. They are easy to prepare and you will be surprised at how delicious they can be.

NEED SOME DELICIOUS INSPIRATION?

[Download](#) 99 Gut Healing Smoothies Recipes Now!



## STOP FAKING IT ↓

### JULIE MATTHEWS



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When it comes to taking care of your gut health one of the easiest things you can do is ditch anything artificial and remove pesticides from your diet and buy organic. Once these basic building blocks are in place then you can take a look at other gut supporting diet changes such as going grain or gluten-free which are also great ways you can support your gut health.

## QUALITY IS THE NAME OF THE GAME ↓

### JJ VIRGIN



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Start by adding before you take anything away. You should first start focusing on improving the quality of the food choices you make. So when you are making a meal think about how you can incorporate more organic, non-starchy vegetables onto your plate. Make sure that your protein choices are wild or grass fed and clean. Think about the fats you are choosing. Are they healthy and not damaged? That would be the difference between a really great Extra Virgin Olive Oil and oil that has been sitting in a big container at Costco calling itself Olive Oil. So getting yourself really high-quality food is first. That's step one before you start looking at anything else.

## THREE SQUARES ↓

### DR. DANIEL POMPA



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You have to give your gut time to rest. So one of the first steps I do with patients is to ask them to get rid of all snacks and just eat three meals. It's shown that the average American is eating 17 to 21 times a day! The handful of nuts, a bite of the cookie, a drink of kombucha...these are all considered meals. Anything that raises glucose and insulin and challenges the gut becomes a meal. So the first thing is to keep it to three meals a day and give your gut a rest.

## BONE BROTH ↓

### KELLYANN PETRUCCI



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You have to decide, commit and go. So if you are taking this gut healing thing serious and you are saying, "Okay I am tired of it. I don't want all of these inflammatory-related problems any longer." Go out and get some bone broth. You can buy it in grocery stores now and you don't even have to make it - it's that simple. Throw it in a skillet or in anything you are cooking. Just have one cup a day and start and then see where it takes you.





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## CUT OUT THE PROCESSED FOOD ↓

### ARI WHITTEN

A great way to help the brain circuits and your gut intake food properly is to shift away from processed foods. That is a foundational change. Start by choosing one meal a day where you don't have any processed foods. That small change will have a massive effect on the health of your gut microbiome.

## "NUMBER 2" IS #1 ↓

### DR. CHRISTINE SCHAFFNER

So many Americans are chronically constipated and that has a huge impact on your lymphatic system. Most people don't want to talk about this but it is really important to have a healthy bowel movement every day. You can promote this in a number of ways including staying hydrated, using castor oil packs, taking magnesium supplements, getting more fiber and probiotic foods in your diet. Then check in with your body and if none of that is working there is always a tool and there is always a reason. Don't just settle for constipation as your "normal" because there is a way to improve it. So many things get better once you have healthy daily elimination - it has such a big impact on your overall health.



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## LOOKING FOR AN EVEN SMALLER STEP? ↓

### DR. STEVEN MASLEY

You may want to start by swapping out just ONE processed food in a meal with a whole food alternative to begin.



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## TAKE A CLOSER LOOK ↓

### ALLY PERLINA

I think it is important to start by looking at what is going on with your gut and microbiome, getting it tested and to understand your baseline. This is key because there may not be a universally healthy microbiome. Everyone is unique and each set of microbiomes may have some good and bad functions. Your personal composition might be capable of so many things and it is important to know what they are actively doing right now so you can make informed decisions about what to take and change in your diet so you can take proper action.



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## TAKE THE GUESSWORK OUT OF EATING RIGHT WITH RECOMMENDATIONS BASED ON YOUR UNIQUE MICROBIOME.

**Viome** is the only company that can identify ALL bacteria, viruses, yeast, fungus, and mold in your gut, but also analyzes what these organisms are actually producing, and which could be causing your body harm. (Slim Gut Summit Discount Applied!!) [Order Now](#)



# WE ARE IN THIS TOGETHER ↓


## DREW CANOLE



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The first step is a mindset shift, realizing you are never alone. What I believe is that we are in this together. You are on this journey and there are people here to support you like me and Dr. Nandi. We are just like you and have been through our own health issues. When we are on this health journey and feel like we are alone all of a sudden it sends that stress signal to our gut. Then that psychological inflammation goes from our gut through the vagus nerve to our brain. Now we are just in a state of stress and alone.

We hold our trauma in our physical bodies. I believe when we come together, listen to The Slim Gut Summit and maybe apply just one thing together with friends or in community it strengthens who you are as a person. You are now building up willpower and positive expectancy of what could be your reality. You're living from a future YOU. You have created a mental construct and are closing the gap between who you are now and who you could be. And now have a community of people backing you, supporting and watching you. You share your transformation and where you are going and you are sharing your before pictures, your 30-day and 60-day pictures, whatever your goal is.

DR.   
NANDI

