

# Healthy Gut Guidebook

*A complement to the book,  
High Performance Detox,  
available on Amazon.*

**HIGH  
*Performance*  
DETOX**

A philosophy book for high performers looking to regain a healthy perspective of busy, success, and wholeness through some offstage work on themselves.



**LACEY PRUETT** is a business owner and yoga teacher, passionate about helping women find their higher self by stepping offstage to engage in the inside job of wholeness. Through her own journey from performing for others, hitting a painful wall, stepping offstage for a season of self-awareness, rebuilding true identity, and re-assessing purpose, then finally stepping back onstage, confidently whole and performing her best, she wants to help others do the same.

**LACEY PRUETT**

Serving (performing) as a communicator, TV host, speaker and educator for over 20+ years, she's equipped to mentor women of all ages. Her coaching career gained momentum in 2012, when she served as Mrs. Texas United States, and shared more of her journey and healthy living awarenesses with a broader audience. She and her husband live in the Dallas, TX area, have a Doberman named Maximus and a Corgi-mix named Samson. In her free time, she participates in animal rescue efforts around Texas and is a CASA volunteer.

Check out more about Lacey and her work at:  
[www.laceypruett.com](http://www.laceypruett.com)

She's on Instagram and Twitter  
[@Laceypruett](https://www.instagram.com/laceypruett)

And on Facebook at  
[/laceyfit](https://www.facebook.com/laceyfit)

**HIGH PERFORMANCE DETOX**

**LACEY PRUETT**

*Taking you offstage for steps toward  
wholeness*

**LACEY PRUETT**

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## How to Heal Your Gut

Did you know that hormones can play a role in how you absorb and metabolize your nourishment? Did you know that unbalanced hormones can work against you and your health goals? Did you know hormone concerns don't just plague women?

We know that inflammation is considered a silent killer; however, unbalanced hormones can be considered a silent catalyst. Working as a catalyst to health concerns such as high blood pressure, obesity, joint issues, chronic pain and fatigue, and finally working as a catalyst to increased aging.

There's a way to healthfully manage your hormones and even have them work to your health advantage. Most of this work begins with the gut but with the brain's help.

Leptin is a hormone that is produced by the fat cells in the body. Your brain communicates with your body's Leptin level and triggers hunger (or no hunger.) It's KEY to understand that weight maintenance has more to do with brain sensitivity than with eating.

We eat → body fat goes up → leptin goes up → we eat less and burn more.

Or...

We don't eat → body fat goes down → leptin goes down → we eat more and burn less.

This is ONLY true if our leptin receptors in our brain are functioning well. If the receptors are not functioning, which is what science is finding in obese people, then this statement is not accurate and only serves to frustrate people struggling with weight loss. To help with leptin receptor functionality, it's important to reduce inflammation first, then remove toxic load, and remove refined sugar.

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I recommend a few supplements to my clients who keep an aggressive schedule or who travel for work.

- [An anti-inflammatory support](#) made from nature—beets and aloe vera!
- A [whole foods-based probiotic](#) to repair and maintain gut flora
- A [food bar](#) to provide a supportive ratio of nourishment to satisfy hunger on-the-go.

You can maintain your healthy gut goals with a busy schedule. You can also maintain healthy gut goals without supplementing, by creating nourishment with whole foods. It depends on what your personal needs are, and I share three options below. Find what works for you, and if you need them, get your anti-inflammatory, probiotic, and whole foods based supplement support [here](#).

#### **AUTHOR'S TOP DAILY REMINDERS:**

- 1. Do Your Best to Minimize Eating More After Dinner**
- 2. Eat Three Meals a Day**
- 3. Eating Smaller Meals, More Often, Supports Optimum Leptin Response**
- 4. Eat a Protein-Rich Breakfast – with healthy fat**
- 5. Reduce Carbs**

The best plan is the one you will follow. Whether it's a new fitness routine or diet plan, there's no sense in learning about it, if you're not going to take action. Here's your chance to shine! You have the choice, based on your daily needs and preferences, how you support your gut health. Three separate options are listed out below. Find the one that sounds the most authentic to you and your lifestyle. From there, we have more solutions and options. Be honest with yourself, and you'll set yourself up for continued success. Find your best track below!

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# Choose Your Personal Track

Which option below suits your goals, preferences and lifestyle?

## Maximize

- ⑨ I want the best results for a healthy body in the least time.
- ⑨ I'm OK with a little extra effort to get the best result.
- ⑨ I like the convenience of having Reboot-friendly, perfectly-balanced meal replacement bars/shakes.
- ⑨ I want a natural energy drink without all the sugar or caffeine jitters that gives me more energy, better focus, better sleep and less stress.
- ⑨ I'm willing to strengthen my health with plant-based immune and inflammation support super-nutrients.
- ⑨ I am ALL-IN about transforming my health/body now, and I want to know ALL the bio-hacks and benefits that will give the best result!

## Simplify

- ⑨ I'm busy and don't have a lot of time for meal prep.
- ⑨ I like saving money on my grocery bill.
- ⑨ I'd like the convenience of Reboot-friendly meal replacement bars/shakes.
- ⑨ I'm interested in a healthy Reboot-friendly alternative to soda or energy drinks.
- ⑨ I can use help with stress management and sleep quality.
- ⑨ I am too busy to get sick! I'd like to strengthen my health with immune and inflammation supporting super-nutrients.
- ⑨ I want great results with the least amount of prep or effort.

## 100% DIY

- ⑨ I enjoy cooking and have the time to shop, prep and cook healthy meals each day.
- ⑨ The convenience of having Reboot-friendly perfectly balanced meal replacements is not important to me.
- ⑨ I'm not interested in the benefits of an all-natural energy drink (without sugar or caffeine jitters) to give me added focus and energy, with better sleep and less stress.
- ⑨ I would not like to strengthen my health and recovery with plant-based immune and anti-inflammation supporting super-nutrients.
- ⑨ It's okay with me if my results take longer or require more prep and planning.

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## DIET BASICS:

**Avoid processed food:** Highly processed foods may compromise the integrity of the gut and drive inflammation.

**Eat Soluble Fiber:** Eating soluble fiber can help improve gut health and may protect against obesity.

**Exercise:** Physical activity may help to reverse leptin resistance (do high intensity activity—sprints, etc., with resistance training)

**Sleep:** Poor sleep has been implicated in problems with leptin.

**Lower your triglycerides:** Having high blood triglycerides can prevent the transport of leptin from blood and into the brain. The best way to lower triglycerides is to reduce carbohydrate intake.

**Eat Healthy Fats:** Eating plenty of healthy fat can improve leptin sensitivity. Most people need upwards of *50-70 percent* fats in their diet for optimal health. Good sources include coconut and coconut oil, avocados, butter, nuts, and animal fats. Also take a high-quality source of animal-based omega-3 fat, such as krill oil.

## SUMMARY

Insulin and leptin resistance are core factors in obesity, which in turn is a risk factor for cancer and may boost tumor growth. But the answer lies in fueling with smaller meals, more frequently, which contain healthier fats, moderate protein and a low carb ratio. By focusing on improving leptin response, you'll enjoy less cravings, which helps with health goals.

## DIY MENU OPTIONS:

**Breakfast Foods:** Eggs w/Meat; Oatmeal w/Almonds; a nutritional shake with

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moderate protein and higher healthy fat content

**Lunch Foods:** Salads with Boiled or Grilled Meats, Nuts, Seeds, Oil and Vinegar; Broth-based Soups; Vegetable Soups; Tea

**Dinner Foods:** Vegetables with a Grilled Meat cooked with olive or coconut (or other healthy oil). If you need something sweet, try fruit.

**NOTE: Whole foods are best. Stay away from canned, take-out, salted, creamed versions of foods.**

**Fats for energy:**

- Coconut oil
- Avocados
- Butter
- All Nuts – cashews – peanuts – almonds – macadamia – pistachios – walnuts
- Omega 3 oil such as fish oil.
- Animal fat.

**Proteins for your muscles:**

- Fish – tuna fish – haddock
- Poultry – chicken – turkey
- Meat – pork – beef – eggs

**Vegetables and fibers for everything else:**

- Cauliflower
- Beans
- Lentils
- Tomatoes
- Spinach

*Note that fruit is absent from this list because even though it is perceived as healthy, it is rich in sugar and should be kept to a minimum. Eat more vegetables instead.*

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## Final Thoughts

*As the author of [High Performance Detox](#), I share my journey through detoxing from everything that was harming me, including society's standard for my life, other people's expectations, and harmful consumption of food, perspectives and limiting beliefs. Cutting the cords of limit and pain in every area of my life helped me step back on the stage meant for me. I enjoy providing such solutions to my readers and to those searching for better health solutions. This is only a guide for the nutritional side of the journey. I'd love to discuss your personal goals with you, if you're looking for some guidance or direction, or if you just need to talk out your next steps. Enjoy this guide and use it to put more life back into your days. [Let me know how it goes!](#)*

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## YOUR NOTES:

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