

The Bulletproof Gut Program

Develop healthy, life-long habits that will leave you looking, feeling and performing at your best.

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Hello!

I’m a Fitness & Nutrition Coach. Passionate about helping clients reach their health goals.

With 25+ years of experience, I create fitness and nutrition plans that get results. Dedicated to making healthy living simple and sustainable.

Let's crush those fitness goals together!

Welcome to The Bulletproof Gut Program

This 2-week habit coaching program encourages you to improve your gut health. The goal is to simply create more awareness of how the food you eat impacts your overall health and daily well-being.

Day 0: Introduction Of Habit (Sunday)

In today's busy society, it's our lifestyles, nutrition and environment that hold us back and put negative strain on most of our body's systems. The digestive system is one of these systems.

There is a strong argument from alternative medical practitioners that the food we eat is a frequently overlooked origin of disease.

With a food allergy or sensitivity, the problematic food can set up a cascade of immune and chemical reactions in the body, usually within days (if not minutes) of ingestion. If this food is continually consumed over time, it can cause an on-going inflammatory reaction on the lining of the intestines, which can result in the lining becoming unhealthy.

Our gut prevents dangerous toxins and compounds entering our system from the foods and water we consume. When our gut is not working optimally, or is in a state of distress, these dangerous compounds can enter our system.
The goal of this habit is to simply create more awareness of how the food you eat impacts your overall health and daily well-being.

How Can I Personalize This Habit?
It's tricky to pinpoint trigger foods, but as you tune into your body, you'll learn which ones make you feel good and slow you down.

Have you ever experienced stomach cramps, bloating, fatigue, or skin reactions after eating certain foods? If yes, try avoiding that problematic food for 14 days.

If you're unsure how to begin, start by cutting out one of these common offenders:

- Gluten (like bread, pasta, and most flour-based products)
- Dairy (like milk, cheese, and cream)

How Can I Make This Habit Easy?
The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. Have one day off per week from completing the habit.

What Can I Piggyback Off Of?

Look for an event you can use as a reminder to do the habit: after your morning coffee, getting to work, after your workout, getting home from work, when an alarm goes off on your phone, whatever you want. Just pick a pre-existing habit to use as your reminder.

TO DO: Create your personal version of the habit to commit to this challenge!

Here's a template:

I am 90-100% confident that I will **[insert habit]** for 6 days a week after I **[insert what you're going to piggyback off of]**.

Here's an example:

I am 90-100% confident that I will track how my body reacts to different foods for 6 days a week after I finish eating meals.

Day 1: Start of Habit Review (Monday)

How was Day One?

Did you complete a personalized version of the habit?

Today, after completing your habit for the first time, I want you to answer these two questions:

- What did I do well today?
- What did I learn today?

These questions are so important that I want you to reflect on them every day.

The truth is, the most overlooked factor in building new habits is bridging the gap between what you want to do and the behavior that you're trying to make automatic.

You've got to close the loop between your intention and your behavior, and it's as simple as answering these two questions.

So here they are for you again:

1. What did I do well today?
2. What did I learn today?

Day 2: Daily Lesson To Reinforce Habit And Accountability (Tuesday)

There are a number of common reactions within the body when it is exposed to a food which causes an allergy or intolerance. It is important to understand these so that you can assess any improvements over the coming weeks.

It's crucial to consider how your diet impacts your health. Reflect on how your food choices may be affecting your well-being.

FATIGUE
An overactive immune system, triggered by intolerant foods, can lead to fatigue. It may also signal a food intolerance.

HEADACHES
Allergic reactions to food can cause recurring headaches, ranging from mild to severe migraines requiring medical attention.

SKIN REACTIONS
Eczema, acne, or irritation may decrease or disappear by removing intolerant foods from your diet.

WEIGHT GAIN
Food sensitivities can lead to malnutrition as the body struggles to absorb nutrients properly. This can trigger increased food cravings and calorie intake, resulting in weight gain.

IRRITABLE BOWEL SYNDROME (IBS)
IBS causes stomach cramps, bloating, diarrhea, and constipation. While its exact cause is unclear, it's often linked to a heightened gut sensitivity, potentially stemming from previous food-related issues.

INFLAMMATORY BOWEL DISEASE (IBD)
IBD, including ulcerative colitis and Crohn’s disease, involves chronic inflammation of the gastrointestinal tract.

RESPIRATORY DISEASE
Certain foods, molds, and chemicals can worsen airway conditions like asthma, hay fever, and sinusitis. These irritants strain the body's weakened systems.

Day 3: Daily Lesson To Reinforce Habit And Accountability (Wednesday)

If you want to maximize the performance of your gut and make it ‘bullet-proof’, focusing on food allergies and sensitivities is a great place to start.

Food allergies and intolerances are considered a ‘sensitive’ topic, and many conventional medical practitioners deny that food sensitivity is a real condition.

On the other hand, there is a strong argument from alternative medical practitioners that the food we eat is a frequently overlooked origin of disease. It’s important to consider research and findings from both groups to ensure the most accurate and balanced approach to understanding gut health.

FOOD ALLERGIES

Our immune system serves as a powerful defence mechanism for the body. When it detects a food as a threat, it triggers a response similar to other immune reactions. This process involves using up nutrients to protect the body. Histamines, which prompt common allergic symptoms, play a vital role in this process, known as 'degranulation.' Allergic reactions, like sneezing, watery eyes, or skin rashes, follow a predictable pattern, making the culprit food easy to identify.

FOOD INTOLERANCES

Unlike allergies, sensitivities and food intolerances have a delayed immune response, often taking hours to days to manifest symptoms. This delay makes them challenging to diagnose. The mechanisms behind food intolerances differ from allergies, possibly involving the immune system reacting to certain food chemicals. With numerous elements in each food, pinpointing the specific trigger can be difficult.

Day 4: Weekend Win (Thursday)

It can be difficult to stay consistent with a habit if you have a lot going on in your life, or if you take a break from your normal routine.

The perfect example of this is the weekend. So let's set you up to win this weekend.

How?

By doing an easy version of your habit for the weekend.

This should be so easy that it should require as much energy as brushing your teeth.

Today, I want you to plan how you'll stick to your habit challenge this weekend.

Day 5: Daily Lesson To Reinforce Habit And Accountability (Friday)

Here are three main factors that contribute to people experiencing an immune response to certain foods or food groups:

A HYPERPERMEABLE GUT (LEAKY GUT SYNDROME)
A leaky gut can result from an inflamed gut lining, imbalanced bacteria levels, and nutritional deficiencies. Lifestyle choices such as consuming intolerant foods, stress, and a low-fiber diet can also contribute. Antibiotics and anti-inflammatory drugs can also disrupt gut health.

GENETIC PREDISPOSITION
Some individuals may be more prone to reacting to specific foods due to ancestry, previous exposures, and genetic makeup. Chronic exposure to food intolerances can activate the immune system, leading to inflammation and oxidative stress. Understanding our genetic predispositions can help us make better health choices.

A SLOW OR DEFICIENT DETOXIFICATION PATHWAY
The body's detoxification system is vital for eliminating toxins. However, a sluggish detox can occur due to strain or lack of essential nutrients for optimal liver function. The liver, responsible for digestion, nutrient storage, and toxin removal, relies on enzymes for detoxification. When overwhelmed or compromised, the liver's abilities are impaired, leaving the body vulnerable to toxin buildup. Poor diet and exposure to genetically modified foods can worsen this condition.



Day 6:
No Daily Lesson (Saturday)

Day 7: Weekly Group Review (Sunday)



When you complete the habit today, take a minute to reflect on the past week or so of doing the habit.

- What was it actually like, as opposed to the fantasy you had about it before you started?
- What have you learned?
- What do you appreciate?
- What obstacles have come up, and are there ways to overcome them for next week?

Consider writing a short journal entry about these reflections, to solidify your learning.

Treat habit formation as a learning process, a way to learn about yourself, your mind, mindfulness, resistance and more.

Day 8: Adjustment Of Habit (Monday)

If all went well last week, and you didn’t struggle or skip the habit for more than a day, I recommend that you lengthen the habit this week. If you’ve struggled, keep it the same as last week or make it even easier.

For example, if you’ve successfully eliminated a certain food or food group, then consider any other problematic foods that you could reduce for this week too.

Or if you’ve struggled with eliminating a certain food or food group, put extra focus this week on getting it right.

Never make too big an adjustment so that it becomes too difficult.
This slow change process of expanding the habit a little at a time helps overcome the resistance of the mind to change and discomfort.

Each step isn’t difficult, so your mind doesn’t rebel much. Gradually the habit becomes your new normal and you can expand a bit more, pushing your comfort zone a little at a time.

Day 9: Daily Lesson To Reinforce Habit And Accountability (Tuesday)

This is how your digestive system work:

Close your eyes. Now imagine your favorite meal sat before you. The smell of it fills the air and you can already feel that first bite on your tongue. Ok, stop now. My guess is that has just made you hungry, and your mouth is watering too. The brain kick-started your digestive system before you even got your first bite.

If you were to eat that meal, you would take a bite and start chewing. This chewing, or mastication, will increase the surface area of the food, while the salivary glands start releasing an enzyme called amylase to breakdown carbohydrates.

From here, with help of a process called peristalsis, food is passed down the esophagus and enters the stomach. The stomach mixes and crunches the food some more, with protein being the main nutrient digested here. This occurs via the activation of the pro-enzyme pepsinogen, which is converted to active enzyme – pepsin.

The body releases hydrochloric acid (HCL) to kickstart digestion, signaling the digestive system to prepare. After 1-3 hours in the stomach, the food moves into the small intestine, where most digestion and absorption happen, especially in the duodenum. Bile from the liver and gallbladder emulsifies fats before pancreatic enzymes break down all macronutrients further.

Micronutrients like vitamins and minerals are small enough to be absorbed directly by the small intestine. At the same time, the pancreas also releases bicarbonate to neutralize stomach contents. Peristalsis keeps moving digested food through the small intestine, where villi secrete more enzymes for final digestion.

The outcome:
Carbohydrates become single sugars like glucose, fructose, and galactose, providing energy or stored as fat.
Proteins break down into amino acids and small peptides, serving as the body's building blocks.
Fats are broken down into fatty acid chains for energy and absorbing vitamins and minerals.

The goal of digestion is to obtain simple sugars, amino acids, and fatty acids for the body. These are absorbed into intestinal cells and eventually reach the liver, which is responsible for processing and storing nutrients while breaking down toxins. Blood carries these nutrients and oxygen to cells, where mitochondria produce ATP, the cell's energy currency.

The remains of digestion move into the large intestine (colon) in a semi-fluid form, where minimal absorption occurs, and the main function is to form solid stool. Then, you know what happens next. ☺

Day 10: Daily Lesson To Reinforce Habit And Accountability (Wednesday)

Making a commitment to make a change is sometimes only half the equation – to be really motivated, you might also need to report back on how you're doing. Make a promise to report regularly to a group of people, via email, on social media, in person.

Tell them how often you'll report: daily, weekly, monthly. If you make a rule to not miss two days in a row, let them know that. If you create a consequence for not doing your habit, tell them about that.

Be serious about this commitment to be accountable, report regularly, and you'll see progress.

Day 11: Weekend Win (Thursday)

The truth is, the path to changing your habits and the gradual changing of your body and health won’t be straight, ordered and neat. It will be messy, littered with failed habits, with constant stops and restarts.

But if you can accept this and prepare for this, then the process can be a lot easier.

So let’s set you up to win this weekend and achieve your habit with ease.

Today, think about your super easy, almost effortless version of the habit for the weekend.

How and when will you do the habit this weekend?

Day 12: Daily Lesson To Reinforce Habit And Accountability (Friday)

We’re almost at the end of the ‘The Bulletproof Gut Program’ habit challenge.

For the next few days, pay attention to your motivation levels – is it as high now as when you first started?

If it is dipping, this is probably because the reality of doing the habit for this long isn’t something you’re used to.

This is a great opportunity to turn from your expectations for this habit, to learning what other things can motivate you. Other motivations you could explore: the joy of doing, the pride of accomplishment, the feeling of satisfaction when sticking to something, tackling difficulties, the love of learning.

These are all great motivations to explore for any pursuit. Stay focused this weekend and remember to have some fun in the process!



Day 13:
No Daily Lesson
(Saturday)

Day 14: End Of Habit Review (Sunday)



Over the last two weeks you've completed the 'The Bulletproof Gut Program' habit challenge – nice work!

Today, take a minute after practicing your habit to reflect again on the past week of doing the habit.

- What has the habit been like and how have you done?
- What have you learned?
- What parts or how much of this habit will you continue to do?

Consider writing a short journal entry about these reflections, to solidify your learning. Treat habit formation as a learning process, as a way to learn about yourself, your mind, mindfulness, resistance and more.