



# Bounce back to a more vibrant you

With Greer Dearle, Naturopath

It is easy to find yourself in a state of health that is less than desirable. Working long hours, pressures of children and alcohol intake are often the main culprits. Even if you are trying to eat well and exercise, many people fall into the trap of not having enough time to prepare healthy food, which invariably leads to overconsumption of food lacking in nutrients.

## IF YOU FALL INTO THIS CATEGORY...

### You may be feeling:

- fatigued
- bloated
- lacking in motivation

### You probably have:

- brain fog
- a weak memory
- poor sleep
- low libido

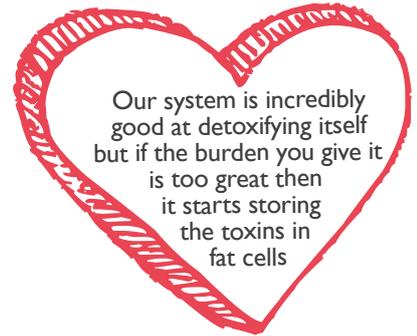
### Your immune system is under pressure:

- can't shake a cough
- lingering sore throat

It's time to bring some vibrant health back into your everyday life and it's not that hard to do.

## First let's look at why you are feeling this way...

Consuming sugar, alcohol, "non-foods" such as food additives and irritating foods such as wheat and gluten puts your body under a lot of pressure. Our system is incredibly good at detoxifying itself but if the burden you give it is too great then it starts storing the toxins in fat cells in order to protect the rest of the body from damage. It also creates a layer of mucoid plaque in the large bowel that not only interferes with absorption of nutrients but it also means you are carrying around far more waste than you need to. To add to this, if you are consuming the foods listed above and not eliminating them effectively then they can sit in your large bowel and ferment causing gas and damage to the lining of the large bowel. Once the bowel has tiny holes in it, the toxic waste that should be leaving your body can re-enter the bloodstream and cause many problems such as inflammation and pain, brain fog, migraines and headaches, and this is just to name a few.



There is a simple 3 week plan you can follow which can begin the process of restoring your system back to health. This program eliminates the foods that are toxic, irritating and that ferment in your gut such as sugar and grains. Whilst on this program, it is a great idea to take a probiotic to bring the balance of 'good' and 'bad' bacteria back under control. It is also recommended to seek advice from your health care practitioner to take nutrients and herbal remedies for gut repair and adrenal support. To achieve the results from this plan it is essential you follow it properly!!

**This means for the full 21 days you cannot touch anything that is on the 'Avoid' list.**

If you think you have the determination and will power, you can double the time on this plan. Six weeks of eating as suggested here will have you jumping out of your skin with health and clarity of mind. If you're not up for 6 weeks, don't be put off! People achieve amazing results on the 3 week plan.

Three weeks is such a small investment of your time and once you experience how truly amazing you can feel your only regret will be not having done it sooner!

[CLICK HERE TO VIEW THE 3 WEEK PLAN](#)

# Maintenance

Once you have completed your 3 or 6 week journey, you will probably want to bring some of the foods you miss back into your everyday diet. The foods which are suggested as acceptable to bring back are;

- natural sweeteners such as fruit, rice malt syrup, real maple syrup, rapadura sugar, raw honey
- sweet vegetables such as sweet potato, beetroot, corn
- dairy products – if you choose to bring dairy products back into your diet then try to source the best quality possible (organic ideally) and keep your intake to a minimum
- gluten free grains can be eaten such as millet, amaranth, buckwheat and brown rice (ideally you will continue to avoid gluten grains)
- try legumes and beans, many people react to these (see diary below)
- condiments should be home made to keep the sugar content to a minimum
- alcohol can be consumed in low doses (e.g. stay within driving limit) but preferably not daily

If you were having trouble with specific symptoms prior to the program then download this [symptom diary](#) before you introduce new foods. The trick then is to introduce one new food group at a time. For example;

- Day 1 and 2* eat dairy foods
- Day 3 and 4* go back to the 3 week program to reset
- Day 5 and 6* eat gluten free grains
- Day 7 and 8* go back to the 3 week program to reset

Continue this way until you have introduced all the foods you would like in your diet. Be sure to take note of any changes in your body (eg tiredness, headaches, bloating, memory loss) as you bring the certain foods back and only introduce the foods that you actually missed! For example, there is no need to eat grains if you can go without them.

This program can be repeated twice per year to maintain optimum health.



[CLICK HERE TO VIEW THE 3 WEEK PLAN](#)