

# STONEHEATH

## FITNESS & THERAPY

### GUT RESET PROGRAM

The microbiome suffers due to toxic environments, nutrient-stripped foods, and a stressful, sedentary lifestyle. This suffering results in an unhealthy balance of good and bad bacteria, which ultimately impacts every system in the body.

The Gut Reset Program uses the Purify Kit developed by Synergy and includes a supply of clinically formulated nutrition for the microbiome. Probiotics, vegetable proteins, and many other powerful ingredients combine to promote detoxification, cleansing, and balance. Use these carefully engineered supplements, and adhere to the dietary guidelines as you begin your journey to Elite Health.

Welcome to your Gut Reset Program!

## The Food

You can eat whatever you like for the duration of your programme, as long as it comes from the list below. You don't have to count, weigh or measure anything particularly, but keep in mind that if weight loss is one of your goals, portion size is a consideration. That said, you really must eat and not starve yourself because your body needs this fuel to support you through this process.

Here's your list and there's loads to choose from:

**DAIRY** Unsweetened almond and coconut milk, live natural yoghurt (Yeo Valley green and yellow pot is good), kefir, sour cream.

**FRUITS** Apple, apricot, avocado, banana, all berries, cherry, grapefruit, grape, kiwi, mango, melon, nectarine, orange, peach, pear, pineapple, plum, tangerine.

**LEGUMES** Soybeans, dried or canned beans in water, lentils, chickpeas.

**PROTEIN** Fish, shellfish, beef, lamb, poultry, wild game, eggs, cottage cheese, feta cheese.  
Vegan: tofu, tempeh, seitan, nuts, seeds, legumes.

**SEASONINGS AND CONDIMENTS** Dry and fresh herbs, all spices, Dijon mustard, lemon and lime juice, salsa, vinegar, soy sauce, stevia leaf.

**VEGETABLES** Fresh lettuce and greens such as spinach and kale, cabbage, artichoke, asparagus, aubergine, bamboo shoots, beansprouts, beetroot, bok choy, broccoli, Brussels sprouts, carrots, cauliflower, celery, courgette, cucumber, fennel, garlic, green beans, leak, mange tout, mushroom, okra, onion, pepper, radish, spring onion, shallot, sugar snap peas, squash, tomato, water chestnut.

**OILS** Coconut oil and olive oil.

**DRINKS** Loads of fresh water, herbal teas, rooibos tea.

Here's what you **MUST AVOID**:

Caffeine, alcohol, pork products (e.g. ham, bacon, gammon) smoking, processed foods, stock cubes, pasta, starchy vegetables (e.g. potatoes, sweet potatoes, sweetcorn, green peas, swedes, turnips, parsnips), wheat and other grains like rice, oats, rye, milk, sugar, peanuts and all dried fruits. So no ready made sauces in jars or packets, fruit juices, sports drinks, tea or coffee, including green tea. No honey either.

**SOME TOP TIPS:**

- read labels on products - drink plenty of water
- always have protein with every snack or meal
- exercise for 30 minutes every day - especially during phases 2 and 3
- remember that aches and pains are a bi-product of detoxing
- ensure your bowels are moving daily - if not speak to me
- expect your moods to go up and down as you go through the process
- stay off the weighing scales until the end of your programme

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## The Products

You have five products, each of which are brilliant in their own right, but when combined in this way, work synergistically to form your Gut Reset Program.

**Body Prime:** this is in capsule form and helps to support cellular function and keep your pipes (bowels) clear. You take this product every day for the 21 days.

**Biome Actives:** these are probiotics and prebiotics (the good bacteria) in capsule form. You take this product every day for the 21 days.

**Pro-Argi9+:** this is a powder which helps to support your nervous and immune system, reducing fatigue and promoting normal psychological function. You add it to water (approx. 240mls) and you take this from day 6 through to day 21.

**Biome Shake:** this is a powder in the form of a vegetarian high protein meal replacement shake, full of vitamins, minerals, amino acids, beneficial fats and fermentable fibres. You mix this in water (approx 350-470mls) and you take this from days 6 to 13.

**Biome DT:** this powder product utilises three distinct pathways for detoxification. It's amazing! You mix it with water (approx 240mls) but you must adjust the water volume to your own preference. Some prefer to make it more dilute. You cannot mix this product in advance of consumption. You take this from day 6 through to day 21

Now let's take a look at the order in which you take your products over the course of the next 21 days. It's important to note that this structure can be adjusted to support an individual's capacity to heal and change, so your schedule may be adapted by your mentor if it's appropriate.

## The Program

**Pre-program** - chat and Lifestyle Analysis

**Days 1-5** Start to eliminate non-Purify foods, eat only from the recommended food list. Take 2 Biome Active capsules, 1 at breakfast and one at lunch and take 2 Body Prime capsules with your evening meal. We will have a check in on day 5.

**Days 6-12** Start to take your products as directed on the next page - these are ideal timings but there is a little wiggle room. Like if you were invited to lunch, you could have your evening meal at lunchtime, and have your lunch time shake in the evening. We will have a check in on day 12.

**Days 13-20** Continue just the same as days 6-12 but you will have run out of shake by now (you can order more if you like). So return to choosing all your food from the list as you did on days 1-5.

**Day 21** Congratulations, you have finished!

**Post Program** - You'll have some questions about what's next and we will have a check in to discuss and will also fill in your Lifestyle Analysis

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## **The Products - Days 6-12**

### **OPTION A - for those who have a less demanding lifestyle:**

- 7.00am Wake and have your first ProArgi9+ as the first thing you do. It's good to have this on an empty stomach and away from other foods.
- 8.00am Mix 2 loose, level scoops in water for the Biome Shake. Take 1 Biome Active.
- 10.30am Mix and drink your first Biome DT. You can also eat a snack now, so anything from the food list, but always include some protein, e.g. humous and carrot sticks or some cottage cheese with grapes, or a boiled egg or some chicken and a small salad (these are just examples).
- 1.00pm Mix and drink your second Biome Shake. Take 1 Biome Active.
- 3.30pm Mix and drink your second Biome DT and have another snack as you wish.
- 6.00pm Evening meal time! Choose anything from the list e.g. piece of baked salmon with some roasted veg, portion of chicken breast with vegetables, Chickpea Curry with Cauliflower rice. Take 2 x Body Prime and 1 x Biome Active.
- 10.00pm Drink your second Pro-Argi9+ just before bedtime. Repeat this process for seven days obviously varying your food choices as much as you can to bring diversity for your new gut bacteria!

### **OPTION B - for those who are highly active and need an above average calorie intake e.g. athletes, those with a physically demanding job:**

- 7.00am Wake and have your first ProArgi9+ as the first thing you do. It's good to have this on an empty stomach and away from other foods.
- 8.00am Mix and drink your first Biome DT. Take 1 Biome Active. Eat breakfast from the list e.g. scrambled egg and spinach or try our banana pancake recipe with fruit and yoghurt.
- 10.30am Mix and drink your first Biome Shake. Have a snack from the list if needed.
- 1.00pm Mix and drink your second Biome DT. Eat a small meal from the food list. Take 1 x Biome Active.
- 3.30pm Mix and drink your second Biome Shake and have a snack from the food list if needed.
- 6.00pm Evening meal time! Choose anything from the list e.g. piece of baked salmon with some roasted veg, portion of chicken breast with vegetables, Chickpea Curry with Cauliflower rice. Take 2 x Body Prime and 1 x Biome Active.
- 10.00pm Drink your second Pro-Argi9+ just before bedtime.

## The Next Step

You've now finished your Purify Programme and will be noticing some exciting changes within your body, emotions and mental attitude. This is the power of the gut microbiome! For some, this will be the end of their journey but others wish to consolidate on their wins and gains, and look at ways to continue to improve their health and maximise their potential. It is possible to do the Gut Reset Program back to back, or there are other supplement systems like Synergy's amazing V3 for general physical and mental maintenance or the Biome Core Programme for continued healing of the the gut lining and microbiome rebalance.

If you have any questions or would like to discuss the most relevant options available to you, please do contact me:

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