

Moving Forward: Tool Kit

Well, here you are!

You made to week 8 in your health and life transformation! We want to take a minute and commend you for taking a stand for yourself and your life. By committing to doing whatever it takes to claim a healthy body filled with vibrant health and energy, you open up the door to endless possibilities to fulfill your wildest dreams, fulfill your unique mission on this earth, and be there for those you love you and need you in their lives. By dialing in your health, you are now opening up the door to be the best version of yourself.

Now, you're probably asking yourself, 'Ok, now what?' Where do I go from here?' And guess what? Every vivacious person in history has asked similar questions when they were hungry for more in their life.

This is because one of the 6 human needs is for Growth. Growth to do more, be more, learn more ...

And as one modern practical psychologist puts it, 'If you're not growing, you're dying.'

This 'Moving Forward Tool Kit' is meant to give you some practical tools in helping guide you in moving forward in your personal health and life journey.

Remember, you are on a journey that will continue on for the rest of your life. And since it didn't take you just 8 weeks to develop that 'previous self' that had those digestive issues, negative mindsets and emotions you came into this course with, be gracious to yourself as you continue putting those symptoms into remission for life. Time is of no consequence when you're overcoming yourself - Nothing is more worthwhile. YOU are the key to your body's health, now and forever.

Your Health Sherpa,

Jake & and the Vital Gut Health Team

Mindset Tools:

Dr. Joe Dispenza (Neuroscientist, Researcher, Lecturer, Author)

- Breaking the Habit of Being Yourself: How to Lose Your Mind & Create a New One (book)
- You Are the Placebo: Making Your Mind Matter (book)
- Becoming Supernatural: How Common People Are Doing the Uncommon (book)

Meditations: www.drjoedispenza.com

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Online Workshops, Live events, podcasts: www.drjoedispenza.com

Heart Math (Research Based Company, Training, Tech Products)
Heart Coherence Monitors & tools, Research
www.heartmath.com

Tony Robbins (Practical Psychologist, Speaker, Author)

- Awaken The Giant Within by Tony Robbins (book)
- Unlimited Power by Tony Robbins (book)
- I Am Not Your Guru (film): Netflix
- UnLeash the Power Within (Live Conference): www.tonyrobbins.com
- Date with Destiny (Live Conference): www.tonyrobbins.com

Diet:

Cyclical Mostly-Plant Based Keto Diet:

I personally eat the cyclical mostly plant-based ketogenic diet we taught you in this course with the addition of one Carb-Loading day per week. So, how it looks is: 6 days high fat, low protein, low carb and then 1 day where I eat whatever I want. This helps balance thyroid hormones, keeps insulin levels regulated and is good for my psychology.

Slow-Carb Diet:

When traveling, on vacation, out of town etc where my usual mostly plant-based keto diet is not possible to eat, I will do a Slow-Carb Diet 6 days a week with 1 Carb Loading Day. Tim Ferris fully explains this diet in his book '4 Hour Body'. I follow everything he recommends (LOTS of vegetables and fiber) with the exception of only eating small amounts of organic soaked lentils instead of standard legumes. I cook them in an insta-pot pressure cooker as soaked, rinsed and pressure cooked lentils are much easier to digest and safer for your gut lining than other beans. I swap my high fat shakes with protein shakes for breakfast made with organic pea protein, almond milk and stevia. Lastly I drink LOTS of psyllium husk for fiber in water to almond milk with a little Stevia twice daily (around 6-8 Tablespoons). Psyllium Husk is essential if you choose to do this slow carb diet!

These are the only two methods of eating I recommend at this point after trying everything diet under the sun as they have abide by a few big core health principles:

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1). Low Insulin (Research shows eating high insulin diets increase your risk of weight problems throughout your life, stubborn visceral 'belly' fat (the classic gut we all try to avoid), heart disease, cancers, diabetes etc)

2). Anti-inflammatory

3). Healthy for your gut (the standard keto diets out there are usually high in dairy, protein and very low in fiber. We do not advocate these. The mostly plant-based diet we taught you in this course is dairy free, low protein -to not switch on MTOR- and loaded with vegetables and fiber -all things not native to the fad 'keto' diets hitting mainstream) as all the vegetables and fiber feed beneficial bacteria and you're not eating gut irritating foods (gluten, grains, nightshades etc)

www.fourhourbody.com

Diet & Detoxification Tools:

Dr. Joseph Mercola (alternative medicine proponent, osteopathic physician, world-changer)

- **Fat for Fuel** (Educational/Research Book)
- **Fat for Fuel Ketogenic Cookbook** (cookbook)

www.mercola.com (resources, articles, organic products)

Podcast: Take Control of Your Health

Jason Fung (nephrologist, world-leading expert on fasting & low-carb diets)

- **The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Date, and Extended Fasts** by DR. Jason Fung & Jimmy Moore (book)
- **The Longevity Solution: Rediscovering Centuries-Old Secrets to a Healthy, Long Life** by Dr. Jason Fung & Dr. James DiNicolantonio (book)

www.dietdoctor.com

Podcast: Diet Doctor

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Dr. David Perlmutter (Neurologist, Researcher, Author)

- **Grain Grain** by Dr. David Perlmutter (book)
- **Grain Maker** by Dr. David Perlmutter (book)
- **Brain Wash** by Dr. David Perlmutter (book)

www.drperlmutter.com

Wendy Meyers FDN-P, NC, CHHC (Heavy Metals Detoxification Expert)

Detox protocols through Hair Mineral Analysis: www.meyersdetox.com

- **Limitless Energy: How to Detox Toxic Metals and End Exhaustion an Chronic Fatigue** by Wendy Meyers (book)

Podcast: Meyers Detox

Dave Asprey: (Researcher in Mitochondrial Health, Author)

- **Head Strong** by Dave Asprey (book)
- **Super Human** by Dave Asprey (book)

Amazing Supplements/products: www.bulletproof.com

Podcast: Bulletproof Radio

Dr. Steven Gundry (Researcher, Author)

The Plant Paradox by Dr. Steven Gundry

The Plant Paradox Cookbook by Dr. Steven Gundry

The Plant Paradox Family Cookbook by Dr. Steven Gundry

Supplements/tools: www.gundrymd.com

www.drgundry.com

Podcast: The Dr. Gundry Podcast

Naomi Whittel (Researcher, Author)

Glow 15 by Naomi Whittel (book/cookbook)

High Fiber Keto by Naomi Whittel (book/cookbook)

Keto Products: www.naomiwhittel.com

Mostly Plant-Based Keto Cookbooks:

- **Fat for Fuel Ketogenic Cookbook** by Dr. Joseph Mercola & Pete Evans
- **High Fiber Keto** by Naomi Whittel
- **Keto-tarian** by Dr. Will Cole
- **The Plant Paradox Cookbook** by Dr. Steven R. Gundry
- **The Plant Paradox Family Cookbook** by Dr. Steven Gundry

Plant Therapy (organic, essential oils - reasonably priced)

Great for making your own toothpaste, deodorant, hand sanitizers, etc.

www.planttherapy.com

100 Percent Pure (organic, chemical-free make-up/skin care products)

www.100percentpure.com

NaturalCycles (Birth Control Method app/tools)

www.naturalcycles.com

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