

Chelsey JEAN   
LYMPHATICS™

THE

good gut

protocol

This is only general advice and not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice. Always seek the guidance of your health professional with any questions regarding your health.

## THE CHELSEY JEAN

'GOOD GUT PROTOCOL' has been created to help support your digestive health and overall wellness goals. The protocol is designed to provide you with an adequate amount of daily fibre, which is essential to our diet, as well as added herbal support to reduce the impact that possible bacterial overgrowth may be having on your digestive system.

### Fibre

An essential part of our diet, and you are required to consume at least 30g of dietary fibre daily for a healthy bowel and digestive system. This should include a balance of soluble and insoluble fibres.

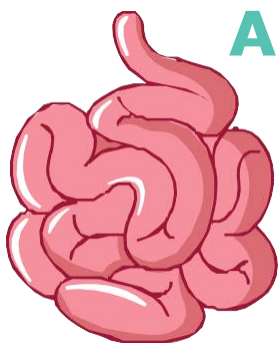
### Soluble Fibre

Attracts water and turns to a gel during digestion. Some types of soluble fibre may lower the risk of heart disease and lower cholesterol. Insoluble fibre adds bulk to the stool and helps food pass through the stomach and intestines and assists bowel transit times.

## EVERY DAY WE ARE EXPOSED TO THOUSANDS OF TOXINS

through the water we drink, the food we eat, the air we breathe, and the personal and cleaning products we use. A healthy person with regular bowel movements is efficient at eliminating these toxins from their system. A large percentage of the population, however, does not experience healthy bowel regularity.

If you eat two to three good meals per day, then ideally you should have two to three good bowel movements per day. Most people are unaware of this – for each input ideally, there should be a corresponding output. If you are only having one bowel movement or less per day, then **you do not effectively eliminate your waste.**



### A stagnant or sluggish bowel

can lead to a build-up of feces and mucoid plaque, which is an ideal environment for parasites to thrive. A slow bowel can also lead to overgrowths of pathogenic bacteria, molds, and fungi. All of this can contribute to leaky gut, diverticulitis and auto immune conditions.

The above reasons highlight why it is so **important** for everybody to undertake a fibre cleanse on a regular basis. People regularly service their car and take care of the outside of their bodies but forget to “**service**” their insides. Undertaking a regular fibre cleanse is not an option – it is essential.



## Further...

These gut conditions are incredibly common, and to minimize the possibility of overgrowths, uncontrolled bacterial infections, leaky gut, etc, it is essential to consume adequate dietary fibre and eliminate overgrown populations of bacteria (such as Candida) with the use of supplements and herbal medicines like Vitaklenz.



## Vitaklenz

A blend of herbal medicine that will assist the immune system to eradicate unhealthy organisms (such as parasites), balance the flora in the gut, and optimise digestion.

There are many products on the market today for **gut health and cleansing**. When selecting your product of choice, make sure that is:

- ✓ **PURE**
- ✓ **ORGANIC**
- ✓ **GLUTEN FREE**

Your best choices are comprehensive formulas that contain a good variety of herbs that are anti-parasitic, adaptogenic, provide liver and kidney support, and contain ingredients that bind and detoxify heavy metals.

# Candida Spit Test

To assess if you have an overgrowth of a bacteria called Candida, you can conduct this easy test at home. Candida overgrowth may be a contributing factor to consider **if you are experiencing:**



**ADVERSE DIGESTIVE SYMPTOMS**



**SWEET CRAVINGS**



**TROUBLES WITH WEIGHT AND MORE...**

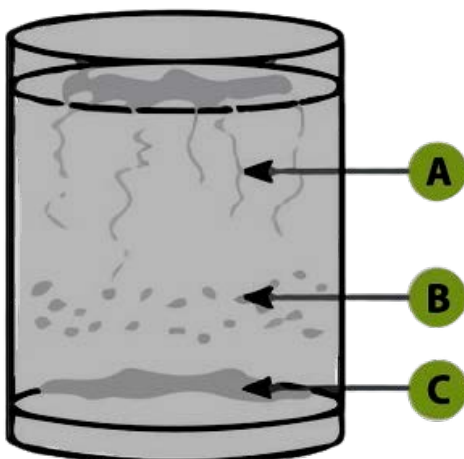
## The Process



At night, take a small transparent glass of water with you. Keep it on the bedside (not to drink) until the morning.

First thing in the morning, as you get up before you have anything to drink or brush your teeth, work up a bit of saliva in your mouth and spit it into the glass of water. Take your glass and pop it into the fridge for 4 hours.

After 4 hours, check to see where your spit is sitting in the glass, or if it has changed.



- A.** If it is floating on the top = at least 1 month worth of gut protocol required.
- B.** If it has grown 'tentacles' or sitting somewhere in the middle of the glass = 2 months' worth of the gut protocol.
- C.** If it has sunk to the bottom of the glass = at least 3 months' worth of the gut protocol.

# THE GOOD GUT PROTOCOL

includes a serving of Ultimate Fibre daily, alongside taking Vitaklenz tablets. This protocol will assist in the control over excess gut bacteria, and in healthy bowel motions.



The Vitaklenz are tablets that will be taken in different dosage amounts throughout the protocol to get you started with minimal adverse effects.

## When taking the Ultimate Fibre:

- 1 Please mix 2 scoops into 450mL of filtered water on an empty stomach at least 30mins before meals.
- 2 Mix the water and fibre in the shaker.
- 3 Shake vigorously for exactly 10 seconds, and then drink immediately before it thickens too much.
- 4 If the mixture is left, it will become more difficult to drink. However, if it does happen, simply add more water, shake, and drink.

**\*\*\*Please DO NOT mix the Ultimate Fibre in water in a glass with a spoon as it will not blend well enough. Always use your shaker with an agitator ball and VERY COLD water. This will prevent clumping.\*\*\***



## The following protocol is a very gentle and slow introduction to gut cleansing.

If you are a pro you can start the process faster. This is to ensure you don't have a reaction.

If you have Sea Minerals and Vitaklenz these can be started on day one.

Take 2ml of the Sea Minerals in water morning and night. Start with Vitaklenz once per day and then follow the bottles instructions.

**DAY 1-2** Take 1x Vitaklenz tablet at night before bed.

**DAY 3-4** Take 2x Vitaklenz tablets at night before bed.

**DAY 5-6** Take 1x Vitaklenz tablet in the morning before meals.  
Take 2 scoops of Ultimate Fibre (as described above) at night on an empty stomach.

**DAY 7+** Take 2x Vitaklenz tablets in the morning before meals.  
Take 2 scoops of Ultimate Fibre (as described above) at night on an empty stomach.

Continue the DAY 7 protocol for at least 4 weeks, or as long as required based on Candida spit test results.

Reassess your gut health with a natural health practitioner after 3 months.

## Importance of Using the Correct Amount

When consuming a fibre cleansing product that contains many ingredients it is important to consume enough of the product to receive the required amount of fibre and supporting ingredients. For adults, a serving size of 20 grams (or two-level tablespoons) is optimum. Reducing the serving size to 10 grams (or one level tablespoon) or less can cause mild detoxification symptoms.

Whilst following the protocol, you may progress to consuming 20 grams (or two-level tablespoons) **twice per day** for the duration of the protocol to receive the best results and in order to assist your body in the detoxification process.

## DETOXIFICATION

Some mild detoxification symptoms may be experienced when using a Fibre Cleanse. Some people can experience some mild bloating, cramping, and wind, which usually subsides after a bowel movement has taken place. This generally improves as you move further through the protocol.

# SUPPORT ON YOUR FIBRE CLEANSE JOURNEY

To give your body the best support whilst undergoing the '**Good Gut Protocol**', it is ideal to:



Support your body by consuming foods that are compatible with your system. If you are unsure which foods are most suitable for your body, please consider getting in touch with one of our naturopaths or consider taking part in the hair biocompatibility program. This non-invasive test will provide you with a detailed 16-page report of foods, household products, fibres, drinks, and more that will be compatible with your individual body.

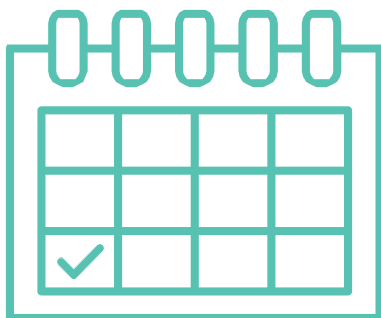
[Click here: Hair Food Compatibility Program](#)



Follow the **Chelsey Jean lymphatic protocol** which takes only 2 minutes a day. Daily lymphatic movement and drainage are essential for general well-being, digestive wellness, and support the body in removing toxins. You can find more information on the lymphatic sequence, products, and more on [www.chelseyjean.com](http://www.chelseyjean.com) or on the BooB CamP Facebook group.

[Click here: Gloves Sequence](#)

[Click here: BooB CamP](#)



For deeper support through detoxing and addressing any other underlying health conditions that you might be concerned about, you can schedule an appointment to see one of our naturopaths. Naturopaths are able to assist you in finding the root cause of any of the symptoms you may be experiencing and guide you through detailed and specific health discussions to reach your wellness goals.

[Click here: Naturopath Consultation](#)

## Other Points to Note:

- ✓ Always listen to your body and follow a protocol that works for you. However, remember sometimes “pushing through” a little, if detoxification symptoms persist, can get the desired results.
- ✓ If you have difficulty consuming the full 450ml of liquid in one go before the product thickens, simply halve the water and the amount of the product and consume in two serves. However, try to take these serves as close together as you can.
- ✓ If you have difficulty with the flavour of the product initially, add a good squeeze of lemon or some organic, no added sugar apple juice, and make sure that you are using a shaker bottle.
- ✓ For any concerns while on the protocol, or if you are experiencing adverse symptoms that you are unsure about, contact a medical practitioner or your naturopath.

You can speak with one of the Chelsey Jean naturopaths by calling **1800 2 BOOBS** or booking a [15-minute consultation](#) directly online.

# The Genesis Wellness Program

## What's next?

After completing the Good Gut Protocol it is recommended to recharge your gut using our Genesis Wellness Program.

The Genesis Wellness Program is a truly complete nutritional enhancement program containing all you need to replace vital nutrients that are likely missing from your diet: 14 probiotic strains along with prebiotics, living enzymes and vitamins potentiated through natural fermentation from 19 grains and wholefoods; Over 70 electrolytes (ionic minerals) completely balanced to your body's requirements, naturally harvested from the world's purest ocean reserves, enhanced with protective herbs.

The combination of Vitaklenz Recharge and Supa Boost Sea Minerals helps to support repopulation and remineralisation after a cleanse.

After cleansing the gut of parasites and bad bacteria it is important to support the repopulation of the microbiome through a combination of prebiotics and probiotics.

Probiotics are specific bacterias that support and stimulate digestive function, to improve transit time and bowel function. It can help to reduce bloating, intestinal gas and in turn general wellbeing. The beneficial bacteria also help to break down your food to improve nutrient absorption and a good microbiome is directly linked to good mental health.

Prebiotics are the fibres that the probiotics feed off to keep them alive and thriving, as well as supporting your digestive health through improved bowel function, transit time and nutritional intake. Prebiotics also help to sooth the digestive tract and support the digestive lining.

## The Genesis Wellness Program cont.

After completing the recommended length of good gut protocol, have ½ to 1 teaspoon of Vitaklenz Recharge powder, in water, juice or a smoothie or in with your favourite cereal or yoghurt for breakfast. You can also use 3 teaspoons of Vitaklenz Recharge in your favourite homemade bread recipe.

Take 2ml of the Supa Boost Sea minerals in water morning and night. It is recommended for a minimum 1 month of the wellness programs but it can be used ongoing to improve dietary prebiotic and probiotic intake.

If you feel like you need more fibre to support your digestive system and transit time we recommend the Qenda Everyday fibre. Everyday fibre is a daily fibre containing a daily serve of Iron and over 50% of your daily fibre requirements in each serve. It also contains herbs to support stress resilience (adaptogenic herbs) and herbs that support, sooth and rebuild the digestive lining.

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