

# Trust Your Gut: The Complete NewLife™ Digestive Health Guide

**How To Improve Health & Energy Levels By Fixing Common Digestive Health Problems.**

From bloating to bowel problems - **simple steps you can take today** to reclaim your gut health that *really work!*

At NewLife™ we say that your digestive health is the **core of your health** - everything else revolves around it...

Overcoming chronic health issues can be kick-started by improving your gut health first. This gives your body the chance to heal itself - *which it is completely capable of doing!*

Over the last 28 years in holistic health, we have overseen many stories of complete recovery. It has worked for thousands of our clients and we know it can work for you too.

We created this guide to bring you through the what, why and how of digestive health and nutrition. When you know where you've been, you can plan out better where you are going right?

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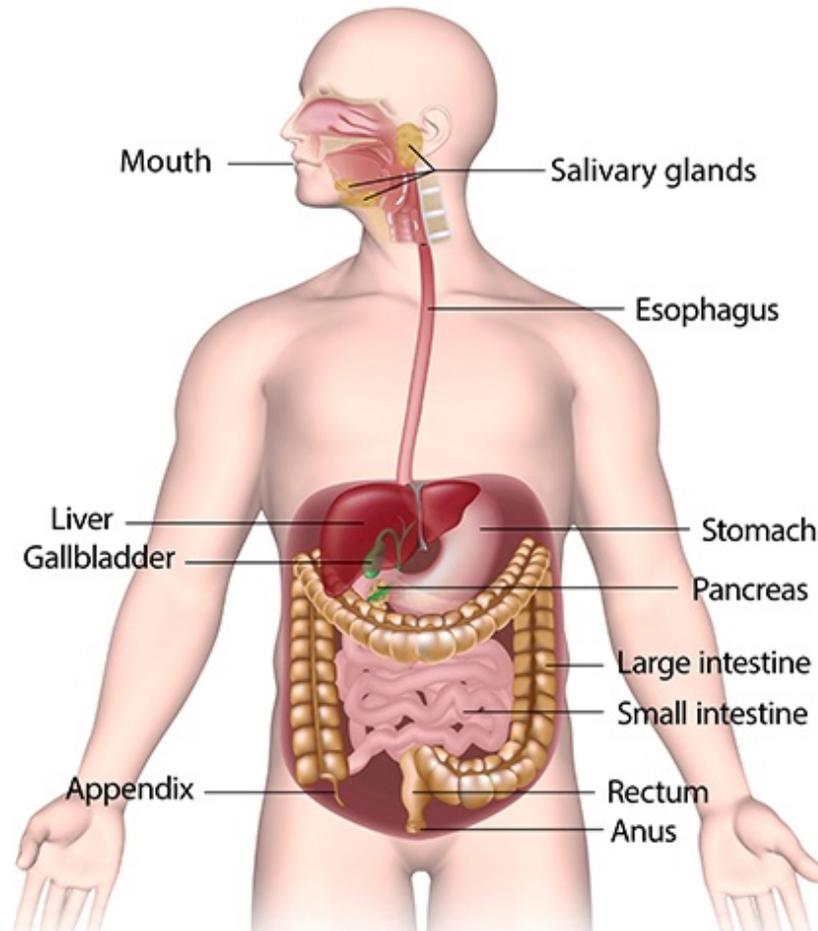
# Understanding Your Digestive System and How It Makes You Feel

The digestive system is made up of various organs – collectively known as the **gastrointestinal (GI) tract**.

These include:

- The Mouth
- Oesophagus
- Stomach
- Liver
- Gallbladder
- Pancreas
- Small Intestine
- Large Intestine
- Anus

## The Digestive System



That's more organs than you expected to be connected to your digestive system isn't it?

In fact some of the components mentioned above include further body parts.

For example the large intestine is made up of the appendix, cecum, colon, and rectum...

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*But the point isn't really to know how each and every organ functions - but more importantly that there are many moving parts to your digestion, not just the 'stomach'. Far too many people think this is the only thing they should be concerned with.*

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The better you understand that you are dealing with multiple parts the better you will be able to take small steps to improve your digestive health...

[Image:

Source (<https://www.niddk.nih.gov/health-information/digestive-diseases/digestive-system-how-it-works>)

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## What Is Digestive Health?

How healthy your gut or GI tract is can play a major role in your overall health.

Harvard medical (<https://www.health.harvard.edu/topics/digestive-health>) describes your digestive health as:

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"Your digestive system breaks down foods and liquids into their chemical components—carbohydrates, fats, proteins, and the like—that the body can absorb as nutrients and use for energy or to build or repair cells.

Like all complicated machinery, the digestive tract doesn't always run smoothly. In some people, the problem is genetic. In others, the immune system mistakenly attacks the digestive system, causing various digestive woes. What we eat, and how we eat, can also throw off digestive health."

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The

NYU department of medicine (<https://med.nyu.edu/medicine/gastro/about-us/Gastroenterology-news-archive/your-gut-feeling-healthier-digestive-system-means-healthier>)

similarly say that:

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"The gut serves many essential roles in sustaining and protecting the overall health and wellness of our bodies, starting with the intake and absorption of nutrients and water. According to Dr. Ganjhu, it is this digestive process that provides the building blocks the body needs to live, to function, and to stay healthy."

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To simplify - your digestive health is how efficient and effective your body is breaking down what you eat into nutrients, chemicals and minerals that your body needs to survive.

If your digestive health is poor, that means your body is not breaking down the food you eat into **essential nutrients** (either because your gut is not working well, or you are not feeding it properly). This can lead to *low energy, bloating, gastro-intestinal disease* and over the long run much more severe health issues.

If it is functioning well that means your body is being fed everything it needs to similarly function well.

Your digestion is fast, your organs are getting everything they need and want and so to for your muscles and bones.

This will allow you to thrive - to feel energised, sleep well and be a more productive person in life.

## Common Digestive Health Issues



GI discomfort can occur at **any point** in the digestive tract, from the top to the bottom.

When your digestion is not working at its best, some of the short and long term gut-issues that will occur include:

- heartburn, also known as gastroesophageal reflux disease (GERD)
- peptic ulcer
- diverticular disease
- irritable bowel syndrome (IBS)
- gallstones
- celiac disease
- constipation
- diarrhea
- Irritable bowel disease (IBD)

This doesn't include the knock-on problems that can occur from compromised general health like various forms of cancer, diabetes and others.

Which shows that **taking control** of your gut health should be a number 1 concern for almost everyone...

## Your Microbiome: The World Inside You

Many researchers describe your gut as a *garden* – one that is full of living, breathing flora and fauna.

These represent **trillions of bacteria** that live there, each with a role to play in keeping the balance of your digestive health.

Because they are living organisms, you have to take care of them like you would take care of a bed of flowers...



You need to feed them well, not stress them out, let them rest and so on.

And also like flowers, they can be **sensitive to changes** - such as a low nutrient modern diet. The more of this is fed into your gut, the weaker and more depleted your microbiome becomes.

It can even be almost completely wiped out when exposed to strong medications like antibiotics!

When that happens, your gut health **starts to decrease** – potentially leading to some of the chronic issues and illnesses mentioned earlier in the guide.

## Bacteria – Where Is It Found On Your Body?

It may seem a bit uncomfortable to be reading about bacteria taking up residence all over and inside your body – but this knowledge is key.

Understanding that if you keep them well balanced, so too will you feel well balanced.

In fact some of the common bacteria that share your body can be found in different places all over your body:

- Skin
- Nose
- Mouth
- Throat

- Stomach
- Small intestine
- Colon
- Urinary tract

## Key Functions Of Gut Bacteria

Some of the key functions of the gut bacteria that make up your Microbiome include:

- Crowd out bad bacteria (pathogens)
- Digest your food
- Absorb certain nutrients into your body
- Production of digestive enzymes
- Helps your immune system tell friend from foe

These core actions, when your microbiome is working effectively, help you get through all the tasks you need to do in a day.

But when they are compromised, those same tasks can seem *2 or 3 times more difficult* than they normally are.

Studies have shown that your gut health also can influence your skin health, mental health and also how likely you are to fall sick from the common cold...

So how do you start to **take back control** of your gut?

## Getting Your Gut Health Back On Track

The truth is that most of the time, your body is **capable of healing itself** – if you give it the chance!

*Your gut health is no different...*

If you work on restoring the balance of your microbiome, you can slowly bring it back to where you remember it to be.

And it will have positive effects on not **just** your gut health, but your **overall health** as well.

In fact there are many small steps you can take to start this journey to recovery and we've broken them down into 3 main categories:

1. Nutrition
2. Exercise and Rest
3. Rebalancing the Microbiome with Good Bacteria

Just remember this journey can take some time to fully complete, but you'll start to see significant changes as you proceed.

Think of it more like a *marathon than a sprint!*

## You Are What You Eat (And What You Don't)!

No time in **human history** have we had more access to good quality, ease of access and an abundance of food than ever before...

We have also never before had access to such terrible, low nutrient, easy to access, cheap and abundant processed/ junk food either.

And the *junk food is slowly winning the battle.*

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*Our body is a machine - it takes what we give it and breaks it down into base components through our digestive system.*

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If the input is bad, we end up with a modern day problem: **low nutrient diets.**

It is not that we don't eat enough. If you are reading this you probably don't have to worry about not having food to eat, but what food are you eating?

## The Importance Of Good Nutrition

Good nutrition is **not as complex** as most people think.

It is a key component of your health which is why it is one of the fundamental pillars of all our programs...

The human body requires the nutrients in food as fuel for daily activities – this includes growth, protection and repair of damaged cells.

The average person needs a combination of:

- Proteins
- Carbohydrates
- Fiber
- Fats
- Vitamins
- Minerals

You will find each of these in a variety of foods in a *well balanced* diet.

## What's The Problem With Modern Diets?

We don't mean the 'how to lose weight' kind of diets...

Instead, we mean the 'food you eat during a typical day, week, month, year' kind of diet.

Basically, what do you **normally eat** most of the time?

The ideal diet is to eat the necessary amount of the components we mentioned earlier. Enough to sustain your body - not too much less, not too much more.

The problem is that because we are all in a rush due to work, school and family life, we give in to convenience.



Fast food, processed foods, unbalanced meals and more...

It makes us eat too much of some (carbs, fats, protein) while getting too little of others (fiber, vitamins, minerals).

This is affecting your health and the *health of everyone around you.*

# The Effect Of Nutritional Deficiencies On General Health

A **nutritional deficiency** occurs when the body doesn't absorb or get from food the necessary amount of nutrients it needs. Deficiencies can lead to a variety of health problems. These can include digestion problems, skin disorders, lethargy, degenerative health issues and more...

Studies have shown that high income countries can suffer from deficiencies too. Even though access to these nutrients are readily available!

An excerpt from a American National Institute of Health study reads:

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"Population groups at particular risk of nutrient deficiencies include women of childbearing age, especially pregnant and lactating women [29,30,31,32,33], infants and toddlers [34,35], children [33,36], adolescents [31], older adults [33,34,37], obese individuals [38], and the critically ill [17].

Based on representative data from the National Health and Nutrition Examination Survey (NHANES), the US Office of Disease Prevention and Health Promotion classified vitamins A, C, D, E, and folate, calcium, and magnesium as "nutrients of concern" that may pose a substantial public health concern in the general US population [29]."

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Some of the most common deficiencies can be found below:

## B Vitamins

B vitamins have many important functions and are vital for maintaining good health. They are essential for the metabolism of every cell of the human body.

They help to support the adrenal glands and nervous system, keep you energised, prevent fatigue, improve concentration, mental health and are critical for combating stress.

Deficiency symptoms include:

- Lethargy
- Being restless
- High stress levels
- Difficulty sleeping
- Difficulty concentrating

## Potassium

Potassium, one of the most important minerals and electrolytes, is essential for our cells, tissues, and organs to function properly.

The importance of potassium to our cells is comparable to the importance of calcium to the bones.

## Vitamin C



A powerful antioxidant, it is required for at least **300 metabolic functions** in the body, including tissue growth and repair, adrenal gland function and healthy gums.

It also helps *detoxify* the body, promote friendly bacteria in the gut, neutralise free radicals and prevent cardiovascular disease.

## Calcium

A deficiency in this important mineral has shown to increase the chances of osteoporosis and osteoarthritis and is an essential factor in good bone health and many other bodily functions.

# How Do I Balance My Food Intake?

I get asked this *all the time*.

The simple answer is that there are many ways to do this but there is no correct answer that works for everyone.

Whatever **works for you**, then you should stick to it!

Some easy things you can try include:

Cook More



When you cook your own meals, you can better control what you put in it.

And you can choose **nutrient dense recipes** rather than what you may eat outside.

Try incorporating at least 2 servings of vegetables, 1 of protein and 1 of carbohydrates into your home cooked meals.

As long as each serving size is moderate, you should be getting a balanced intake of each into your system.

## Make Your Plate Colourful

The most nutrient-rich foods are usually vegetables and fruit.

If you have a variety of colours on your plate (dark greens, red, oranges etc.) you are probably getting a good serving of vitamins and minerals into your system.

## Avoid Processed Foods

I won't argue about the convenience of having a supermarket in almost every neighbourhood in every city - but it does come with a **nutritional cost**.

Although fresh fruits, vegetables and meats are sold in most supermarkets, the rest of the food on the shelves are usually processed foods.

For example, instant noodles, cornflakes, chips and other packaged foods.

They all contain flavour enhancers, food colourings, preservatives and other chemicals that you should keep to a minimum.

If you want to see just *how many chemicals* are in processed foods, look at the ingredient list of packaged biscuits and even 'healthy' wholemeal bread that are sold in the average supermarket!

Juices and Soups



Juices made out of raw vegetables and fruits are **packed** with fiber, minerals and vitamins. The same goes for vegetable soups and broths.

Both are easily digested in your stomach and quickly absorbed by your body, making it a good option to add to meals or as meal replacements.

You can find hundreds of recipes online and on our website.

We recommend to *cut down on the salt and sugar* when adapting those recipes for yourself.

## How Should You Eat?

So far we've talked about what to eat, but did you know **how you eat** can also have an effect on your gut?

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*It's not hard to imagine that someone who eats an entire meal in under 5 minutes will have some effects on how his gut digests food and other issues!*

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Here are some of the common causes of *bloating and indigestion* just from the act of eating itself.

### Chewing Too Little

If you 'inhale' your food, it probably means you are chewing very few times before swallowing.

What happens is the food you just ate enters your stomach in large chunks - making your stomach acids work overtime to break it down.

If there is more than your stomach can handle, **undigested food** enters your intestines, causing bloating, discomfort and constipation

Sucking Lots of Air When You Eat



Some people breathe mostly through their mouth, causing them to **gulp more air** than normal.

This can cause an excess of air build up in the stomach when it happens at the same time that they eat.

This build up can make your stomach feel **bloated** and when passed through your intestines, causes discomfort.

Some easy steps to prevent this are to try to eat slowly, refrain from talking, *relax* and save drinking liquids for after your meal.

## What About Supplements – Which Ones Should I Take?

With so many options out there and each supplement designed to do something different, which ones should you start with?

For me I'd recommend based on **what health problems** you are *currently* facing. We've put together some of the most common issues below...

### Stomach Problems



If you are having **stomach problems** we would usually look into 3 factors - flow, inflammation and microbiome balance. These are the most common sources of gut problems for most people.

## Flow

'Flow' is how well your **GI tract** is processing the food and transporting it through your intestines and out of your system.

We would focus on:

- Breaking down the food in your stomach
- Helping the food pass through your intestines more effectively

**Breaking down food** – some gut problems occur when your stomach doesn't do a good job in breaking down your food *completely*, leaving undigested food passing through to your intestines.

This can cause *bloating and general discomfort*, as well as aggravating any existing inflammation issues you already have.

We would recommend a good digestive enzyme (<https://www.newlife.my/n-zimes-pa-plus.html>) to help your stomach acids break down what you've eaten **faster**.

A good digestive enzyme works by supporting your body's natural digestive process, which reduces the chance of undigested food passing through to your intestines.

Digestive enzymes are usually taken with meals, for example our N. Zimes PA Plus (<https://www.newlife.my/n-zimes-pa-plus.html>) digestive enzymes come in a powder format and our customers take a small spoonful with each meal.

**Unclogging your system** - once the food has been suitably broken down, normally with a balanced diet the digested food will pass through your small and large intestines at a *good pace*.

During this journey, more nutrients and minerals are absorbed from it until all that's left is waste for your daily trips to the toilet.



But like we've mentioned earlier in this guide, a modern diet usually **lacks enough fiber** from foods like vegetables and oats.

This insoluble fiber plays an *important role* in helping your digested food pass through your system and contributes to your 'flow'.

This can be easily fixed by eating more vegetables and foods containing **fiber** – but if for whatever reason that isn't possible, then you can try adding a fiber supplement (<https://www.newlife.my/herbal-klenz-powder.html>) to your diet.

Made using insoluble fiber, these supplements typically come in a powder or pill form and is taken before a meal.

Our Herbal Klenz Powder (<https://www.newlife.my/herbal-klenz-powder.html>) also contains **apple pectin**, a soluble fibre which is known to be able to help to prevent both diarrhea and constipation, while promoting gut health and blood sugar control.

## Inflammation

This one is hard to 'feel' happening to you – unlike things like indigestion or constipation, which are the symptoms of the previous 2 factors above.

You probably have an **inflammation issue** if you experience conditions like irritable bowel syndrome (IBS), irritable bowel disease (IBD) or even if you suffer from chronic bloating or reflux.

Adding *anti inflammatory* foods into your diet like plant-focused meals, green leafy vegetables, nuts such as almonds and fruits such as strawberries and oranges on a regular basis are a good start to **bringing down** your internal inflammation.

For daily supplements, a good vitamin C (<https://www.newlife.my/vitamin-c-complex-1000-mg-sustained-release.html>) and flaxseed oil (<https://www.newlife.my/omega-gold-flax-seed-oil.html>) (rich in Omega 3) have been shown to support inflammation reduction.

## Microbiome Balance

This part of your gut health is so important, we've dedicated an entire section to it below - jump down to **Microbiome Balance - The Power Of Probiotics** to read more.

# Low Energy Levels



No matter what you do, are you **always feeling tired**? You've made some changes but *nothing really seems to work*...

This is becoming a common problem for people who live a typical city lifestyle. Multiple factors contribute to the issue - from *overwork, stress and a bad diet...*

Although there is no magic bullet to give you a sudden energy burst (unless it's a caffeine shot, which may be effective but also irritable to the digestive system) there are **certain natural supplements** that can help in overall energy support.

- Vitamin B (<https://www.newlife.my/vitamin-b-complex.html>) - plays a key role in converting the nutrients in your body (metabolism) into the energy you need for a busy life.
- Niacin (<https://www.newlife.my/niacin.html>) (Vitamin B3) - is essential for vibrant health. Regular intake of niacin increases blood flow and circulation throughout the body which helps promote cells growth and organs function.

## General Health Maintenance

For overall health benefits you can't go wrong with adding some **popular natural foods** to your daily routine.

Our recommended morning and evening drink is called honegar which is a mix of 1 teaspoon of pure raw honey (<https://www.newlife.my/pure-raw-honey.html>), 1 teaspoon of

apple cider vinegar (<https://www.newlife.my/apple-cider-vinegar.html>) mixed with a cup of water.

It's a tonic that **aids in digestion** and *immunity building* - and takes only seconds to make each day.

## Long-Term Chronic Problems

If you are having **serious health issues** or major chronic problems, we do encourage you to speak to your doctor to find out what they think is wrong with you.

As a supplementary option, many of our clients have also chosen to do a full detox of their system.

Our belief is that when you *flush out your system*, it puts your body in a place to **heal itself** - whether by itself or *with the aid of your health practitioner*...

Detox is sometimes seen as a taboo word as there are a lot of suspect products out there claiming to do miracles with very little basis behind them.



Instead let's refer to it as a **realignment** of your system - getting rid of some excess toxins, replacing them with *much needed nutrients and minerals* and making other lifestyle changes. It all goes hand in hand...

A **proper** detox/realignment consists of:

- Flushing out toxins and encrustations from your GI tract
- Getting high doses of vitamins and minerals back into your body

- Clean and healthy eating
- Good rest
- Done over a concentrated period (approximately 1 week) to magnify the effects

You see it's not as easy as taking a single supplement? It's the combination which counts.

Our in-house DRP program (<https://www.newlife.my/7-day-drp-partial-set-1.html>) and wellness retreats (<https://www.newlife.my/health-retreat/>) follow the same process above and have been *used thousands of times*, so we've seen the body's remarkable ability to heal itself **many times over.**

## Microbiome Balance – The Power Of Probiotics

Remember the flora and fauna and **trillions of bacteria** we talked about earlier? That's what we mean when we talk about Microbiome balance...

When your gut bacteria is *diminished* because of medication, a recent virus, food poisoning or years of bad diet habits – it can and will throw off your entire GI tract.

To **replenish** the balance, the best weapon we have at our disposal would be adding a dose of high quality probiotics to your daily routine.

But with all the options available out there, what are your options and how do you choose the right one?

## Probiotic-rich Foods

Adding some of these to your diet can be an option:

- Yoghurt (if you aren't lactose intolerant)
- Kombucha
- Kefir drinks
- Kimchi
- Other fermented foods

The problem is that the fermentation process usually involves large volumes of salt, vinegar and sugar - so may be a less practical daily option.

# Probiotic Supplements

The **marvel of modern technology** has now brought us the ability to take concentrated, targeted probiotics daily – without having to eat it through foods!

There are hundreds of choices out there, available in both shops, online or direct to consumers – what should you look for?

Bacteria Strains – Just Enough Is Enough.

Don't believe all those marketing messages you see where they claim you need 50 billion, 100 billion cells of good bacteria in your probiotics...

*Too much can be a bad thing too!* **Overcrowding** your gut with excess bacteria can just as easily throw off your microbiome balance.

You'll want a good balance of **1 – 10 billion** cells of:

- Bifidobacterium Longum
- Lactobacillus Acidophilus

Or a combination of both.

## Prebiotics

Prebiotics **feed** the good bacteria. Most over-the-shelf products are missing this key ingredient – a natural food source that stimulates the growth of the friendly bacteria that is contained in probiotics.

Look for probiotics that contain prebiotics such as *Fructo-Oligosaccharides* as well as the normal composition of bacteria above.

Adding oats to your diet in the morning can also be a good source of prebiotics.



# The 1,000,000 Probiotics Solution?

As a company we **believe strongly** in the power of probiotics as a base – so much so that it's one of the *core products* in all our health programs.

When our founder and patron Dr. Lynn first started **introducing probiotics** to the marketplace over 20 years ago, she set herself the challenge to expose as many people as possible to this **potent natural supplement**.

What she didn't realise was *just how successful* she would be in doing just that!

**Over 1,000,000 sachets later**, our Immuflo<sup>®</sup> Probiotics (<https://web.newlife.my/store/immuflo/>) range has become our #1 selling product.

We stand by our product and want people like you to experience it too...

If you are reading this guide it means you are already a member of our portal – so we've created a 1 time promotion just for you.

Get our Immuflo<sup>®</sup> range at up to 27% discount by using this link:  
<https://web.newlife.my/store/immuflo/> (<https://web.newlife.my/store/immuflo/>)

*Promotion is currently only available in Singapore and Malaysia.*

Immuflo® is suitable for kids above 6 months old as well as adults and comes in powder-based sachets that are safe to be kept at room temperature.

Claim your One-time promotion here today:

<https://web.newlife.my/store/immuflo/> (<https://web.newlife.my/store/immuflo/>)

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## The F Word – Fitness

Sometimes I talk to people about **fitness and exercise** I can see the look of *'do I really have to?'* on their face.

We live in a time where we spend most of our day working, or taking care of kids, or running errands – *our days can be very long...*

The **last thing** you want to do is add some sort of exercise plan on top of that right?

The simple answer is *'yes you should'*.

Science Daily (<https://www.sciencedaily.com/releases/2008/01/080104123421.htm>) explains why:

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*Moderately strenuous exercise, about 30 minutes a day, can lead to enormous benefits in terms of your mood, health, weight and the ability to live an independent and fulfilling life.*

*The exercise doesn't need to be athletic or difficult. Studies have shown that simply walking at a brisk pace for 30 minutes or more on most days can lead to significant health improvements. Add simple strengthening exercises two or three times a week and the benefits are even greater.*

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In fact, studies have been carried out by the University of San Diego Health (<https://health.ucsd.edu/news/releases/Pages/2017-01-12-exercise-can-act-as-anti-inflammatory.aspx>) on how even 20 minutes of exercise can reduce inflammation throughout your body...

*Our study shows a workout session doesn't actually have to be intense to have anti-inflammatory effects. Twenty minutes to half-an-hour of moderate exercise, including fast walking, appears to be sufficient.*

**So yes, it is necessary.**

## How To Quickly Get Started With Fitness



For now maybe just commit to **adding 3 days of exercise a week**, around *20-30 minutes a day*.

It can be anything for now:

- gym work
- go for a brisk walk or jog
- play any sport
- do some exercises at home you find on Youtube

It **doesn't really matter** what exercise you do!

Just try and get your heart rate to a **moderate level** and sustain it there for a while...

The key is to just *start doing something* until it becomes a part of your routine.

You can build on from that later.

## 28 Day GI-Restore Plan



Now that you've got the **base knowledge** on how your digestion works, the consequences of a bad digestion and some ways to improve it, *what do you do next?*

With the guidance of our patron Dr Lynn B.Sc (Hons) New Zealand, Professional Nutritionist, NIOA, (U.S.A), Doctor in Naturopathy (U.S.A), our in-house nutritionist and with my own background in fitness and holistic health, we've put together a **quick to start 28 day program** just for you.

## How This Plan Works

Each week will be roughly the same - we will be recommending a **small change** to your diet, some restorative vitamins, herb and mineral supplements as well as *increased physical activity* and **stress management**.

A **typical day** will look like this (dosage in brackets is a guide for our members who are currently using our products):

### **Morning**

- Probiotics (1 sachet before you eat)
- Restorative drink (Honegar)
- Fiber and anti inflammatory supplements (1 x Vitamin B, 1 Tsp Flax Seed Oil, 1 Tsp Herbal Klenz)
- Eat breakfast

- Deep breathing exercise

### **Mid Morning**

- Healthy snack (fruits, almonds, raw vegetables etc.)

### **Afternoon**

- Lunch

### **Mid Afternoon**

- Healthy snack

### **Evening**

- Fiber and anti inflammatory supplement (1 x Vitamin B, 1 Tsp Herbal Klenz)
- Dinner

- Digestive enzymes (1 Serving N.Zimes PA Plus)

### **Before Bed**

- Restorative drink (Honegar)
- Deep breathing exercises

All the *tips and recommendations* we mention throughout the 28 days is explained below and is a handy reference if you're not too sure what to do on any given day.

All the best and **let's get started!**

## How To Follow The Plan

### Supplements + Health Foods

The core of our health programs works by **adding back into your system** what most busy people are *lacking*.

In a modern diet this usually includes an **imbalance of bacteria** in their Microbiome and fiber.

*On top of that* we have found that anti inflammatory foods are very beneficial to the GI tract in general.

So for the *28 day masterplan* I've recommended the following:

### **Restorative Drink (Honegar)**

This tonic **soothes your gut** and encourages your stomach to produce more stomach acid.

Unlike what most people think, the *cause for most indigestion* and reflux problems is low acid production and **not** too much acid.

The proper amount of stomach acid breaks down food better before it hits your intestines and is a signal to your oesophagus to close the flap between it and your stomach.

This **prevents acid** from leaking back up and causing reflux symptoms.

#### Ingredients:

- 1 tablespoon raw or manuka honey (<https://www.newlife.my/pure-raw-honey.html>)
- 1 tablespoon apple cider vinegar (<https://www.newlife.my/apple-cider-vinegar.html>)

- Glass of water

Directions:

- Mix all ingredients, stir and drink

## **Probiotics**

We've spoken about the **power of probiotics** earlier in the guide and it's worth repeating again...

Probiotics help *balance your gut bacteria*, which in turn improves digestion and immunity levels throughout your body.

We recommend a high quality probiotic (<https://www.newlife.my/immuflora.html>) that doesn't need to be stored in the fridge.



# IMMU FLORA<sup>®</sup>

イミューフローラ

Bifidobacteria  
Lactobacillus Acidophilus  
Fructo-Oligosaccharides

30 sachets x 2g

Our **Immuflo**ra® range (<https://www.newlife.my/immuflo.html>) comes in a powder form and can be kept safely at room temperature - just mix 1 sachet in water and drink.

Always take probiotics 30-45 minutes before you eat - this allows it to get into your system before your stomach produces the levels of acid that it usually needs to digest food.

### **Fiber & Anti Inflammatory Aids**

A lack of insoluble fiber that you'd normally get in fresh vegetables or fruit will contribute to a slow down in how your body processes meals.

The harder it works to get through your system, the more bloating, gas and indigestion pains are likely to affect you...

Gut inflammation on top of that can cause or make worse conditions such as irritable bowel syndrome (IBS) and irritable bowel disease (IBD).



Adding *fiber supplements* is a way to **speed up** the digestive tract - typically a psyllium husk supplement (<https://www.newlife.my/herbal-klenz-powder.html>) will do the trick twice a day.

Our Herbal Klenz (<https://www.newlife.my/herbal-klenz-powder.html>) powder for example contains both psyllium husk and apple pectin (can improve gut issues).

It's taken **before meals** in a glass of water.

For anti inflammatory options, you can add some flaxseed oil to your meals and vitamin B to your routine.

We've covered both of these earlier in the guide.

## **Digestive Enzymes**

If you have problems **digesting food fully**, or it feels like your body takes a *long time* to break down your meals - we'd recommend adding a digestive enzyme (<https://www.newlife.my/n-zimes-pa-plus.html>) with each of your larger meals.

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*Digestive enzymes occur naturally in your body, such as your saliva but with heavily processed foods they sometimes don't work as well as they should.*

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A **good digestive enzyme** supplement should contain:

- Proteolytic enzymes (breaks down protein)
- Carbohydrolytic enzymes (breaks down various carbohydrates)
- Lactase (breaks down lactose)
- Lipase (breaks down oils and fats)
- Fiber-hydrolyzing enzymes (breaks down the fibrous cell walls of grains, fruits and vegetables)

Chewing your food more will also help naturally occurring enzymes in your body digest more efficiently - our own line of digestive enzymes, N.Zimes PA Plus (<http://newlife.my/n-zimes-pa-plus.html>) contain all the above for fast and effective break down of meals.

## What Should I Eat For My Meals?

For the **next 4 weeks**, if at all possible - *cook as many meals as you can* instead of eating out...

There are various recipes included on our website (and soon in your member's portal), but the rule of thumb would be:



- Plant-focused meals - this means most of the dish consists of vegetables, grains, legumes, rice and others, with a small serving of meat.

- Soups and light foods – try to keep your meals light, such as soups, noodles, stews and similar. Opt out of deep fried anything.
- Healthy snacks in between meals you may get hungry. Instead of reaching for that sugary snack, grab a handful of nuts, a piece of fruit or a fresh juice (not bottled)
- Breakfast tip – just eat oatmeal. It’s quick to make, super healthy for you and if you want to spice things up, add fruits, nuts, granola, spices and whatever else you can. A great energy boost in the morning and full of fiber and healthy prebiotics
- Variety really doesn’t matter – if you are fine eating the same few meals throughout each of the 4 weeks and they fulfil the requirements above, then do it! Your body is a living, breathing machine and food is the fuel it needs to run, so don’t worry if you need to eat the same few meals to stick to the masterplan.

Reach out to us if you need some **healthy recipes** and we’ll do our best to get them to you.

## How To Eat Healthier When You Eat Out

We do strongly recommend that you try your best to cook most of your meals for the duration of this plan, even if that means cooking extra for dinner the night before and bringing the leftovers as your lunch...

But if that's not possible and you need to eat out, **what do you do?**

Here are some quick tips to save you from unnecessary bloating and GI-tract discomfort:

### **Eating Less, More Often**

The serving sizes in restaurants and food courts are usually *more than you need*, to make you **'feel full'**.

Try going for dishes where you can choose the toppings (like mixed rice) and if you feel hungry between meals, eat a small healthy snack to keep you full till your next meal.

### **Go For Soupy Dishes**

Clear-soup dishes such as noodle soups, or even varieties of soup-only dishes (usually served with rice) are filling, light on the stomach and easily digestible throughout the day.

*Avoid dairy, spicy or coconut milk based broths*, as these are heavy on your system and will push your gut to work harder.

## Deep Breathing Exercises



Deep breathing exercises help keep your body in a more **relaxed state** by *slowing down* your heart rate and increasing your oxygen intake...

A relaxed state helps your digestion by **releasing built up tension** and stress along your GI tract.

This is *especially important* when you are about to eat a meal.

If you eat while you are stressed or your body is very tense, the food doesn't digest as well - leaving your gut working overtime!

Where you see **deep breathing exercises** in the *masterplan*, go ahead and follow the instructions below.

Feel free to do these just before eating if you are feeling *stressed out* as well...

- Breathe in through your nose to the count of 4 then hold your breath for 2 seconds
- Breathe out through your mouth to the count of 7 then hold your breath for 2 seconds
- Repeat steps 1 and 2 ten times

Try **closing your eyes** while you do this and feel your lungs rise and fall. As best you can *try not to think of work, or kids, or business* or anything that stresses you out - just **focus** on the action of breathing alone.

You'll find the more you do this, the better you are at nudging yourself out of stress and in to a more relaxed state.

# Moderate Intensity Exercises

How do you define *'moderate intensity' exercise*?

The best way I can describe it is:

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If you can feel your heart beating hard in your chest, but you don't hear drumming in your ears, that's a good moderate heart rate...

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For example, if you walk up 3 flights of stairs, most people's hearts would be beating pretty good - but not so much that it feels like they just ran a marathon right?

For the 28 day plan, wherever it mentions to do moderate exercise, aim to **keep your heart** at this rate for approximately 25-30 minutes without letting it drop too much below that.

If you need more technical numbers, aim to hit about 65-70% of your maximum heart rate and maintain it there.

You can achieve this by *brisk walking, swimming, trekking, gym exercise, sports* and any way that you want to.

Just make sure your **doctor clears you** to do so if you have any underlying medical conditions that might be affected by increased exercise.

## Week 1 – The Beginning

At the start, you'll probably feel quite **motivated** to get things going – after all you've just read through this *whole guide right?* (congratulations by the way!)

So while I've got you *fired up*, this is what we are looking at accomplishing this week:

- Stick to your meal plan – light, healthy, plant focused meals
- Get into the routine of taking the supplements in the order they've been recommended
- Relax – that's what the deep breathing exercises are for
- Add 1 session of moderate intensity exercise somewhere near the middle of the week
- Reach out for help if you're not sure about anything (message us on Facebook)

## Week 2 – The Middle

Now that we've hit week 2, you're approaching the *middle of the program* and **temptation** may have started to creep in (shall I eat fried chicken for example)...

But *don't give in!* Get through this week and the last 2 weeks become *so much easier*.

- Continue with your meal plan – if you have to eat out, check back on our eating out tips above
- Continue with your digestive aids, anti inflammatory supplements as they need time to work effectively
- Don't stop doing the deep breathing – stress management is usually the first thing people give up on, but in our opinion is one of the most important contributors to good health. So breathe in, breathe out, even if it's on the train or in the car.
- Add 1 more session of moderate intensity exercise somewhere near the end of the week
- As always, reach out for help if you need to.

## Week 3 – Final Push

If you've powered through week 2, then this week will be **no problem at all...**

Continue with all the **good things** that you've been doing and make it feel like a *'habit'* rather than as part of a 'program'. This way you'll continue finding other ways to improve your health even after the 28 days are over.

- Just keep doing what you are doing
- Note down any changes your body is feeling for **positive feedback**

## Week 4 – The Finish Line

*Congratulations you've made it to the end!*

By this stage I would like to believe that you would have *noticed some gains in energy*, less digestive problems (remember that it takes time to completely fix a problem - so take positives from small improvements) and maybe even a bit of weight loss/ improved fitness...

The aim of this program was *not just to help fix some of your issues*, but to put you into the **general habit** of putting your body, health and stress management as a priority in your life.

You are very welcome to repeat the 28 days into the next month and keep track of any further gains in your health.

I'd also encourage you to **expand** on your health knowledge, stress management and fitness as there's **plenty more** you can do to help yourself and your loved ones.