

# 30 Day Diet for Gut Health



## Why is Gut health so important?

The connection between gut and health is a revolutionary way of understanding the link between digestion, mood, health, and even the way you think.



## What factors contribute to poor gut health?

- Sedentary lifestyle and irregular sleep pattern
- Exposure to genetically modified foods
- Emotional challenges and mental stress
- Consuming processed over natural foods
- Overuse or misuse of over-the-counter medications
- Alcohol abuse

## How does it show up?



- ✓ Irritability and extreme mood swings
- ✓ Lowered alertness and confusion
- ✓ Anxiety and distress
- ✓ Loss of appetite and binge eating at late night
- ✓ Hair and skin issues

- ✓ Bloating, indigestion, acidity, and any other gastric issues
- ✓ Low immunity
- ✓ Food intolerances and sensitivity
- ✓ Food cravings 24\*7



Silver Oak Health presents you with a 30-day Gut Health Program which aims at helping you cleanse your gut which can lead you to feel lighter, reduce incidents of gastric troubles, regulate weight, improve hydration levels, and make better food choices. It will equip you to self-practice gut cleansing once a month.

## Salient features of the program



Weekly one-to-one diet counselling till the end of the program



Customised meal plans, altered weekly based on observations and progress



Weekly personalized check-in calls from the dietician

Five top recipes supporting the gut health



Counselling support by psychologists at Silver Oak Health to manage your stress & sleep management



Supplementary reading resources relevant to your condition



Quality nutrition, mindful eating practices, emotional and mental well-being, movement, and sleep routine all together contribute towards boosting the gut health. Sign up with us for a free 30-day gut health program to know what the triggering symptoms are and how we can guide you to boost your gut health and help restore the gut microbiome naturally.

## Details

### WEEK 1

Focus on healing the gut from unintentional damages through gut rest. Aim to eliminate gut irritating foods like highly processed and packaged foods, fried and oily foods, sweets/sugars, meat, dairy, gluten, fibre rich vegetables and fruits.

### WEEK 2

Aim to rebuild the gut and nourish good microbes along with gut rest. Continue to eliminate foods as in first week. Gradually introducing gluten and raw foods to check tolerance.

### WEEK 3

Focus on repopulating your gut with healthy bacteria and reintroducing fibre rich foods to ensure acceptance.

### WEEK 4

Return to the normal balanced diet with better gut performance for maintenance.






## Getting started

- ➔ Recommended to start the 4 weeks program when there is some space from personal or professional commitments (Post festival) for smooth transition and dedication.
- ➔ Maintain a diary to note down the changes. Make a note of health goals especially with regards to gut (for example: indigestion, constipation, leaky gut, acidity, low energy, overweight, etc) Track the food intake and overall progress.
- ➔ Practice fixed mealtime (example: 7am to 7pm) and healthy gap of about 4 hours between each main meal and 12hours of overnight fasting to provide gut healing and recovery.
- ➔ Managing stress is also an important factor in gut restoration. Increased stress condition can harm healthy microbes in the gut.
- ➔ Ensure proper hydration during this period. Suggested to sip plain or infused water counting to 1 hour/1 glass.
- ➔ Focus on decent quality sleep for better results.

**To Book An Appointment Call  +91 90 35 35 80 80**



 AVAILABILITY : MONDAY – SATURDAY |  TIME : IST 8:00 AM 8:00 PM

 [help@silveroakhealth.com](mailto:help@silveroakhealth.com) | Employee Wellbeing & Assistance Program



## Frequently Asked Questions

### ✓ Why gut health?

- ➔ The current lifestyle pattern with minimal movement, sedentary work, convenience and packed foods and stressful environment disturbs the gut health. Hence it is important for the overall physical, mental, and emotional wellbeing.

### ✓ How will I benefit from this program?

- ➔ This program will help you cleanse the gut and promote good bacteria internally thereby helping you to rejuvenate and create positive physical and emotional balance in the body.

### ✓ What if I am travelling in between?

- ➔ We recommend planning this 4-week program with minimal to no travelling and during a peaceful time with no festivals around to boost the gut health.

### ✓ Who are exceptions to this program? ?

- ➔ Pregnant women, lactating mothers, people with metabolic conditions (issues with diabetes, liver and kidney), any other critical conditions including post-surgery conditions and during medications or steroids.

