

# 90 DAY GUT RESTORATION PROGRAMME

Andrea Bayles  
THE NUTRITION EXPERT



90 Days to transform your digestion, improve your energy, weight, skin and help you feel happier and healthier

## ABOUT ANDREA



Andrea Bayles is a Registered Nutritional Therapist and Metabolic Balance ® Practitioner. She trained with the College of Naturopathic Medicine in London in 2000 and qualified as a Nutritional Therapist in 2007 and has a successful and busy practice in Henley in Arden, Warwickshire. She is registered with BANT and CNHC and is a member of the Institute of Functional Medicine. She specialises in digestive health and weight management using a personalised and prescriptive nutritional approach.

### CLIENT TESTIMONIAL

#### Hear from one of Andrea's happy client's

*"Andrea quite literally changed my life, by working with me on a personal level she gave me the small changes my body needed. I met Andrea and worked with her because of extreme abdominal pain that occurred every month, some months worse than others. The advice given by Andrea enabled me to make small and manageable changes that have resulted in a pain free year for me and increased energy and sense of well being."*

*Clare*

# FIRST THINGS FIRST

Hello and welcome to 90 Days of Gut Restoration.

The reason I created this 90-day programme is that after years of seeing 100's of clients with chronic health problems and digestive health difficulties, I realised how important gut health is and how so many people benefit from healing and restoring their gut health. If you are one of the hundred's of people who suffer with inflammatory conditions, digestion problems or even autoimmune disease, then this is for you. Whether you want to pursue a healthier life, or you want to restore digestive function or even if you want to reverse your autoimmune condition, 90 days to gut restoration will help you achieve this.

Personally, I was brought up eating a healthy, whole-food diet, traditional meat and two veg, with unpasteurized dairy (raw milk) sourced from the local farmer and meat from the local butchers. My Mum grew a lot of her own vegetables and school holidays were spent potato picking followed closely by swedes and turnips!! My own health has, thankfully, always been robust with a strong immune system and a healthy gut. But my experience with people who haven't had that encounter is that restoring your gut health is like taking your car in for a service or pressing re-boot on your computer. It's a bit like an annual check-up for the digestion. I do believe that we have to put effort into maintaining our health, it doesn't just happen.

There is much evidence now that supports the health of the gut with the health of the brain, the immune system and weight management. More and more people are suffering with gut related conditions and 21st century lifestyles are the main factor and contributor.

So, here's to looking forward to a healthier way of life, much improved digestion, lots more energy and vitality and a happier you!

## CLIENT TESTIMONIAL

### Hear from one of Andrea's happy client's

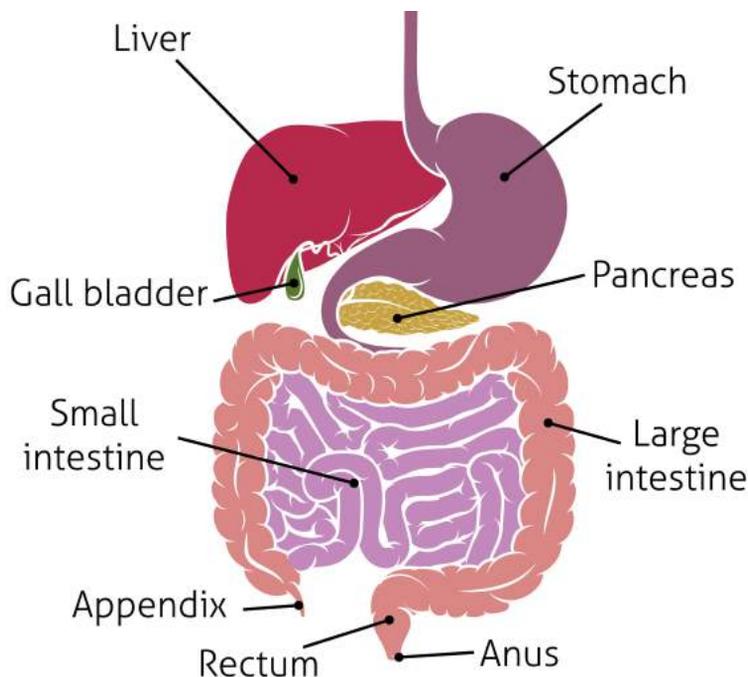
*"Through Andrea's nutritional advice, I have experienced a really positive difference in my health and vitality. I have found it totally fascinating to understand the impact that specific foods were having on my immunity and energy levels and have as a result, made a big change to my diet. Andrea provides really practical advice and support which includes help with menus and recipes, which has been invaluable."*

*TJ- Solihull*

# WHAT DOES MY GUT DO?

Our digestive system is one of the most important systems in the body. It is essential for converting the food we eat into energy and providing our bodies with the correct nutrition. The digestive tract is approximately 7-9 metres long from mouth to anus. It is made up of the oesophagus, the stomach, the small intestine, the colon and our liver and gall-bladder play a role too.

The gut or the digestion has recently been highly researched as new and amazing findings emerge about the power that our gut health has on overall wellbeing. There are many research papers published now (well over 1,500 on PubMed in 2017 on the Gut Microbiome) which highlight the importance that our gut bacteria play in supporting our immune health, mood and cognitive function as well as helping with weight management and viral infections. There is evidence to suggest that autoimmune conditions are linked to lowered levels of gut bacteria and possible bacterial infections. More recently, research has found a strong link to suggest that imbalances in gut bacteria (known as the microbiome) caused by poor diet, overload of toxins, medications and poor lifestyle choices, triggers inflammation and insulin resistance making it difficult for even the keenest 'dieter' to lose weight effectively. Therefore, the impact that the health of our gut can have on our lives is immense and highly important to ensure that our bacterial or microbial environment in the gut is optimal.



# ARE YOU STRUGGLING WITH YOUR DIGESTION?

Digestive problems can have an overwhelming effect on everyday life. You may be suffering daily with abdominal pains, bloating and discomfort or you may have odd days where severe diarrhoea and/or constipation arrive without warning.

IBS is one of the most common digestive health conditions diagnosed at GP practices. Approximately 1 in 5 people suffer with some form of IBS. There are a number of criteria known as the Rome III Diagnostic Criteria for Functional Gastrointestinal Disorders. These consist of the following:

An IBS diagnosis includes recurrent abdominal pain or discomfort for at least 3 days a month over the last 3 months with two or more of the following symptoms:

- Improvement with defecation
- Onset associated with a change in frequency of stool
- Onset associated with a change in the appearance (form) of the stool

If you have an IBS diagnosis, this is known as a 'Functional Disorder' but functional digestive problems can be much more varied and might include any of the following signs and symptoms:

- Upper abdominal bloating
- Lower abdominal bloating
- Heartburn or indigestion
- Gastroesophageal reflux disease (GERD)
- Gastritis
- Stomach or Duodenal Ulcers
- Sense of fullness after eating
- Flatulence (that can be offensive or otherwise)
- Abdominal pains or cramps
- Constipation
- Diarrhoea or loose stools
- Nausea and sometimes vomiting
- Stools that float or that are pale in colour
- Unable to tolerate more and more foods becoming food sensitive
- Excessive burping or belching



# WHO SHOULD DO THE 90-DAY GUT RESTORATION PROGRAMME?

The 90 Day Gut Restoration Programme is suitable for anybody whether or not you are experiencing any of the symptoms listed above or not. It has become more and more apparent that the health of our digestion provides us with a foundation for restoring and rejuvenating the body as a whole.

Your gut forms the basis of your health. It is the first line of defence against pathogens - bacteria, parasites and other microbes. We need a healthy gut to digest and absorb nutrients to maintain optimal wellbeing. To be honest, if you have never suffered with digestive issues, carrying out a gut support plan is a bit like taking your car in for a regular service, topping up with essential nutrients, clearing out the rubbish, replacing with clean food and nutrients and replacing the missing parts!

***Hippocrates (470-360-B.C.) quoted –  
“All disease begins in the gut”  
and “Heal the Gut - Prevent disease.”***

If you suffer from everyday digestive discomfort, or you have an IBS diagnosis, or any of the symptoms listed above, then this programme is essential. It's a bit like pressing reboot on your computer - a reset of all the areas involved in digestion, absorption and assimilation as well as re- inoculation of essential and vital healthy bacteria. Anyone who has a chronic health condition or has a diagnosed autoimmune disease should restore their gut health to provide additional immune support in the body.



# WHAT CAN THE 90 DAY GUT RESTORATION PROGRAMME HELP WITH?

- Bloating and distension
- Excessive flatulence
- Constipation and/or diarrhoea
- Irritable Bowel Syndrome
- Inflammatory Bowel Disease
- GERD – Reflux
- Heartburn or Indigestion
- Candida
- Frequent infections - cystitis, colds, coughs
- Food intolerances or sensitivities
- Weight loss
- Autoimmune disease - fibromyalgia, Chronic Fatigue, Lupus, Rheumatoid Arthritis, Diabetes, MS
- Low mood, depression, anxiety
- Cognitive impairment, memory and concentration, behavioural issues
- Skin problems such as eczema, acne, psoriasis

Starting with your gut and immune health is essential to improving your complete wellbeing. A healthy gut is the foundation to a healthy body.



# WHAT ARE THE BENEFITS OF THE PROGRAMME?

Here are just a few of the life-changing benefits that you can experience after undertaking this programme:

- Improved energy levels
- Better quality sleep
- Feeling happier, less moody
- Fewer aches and pains
- Reduced bloating and discomfort
- Less belly fat
- Skin health improvements such as acne and spots/pimples
- No more halitosis or bad breath
- Digestive improvements in constipation or diarrhoea
- Reduction of cramps, spasms and pain
- Lowered food cravings especially for sugar
- Reduction in outbreaks of mouth ulcers

These changes will form part of a bigger health improvement whilst undertaking this programme and will address other areas of concern such as:

-  **Weight loss** - expect to lose 5 - 10 lbs. in weight in the first few weeks because you are eating clean foods, less carbs and replacing missing enzymes and nutrients to repair and revamp the digestion.
-  **Immune health** - the gut forms the basis of your immune system - restoring your innate immunity will revitalise your ability to fight off infections like colds and flus, viral infections and help to reduce your risk of developing autoimmune conditions.
-  **Mental health improvements** - the gut is well known for its connection to the brain and has been dubbed our 'second brain.' Improvements in anxiety, low mood, mood swings, cognitive function, memory and concentration can all be achieved when the gut has less of a battle field to navigate and inflammation is reduced.

## Additional Information

First and foremost, this plan is not a 'cure' or a 'treatment' for any diagnosed or undiagnosed condition. If you experience any of the following, you must see a GP or Health Practitioner:

- Unintentional weight loss
- Dark stools - different to normal
- Blood in the stool
- Any sudden changes in symptoms
- Excessive production of mucus
- Anaemia
- Family history of ovarian or bowel cancers

## WHAT IS INVOLVED?

Basically, the Gut Restoration Programme is a 'clean diet' - eating healthy, unprocessed foods with targeted foods and nutritional supplements.

The foods that you eat during this time are known as 'gut-friendly' and will help to restore your gut health and your microbiome (gut bacteria).

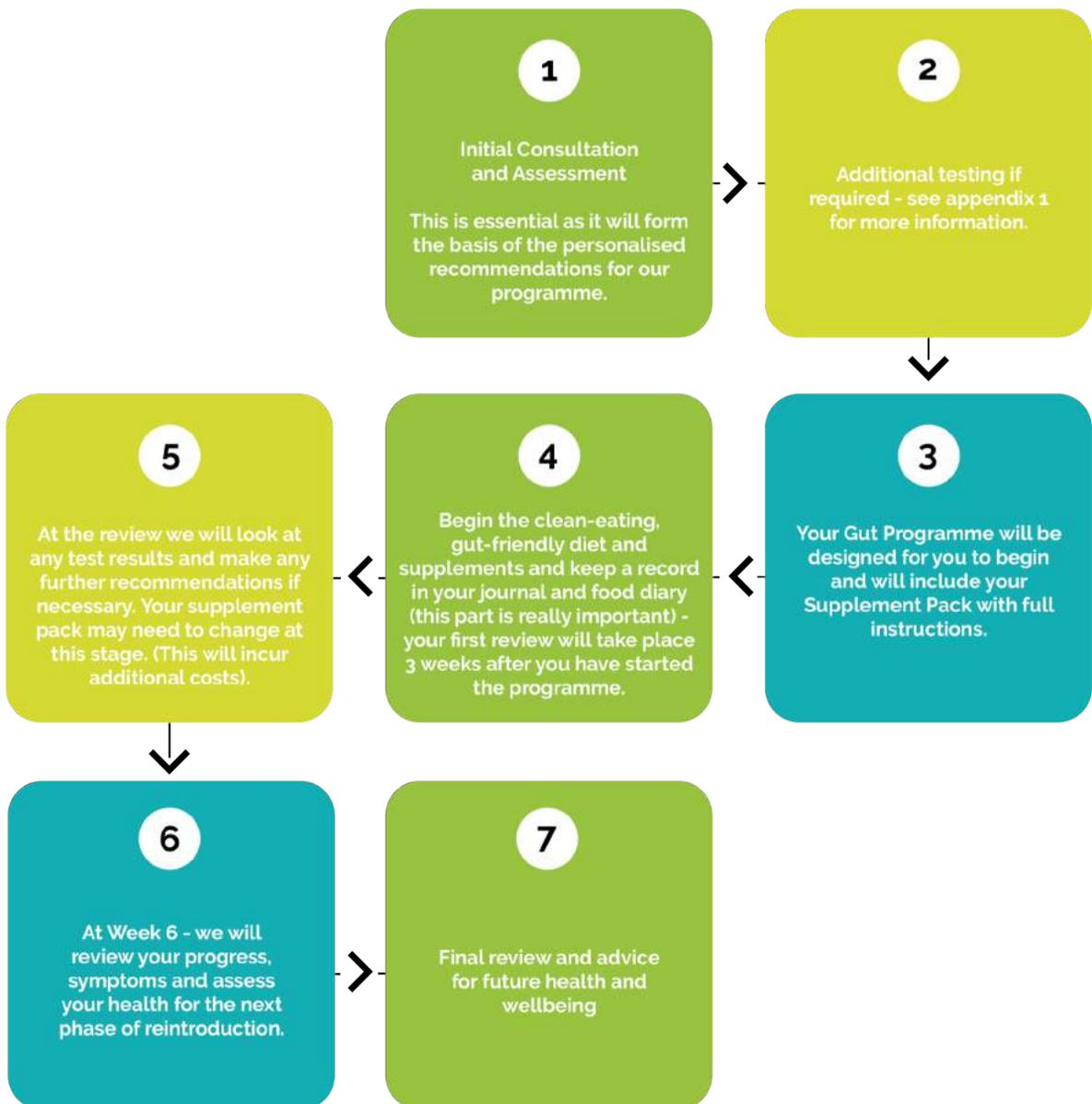
In order for your body to remove unwanted pathogens, repair the gut lining, re-inoculate with healthy bacteria and re-establish an improved environment - it requires 4- 6 weeks of healthy eating without interference from processed foods, convenience foods or take-away foods. You may also need to take a course of enzymes, probiotics and liver supportive nutrients.



# SO WHY IS THE PROGRAMME 90 DAYS LONG?

Healing the inflammation within the gut is an essential part of the process too. An additional 4- 6 weeks of less strict clean eating is required to re-inoculate and re-establish optimum gut function and restore health. If you have suffered from long-term health complaints, you will need to support your digestion for longer with nutrients as it is highly likely that you are suffering with nutritional deficiencies.

If you are carrying out the programme for general wellness, these time-scales may be reduced but each one of us is individual and your personalised needs will be assessed at the start of the programme.



# WHAT WILL I GET IN MY GUT RESTORATION PACK?

After seeing your Nutritional Therapist for an Initial Consultation, your pack will be issued and will contain the following:

- Targeted nutritional supplements to support your individual needs
- Gut-friendly food list
- Menu plan
- Recipes
- Full programme instructions
- Shopping list with resources
- FAQ's

## Resources

- Health Analysis Questionnaire
- IBS/Digestion Questionnaire
- Medical Symptoms Questionnaire
- Transit time test instructions
- HCl acidity test instructions



# PRICES

It's not always easy to establish a new dietary habit which is why my nutrition programmes provide a combination of expert nutritional advice with coaching support. Once we start working together, I'll be totally committed to helping you achieve your health goal.

The length of each programme will vary, depending on your health and nutrition status and what you want to achieve, but a gut health restoration programme typically lasts for about 12 weeks, which is usually the period of time required to see a significant change in gut health and well-being.

If you have been struggling with long term gut health problems, then I might recommend a stool analysis test to help identify how well your digestion is working. Stool analysis provides essential information for the whole of your digestion and will enable a more targeted approach to your gut health restoration.

If you're not sure which programme is right for you it might be helpful to consider how much active support and mentoring you think you might need.

The programme prices start from £399 but this will vary according to the number of visits you need and the test you choose.

## Take a look at some of the options available:

### GUT RESET

You want to completely reset your digestive health

You are suffering with a chronic gut health condition

You want to help your symptoms improve

You need support and guidance to help you restyle your nutrition, diet and health

You want to feel well again but not sure where to start

What's included:

- Initial Consultation and analysis
- An action plan with personal recommendations
- 3 additional consultations to review progress
- 3 x 15 minute mentoring calls
- Food diary analysis
- Resource pack

## GUT OVERHAUL

You want to completely reset your digestive health

You are suffering with a chronic gut health condition and have been for some time

You need support and guidance to help you restyle your nutrition, diet and health

You want to get to the root cause of the problems

You want to feel well again but not sure where to start

You need a lot of support and guidance

What's included:

- Initial Consultation and analysis
- An action plan with personal recommendations
- 6 additional consultations to review progress (30 mins per session)
- 6 x 15 minute mentoring calls
- Food diary analysis
- Resource pack with gut-friendly foods
- Comprehensive stool analysis test (GI Effects –Microbiome testing)
- Regular mentoring and support throughout the programme.

Contact me to book a **FREE, no-obligation 20-minute telephone assessment**. I'll give you a few nutrition tips to take away and we can discuss your health goals and help you decide whether a **90 Day Gut Restoration Programme** is right for you.

GET IN TOUCH



# APPENDIX 1 – TESTING OPTIONS

## 90 Day Gut Restoration Programme

As part of your 90 Day Gut Restoration Programme, it is important to analyse underlying causes of imbalance, malabsorption, bacterial and fungal infection, inflammation and sensitivity markers using stool analysis testing. The following tests are available and will form part of your programme.

If you require any further advice on appropriate testing options, please visit the website for more details:

Genova Labs - <https://www.gdx.net>

Regenerus Labs - <http://www.regeneruslabs.com>

Gold Standard Test

### 1. GI Effects Comprehensive Stool Test - £395

Full and comprehensive assessment of gut health and microbiome

When Should the GI Effects Comprehensive Stool Profile Be Considered?

The GI Effects Comprehensive Stool Profile can reveal important information about the root cause of many common gastrointestinal symptoms such as gas, bloating, indigestion, abdominal pain, diarrhea, and constipation. This stool analysis utilizes biomarkers such as Calprotectin to differentiate between Inflammatory Bowel Disease (IBD) and Irritable Bowel Syndrome (IBS).<sup>3,4</sup> In addition, Genova's GI Effects test can be used to evaluate patients with a clinical history that suggests a gastrointestinal infection or dysbiosis.

Gut microbes are codependent with one another and with their human host, and the health of one affects the other. A sizeable volume of research associates a dysbiotic, or imbalanced gut microbiome with multiple disease states both within and outside of the GI tract.<sup>1,2</sup> The diverse metabolic activities of the microbiome ultimately impact the human host, and the activities of the human host ultimately affect the health of their microbiome.

What is the GI Effects Comprehensive Stool Profile?

The GI Effects® Comprehensive Stool Profile is an advanced stool test that provides immediate, actionable clinical information for the management of gastrointestinal health. Utilizing cutting-edge technologies and biomarkers, this test offers valuable insight into digestive function, intestinal inflammation, and the intestinal microbiome.

## 2. Comprehensive Digestive Stool Analysis c/with Parasitology CDSA+P - £245

Additional add-on biomarkers for Inflammatory Bowel Disease are available

What is the Comprehensive Digestive Stool Analysis/Parasitology (CDSA/P)™?

The Comprehensive Digestive Stool Analysis (CDSA)™ is Genova's historic stool profile providing an informative and flexible screening of gastrointestinal function.

This stool analysis evaluates:

- Digestion/Absorption
- Gut Metabolic Markers
- Gut Microbiology Markers

### *When should the CDSA/P be considered?*

CDSA/P can reveal important clinical information about many common symptoms such as gas, bloating, abdominal pain, diarrhea, and constipation. Fecal Lactoferrin and Occult Blood provide insight into potential gut inflammation. In addition, patients with risk factors for parasite acquisition can be evaluated with the CDSA/P.

### *What advantage does CDSA/P offer compared to other diagnostics?*

Traditional GI testing has required advanced imaging and inconvenient testing procedures that can be costly. The CDSA/P stool analysis offers a user-friendly way to provide clinicians with valuable insight into GI imbalances.

### *What can clinicians and patients expect from the CDSA/P offer compared to other diagnostics?*

Evidence suggests that both local and systemic health issues may begin as imbalances in Gastrointestinal function. The CDSA/P stool test provides immediate, actionable clinical information for patients presenting with GI complaints. It aids clinicians in the identification of root cause(s) of digestive discomfort and supports identification of targeted treatments.

### 3. GI Effects Microbial Ecology Profile - £200

#### **When Should the GI Effects Microbial Ecology Profile Be Considered?**

Patients with a clinical history suggestive of a gastrointestinal infection or dysbiosis can be evaluated with the GI Effects Microbial Ecology Profile. Symptoms such as gas, bloating, abdominal pain, diarrhea, and constipation may be a result of a microbial imbalance or infection. This profile can also be used to monitor treatment efficacy to eradicate an organism or to monitor changes to the microbiota.

The GI Effects Microbial Ecology Profile is part of the larger GI Effects Comprehensive Stool Profile, which also provides information about digestion, inflammation, and bacterial metabolism markers. A larger fecal biomarker panel such as the GI Effects Comprehensive Stool Profile offers the advantage of assessing multiple functional areas that may be contributing to symptoms. For example, diarrhea could stem from multiple causes including pancreatic exocrine insufficiency, inflammation, food allergies, or the presence of a pathogenic or potentially pathogenic organism.

#### **What is the GI Effects Microbial Ecology Profile?**

The GI Effects Microbial Ecology Profile is the most comprehensive stool test that assesses the diverse gut microbiome. Results provide immediate, actionable clinical information for the management of detectable parasites, bacteria, and yeast, as well as providing valuable assessment of gut microbiota via 24 Commensal Bacteria targets.

#### 4. Doctors Data Comprehensive Stool Analysis £228 (1 day sample)

Doctors Data Comprehensive Stool Analysis £228 (1 day sample)

(Does not include the microbiome or parasitology)

With Parasitology - £269 (3 days samples)

Gastrointestinal complaints are among the most common reasons that patients seek medical care. Symptoms associated with GI disorders include persistent diarrhoea, constipation, bloating, indigestion, irritable bowel syndrome and malabsorption. The Comprehensive Stool Analysis is an invaluable non-invasive diagnostic assessment that permits practitioners to objectively evaluate the health of the digestive tract by assessing markers of absorption, metabolism and inflammation, alongside beneficial and imbalanced commensal bacteria including Clostridium species, pathogenic bacteria and yeast. Antimicrobial susceptibility testing to prescriptive and natural agents is also performed for appropriate bacterial and fungal species at no additional charge.

Cornerstones of good health include proper digestion of food, assimilation of nutrients, exclusion of pathogens and timely elimination of waste. To obtain benefits from food that is consumed, nutrients must be appropriately digested and then efficiently absorbed into portal circulation. Microbes, larger-sized particles of fibre, and undigested foodstuffs should remain within the intestinal lumen. Poor digestion and malabsorption of vital nutrients can contribute to degenerative diseases, compromised immune status and nutritional deficiencies. Impairment of the highly specific nutrient uptake processes, or compromised GI barrier function, as in "leaky gut syndrome," can result from a number of causes including:

- Low digestive enzyme production
- Chronic maldigestion
- Inflammation
- Bacterial overgrowth or imbalances (dysbiosis)
- Pathogenic bacteria, yeast or parasites
- The use of NSAIDs and antibiotics

Impairment of intestinal functions can contribute to the development of food allergies, systemic illnesses, autoimmune disease, and toxic overload from substances that are usually kept in the confines of the bowel for elimination. Assessing the balance within the gut gives a look through a window that is often overlooked in chronic long-term health conditions.

The Comprehensive Stool Analysis does not include analysis for parasites. For assessment of the presence for parasites, consider the Comprehensive Stool Analysis with Parasitology.

**Note:** Further tests are available on request, plus specific biochemical markers such as Helicobacter Pylori, Campylobacter, Zonulin etc

Please enquire for more details.

# Andrea Bayles

THE NUTRITION EXPERT

Phone: 01564 33 99 55

Email: [hello@andreabayles.co.uk](mailto:hello@andreabayles.co.uk)

Visit: [www.andreabayles.co.uk](http://www.andreabayles.co.uk)