

86 BEST THINGS I DID IN A DECADE TO HEAL MY GUT AND (SUBSEQUENTLY) HEAL MY LIFE

1. Journalled, the right way
2. Intermittent Fasting
3. Meal spacing
4. SIBO test
5. FoodMarble
6. Dutch test
7. Probiotic, the right one
8. Intestinal movement
9. Breath work
10. Bone Broth
11. Understood difference between gut health and gut healing
12. Combined a Western meets alternative approach
13. Got Rifaximin through an Australian pharmacy
14. HCL (Hydrochloric Acid)
15. Added more foods to increase butyrate production
16. L-glutamine
17. Motility
18. More fat, less fat-free
19. Digestive enzymes
20. Learned to meet people where THEY are at on their healing journey, not where I want them to be
21. Implemented a 100% personalized diet
22. Got out of the weeds of OVERWHELM
23. Food variety for gut bacteria diversity
24. Learned how to ferment my own foods (sourdough bread, veggies, kombucha)
25. Verbal therapy
26. Stopped overexercising
27. Stopped under eating
28. LDN
29. Anxiety medication
30. Got a Bidet
31. Slow cooker
32. Fell in love with the kitchen
33. Lemon
34. Apple cider vinegar
35. All sorts of digestive bitters
36. Thyroid medication (a more natural version)
37. Never sacrificed sleep (8+ hours)
38. Massage
39. agutsygirl.com
40. Vitamin D
41. Vitamin C
42. Read the GAPS (Gut and Psychology Syndrome) book
43. Ginger
44. Iberogast & prokinetics galore
45. Focused on the Vagus Nerve
46. Zinc
47. Magnesium (but understanding the different forms)
48. Spent as much time as possible outside
49. Atrantil
50. Figured out the difference between ingredients and ingredient(s)
51. Learned the Never List
52. Then adhered to the Never List, making personal care and lifestyle swaps little-by-little
53. Stopped sanitizing everything
54. Addressed emotional trauma
55. Switched to Organic coffee
56. Dysbiocide
57. Just Thrive Immune Booster
58. Just Thrive Gut 4-tify
59. Expressed more gratitude
60. Prebiotics
61. More water
62. Podcasting and YouTube channel - because helping is healing
63. IIN (*Institute for Integrative Nutrition*), or I would have never understood the massive importance of lifestyle
64. Colonoscopy
65. Endoscopy
66. Celiac blood test
67. Moshi app for resting and relaxing
68. Comprehensive stool test
69. Microbiome test
70. Slowed down my pace of eating, attempting to chew as many times as possible prior to swallowing
71. Made my own "Squatty Potty"
72. Invested in fewer friendships with tighter relationships
73. Developed and said healing mantras to myself constantly
74. Rifaximin
75. Neomycin
76. Broke up with obsessive
77. Diffused essential oils
78. Endless research around the gut and entire digestive system
79. Kiwifruit
80. Unbuttoned my pants
81. Found not one or 2, but THREE, fantastic functional medical practitioners
82. Collagen and/or gelatin
83. Moved back to the place where my heart never left, Minnesota
84. Found a life outside of gut healing to avoid being consumed by it
85. Never gave up! Believed I could and would heal.
86. **Healed my gut. Healed my life.**

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23. Food variety for **gut bacteria diversity**
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45. Focused on the **Vagus Nerve**
46. **Zinc**
47. **Magnesium** (but understanding the different forms)
48. Spent as much time as possible **outside**
49. **Atrantil**
50. Figured out the difference between **ingredients and ingredient(s)**
51. Learned the **Never List**
52. Then adhered to the Never List, making personal care and lifestyle **swaps** little-by-little
53. Stopped sanitizing everything
54. Addressed **emotional trauma**
55. Switched to Organic coffee
56. **Dysbiocide**
57. Just Thrive **Immune Booster**
58. Just Thrive **Gut 4-tify**
59. Expressed more **gratitude**
60. **Prebiotics**
61. More **water**
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81. Found not one or 2, but THREE, fantastic functional medical practitioners
82. **Collagen and/or gelatin**
83. Moved back to the place where my heart never left, Minnesota
84. Found a life outside of gut healing to avoid being consumed by it
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CROSS OFF IF YOU'VE DONE IT. JOT DOWN ANY NOTES NEXT TO EACH, IF DESIRED.

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MAKE
IT
YOURS!

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- Stopped undereating
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- Slow cooker
- Fell in love with the kitchen
- Lemon
- Apple cider vinegar
- All sorts of digestive bitters
- Thyroid medication (a more natural version)
- Never sacrificed sleep (8+ hours)
- Massage
- agutsgirl.com (I realize you're not going to start an agutsgirl.com. The point of this one is to find a job you *love*. Yes, it matters!)
- Vitamin D
- Vitamin C
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- Ginger
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- Focused on the Vagus Nerve
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