

# A Gutsy Girl's e + physical BOOK Buying Guide

PRODUCT	DESCRIPTION	TOTAL PAGES	RIGHT FOR YOU?	PRICE
<p><i>Healing Blooms from Within</i></p> 	<p>90-day gut healing journal SYSTEM. AGG states, "This is, by far, the very BEST place you can start."</p>	150	<p>This is a <b>tool, system, and method</b> that every woman should have access to on her gut health and gut healing journey. You customize for <i>yourself</i> with my guided system.</p>	<p>\$49.99 printed</p> <p>\$24.99 PDF download</p> <p><a href="#">Purchase HERE</a></p>
<p><i>A Gutsy Girl's Bible: a 21-day approach to healing the gut</i></p> 	<p><b>A Gutsy Girl's signature book.</b></p> <p>A 21-day journey towards healing with information, Creations (100+), and "Yes To" and "No To" lists.</p>	282	<p>For beginners and even those who think they might have "done it all" who are looking for a <b>guided 21 day journey</b> with information along the way.</p>	<p>\$varied on Amazon printed + e-book</p> <p>\$17 PDF download</p> <p><a href="#">Purchase HERE</a></p>
<p><i>A Gutsy Girl's Master Resource</i></p> 	<p>Includes a compilation of research and information found on <i>A Gutsy Girl</i>. An e-book compiled with all your favorite blog posts.</p>	367	<p>For beginners and experts, looking for <b>gut health and gut healing information</b>. You love the agutsygirl.com blog and want it all in one place to read at your convenience.</p>	<p>\$11.99</p> <p><a href="#">Purchase HERE</a></p>
<p><i>Reasonable SIBO</i></p> 	<p>Filled with 310 food visuals for approaching SIBO practically and reasonably.</p>	52	<p>If you <b>have SIBO or IBS</b> or are interested in the low-FODMAP diet + learning about SIBO in general.</p>	<p>\$16.99</p> <p><a href="#">Purchase HERE</a></p>
<p><i>The Leaky Gut Meal Plan</i></p> 	<p>4-week meal plan, along with 75 recipes chosen for their gut-healing properties—as well as for their tastiness.</p>	167	<p>Anyone who thinks they have a leaky gut, diagnosed with Leaky Gut, or with IBS in <b>need of a healing meal plan</b>. Not low-FODMAP, but all recipes are gluten free.</p>	<p>varied on Amazon</p> <p><a href="#">Purchase HERE</a></p>
<p><i>A Gutsy Girl's Nut Butter Recipes</i></p> 	<p>Includes recipes for all original 'A Loving Spoon' nut butter products plus more.</p>	20	<p>If you can have nuts and peanuts and are interested in <b>making your own nut butter</b>. I used to own the company and products, and I now give the recipes, how-to, and ingredient sources.</p>	<p>\$10.00</p> <p><a href="#">Purchase HERE</a></p>

# A Gutsy Girl e-Course Buying Guide

PRODUCT	DESCRIPTION	TOTAL DAYS	RIGHT FOR YOU?	PRICE
<b>Gut Healing for Beginners</b>	A <i>Gutsy Girl's</i> signature e-course. Step-by-step guide for beginning to understand your gut in 30 days (+ TAKING ACTION)	30+ <i>go as fast or slow as desired</i>	You are looking for a self-paced online course that covers the ins and outs of getting STARTED on your gut journey. You are READY to heal!	\$397 <i>one-time fee</i>  \$137 <i>3 total payments over 3 months</i> <a href="#">Purchase HERE</a>
<b>Journal E-Course</b>	90-day course to accompany the journal. Comes with private Facebook group access with conversation and page examples.	90 <i>go as fast or slow as desired</i>	You want to go above and beyond and take a deep dive into journaling for gut healing. I break the pages down for you in video format.	\$9.99  Purchase only with journal.
<b>A Gutsy Girl's Bible Course</b>	Added content to further dive into <i>A Gutsy Girl's Bible: a 21-day approach to healing the gut</i> . Comes with lifetime access to lectures, discussion threads, and a TON of bonus content.	28+ <i>go as fast or slow as desired</i>	You want a deeper understanding of your AGG Bible book along with additional material + handouts (there are 50+!) to guide your gut healing journey.	\$57  <a href="#">Purchase HERE</a>
<b>28-Day Leaky Gut Email Series Course</b>	Insight into the 'The Leaky Gut Meal Plan' book. From basics to a new section of "goods" for your toolbox. Comes with private Facebook group access.	28+ <i>go as fast or slow as desired</i>	Hand-holding through <i>The Leaky Gut Meal Plan</i> book. For beginners + those who want to learn more about Leaky Gut Syndrome in general.	\$7  <a href="#">Purchase HERE</a>
<b>7-Day Niche Defined and Health Coaching Refined E-Course</b>	A 7-day e-course geared for the health coach and/or holistic practitioner who is wanting to niche down and grow their online practice.	7 <i>go as fast or slow as desired</i>	You're stressed out with your online health business. You have no idea who you're talking to and/or how to better talk to them. Or, you are wanting to start an online health coaching business.	\$17  <a href="#">Purchase HERE</a>

# A Gutsy Girl Supplement line

PRODUCT	DESCRIPTION	TOTAL DAYS	RIGHT FOR YOU?	PRICE
<div><b>Digest Plus</b></div> <div></div>	A powerful digestive support formula designed to optimize healthy digestion and help reduce occasional GI discomfort after meals.	30-day supply	You want to relieve uncomfortable Gutsy symptoms that come with eating such as bloating, gas, and abdominal pain.	<div>\$40</div> <div><a href="#">Purchase HERE</a></div>
<div><b>Tummy Soothe</b></div> <div></div>	A comprehensive blend of immunoglobulins and N-acetyl-D-glucosamine, specifically formulated to help repair and support the health of the gut lining	30-day supply	Anyone that struggles with constant inflammation or "leaky gut." Helps to repair intestinal lining long term.	<div>\$68</div> <div><a href="#">Purchase HERE</a></div>
<div><b>Move Now</b></div> <div></div>	A specially formulated supplement containing a highly absorbable form of magnesium. It is created using a process that forms a stable chelate.	30-day supply	Anyone struggling with overall discomfort from lack of sleep, bowel irregularity, and cognitive brain fog.	<div>\$18</div> <div><a href="#">Purchase HERE</a></div>
<div><b>Nourish Plus</b></div> <div></div>	A multivitamin based on the optimal evolutionary human diet. It contains many important vitamins, minerals and phytonutrients.	30-day supply	Anyone with any form of Gutsy issues as very likely to be nutrient deficient in several areas.	<div>\$58</div> <div><a href="#">Purchase HERE</a></div>
<div><b>More Omega</b></div> <div></div>	A supplement containing easily absorbable fatty acids from wild-caught Alaskan fish.	30-day supply	Anyone who is looking for better all-around health. Helps with joints, cognitive function, cardiovascular health, and more.	<div>\$38</div> <div><a href="#">Purchase HERE</a></div>
<div><b>Gutsy Bundle</b></div> <div></div>	A bundle containing Digest Plus, Move Now, and Tummy Soothe; 3 custom products A Gutsy Girl put together to and for the Gutsy woman.	30-day supply	You are struggling with Gutsy issues and need a foundation to just get everything under control.	<div>\$126 <i>free shipping!</i></div> <div><a href="#">Purchase HERE</a></div>



..... COACHING + {BUSINESS} .....

PRODUCT	DESCRIPTION	TOTAL DAYS	RIGHT FOR YOU?	PRICE
<b>30-Minute Private Coaching Session with Sarah, A Gutsy Girl</b>	As Chief Gutsy of agutsygirl.com, Sarah Kay Hoffman no longer does in-depth health coaching programs. She does, however, take a few 30-minute phone sessions each month. These phone sessions are a way for you to ask any and all questions.	30 minutes	You're tired of navigating alone, and you want to "pick my brain" for any and all gut health/healing questions.	\$100 <a href="#">Purchase HERE</a>
<b>Private Coaching with Stephanie</b>	Personalized one on one coaching via a weekly virtual or phone call session, with contact between sessions.	1 time 3 months 6 months	You want one-on-one help with all things wellness, especially related to both the gut and hormonal balance.	\$75 \$675 \$1200 <a href="#">Purchase HERE</a>
<b>Private Coaching with Melanie</b>	One-on-one coaching for gut healing and general health coaching.	1 hour	You are frustrated with your gut health and want to heal LONG TERM and for good.	\$70 <a href="#">Purchase HERE</a>
<b>Private Coaching with Carrie</b>	Includes one on one sessions, access to a client portal, support in between sessions, and access to many resources.	3 months (1 hour)	You want help healing your gut and want access to as many resources as possible.	\$699 <a href="#">Purchase HERE</a>
<b>Gut Health Program with Carrie</b>	Offers a wide array of services including one on one sessions, targeted protocols, access to a client portal, contact between sessions, and personal resources.	varied	You are ready to see some actual data on your gut through the use of testing and take targeted approaches towards healing.	\$1599 <a href="#">Purchase HERE</a>
<b>Private Coaching with Tarra</b>	One on one sessions that focus on a combination of mind and gut healing with targeted meditation practices.	1 hour	You want to find real relief for your gut and your entire body. You have accepted the HUGE role that the mind plays into the healing potential of the gut.	\$1111+ \$60 (for each follow up) <a href="#">Purchase HERE</a>

## OTHER resources

PRODUCT	DESCRIPTION	TOTAL DAYS	RIGHT FOR YOU?	PRICE
<b>Supplement + Medication Trackers</b>	Get 5 different supplement + medication trackers + an example page for each on how to use them.	n/a	You are overwhelmed with trying to balance all of the supplements and medications you have to take.	\$4.97 <a href="#">Purchase HERE</a>
<b>Phone Screensavers</b>	50 customizable phone backgrounds that range from mantras to practical gut healing advice - see something each time you look at your phone that will help with mindset!	n/a	Perfect for anyone who is going through their gut healing journey and wants a little bit of extra motivation.	\$4.99 <a href="#">Purchase HERE</a>
<b>86 Things I Did To Heal My Gut</b>	PDF on the changes I made that helped get me to where I am today- healthy and with a strong gut microbiome.	n/a	Helpful for literally anyone on their gut healing journey.	FREE <a href="#">Get it HERE</a>
<b>12 Days of Safer Beauty</b>	12 days of emails offering advice on finding both skincare, makeup, and products that are safe for your skin and body.	n/a	Someone looking to apply healing to all aspects of their life- including their skin microbiome.	FREE <a href="#">Get it HERE</a>
<b>21 Day Gut Healing Journey</b>	21 days of inspiration-based emails	n/a	Anyone who needs a little extra encouragement with healing.	FREE <a href="#">Get it HERE</a>

# OTHER LINKS {FREE}



## Gut Supplement Quiz

## Where to Start Quiz

# Master Resource SIGN UP FORM