

Ultimate Spring Cleaning Checklist

(your optimal microbiome version)

Weekly

- keep track of everything via your gut healing journal to understand and then.....
- review + answer, "How is this working for me?"
- reduce sugar
- kick the "fake" sugars
- add in new foods for your spring diet clean up
- replace any laundry room supplies (that are empty) with non-toxic options
- tidying up your fridge and pantry goods
- open the windows + use an air filter (see: AirDoctor) for the freshest and cleanest air
- clean your water filter so it doesn't get moldy (see: Aquatru)
- get outdoors for fun and/or exercise
- daily deep breathing

Deep Cleaning

- check supplements and medications for expiration dates
- testing; Viome microbiome test
- make that long overdue gut health appointment; check out OSHI for the virtual option
- choose beauty wisely; sweep through all current makeup, skincare, and personal care products
- journal; get it all out

Extra Time

- swap out candles for essential oil diffusers
- identify what you might be reacting to; try the FoodMarble device

Items to Consider Purchasing for Spring Cleaning Plans

(Towards the Optimal Microbiome)

Edible

- Fridge / pantry sweep with Thrive Market
- Daily Harvest
- No-sugar meat sticks
- Kettle + Fire Bone Broth (code AGUTSYGIRL at checkout will save you 20%)
- anti-inflammatory Omega-3 fats (ie. Wild Alaskan Salmon)
- fruits
- vegetables
- cayenne pepper
- turmeric
- nuts and seeds
- fermented veggies
- cinnamon
- ginger
- greens, greens, and more greens!

Miscellaneous

- Supplements (this is A Gutsy Girl's supplement line, so you can always use code GUTHEALING10 to save 10%)
- Probiotic (code AGUTSYGIRL at checkout to save 15%)
- Nutrisense (automatic \$30 off your device by using this link)
- Viome (gut microbiome health test; code AGUTSYGIRL at checkout to save \$110 off your own testing kit)

Non-Edible

- Gut healing journal
- Beautycounter
- Ilia Beauty
- Mad Hippie
- Diffuser (eco-friendly one, too!)
- Air Doctor Pro (you'll save \$300 with my link)
- AquaTru Water Filter
- Supplement + medication tracker
- Carpet & Upholstery Stain Remover (via Grove, perfect for furniture and general living room)
- Multi-Purpose Cleaner Concentrate
- Vinegar Wash Floor Cleaner
- Ultra-Concentrated Liquid Laundry Detergent (via Grove)
- FoodMarble AIRE 2 device (test now measuring BOTH Hydrogen AND methane breath at HOME; Use code 'GUTSYG' at checkout to save an automatic 15% off the device +/- or FODMAP program)
- All-Purpose Wood Spray Cleaner
- Rosey by Thrive Market Toilet Bowl Cleaner (via Thrive Market)
- Dr. Bronner's Pure Castile Liquid Soap - Baby Unscented
- microfiber cloths