

A Gutsy Girl's e + physical

BOOK Buying Guide

| PRODUCT | DESCRIPTION | TOTAL PAGES | RIGHT FOR YOU? | PRICE |
|--|--|-------------|---|---|
| <p>Ahara Dinacharya</p>  | <p>28-day gut healing journal SYSTEM. Not just another journal; a systematic way to record your wins + setbacks.</p> | 92 | <p>A tool, system, and method that every woman should have access to on her gut health and gut healing journey. Customize for yourself with my guided system.</p> | <p>\$23.95 <i>printed</i></p> <p>\$19.99 <i>PDF download</i></p> <p>Purchase HERE</p> |
| <p>A Gutsy Girl's Bible: a 21-day approach to healing the gut</p>  | <p>A Gutsy Girl's signature book.</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 guided 21 day journey with information along the way.</p> | <p>\$varied on Amazon</p> <p><i>printed + e-book</i></p> <p>\$17</p> <p>PDF download</p> <p>Purchase HERE</p> |
| <p>A Gutsy Girl's Master Resource</p>  | <p>Includes a compilation of research and information found on A Gutsy Girl.</p> <p>PDF download with all your favorite blog posts.</p> | 367 | <p>For beginners and experts, looking for gut health and gut healing information. You love the agutsygirl.com blog and want it all in one place to read at your convenience.</p> | <p>\$17</p> <p>Purchase HERE</p> |
| <p>Reasonable SIBO</p>  | <p>Filled with 310 food visuals for approaching SIBO practically and reasonably.</p> | 135 | <p>If you have SIBO or IBS or are interested in the low-FODMAP diet + learning about SIBO in general.</p> | <p>\$16.99</p> <p>Purchase HERE</p> |
| <p>The Leaky Gut Meal Plan</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>Leaky gut, diagnosed with Leaky Gut, or with IBS in need of a healing meal plan. Not low-FODMAP, but all recipes are gluten free.</p> | <p>varied on Amazon</p> <p>Purchase HERE</p> |
| <p>A Gutsy Girl's Nut Butter Recipes</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 making your own nut butter. 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>Purchase HERE</p> |

A Gutsy Girl

Courses Buying Guide

| PRODUCT | DESCRIPTION | TOTAL DAYS | RIGHT FOR YOU? | PRICE |
|---|--|--|---|---|
| Gut Healing for Beginners: ELEVATED | A Gutsy Girl's signature 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 an ACTIONABLE COURSE that includes every single resource A Gutsy Girl has ever created + SUPPORT. You are READY to heal! | \$397 <i>one-time fee</i> ++ other program packages Purchase HERE |
| Journal E-Course | Course to accompany the journal. Comes with private Facebook group access with conversation and page examples. | <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. | \$12 |
| 28-Day Leaky Gut Email Series Course | 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 Purchase HERE |

A Gutsy Girl Supplement Line

| PRODUCT | DESCRIPTION | TOTAL DAYS | RIGHT FOR YOU? | PRICE |
|--|--|--------------------|---|--|
| <p>Break Down</p>  | A powerful digestive support formula designed to optimize healthy digestion and help reduce occasional GI discomfort after meals. | 30 – 45-day supply | You want to relieve uncomfortable Gutsy symptoms that come with eating such as bloating, gas, and abdominal pain. | \$41 Purchase HERE |
| <p>Tummy Soothe</p>  | 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. | \$68 Purchase HERE |
| <p>Move Now</p>  | 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 | Those struggling with overall discomfort from lack of sleep, bowel irregularity, and cognitive brain fog. | \$18 Purchase HERE |
| <p>Increase Now</p>  | Betaine HCl + Pepsin with the intention of increasing stomach acid | 30-45-day supply | Gas and bloating due to too LITTLE stomach acid? This one is for you! | \$31 Purchase HERE |
| <p>Re-Build</p>  | Three patented collagen peptides | 30-day supply | Boost of protein + supported by clinical research showing their efficacy for supporting collagen production, bone strength, joint health and integrity, skin elasticity, and more.* | \$55 Purchase HERE |
| <p>Gut Support</p>  | 100% pure L-glutamine to support the gut lining | 30-day supply | Looking for a boost for your health of the immune system and the digestive tract. In the gut, it promotes the health and function of the mucosal cells for normal healing and repair. | \$44.99 Purchase HERE |

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Other Resources

| PRODUCT | DESCRIPTION | TOTAL DAYS | RIGHT FOR YOU? | PRICE |
|---|--|------------------|---|---|
| <i>The First Three</i> | Reset your gut in 3 days with my MASSIVE FREE 3-day gut reset | 3 | You're ready to test the waters TODAY! | FREE Get instant access HERE |
| <i>Supplement + Medication Trackers</i> | Get 5 different supplement + medication trackers + an example page for each on how to use them. | 1-month trackers | You are overwhelmed with trying to balance all of the supplements and medications you have to take. ** also editable so you can use them as long as you want | \$5 Purchase HERE |
| <i>Phone Screensavers</i> | 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 Purchase HERE |
| <i>86 Things I Did To Heal My Gut</i> | 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 Get it HERE |
| <i>Habits Tracker</i> | Get the habit trackers from A Gutsy Girl's gut healing journaling system for FREE. | n/a | You want to track habits! | FREE Get it HERE |
| <i>21 Day Gut Healing Journey</i> | 21 days of inspiration emails; based off A Gutsy Girl's signature book, A Gutsy Girl's Bible | 21 | For those looking to just get started | FREE Get it HERE |

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Other Resources, cont.

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|--|---|------------|---|---|
| Gut Supplement Quiz | What is the best gut health supplement for YOU? | n/a | You're not sure where to start with supplements. This FREE quiz will help you determine which supplement(s) might be right for you. | FREE Take the quiz HERE |
| Supplements 101 | 30 days of supplement information: Gut Health Supplements 101 | 30 | A series of detailed information designed to help you understand supplements. Everything you wanted to know about supplements....and then some! | FREE Get it HERE |
| Podcast Playlist Quiz | Looking for a podcast playlist created just for YOU and YOUR gut health and/or gut healing interests? | n/a | You love to binge listen to podcast episodes, and you have a certain topic within gut health and gut healing you're hoping to listen to. | FREE Take the quiz HERE |
| Where to Start? Quiz | Confused about WHERE TO START with your gut health and/or gut healing journey? Find out! | n/a | Helpful for those asking, "...but where should I start TODAY?!" | FREE Take the quiz HERE |
| Master Gutsy Spreadsheet Resource | A massive spreadsheet filled with hundreds of resources and recommendations from supplements to practitioner referrals, and more! | n/a | You want to be able to save every and all recommendations in one place. Can bookmark! | FREE Get it HERE |
| Rated-G Email Club | Access to A Gutsy Girl's Friday 4 emails. | n/a | A quick and simple Rated-G (for Gutsy) email every single Friday | FREE Get it HERE |

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Misc. Resources

1. Gut Healing Root Cause Analysis
PDF: [LINK HERE](#)
2. Become a Health Coach: [LINK
HERE](#)
3. Beautycounter Team Interest:
[LINK HERE](#)
4. Marketing for Health Coaches:
[LINK HERE](#)
5. 12 Days of Safer Beauty: [LINK
HERE](#)



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