

The Ultimate Gut Health Guide: Your GPS for 2026

Find your starting point,
chart your next step, and
build a thriving gut for life.



The Gut Healing Map (Overview)

You are somewhere on this map — and every stage counts. Your next step isn't to do more. It's to do what's right for your gut, right now.

Stage	Description	Resource
Stage 1: Awareness	“You know something’s off — bloat, fatigue, or discomfort, but you’re not sure why.”	Start here → ‘Where to Start?’ Guide (Day 9)
Stage 2: Nourishment	“You’re learning how food impacts your gut and focusing on nourishment over elimination.”	Try → Seasonal Flavors Guide (Day 1) + 5-Day Bloat Fix (Day 3) [or simply grab your copy of ‘A Gutsy Girl’s Bible’]
Stage 3: Rebuild	“You’re adding back probiotics, supplements, and lifestyle habits for resilience.”	Use → Supplements 101 + Adrenal Fatigue Series
Stage 4: Thrive	“You’re managing stress, sleep, and mindset to stay in flow — long-term balance.”	Next → Gut–Brain–Sleep Reset (Day 11) + 21-Day Quick Gut Detox

Gut Health [ultra-simplified]

1. **Nourishment** – Whole foods, mindful eating, hydration.
2. **Balance** – Microbiome diversity, fiber, pre/probiotics.
3. **Restoration** – Rest, sleep, and nervous system care.
4. **Detoxification** – Support liver + eliminate toxins (skincare, cleaning).
5. **Connection** – Mental health, joy, community.

This ALL matters. When you skip any piece of it, ultimate healing rarely occurs.

Questions to Ask Yourself

1. What best describes **how you feel** most days?
2. How often do you notice **bloating or fatigue** after meals?
3. Which of these **feels hardest** right now — food, stress, or sleep?
4. What's **one small thing** you could do to nurture your gut today?
5. What is one gut habit I know helps me — but **I haven't been consistent with?**
6. **If my gut could talk**, what would it be asking for more of... and less of?
7. What is **draining my energy** right now that I actually have the power to change?
8. **In 30 days**, how do I want my gut to feel — and what's one small step I can take today?

Your Next Right Step

You don't need to start over — you just need a reset.

Your gut wants rhythm, rest, and renewal.

Your Next Step:

→ Join the Quick Gut Detox, study it, and start on January 1st [or before if you're ready!]

→ Bookmark this guide for your 2026 gut goals.

[I'm Ready to Reset →](#)