A Gutsy Girl

Gut Healing PRIVATE

Everything included in your 8 weeks with me

This is the most personal, hands-on work I offer. Here's exactly what eight weeks together looks like, so you know precisely what you're saying yes to.

Your calls with me

- **A 60-minute intake call** as soon as your application is accepted. This is where we go deep on your full history, your symptoms, and your life, so your plan is built around you from day one, not pulled off a shelf.
- **A 30-minute one-on-one call every other week** for the full eight weeks (3 total). This is where we check progress, troubleshoot what's coming up, and adjust your protocol in real time.

Direct access to me

- **Monday through Thursday**, you have direct access to me for any question that comes up. Not a chatbot, not a VA: me. When something flares, when you have an upcoming doctor's appointment and are unsure what to ask, when you're unsure about a food, when doubt creeps in, you're not left guessing until the next call.

Your one-page recap after every call

- After each call, I send you a one-page recap of what we discussed, what to think about, and what to work on next, so you never have to carry it all in your head or scramble to remember what we said. You close the laptop and it's all written down for you.

Your personal eight-week roadmap

- You get a clear picture of your own arc: where we start, what each phase is focused on, and where you'll be by week eight. Your specific path, so you can always see yourself moving forward. I send it to you after our 60-minute intake call.

Between-call tracking

- A simple way to track how you're doing between calls that I review, so I'm watching your case even when we're not live together. Nothing you report gets lost, and patterns get caught early. During the intake call, we'll figure out the easiest way for you to do this, so it never feels like a chore.

How we close

- Week eight isn't a cliff. We finish strong with a one-page overview and moving-forward thoughts from me, so when our time ends you know exactly how to keep moving on your own or how to keep working together.

Built for real life

- Life happens. Travel, a bad week, getting sick. The program flexes with you. Falling a little behind doesn't mean failing. We adjust, and we keep going. You will never get dropped for being human. While everything happens within the 8-week timeframe, I'll work with you to adjust your plan if needed.

The bottom line

You're not buying a plan. You're buying me: my judgment on your specific case, my eyes on your progress four days a week, and someone who refuses to let you quit before you arrive.

Xox, SKH