

Restore Gut Health

Syllabus + FAQs

SYLLABUS

This program is designed to help you achieve optimal gut health and begin to alleviate related symptoms through nutrition and lifestyle techniques. You will learn about the 5R Approach to Gut Health (a functional medicine approach) and how you can begin implementing it right away. You will gain a deeper understanding and appreciation of how your gut works and how it is connected to the rest of your health. Before beginning this program:

- Review the **resource page** for the Restore Gut Health program.
- Download and print the full program workbook or start with just session one.

SESSION 1: FUNCTIONS OF THE GASTROINTESTINAL (GI) SYSTEM

- Learn the four core functions of your GI system and why they're so important.
- Find out what “detox” actually means and how your GI system is involved.
- Get started with lifestyle tracking.

Classes:

- Welcome to Restore Gut Health
- Functions of the GI System
- Digestion and Absorption
- Elimination
- Microbial Balance
- Gut Barrier

SESSION 2: FACTORS THAT AFFECT GUT HEALTH

- Learn how your lifestyle affects your gut function and health.
- Learn simple tips to start making improvements right away.

Classes:

- Factors That Affect GI Health

SESSION 3: THE 5R APPROACH TO GUT HEALTH: REMOVE

- Learn the difference between food allergy, sensitivity, and intolerance as well as which foods/food components are the most likely to cause reaction.
- Find out when “remove” is right to do and three ways to do it.

Classes:

- The 5R Approach: Remove Part 1
- The 5R Approach: Remove Part 2

SESSION 4: THE 5R APPROACH TO GUT HEALTH: REPLACE

- Learn about naturally occurring digestive chemicals in your body and ways to support them.
- See examples of supplemental digestive aids and their function.

Classes:

- The 5R Approach: Replace

SESSION 5: THE 5R APPROACH TO GUT HEALTH: REINOCULATE

- Understand why it's important to “fertilize” your gut microbiome.
- Find out which two categories of food are vital for your gut microbiome and easy ways to eat more.

Classes:

- The 5R Approach: Reinoculate

SESSION 6: THE 5R APPROACH TO GUT HEALTH: REPAIR

- Learn how you can encourage GI cell repair through the nutrients you eat.
- Learn five key nutrients and how to get them from food.

Classes:

- The 5R Approach: Repair

SESSION 7: THE 5R APPROACH TO GUT HEALTH: REBALANCE

- Gain knowledge of why the gut, brain, and stress connection is so important.
- Get inspired to implement rebalance techniques and be guided through the practice of mindful eating.

Classes:

- The 5R Approach: Rebalance
- Restore Gut Health Wrap-up

PROGRAM FAQs

What are your nutrition programs based on?

Launch My Health was founded on the principle that food can be one of the most powerful medicines we have. Our nutrition and culinary programming is evidence-based and includes a whole fresh foods approach with an emphasis on a positive mindset and celebrating food. We believe flexible eating styles are more sustainable than restrictive diets and work to guide you in simple ways you can enjoy eating this way.

Who is this program NOT recommended for?

This program is not meant for those under the age of 18, those under the care of a physician for cancer treatment or treatment of another serious medical condition, those with a history of or current disordered eating, or those who are pregnant, nursing, or trying to conceive. If you are unsure, consult with your physician before beginning this program.

I have a food allergy/sensitivity and/or follow a specific diet. Will I be able to participate?

Yes! All the recipes included in this program have options to be modified to fit a dairy-free, gluten-free, and/or low-FODMAP eating style. Plus, you'll find many excellent vegetarian, pescatarian, and vegan options on the recommended food lists. If you don't like or can't eat an ingredient, you can swap it out for something that works for you. You're in control.

What does a "low-FODMAP eating style" mean?

FODMAPs are different forms of carbohydrates that are part of many commonly consumed foods, like fruits, vegetables, dairy, grains, and sweeteners. Most people have no trouble digesting FODMAPs, but in those with irritable bowel syndrome (IBS), unpleasant digestive symptoms like chronic bloating, diarrhea, constipation, and stomach pain can occur from eating high-FODMAP foods. Fun fact: FODMAP stands for fermentable, oligosaccharides, disaccharides, monosaccharides, and polyols.

Launch My Health Program Disclaimer: The information provided in Launch My Health programs is for educational purposes only and not intended as medical advice or to replace medical care. Always consult with your physician and medical care team to determine the right care for you.