



**Wellbeats**  
Wellness

LAUNCH   
my health

## Restore Gut Health Program

Did you know over 70 million Americans live with a functional gut disorder? That’s more than double the number with diabetes. This effective, science-based program helps heal the gut to optimize health and manage chronic health conditions.

Before you start your program in Wellbeats *Wellness*, a product of LifeSpeak Inc., review and download the [program resources](#).

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Welcome to Restore Gut Health 6 min	Functions of the GI System 4 min	GI Function - Digestion & Absorption 3 min AND GI Function - Elimination 5 min	GI Function - Microbial Balance 2 min AND GI Function - Gut Barrier 4 min	Track the things you are doing, eating, and feeling.	Track the things you are doing, eating, and feeling.	Track the things you are doing, eating, and feeling.
WEEK 2	Factors that Affect Gut Health 11 min	Identify a factor to work and what action to implement.	Continue to implement actions to impact selected factor.	The 5R's: Remove Part 1 7 min	The 5R's: Remove Part 2 6 min	Commit to lowering your toxic burden or implement a rotation diet.	Continue with your selected "Remove" activity.
WEEK 3	The 5R's: Replace 7 min	Continue Your "Remove" homework, and stop eating 2-3 hours before bed.	Focus on getting 20 grams of protein for breakfast.	The 5R's: Reinoculate 10 min	Eat a prebiotic food.	Try a new probiotic food.	Check your existing probiotic supplement and make sure it has multiple strains.
WEEK 4	The 5R's: Repair 7 min	Eat at least one gut healing food at every meal.	Track your fiber intake and target 25-35 grams per day.	The 5R's: Rebalance 9 min	Implement one mindful eating technique.	Implement one "Rebalance" action item.	Restore Gut Health Wrap-up 1 min