



The Gut Health Experts

Gut Health Journal

By Shann Nix Jones



Making changes can be tough.

If you're working to change your diet to support the health of your microbiome, it can sometimes be a real challenge to keep yourself on track!

To help you along the way, I've put together a simple four-step technology. It goes like this:

- **Plan**
- **Record**
- **Assess**
- **Tweak**

Plan

There's no point in launching off down a path of change if you don't plan ahead. Super-wealthy people have assistants to lay out everything they need, and prepare mega-healthy meals for them. Sadly, we normals often lack that kind of deluxe support network, so we need to provide it for ourselves! You need to be your own producer. What that means is that you plan ahead, and get everything set up in advance.

If you don't plan, I can guarantee what's going to happen: you are going to get hungry and tired, and grab the nearest and most convenient food choice, which is inevitably going to be full of microbiome-destroying, inflammation-causing, skin-wrecking rubbish. So, don't let yourself get hungry! Instead, prepare. Plan out your meals. Plan out your shopping lists. Eat pre-emptively.

This means eating at a certain time, that works well in your schedule, and filling up on healthy things before you get so starving and hangry that you grab that candy bar. We've all been there - now the job is to make sure you don't go back! Prepare

something to eat for lunch at work - and do it the night before, so you can grab it and go.

Record

Capturing the details of what you actually eat each day is a powerful act. The simple action of recording all your food choices in a food diary will create an amazing amount of change, all by itself. Bringing things to awareness is a high-performance act! So I've created a food diary for you that gives you room to put what you plan to eat, as well as what you actually eat. Make your plan, and then write down what really happened. No guilt, no shame. Just record it, as if you were a detached observer.

Assess

This is where you compare the plan you made, to the reality that you actually achieved. This is what we call the REALITY GAP. It's the fibrous, gritty process that makes the difference between just sitting around dreaming about something, and putting your boots on the road to make it a reality. Did you fall short? Great! Mistakes are how we learn and move ahead. Lean into the assessment process. Pull it towards you like a gym. Work it like a muscle. Every day, taking a tiny step will take you a long way down the road towards your healthy, beautiful, glowing skin.

Tweak

This simply means that you look at what you did, and figure out what you need to do differently tomorrow, to get to the next level. Planning, recording, assessing and tweaking is an on-going process, and you can use this technology to improve any area of your life where you want to accomplish change. There is no judgement or blame here. Just a seamless, ongoing process of noticing what happened, and then using it as a jumping-off point for the next stage of learning. You're doing great!

As a congratulatory gift for engaging on the task of boot-

strapping yourself into your own future, we've made a little 21-day health journal for you. You can download and print this out, and use it to plan, record, assess and tweak your health journey as you go.

Each day has an inspirational quote to get you going, the gut health habit that you should be working for that day, a food diary to plan and record your food choices, and a chart to keep track of how you're doing every day: skin, tummy, mood, energy level, pain level, brain clarity, allergies, breathing and joints.

After you've been working with our Gut Health Protocol for a while, these things will improve. If you need a boost, consider taking a Microbiome Test for more evidence-based suggestions. You'll want to look back on your progress to see exactly how things have changed. Natural healing works slowly and gradually, over time, so it's easy to lose track of these subtle positive changes unless you record them.

So, be your own case study. Become an expert of your own wellness. You're the only one inside that skin - and you're the only one who can heal it!

Good luck - and keep us posted on your journey. We're right there with you!

Hugs,
Shann + the Goats





Keep In Touch

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Day One

*“Congratulations!
Today is your day.
You’re off to Great Places!
You’re off and away!”*

— Dr. Seuss

So, here’s where we begin your healing journey. Take courage, take heart, because you will feel better once you get those good bugs into your system. We’ll hold hands and walk this path together! To share your thoughts, questions and concerns join us on Facebook at facebook.com/chucklinggoat

The single most powerful thing you can do to alter your state as you meet a new challenge is this: ***Ask a better question.***

Here are some great questions:

- What am I excited about?
- What am I looking forward to?
- What are three things that I’m going to do as soon as my skin has cleared up?

Gut Health Habits for today:

- Drink 170 ml of goats milk kefir, first thing in the morning before food

Food Diary:

<i>Time</i>	<i>Plan</i>	<i>Time</i>	<i>Actual</i>

What did I do well?

What can I improve tomorrow?

Today on a scale of one to ten, how's my:

skin	1	2	3	4	5	6	7	8	9	10
tummy	1	2	3	4	5	6	7	8	9	10
mood	1	2	3	4	5	6	7	8	9	10
energy level	1	2	3	4	5	6	7	8	9	10
pain level	1	2	3	4	5	6	7	8	9	10
brain clarity	1	2	3	4	5	6	7	8	9	10
allergies	1	2	3	4	5	6	7	8	9	10
breathing	1	2	3	4	5	6	7	8	9	10
joints	1	2	3	4	5	6	7	8	9	10



Day Two

“You can never cross the ocean unless you have the courage to lose sight of the shore”

— Christopher Columbus

You're being brave today! Be bold and make changes that will have a positive effect on your life.

Sometimes you have to move out of your comfort zone before seeing the results you want. We all tend to slide slowly into familiar habits that don't support our wellness. It's easily done; inertia and routine can have a dragging effect on us, and our microbiomes. To shake off old routines, and create new ones takes energy, and determination.

But if you can just put in the effort to create new habits now, they will quickly become the new “normal,” that will support your wellness for the rest of your life. Remember that you control the mouth of the holobiont, and all the little bugs in there are depending on you to create some good weather for them! Rain down good health, and the population of good bugs will increase, so that you can all work together.

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Day Three

“Whatever the problem is right now, you can breathe through it”

— Waylon Lewis

On the farm, we’re big believers in shrinking your focus when the going gets tough. If you feel like you can’t get through the week, focus on the day, if you can’t get through the day just concentrate on getting through the next hour and when you can’t get through the hour, think about getting through the next minute, one breath at a time.

Your gut is a delicate ecosystem. This means you need to work towards gut health very slowly, very mindfully and with a nurturing outlook that watches the entire process with great care. If anything feels worse rather than better, ***you’ve increased too quickly***. Dial back to just 1 TBSP (or even just 1 tsp daily, if you’re very sensitive!) every day for a week. Then increase to two teaspoons every day for a week. And so on. You can repeat this dial-back slow progression as many times as necessary. Gentle Nurturing Progression is the key!

Always patch test lotion on a small area of clear skin first, and wait 10 minutes to check for any reaction. If there is no reaction, proceed to apply with care

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Day Four

“Sometimes you win, sometimes you learn”

— John Maxwell

How's it going? Made mistakes? That's great! On the farm we consider failure to be a measure of risk-taking. I look for about a 20% failure rate. Any more than that, and I figure I'm taking too many risks. Any less than that, and I'm not taking enough risks. Take some chances!

If you're going to experience detox, you're probably right in the middle of it now! You may be feeling headaches, wind, nausea, spots, a flare-up of your skin condition. Don't panic, and don't give up! You're headed the right way, and you will feel better. Detox usually eases up around Day 5. By days 8 or 9, you'll probably be feeling pretty good.

The kefir is doing its work inside your body right now, spring cleaning and getting rid of all those bad bugs that have taken over. The bad bugs have to come out, and come out they will! It's making you better - but you might feel worse first. Hang in there and don't give up!

Gut Health Habits for today:

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- New Habit: Apply kefir skincare, twice daily

Food Diary:

<i>Time</i>	<i>Plan</i>	<i>Time</i>	<i>Actual</i>

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breathing	1	2	3	4	5	6	7	8	9	10
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Day Five

“Life is 10% what happens to you and 90% how you react to it”

— Charles R. Swindoll

On any given Tuesday, your state will be negatively affected by a lot of things you can't control - the weather, traffic, people around you, taxes... the list is long. But there are a few things that you **can** you control. We call these your “circle of control.” So, what's inside your circle of control? Your mindset, your breath, the choices you make and the food you eat. Make conscious choices today, and focus on altering the things that are within your circle of control. You've got this! You're doing great.

You still may be seeing a bit of detox... by tomorrow you should be beginning to pull out of it. Look to start feeling great by day 8. You're on the right track!

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breathing	1	2	3	4	5	6	7	8	9	10
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Day Six

“Start each day with a grateful heart”

— *Anonymous*

What are you grateful for today? Even when life seems tough and you're feeling low, try to focus on one small thing that you are thankful for. What's another one? And another? Layer the gratitude up until you feel your state change.

You may be coming out of detox by now, or you may still be in the middle of it. Whatever is happening to your body, that's fine. You are unique, and your process is individual. But you are also not alone! Whatever you're feeling right now, there are loads of other people having the exact same feeling as you. Check in to thefarmerswife.wales to read some more recipes, information and the experiences of other folks who have been on the same healing journey!

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Day Seven

“The man who moves a mountain begins by carrying away small stones”

— Confucius

Overwhelm is the enemy! I was lucky enough to study with the amazing novelist Isabel Allende, who once told me that you never have to write a whole book - you only have to sit down every day and write for one hour. Over time, those one-hour chunks will add up to a book.

And you know what - she was right! For any project, including your personal health journey, baby steps are the way forward. One foot, other foot. One habit, other habit.

You may have spent many years listening to doctors in their white coats, and ignoring the little voice inside urging that the problem really was inside your gut all along.

Guess what - you were right! Your instincts were spot on. And now you're taking massive action to change things, one tiny habit at a time.

The first place to start, to change the world, is inside your own microbiome. You can do it!

Gut Health Habits for today:

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- New Habit: Add 10 g of Pure Fish Collagen to your kefir. Blend with fruit into a smoothie if desired

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breathing	1	2	3	4	5	6	7	8	9	10
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Day Eight

"The grass is greener where you water it"

— Neil Barringham

It's true of grass, it's true of skin and it's true of your life!
Wherever you put your attention, that is what will grow.

Spending your time, effort and energy on your health will pay remarkable dividends, and all areas of your life will benefit. Think how much your family will love having you healed! You need to take care of yourself, in order to take care of them. Your joy will increase exponentially as your health improves.

Your attention is a powerful and transformative substance. Whatever you turn your attention to, will thrive and flourish. Finally turning your attention to your own health is a mighty action - and the most loving thing you can do for the people around you. Think of your gut as your own interior garden - we're going to make it blossom!

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Day Nine

“Let food be thy medicine and medicine be thy food”

— Hippocrates

We tend to eat for taste, feeding our cravings. But what if you were to eat to heal yourself, instead? What if you really, truly began to think of food as medicine? How would you begin each day? Where would you shop? How would you cook? How would your kitchen look different?

As I keep telling my 10-year-old - everything doesn't have to taste sweet. We've become very spoiled, assuming that everything has to be a super-sweetened smoothie. Steel yourself to just get some things down your neck because they're good for you. Your bugs will reward you by starting to crave those healthy things after a while. You might surprise yourself!

How are you feeling by now? Have you noticed that your energy has increased? Do yourself the honour of paying attention and noticing each little increment of improvement. You got this!

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Day Ten

“Success is the sum of small efforts repeated day in and day out”

— R. Collier

We tend to think of success as one moment of grand achievement, when the clouds part and the trumpets blare. But change can happen in a heartbeat - and it can also be the accumulation of many tiny habits, altered one bit at a time. Change your habits, and you change your world. Keep going - you're headed the right way!

If you're starting to notice some changes, talk to a friend. Do you know someone else who would benefit from the Gut Health Solution? Get yourself a kefir buddy, and you can share war stories and keep each other going!

It's really important to stop and celebrate your small victories. Too often, we think that the only goal is the finish line. Think of this process as a spiral staircase - and you're moving up it, one baby step at a time. Every day that you don't give up, is a victory to be enjoyed!

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- Add 10 g of Pure Fish Collagen to your kefir. Blend with fruit into a smoothie if desired
- New Habit: Use stevia instead of sugar

Food Diary:

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Day Eleven

“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose”

— Dr. Seuss

Your ability to choose and exercise intention is the most powerful tool that you have. The bugs in your microbiome may be driving you crazy right about now! If you've deprived them of sugar, for example, they'll be jumping up and down and dumping toxins in your system. Don't forget that they're interacting with you, and trying to get you to eat the things that they want.

This is a battleground, and you have to fuel the side that you want to win! Feed the good bugs, and not the bad bugs. You have the brain of the holobiont, and you control the mouth. You can make good decisions that will benefit the entire holobiome!

Fight to get yourself over this hump, and things will get easier as the population of good bugs begins to increase. All those little symbionts are counting on you to hang tough and keep making good choices. You Can Do It!

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Day Twelve

"If you do not change direction, you may end up where you are heading"

— Lao Tzu

If you do what you've always done, you'll get what you've always gotten. This is particularly true when it comes to healing your skin. Chances are you've already tried all the antibiotics and steroid creams the doctors have to offer. You know what that path holds. You can always go back if you choose - but why would you?

Sometimes changing your habits may seem ridiculously difficult. We accustom ourselves to things, and sink into our comfy rut with a sigh of contentment. Congratulations for being willing to make the tremendous effort needed to dig yourself out of that rut!

And think - did you really want to end up where you were headed? Only you know the truth of what it's like to live inside a body with a damaged microbiome. You want a different reality for yourself. And the way to get there is to change. Adjust. Adapt, moment by moment. That's the way forward.

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Day Thirteen

“Promise me you’ll always remember: You’re braver than you believe, and stronger than you seem, and smarter than you think”

— Christopher Robin to Pooh, A.A. Milne

Here’s the good news: you already have everything you need! You are perfectly outfitted to succeed - no special equipment required. Your intuition is spot-on.

Let me give you back the faith in yourself that gets stripped away when doctors don’t listen to you, and tell you that it’s all in your head. You were right, all along! You knew exactly what was going on, and what you really needed to do about it. Trust yourself. If in doubt, put your hand over your heart and ask the question - and listen to the answer! That little voice will guide you right to where you need to be.

You are the expert of your own wellness. You are the only person who lives inside your skin. You are a cherished child of Nature, and that gives you all the intuitive knowledge you need to heal yourself and your loved ones.

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- Use stevia instead of sugar
- New Habit: Choose goat dairy instead of cow dairy

Food Diary:

<i>Time</i>	<i>Plan</i>	<i>Time</i>	<i>Actual</i>

What did I do well?

What can I improve tomorrow?

Today on a scale of one to ten, how's my:

skin	1	2	3	4	5	6	7	8	9	10
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allergies	1	2	3	4	5	6	7	8	9	10
breathing	1	2	3	4	5	6	7	8	9	10
joints	1	2	3	4	5	6	7	8	9	10



Day Fourteen

“When you come to the end of your rope, tie a knot and hang on”

— *Franklin D. Roosevelt*

I know what it's like to feel that you're at the end of your rope. Sometimes, there is no substitute for simply hanging in there - just setting your jaw and determining that you will not be beaten by this thing. My grandfather in Texas used to call that quality "grit." Find your inner grit. Are you going to be taken hostage by this situation, and allow it to hold you powerless, or are you going to move ahead? You have the power - make the decision about how it's going to be.

Here's what I say to myself when everything seems like it's stacked against me, and things are as bad as they can be.

“One day, the world will knock me down and I will not get back up again. But that day is not today, you turkey vultures, NOT TODAY!”

Today is not the day you give up. Today is the day you pick yourself up and keep moving forward, one day at a time. You can do it!

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- Use stevia instead of sugar
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Food Diary:

<i>Time</i>	<i>Plan</i>	<i>Time</i>	<i>Actual</i>

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breathing	1	2	3	4	5	6	7	8	9	10
joints	1	2	3	4	5	6	7	8	9	10



Day Fifteen

“Many of life’s failures are people who did not realize how close they were to success when they gave up”

— Thomas Edison

There is an interesting point in any project, about two-thirds of the way through, where there’s a great temptation to give up. This is the point at which you can’t quite remember why you started, and you’re still far enough from the endpoint to feel discouraged. Don’t give up!

You need to push through this bit, so that you can claim victory at the end. Thomas Edison failed to find the right material for the light bulb filament a thousand times. And nearing the end of that process, when his assistant begged him to quit, Edison just said cheerfully, “Well, now we know a thousand ways it doesn’t work!” and carried on to find the solution. You’re closer than you think!

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Food Diary:

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breathing	1	2	3	4	5	6	7	8	9	10
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Day Sixteen

"Nature never hurries. Atom by atom, little by little she achieves her work"

— *Ralph Waldo Emerson*

Your skin didn't get this way overnight - and it's not going to be healed overnight. Natural processes are slow processes. They take time. Remember that kefir is not a drug - it's a way of re-seeding your inner microbiome. Those little plants have to be nurtured, and they have to grow until they're big enough to begin to do their job properly once more.

So often we look for quick fixes, and grab for a pill or a powder that we think is going to accomplish an instant miracle. If you plant an apple seedling, you have to wait for the tree to grow, before you can harvest the results. Your healthy, glowing skin will be with you for a lifetime - but you've got to be the patient gardener, to get there.

So be patient - Nature is working her miracles inside you!

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- Choose goat dairy instead of cow dairy
- New habit: Eat oatmeal, lentils and chickpeas... let go of bread and chips

Food Diary:

<i>Time</i>	<i>Plan</i>	<i>Time</i>	<i>Actual</i>

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Day Seventeen

“Courage doesn’t always roar. Sometimes courage is the little voice at the end of the day that says I’ll try again tomorrow”

— *Mary Anne Radmacher*

Running into a burning building to save a baby is relatively easy; adrenaline fuels you to do many things in the moment. What’s difficult is the cold courage it takes to drag yourself up day after day, when you don’t feel well!

You’re the only one inside your skin - and you’re the only one who knows how difficult this process has been. The discipline involved in doing all the things that everyone else is doing, but doing it feeling as if you have breeze blocks tied to your ankles, can be incredibly tough. Don’t forget that anxiety, depression and fatigue are all signs of microbiome damage, that will resolve as your skin clears.

Good on you - you’re very brave. You’ve been incredibly tough, and strong, to meet all those challenges. I’m so proud of you! Now I want you to gear up for this one last challenge. Things will get easier, I promise. Just. Keep. Going.

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Day Eighteen

*“Remember that guy who gave up?
Neither does anyone else”*

— *Anonymous*

There is a great and unheralded virtue in simply carrying on. I learned this on the farm, where my husband and I were moving a mountain of rocks, one wheel-barrowful at a time. When it began to rain, I looked at my husband to see if we were going to stop. He carried on without even looking up. The rocks needed to be moved, rain or no rain. This is one of the most powerful lessons I learned from the farm.

Sometimes we all slip and stumble. The important thing is to pick ourselves up and begin again. Don't beat yourself up if you're struggling to implement the daily habits. Tomorrow is a new day, and change can happen in a heartbeat. You're headed the right way to bring your microbiome back into balance, and feel better than you ever thought was possible.

Carry on! The moment will come when you find that you have accomplished that task you thought you'd never finish.

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Day Nineteen

“No matter how slow you go, you’re still lapping everyone on the couch”

— Anonymous

So, you’re getting close to the end of your first 21 days! How do you feel? Today is the day that you add in a trip outside. If you don’t already have this as part of your daily routine, it’s time to start! Sunshine is good for eczema, and being out in nature is good for your soul, as well as your immune system.

Our immune system evolved while we were still in the trees, and having the light filter down through the leafy canopy is still something that still improves our health today. The Japanese practice of “forest bathing,” (basically just being in the presence of trees) is proven to lower heart rate and blood pressure, reduce stress hormone production, boost the immune system and improve overall feelings of well-being.

Find some time to take a woodland walk with someone you love. You’ll both benefit!

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- Eat oatmeal, lentils and chickpeas... let go of bread and chips
- New habit: Get outside!

Food Diary:

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Day Twenty

*"You are entirely up to you.
Make your body.
Make your life.
Make yourself"*

— Nike Training Club

You are your own greatest creation. Every 35 days, your skin replaces itself. Your liver replaces itself about every six weeks. The growth of these brand new cells is an opportunity to interact with your body, and engage with your own re-creation. It does matter what you eat - you're making yourself, bite by bite.

Don't forget that you are a holobiont - a magical collection of trillions of gorgeous little creatures. All these critters have a voice and a say in what you crave - but only you control the mouth, at the end of the day. Be firm but fair with your critters. They may want sugar - but you know better! Get over that initial hump, until you're to the point where the good critters start to outweigh the bad inside your ecosystem - and things will be a lot easier.

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Day Twenty One

“Sometimes it’s the journey that teaches you a lot about your destination”

— Drake

So, here you are! You’ve made it through 21 days! How do you feel?

Give yourself ratings for today, and then go back and read your notes and ratings for the very first day you started. Does it seem a long time ago? How much has changed?

You should feel incredibly proud of yourself. I’m certainly proud of you! You made a decision to strike out on a new path, and you kept to it. It will never be as difficult again, as these first 21 days have been.

But the journey doesn’t end here. You’ve just begun to tap the miraculous healing power of your own immune system. Take your new knowledge and confidence out into the world, and start working some magic! Remember that like any precious, fragile ecosystem you are an area of outstanding natural beauty. Take care of yourself! And stay in touch - I’d love to hear all about your journey, and answer any questions you might have.

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And that's your first 21-days of the Gut Health Solution.

I'm so proud of you! And I hope you're proud of yourself.

You may have started to see the results you want - or you may just be feeling a little calmer or more energetic, and feel there is more work to be done. Most of our clients find that they need more than just one 21-day course of the kefir to really get results. Three to four courses is pretty common place to start seeing really definitive results.

If you've seen any positive results over these past three weeks, I suggest that you keep going. Head out for another 21 days, and then another if needed.

Personally, I take kefir every single day of my life, and I always will! I value the energy boost I get, the feeling of calm and fullness and the lack of sugar cravings. On tough days, I might even take two kefir!

Kefir for your gut and skin biome is a great ally on your journey, wherever it may take you. Do yourself the favour of keeping yourself in prime shape, by continuing to boost that immune system.

If you get to a place where you're happy with your skin, mood, energy level, joints, pain level, etc., and you want to stop taking kefir, you can. But I suggest that you take a seasonal booster four times a year, when the seasons change. This will deal with the ongoing damage that your microbiome sustains on a daily basis, when you're hit with antibiotics, sugar, stress and environmental toxins.