

Gut Rescue

ON THE GO



EFFORTLESSLY BANISH BLOATING, CRAVINGS, AND BELLY FAT

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Don't Let Being Busy Hold You Back From Health

Who isn't busy these days? Between work, maintaining a house, taking care of kids and family members, and everything else, many people feel like they never get a second to catch their breath.

That go-go-go lifestyle can make it seem like it's impossible to ever get healthy. But there is good news: that's just not true!

No matter how busy you are, you can make healing your microbiome part of your everyday life - and reap the benefits of effortless weight loss and maintenance, increased energy, and better moods!

Even better: when your microbiome is healthy, you'll have more stamina and mental clarity to get through even the busiest days!

In this guide, we'll share all the tips you can use to stay healthy and keep your microbiome in top shape, even when things get hectic.

These are the products, services, and habits that we've tested and use ourselves to stay healthy even in the busiest seasons of life.

Plan To Be Busy

First things first, just admit it: you're busy! If you try and wait for "things to slow down" to start, you'll NEVER start!

There's never a perfect time, but that doesn't mean you can't start making progress right now. Even if you aren't doing things "perfectly," something will always be better than nothing!

With that in mind, you need to take action right now to set yourself up for success knowing you are busy. The tools in this guide can help you be successful in healing your microbiome - but only if YOU use them!

Don't make the mistake of thinking you will just "figure things out as you go." Make a plan now, start implementing it, and you'll be successful even with your busy lifestyle.

Set It & Forget It

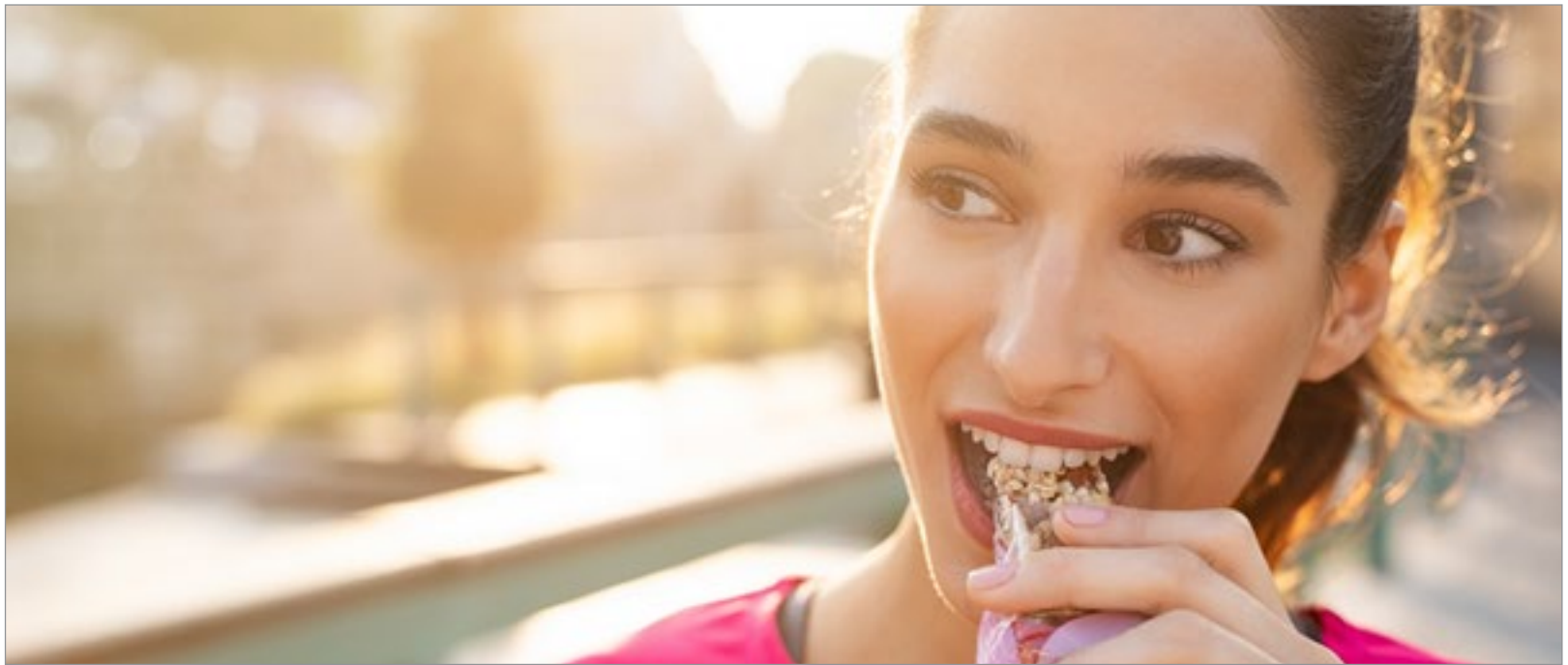


If you're busy, subscription services could be your new best friend! Gain back HOURS of time you'd spend grocery shopping by signing up for subscription grocery services. You won't have to think about it again, but month after month the healthy foods you need to keep your gut happy will arrive at your doorstep!

Here are some of our favorite healthy food subscription services:

- [**Butcher Box**](#) - delivers grass-fed and organic meat and wild-caught seafood.
- [**Thrive Market**](#) - is an online membership site for healthy groceries at wholesale prices.
- [**Farm Fresh to You**](#) - delivers organic produce that's already washed and ready to eat.
- [**Wild Pastures**](#) - offers the highest-quality meats at below-retail prices.
- [**Vital Choice**](#) - delivers wild-caught sustainably sourced seafood.
- [**Imperfect Produce**](#) - delivers fresh, organic produce that would otherwise be thrown away at a very discounted price.

Be Prepared To Eat Away From Home



When you're busy, it's inevitable that occasionally you'll need some fast snacks and convenient on-the-go meals. You'll probably have to eat out for some meals, too - and that's OK!

Luckily, there are actually plenty of fast and easy snacks you can rely on and restaurants you can turn to. We've done the research on what snacks and restaurants are good choices for your microbiome so you don't have to!

The Best Snacks & Convenience Foods

Stock up on these and throw them in your purse, car, desk drawer, and anywhere else, you might need a quick snack.

- Paleovalley Meat Sticks
- Epic Meat Bars
- Primal Kitchen Bars
- Bulletproof Bars
- KIND Bars
- RXBar Bars
- Lara Bars
- Wild Planet Seafood Cans
- SeaSnax Seaweed Snacks
- Jilz Gluten-Free Crackers
- HU Grain-Free Crackers
- From The Ground UP Crackers
- Jackson's Honest
- Siete Grain Free Chips
- Barnana Plantain Chips
- Rhythm Vegetable Chips
- Dang Unsweetened Coconut Chips
- Oloves Olive Packs
- Oh Snap! Pickle Packs
- Wholly Guacamole Packs
- Justin's Nut Butter Packs
- FBOMB Nut Butter Packs
- Kettle & Fire Bone Broth



How To Eat Out

If you spend 15 minutes researching healthy restaurant options near where you live and work NOW, you'll save yourself tons of time and energy in the long run! You'll always know where you can eat, and what to order. You won't have to try and look things up when you're hungry and in a hurry.

Search for restaurants with these keywords:

- Organic
- Farm-to-table
- Paleo
- Local Produce
- Gluten-free
- Vegetarian
- Grass-fed

Sneak In Healthy Habits



How often do you find yourself with an unexpected 15 or 20-minute break in your otherwise crazy schedule? Maybe you have a lull between meetings - or time when you're just sitting in the car waiting for your kids to finish practice.

You can turn these tiny pockets of time in your busy day into the most valuable part of the day! You just need to be prepared to utilize them when they pop up.

- Keep comfortable clothes and shoes with you so you can sneak in a walk or easy workout
- Download the audio files of Gut Rescue Program so you can listen on the go
- Download a guided meditation to your phone for 15 minutes of zen

Optimize Your Digestion

Your body needs to be in the “rest and digest” state to fully digest the food you eat. If you're busy and eating on the go, it might be harder for you to get into this state! That means you could not be fully digesting the food you eat - and that can result in bloating, gas, and microbiome damage.

Luckily, there are simple things you can do to help optimize your digestion even when you're super busy!

- Before you eat, take three deep breaths and think about something you're grateful for. This takes just a few moments but helps your body shift into “rest and digest.”
- Try not to eat when you're stressed or upset. If you're feeling really upset, take a few minutes to calm down before eating.
- Use **digestive enzymes** or an **apple cider vinegar** supplement with meals to boost your digestion (this is a powerful tool if you **MUST** eat quickly, especially because it helps your body create enough stomach acid and digestive enzymes to break down food completely!)
- Eat more cooked foods. Cooked foods are easier to digest, which makes them ideal for eating on the go when you might not be digesting food as well as other times.

Stay Hydrated

When you're busy, you're unlikely to remember to drink enough water. And that's a serious problem because even just slight dehydration can cause you to feel tired, foggy, and induce food cravings.

Carry a glass or metal water bottle with you and drink plenty of water throughout the day! Keeping the water bottle with you is a great reminder to stay hydrated.



Don't Forget About YOU

We know you're busy taking care of others - but don't forget about YOU. You deserve to take time out every single day to care and nourish for yourself.

Taking care of you will make you better able to take care of those you love, too.

We hope these tips help you stay committed to healing your microbiome, losing weight, and feeling amazing - no matter how busy life gets!

On-The-Go Discounts



When you're busy, you don't have time to search for discount codes or clip coupons - so we did the hard work for you! Here are some exclusive discounts on the products that make it easy to stay healthy on the go.

Subscription Services We Love

Save Time With Meat & Seafood Delivered Monthly

Save time and energy by creating a customized box of grass-fed beef, organic chicken, pork, and wild-caught seafood, then have **Butcher Box** deliver it straight to you. You'll always have a variety of healthy proteins on hand to create the perfect gut-healing meal, no matter how busy you get. *Gut Rescue Challenge Members get free bacon and \$20 off their first order.*

The Highest-Quality Meat At The Lowest Prices Straight To Your Door

Don't have time to find the best prices on 100% grass-fed and pastured meat? **Wild Pastures** has done the work for you. You'll get sustainably-produced, American-grown, humanely-farmed meat at below-retail prices delivered directly to you. *Gut Rescue Challenge Members get \$20 off their first order.*

Save Time & Money With This Health Food Online Warehouse

Low prices, fast shipping, and the healthiest products: that's what **Thrive Market** delivers. This online warehouse sells members the same products they'd find at Whole Foods and other natural grocers for a fraction of the price. Subscription options make it easy to keep your pantry stocked. *Gut Rescue Challenge Members get a free trial membership and an extra 25% off their first order.*

Save Time With These Pantry Staples

Faster & Easier Homemade-Taste Bone Broth

Way too busy to spend 24 hours making gut-healing bone broth? Luckily there's **Kettle & Fire**. Their boxed and shelf-stable bone broth is made the same way you'd make it at home: slow-simmered. Organic bones and veggies create a nutrient-rich delicious broth. Ready to use in recipes or sip on in just seconds! *Gut Rescue Challenge members get 15% off with code: GUTRESCUEPROTOCOL*

Tasty Protein Rich Portable Snacks

100% Grass Fed Beef Sticks by **Paleovalley** are the perfect gut-healing snack for on the go. There are 7 delicious, gut-friendly flavors that each pack an average 1 million CFUs of probiotics, 7 grams of protein, and 0 grams of sugar. Keep these in your purse, desk drawer, and car for an on-the-go healthy snack. *Gut Rescue Challenge members get 10% off with code: GUTRESCUE10*

Keep Your Energy Up With These Healthy Drinks

Delicious Gut Healing Hot & Cold Teas

Pique Tea is the creator of the world's first ever Cold Brew Tea Crystals designed for improved gut health. These delicious teas deliver up to 12 times as many antioxidants as other teas and are Triple-Toxin-Screened for heavy metals, pesticides, and toxic mold. The crystals dissolve instantly in hot or cold water, making them ideal for travel and work. *Up to 20% off applied automatically at checkout.*

Mushroom-Based Drinks For Energy, Focus, & Better Sleep

Whether you need a quick energy boost or help winding down after a long day, **Four Sigmatic** makes it easy and delicious with gut-healthy cacao, coffee, and elixirs powered by the many health benefits of medicinal mushrooms. Just mix a single serve packet in hot water for an instant drink on the go. Skip the drive-thru and enjoy Matcha, Chocolate, & Coffee blends. *Gut Rescue Challenge members get 15% off with code: GUTRESCUE*

Supplements Worth Your Time

Boost Digestion, Lose Weight & Balance Blood Sugar With Just One Supplement

Apple Cider Vinegar helps lower blood sugar, promotes weight loss, and powers digestion. In this powerful supplement by **Paleovalley**, ACV is blended with other gut-healing superfoods: lemon, ginger, cinnamon, and turmeric to support healing the microbiome and losing weight. It's just one supplement to take, but it has tons of benefits: perfect for busy people who don't want to waste time opening bottles and swallowing pills. *Gut Rescue Challenge members get 10% off with code: GUTRESCUE10*

Powerful Digestive Enzymes To Stop Gas & Bloating

Are you eating quickly, at restaurants, or on-the-go? If so, digestive enzymes are an absolute must. They help your body fully digest the food you eat, even when the setting isn't ideal - like eating in your car or at your desk. A powerful digestive enzyme supplement like **Masszymes** will help you optimize digestion so your gut can heal. *Try Masszymes today and save up to 38%! Discount automatically applied at checkout.*

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