

I'm so Excited for You to Get Started!

GUT HEALTH is one trendy topic right now. We're seeing it pop up all over the health and wellness world, and that's with GOOD reason! Research continues to emerge demonstrating that the bacteria in our gut plays an important, if not VITAL, role in our physical and emotional well-being. And we mean VITAL, because improving the health of your gut may help improve all the stuff we struggle most with: • Gas • Bloating • Irregular bowel movements • Cramping • Indigestion • Weight loss • Poor sleep quality • Low energy • The appearance of your skin • Mood • Reduce inflammation in your body...

This 4 Week Gut Health Reset Protocol is a comprehensive nutrition program designed to improve your gut health with a simple, easy to follow plan. This program will help you isolate foods that might be causing sensitivities and start you on your gut health journey. You'll get everything you need from food lists to meal plans, gut health healing supplements to daily coaching and support as well as NO-impact workouts that will help support your fitness while you heal and focus on your nutrition!

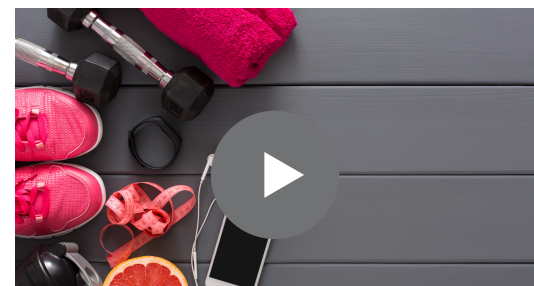
And the best part is that you won't be doing it alone!

You're going to be doing it together with me and our amazing community inside my private accountability on a private app.

Take a look through this packet to get an overview of the tools and resources you'll be getting plugged into. I can't wait to get you started with us. I know you're going to love it, but if for any reason you don't, you get a full 30 day money back guarantee -- even if you use all of your supplements! That's how confident i am you'll LOVE our community, the program, the nutrition, our app, and your results! We're going to have so much fun doing this together!

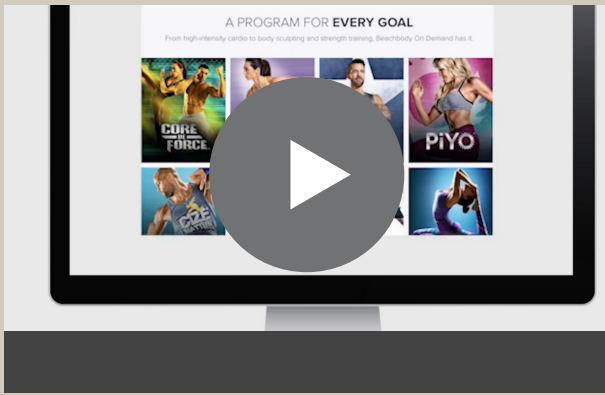


GUT RESET SIZZLE VIDEO HERE!

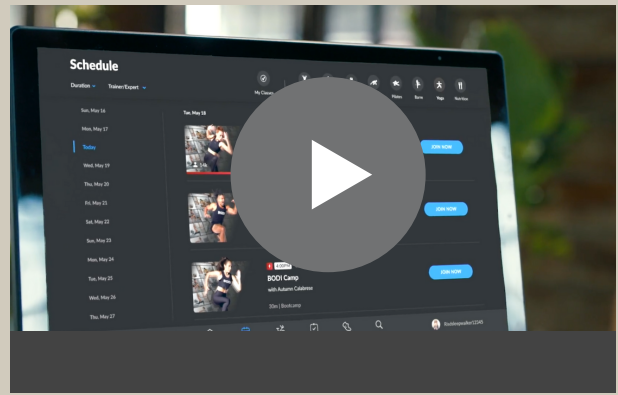


SAMPLE WORKOUT VIDEO HERE!

Take a peek inside our fitness and nutrition app.
You'll get access to ALL of this and more with your PREP TO RESET bundle!



Over 800 workouts, 50 programs, guided meditations, meal plans....



Plus get access to BODi FREE for 30 days for LIVE classes and even more on demand classes!

When you enroll, you'll also get a month supply of Shakeology ...with the 4 Week Gut Protocol you can choose to add the GUT SUPP DUO. Energize is a very popular and healthy alternative to that morning cup o'joe or afternoon pick-me up



SUPERFOOD NUTRITION

70+ superfoods, adaptogenic herbs to bring your body into balance, plus the pre-biotics, probiotics, and digestive enzymes we all need for proper healing, gut and brain health.

recommended for daily use



GUT SUPP DUO

Revitalize is a blend of pro- and prebiotics which help support beneficial flora in the digestive tract.*

Optimize is a blend of enzymes and added camu-camu that helps support nutrient absorption and bioavailability.*

recommended for daily use



PRE - WORKOUT ENERGY

all natural, vegan, energize is packed with electrolytes, phyto-nutrients, and is clinically proven to increase your endurance & energy.

recommended to use 15 minutes before your workout

AND DIG INTO OUR COOKING SHOW, RECIPES, AND BLOG

As if that all isn't enough, you'll also have access to an abundance of recipes. You can access them through your nutrition guides/meal plans, as well as through our app, blog, online community, and cooking show



Carrot Cake Baked
Oatmeal Muffins (GF)



Banana Berry
Smoothie Bowl



Cashew And Oat
Hotcakes



Tuna Lettuce Boats

PLUS RIGHT NOW YOU'LL GET BOTH OF OUR VIDEO BASED NUTRITION COURSES + A FREE 30 DAY TRIAL TO BODi FOR LIVE CLASSES!

Ultimate Portion Fix Meal Plan:

A deeper dive into our 40/30/30 set macros and portions plan. You pick foods you love and simply integrate them into your Plug and Play meal plan. The Ultimate Portion Fix E-course takes our meal plans next level by teaching about sugar addiction, kids nutrition, as well as timed nutrition and carb cycling.

We will be getting familiar with the macro balancing container system that is the basis of the gut protocol.

2B Mindset

Our nutritional mindset e-course teaches you a 'veggies most' based approach to simple nutrition with a focus on aligning your mind in a positive light.

Although we will not be focusing on this Meal Plan option as part of our GUT RESET, this e-course will remain in your library for the entire year if you decide you want to explore an intuitive eating preference.

GUT RESET: 4 week Gut Protocol

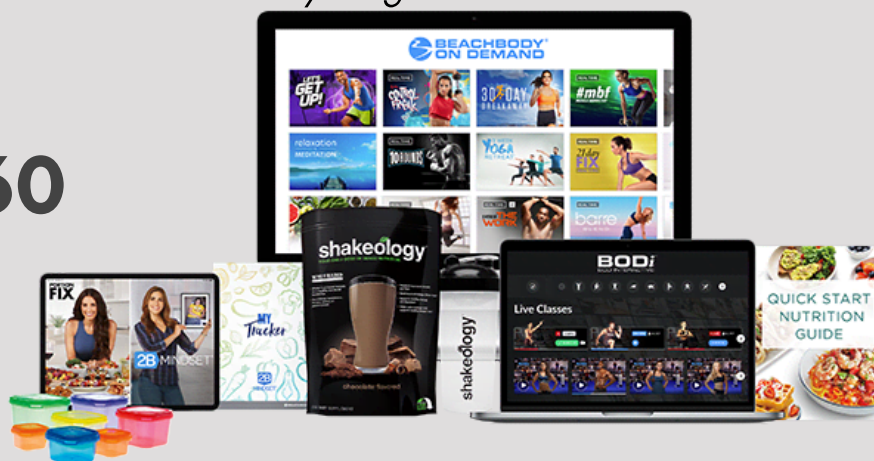
A comprehensive nutrition program that shows you how the food you eat can impact your gut health and how much your gut health impacts your total over all health. This program walks you through, step-by-step, exactly what to do, when to do it, and how to do it in a way that isolates the potentially problematic foods and other lifestyle factors. Over the course of 4 weeks, she'll show you how to remove 7 characteristically troublesome foods so you can slowly but effectively remove, replace, and rebalance.

ENROLLMENT OPTIONS

Your **4 WEEK GUT PROTOCOL** enrollment bundle comes with everything we've already mentioned: an **annual** membership to Beachbody on Demand (streaming workouts, guided meditations, nutrition courses, meal plans, and our cooking show), as well as your choice of supplements, a shaker bottle, access to my Online Fitcamp community in a private app (BOD group), and me as your coach.

All packages ALWAYS have a 30 day money back guarantee as well. You have the entire month to complete our programming, meal plans, use your supplements, and work on your goals, and if it's not for you i'll show you how simple it is to process a return. That said, no one ever returns their bundle. Get excited to achieve your goals and see incredible results!

\$160



*** Ask me about our preferred customer discounts, best pricing, and all coach deals right now.*

ALREADY A BOD MEMBER? grab the digital unlock!

THE 4 WEEK
GUT PROTOCOL.
+
4 WEEKS FOR
EVERY BODY



\$60 customers
\$45 preferred customers
coaches



DIGITAL UNLOCK: ADDED TO YOUR BOD LIBRARY:

4 week Gut Protocol streaming access

4 Week for Every Body companion fitness plan

Digital Program Guide + Calendar, Food Tracker, Calorie Calculator, Printable Dumbbell Tracker, Recipes, Food Lists

additional add-ins to enhance your results and participation



SUPPLEMENT DUO:
Digestive Enzymes
Probiotics

\$87.96 customers

\$65.97 preferred customers
coaches



CORE BALL:
for use with the
4 Week for Every Body Fitness
Program

\$17.97 customers

\$13.48 preferred customers
coaches

ENROLLMENT OPTIONS

THE 4 WEEK GUT PROTOCOL™

GET UP TO 65% OFF*
WITH A TOTAL-SOLUTION PACK

FOR A LIMITED TIME



SAVE OVER \$385

SHAKEOLOGY ESSENTIALS

Our bestselling pack designed to help you start your fitness and nutrition journey.

- The 4 Week Gut Protocol Digital Unlock
- 4 Weeks for Every Body VIP Early Access
- Core Ball
- Annual Membership to Beachbody On Demand
- First 30 days of BODi
- Vegan Shakeology
- Portion Fix and 2B Mindset Nutrition Programs
- Portion-Control Containers
- Shakeology Shaker Cup
- Quick Start Nutrition Guide

VALUED AT OVER \$545

\$159.95

SAVE OVER \$410

AUTUMN'S CHOICE

Autumn's complete protocol to help you optimize your gut health and maximize your results.

- The 4 Week Gut Protocol Digital Unlock
- 4 Weeks for Every Body VIP Early Access
- Core Ball
- Annual Membership to Beachbody On Demand
- First 30 days of BODi
- Vegan Shakeology
- Revitalize & Optimize Bundle
- Portion Fix and 2B Mindset Nutrition Programs
- Portion-Control Containers
- Shakeology Shaker Cup
- Quick Start Nutrition Guide

VALUED AT OVER \$655

\$247.91

SAVE OVER \$445

BEST VALUE PACK

The secret to helping find lasting success, at our biggest savings.

- The 4 Week Gut Protocol Digital Unlock
- 4 Weeks for Every Body VIP Early Access
- Core Ball
- Annual Membership to Beachbody On Demand
- Annual Membership to BODi
- Vegan Shakeology
- Portion Fix and 2B Mindset Nutrition Programs
- Shakeology Shaker Cup
- Quick Start Nutrition Guide
- Portion-Control Containers
- 2B Mindset Tracker

VALUED AT OVER \$775

\$328.95

in a nutshell:

This comprehensive nutrition program is designed to help promote overall gut health, as well as isolate the most common foods and ingredients that can cause gastric distress and undermine your health and well-being. Throughout The 4 Week Gut Protocol, you will get step-by-step instructional videos, weekly tips, food lists, NEW recipes, and more. Anyone with digestive issues can benefit from this program.

Also combined it with it is a unique 4-day-a-week, no-impact fitness program called 4 Weeks for Every Body. This workout program can be done on its own but will be particularly helpful and effective while following The 4 Week Gut Protocol.



A little about me...

I have been a practicing physical therapist since 1992 working in a variety of settings on diverse patient issues. I studied Therapeutic Yoga under Rachel Krentzman in 2013 and received my Traditional Yoga Teacher Training from a local San Diego Studio in 2015.

I have been fortunate enough to weave my professional career with my passions for both yoga and fitness. I recently opened my concierge physical therapy practice in San Diego to service those clients who were seeking more value, quality of care, and convenience.

My wellness programs consist of customized fitness programs (pre-hab, re-hab, post discharge condition management, general fitness, and weight loss education), nutrition, and accountability groups.

In becoming a part of my Optimal Wellness community, I will guide you through simple lifestyle changes to help you eat better, move better, lose weight, feel great, and create new healthy habits.

It's the perfect combination for optimal wellness
as it combines fitness, nutrition, and support!

Commit to clean eating, drinking delicious high density superfood nutrition shakes, participate in our online supportive accountability group, and exercise, and YOU CAN achieve your goals!
whatever they may be.

My groups are always real, lighthearted, and fun!

When you discover how good you can feel, it could be the momentum you need to create
a truly healthy lifestyle!

~barbara