

THE BULLETPROOF GUT PROGRAM

Rapidly improve your entire digestive system to ensure you are the healthiest you have ever been.



lozlife.com



LOZ ANTONENKO

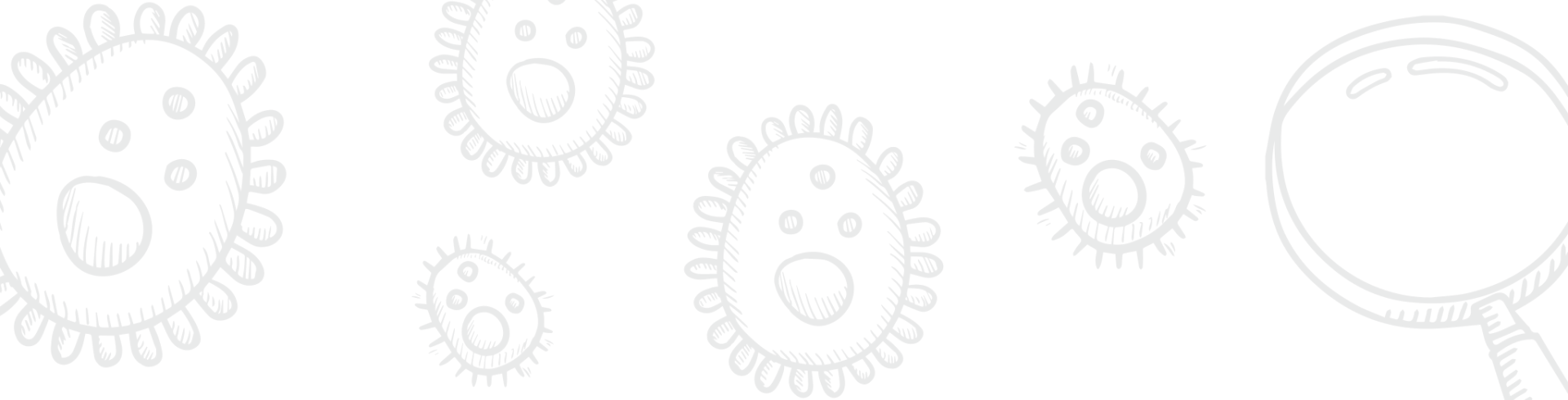
ABOUT ME

"As a Healthy Habit Coach, I help you identify your poor lifestyle habits and teach you to replace them with healthier ones"

Do you lack energy? Are the challenges of life getting you down? Have you smashed your own weight-loss journey, only to find that you've put it all back on, and then some? Do you feel like you're stuck in a rut? Are your values, goals and actions misaligned with the direction of your current life trajectory?

If you're ready to make the best decision yet to level up your life, it is no coincidence that you're reading this right now! My name is Loz and I have once been where you currently are. Overweight, under-energised and generally feeling lost within the chaos of my life, I struggled to create abundance despite being surrounded by it. As a Healthy Habit Coach, I help you identify your poor lifestyle habits and teach you to replace them with healthier ones.





PROGRAM ASSESSMENT #1



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To be filled in prior to starting program.

MEDICATION

Note down any medication you are currently taking:

DATA COLLECTION

Take measurement in the morning and record them below:

Waist:

Weight:

TONGUE ANALYSIS

Your tongue is an indicator of the health of your digestive system and liver. Having a coated tongue may be an indicator of poor digestion of food, and that your stomach is not producing enough hydrochloric acid.

Examine your tongue and note down what you see (e.g. coated white, red, dry, cracked etc.). You can also take a before and after picture and then compare the two when finished the entire program.

COMMENTS

BEETROOT TEST (COLON TRANSIT TIME)

Consume a moderate serving (2-3 small) of beetroot and note the following below:

Date:

Exact time:

Visually examine stool (bowel movements), and note when beetroot is first seen. (Beetroot is seen as a redness in stool color).

Date:

Exact time:

Note the time when beetroot is last seen in stool.

Date:

Exact time:

On a typical day, how often do you move your bowels and are they formed or loose or somewhere in between? Describe below:

The time when you ate the beetroot to the time it first appears in your stool and stops appearing is your bowel transit time.

HCl (STOMACH ACID) SELF-TEST

If you suspect that your stomach acid levels are less than optimal, the stomach acid self-test may help you determine if levels of hydrochloric acid (HCl) are too high or too low. When experiencing heartburn, take one tablespoon of apple cider vinegar or lemon juice. If discomfort eases, a deficiency of HCl is suspected. If the discomfort increases, suspect excess HCl. If discomfort increases, mix a teaspoon of bicarbonate soda in water or milk to dilute the reaction and stop the burning. Note results below:

If a deficiency is suspected, a betaine HCl and pepsin supplement may be added to your program.

PROGRAM ASSESSMENT #1



IBS BOTHERSOMENESS QUESTIONNAIRE

How often in the last 30 days did you experience the following:

Circle the most relevant number for each reaction.

SYMPTOMS	NOT BOTHERSOME		SOMEWHAT BOTHERSOME		EXTREMELY BOTHERSOME		
Abdominal discomfort, pain, or cramps	0	1	2	3	4	5	6
Hard or lumpy stools	0	1	2	3	4	5	6
Loose or watery stools	0	1	2	3	4	5	6
Straining during a bowel movement	0	1	2	3	4	5	6
Urgency - having to rush to the toilet	0	1	2	3	4	5	6
Feeling incomplete bowel movement	0	1	2	3	4	5	6
Passing mucus (white material) during a bowel movement	0	1	2	3	4	5	6
Abdominal fullness, bloating, or swelling	0	1	2	3	4	5	6
Passing gas	0	1	2	3	4	5	6
Heartburn or chest pain	0	1	2	3	4	5	6
Feeling full soon after starting a meal	0	1	2	3	4	5	6
Passing urine more frequently	0	1	2	3	4	5	6
Nausea	0	1	2	3	4	5	6

PROGRAM ASSESSMENT #1



MEDICAL SYMPTOMS QUESTIONNAIRE

Rate each of the following symptoms based upon your typical health profile for:

Point Scale

- 0** - Never or almost never have the symptom
- 1** - Occasionally have it, effect is not severe
- 2** - Occasionally have, effect is severe
- 3** - Frequently have it, effect is not severe
- 4** - Frequently have it, effect is severe

HEAD

Headaches	0	1	2	3	4
Faintness	0	1	2	3	4
Dizziness	0	1	2	3	4
Insomnia	0	1	2	3	4

EYES

Watery or itchy eyes	0	1	2	3	4
Swollen, reddened or sticky eyelids	0	1	2	3	4
Bags or dark circles under eyes	0	1	2	3	4
Blurred or tunnel vision	0	1	2	3	4

MOUTH / THROAT

Chronic coughing	0	1	2	3	4
Gagging, frequent need to clear throat	0	1	2	3	4
Sore throat, hoarseness, loss of voice	0	1	2	3	4
Swollen or discolored tongue, gums, lips	0	1	2	3	4
Canker sores	0	1	2	3	4

NOSE

Stuffy nose	0	1	2	3	4
Sinus problems	0	1	2	3	4
Hay fever	0	1	2	3	4
Sneezing attacks	0	1	2	3	4
Excessive mucus	0	1	2	3	4

EARS

Itchy ears	0	1	2	3	4
Earaches, ear infections	0	1	2	3	4
Drainage from ear	0	1	2	3	4
Ringings in ears, hearing loss	0	1	2	3	4

PROGRAM ASSESSMENT #1



SKIN

Acne	0	1	2	3	4
Hives, rashes, dry skin	0	1	2	3	4
Hair loss	0	1	2	3	4
Flushing, hot flushes	0	1	2	3	4
Excessive sweating	0	1	2	3	4

HEART

Irregular or skipped heartbeat	0	1	2	3	4
Rapid or pounding heartbeat	0	1	2	3	4
Chest pain	0	1	2	3	4

WEIGHT

Binge eating or drinking	0	1	2	3	4
Craving certain foods	0	1	2	3	4
Excessive weight	0	1	2	3	4
Compulsive eating	0	1	2	3	4
Water retention	0	1	2	3	4
Underweight	0	1	2	3	4

JOINT & MUSCLES

Pain or aches in joints	0	1	2	3	4
Arthritis	0	1	2	3	4
Stiffness or limitation of movement	0	1	2	3	4
Pain or aches in muscles	0	1	2	3	4
Feeling of weakness or tiredness	0	1	2	3	4

LUNGS

Chest congestion	0	1	2	3	4
Asthma, bronchitis	0	1	2	3	4
Shortness of breath	0	1	2	3	4
Difficulty breathing	0	1	2	3	4

ENERGY / ACTIVITY

Fatigue, sluggishness	0	1	2	3	4
Hyperactivity	0	1	2	3	4
Apathy, lethargy	0	1	2	3	4
Restlessness	0	1	2	3	4

PROGRAM ASSESSMENT #1



EMOTIONS

Mood swings	0	1	2	3	4
Anxiety, fear, nervousness	0	1	2	3	4
Anger, irritability, aggressiveness	0	1	2	3	4
Depression	0	1	2	3	4

MIND

Poor memory	0	1	2	3	4
Confusion, poor comprehension	0	1	2	3	4
Poor concentration	0	1	2	3	4
Poor physical coordination	0	1	2	3	4
Difficulty in making decisions	0	1	2	3	4
Stuttering, stammering	0	1	2	3	4
Slurred speech	0	1	2	3	4
Learning disabilities	0	1	2	3	4

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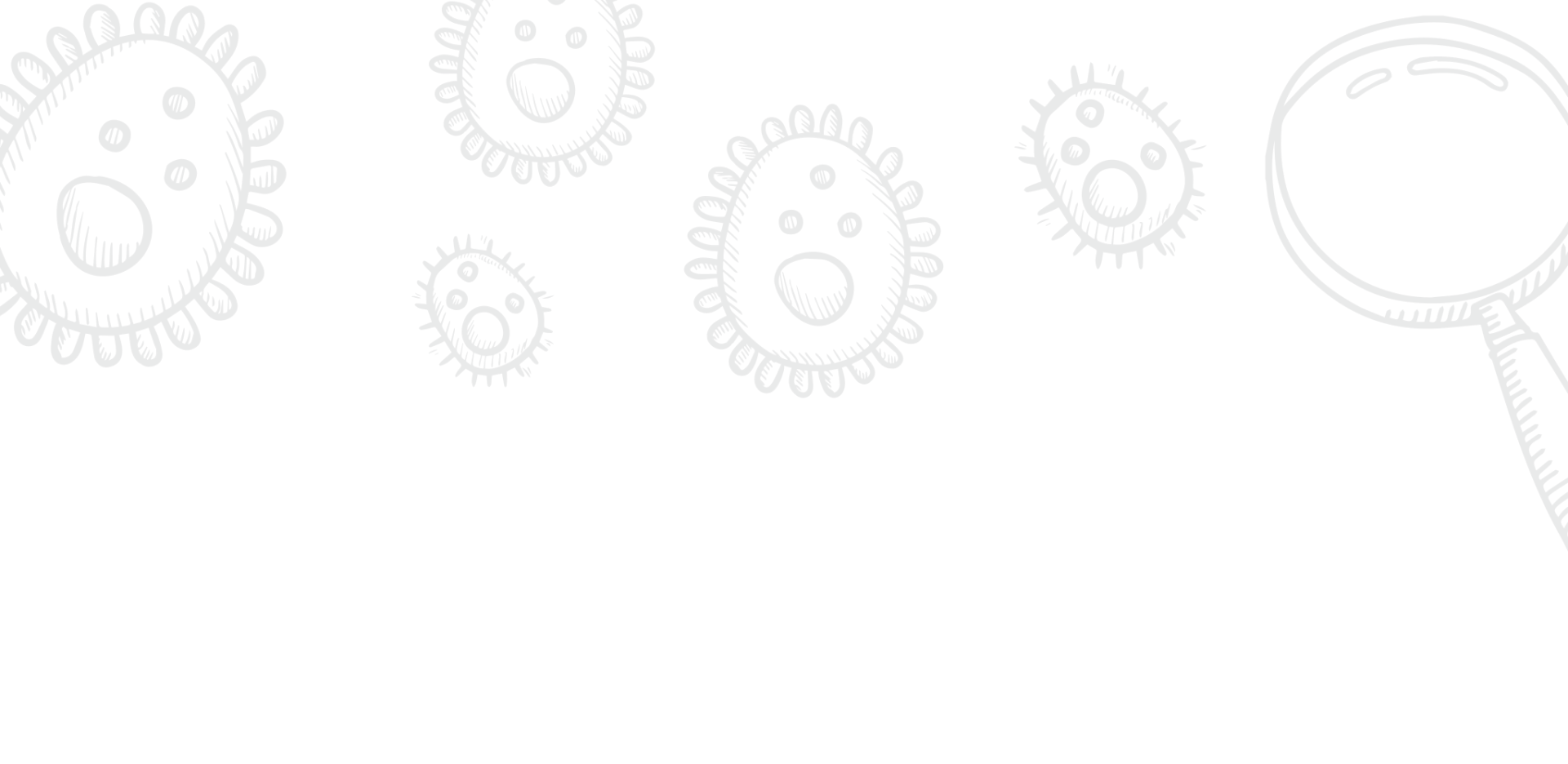
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OTHER

Frequent illness	0	1	2	3	4
Frequent or urgent urination	0	1	2	3	4
Genital itch or discharge	0	1	2	3	4

TOTAL

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PROGRAM ASSESSMENT #2



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To be filled upon completion of the program.

DATA COLLECTION

Take measurement in the morning and record them below:

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TONGUE ANALYSIS

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EMOTIONS

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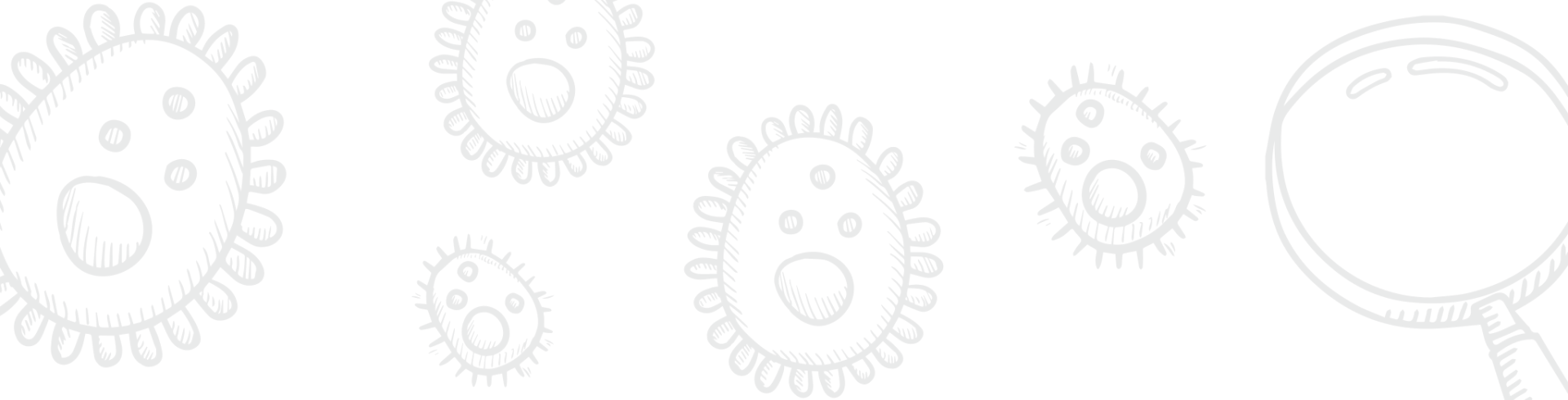
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OTHER

Frequent illness	0	1	2	3	4
Frequent or urgent urination	0	1	2	3	4
Genital itch or discharge	0	1	2	3	4

TOTAL

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ACTION PLAN



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ACTION PLAN

Some people will have intolerances/allergies/sensitivities to certain food groups, which can suppress hormones and disrupt the digestive system. This usually results in poor outcomes and despite people's best efforts; progress can come to a complete halt.

As this area of nutrition becomes more popular and is researched, it's important to understand the difficulties between the terminologies when discussing it:

- 1. Food allergy:** an immediate food reaction that will always provide an immune response within minutes. The perfect example is a nut allergy, & this will always remain with the person.
- 2. Food sensitivity:** a delayed reaction to foods which can take up to some days before symptoms are felt. Typical symptoms are diarrhea, bloating, skin conditions, constipation and tiredness.
- 3. Food intolerances:** defined as "an adverse physiological response to food(s)" and, unlike allergies or sensitivities, there is no immunological mechanism of adverse food response. The perfect example is lactose intolerance, which essentially means you are lacking the enzyme lactase to aid digestion of lactose (milk/dairy).

It is important to find the foods causing these issues and remove them. For some people a general clean up of the diet works just fine, for others a stricter approach is needed.

ENTER THE ELIMINATION DIET

A good elimination diet is a strict, controlled eating plan that removes typical food intolerances along with those that may be individual to that person.

There are a number of ways you can start to apply elimination, and one of the easiest places to start is to simply remove the common offenders:

- Gluten (wheat)
- Lactose
- Soy
- High FODMAPS

The program you find below will ensure you remove all traces of these from your diet.

It can also be helpful to ask a few key questions:-

- **What foods do you eat most often?**
- **What foods do you crave?**
- **What foods do you eat to feel better?**
- **What foods do you have trouble giving up?**

In order for this program to work successfully, it is important to give it sufficient time in order to help heal the GI system, before testing with high FODMAP foods again. This is usually anywhere between 2-4 weeks, depending on the severity of the problem initially. This is known as the removal phase. Again, it is important to avoid any foods that you know or believe may cause problems, even if they are on the 'allowed' list.

RE-INTRODUCTION

Once symptoms have improved it is time to start 'challenging' the body with the eliminated foods.

To challenge the body, add a food group every three days. It takes three days to be sure that symptoms have time to come back if they are going to.

On the day that the eliminated food is tested again for the first time, start with just a small amount in the morning.

If there are no symptoms, eat two larger portions in the afternoon and evening.

After a day of eating the new food, remove it, and wait for two days to see if you notice any symptoms.

If a food doesn't cause symptoms during the challenge, it is unlikely to be a problem food and can be introduced back into the diet.

However, don't add the food back until you have tested all the other foods on the list.

On the next page you will find a summary of the process just discussed.



THE ELIMINATION DIET PROCESS

DAY NO.	STEP
1	Begin Elimination Diet
2-7	You may notice symptoms worse for a day or two
8-14	Symptoms should go away if the right foods have been removed
15	Re-introduce food #1 (for example, lactose)
16-17	Stop food #1 and watch the symptoms*
18	Re-introduce food #2 (for example, wheat)
19-20	Stop food #2 again and watch for symptoms
21	Re-introduce food #3 (for example, soy)
	...and so on

* you only eat a new food for one day. Do not add it back into your meal plan again until the elimination diet is over.

Throughout the removal and re-introduction phases it can be beneficial to keep a food log to track foods and possible symptoms in reaction to this.

The food diary on the following page can be used to help with this process.

A ONE WEEK FOOD DIARY CHART

Log in foods eaten and times. Note the symptoms you experience and at what times.



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MORNING FOODS							
MORNING SYMPTOMS							
AFTERNOON FOODS							
AFTERNOON SYMPTOMS							
EVENING FOODS							
EVENING SYMPTOMS							



FODMAP FOOD LIST



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The foods on the list below are low FODMAP foods that you can enjoy as part of a balanced diet.

FRUIT

Banana (not ripe)
Blueberry
Cantaloupe melon
Coconut
Clementine
Cranberry
Cranberry juice
Dragon fruit
Durian
Grape
Grapefruit* (1/2 medium)
Honeydew melon
Kiwifruit
Lemon
Lime
Mandarin
Orange
Passionfruit
Papaya
Pomegranate* (1/2 small)
Pineapple
Raspberry
Rhubarb
Starfruit
Strawberry

VEGETABLES

Alfalfa
Aubergine
Bamboo shoots
Bean sprouts
Beetroot* (4 slices)
Bell peppers
Bok choy
Butternut squash* (1/2 cup)
Carrot
Celeriac
Chives
Choko
Choy sum
Courgette
Collard greens
Cucumber
Endive
Fennel Bulb
Ginger root
Green beans
Kale
Kabocha squash
Lettuce
Orka

VEGETABLES

Olives
Parsnip
Potato
Radish
Red chili
Rocket
Sweet corn* (1/2 cob)
Sweet potato* (1/2 cup)
Swiss chard
Spinach
Spring onion (green part only)
Squash
Swede
Tomato
Turnip
Water chestnuts
Yam

LOW FODMAP FOOD LIST

The foods on the list below are low FODMAP foods that you can enjoy as part of a balanced diet.

BREAD & GRAINS

Gluten free bread (check ingredients)
Gluten free oats
Gluten free/rice/ quinoa pasta
Millet
Polenta
Potato & tortilla chips
Psyllium
Quinoa
Quinoa flakes
Rice (white, brown, basmati)
Rice cakes
Rice bran
Sorghum
Tapioca

CHEESE

Feta
Mozzarella
Parmesan
Swiss
Hard cheeses

NUTS & SEEDS

Macadamia nuts
Peanuts
Pecans
Pine nuts
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

MILK & OTHER

Coconut milk
Lactose-free milk
Rice milk
Lactose-free yogurt
Lactose-free ice cream
Coffee
Tea (black, green, peppermint)

SWEETENERS

Brown sugar
Glucose
Maple syrup (low HFCS)
Sucrose
Sugar
Treacle

CHEESE

Brie
Cabernet
Colby
Cottage cheese (lactose free)

NUTS & SEEDS

(10-16 max or 1-2 tbsp)
Chai seeds (2tbsp)
Flax seeds (1tbsp)
Hazelnuts

PROTEINS

Chicken
Beef
Eggs

LOW FODMAP FOOD LIST

The foods on the list below are low FODMAP foods that you can enjoy as part of a balanced diet.

PROTEINS

Fish
Lamb
Pork
Tofu

ALCOHOL

(limit to 1 serving)
Beer
Gin
Vodka
Whiskey
Wine

** eaten in limited quantities per sitting*

The foods on the list below should be avoided. These are the food groups that should be re-introduced and tested towards the end of the program.

FRUIT

Apple
Apricot
Avocado
Banana (ripe)
Blackberry
Boysenberry
Cherry
Dates
Figs
Longon
Lychee
Mango
Nashi
Nectarine
Peach
Pear
Persimmon
Plum
Prune
Tamarillo
Watermelon
Concentrated fruit
Dried fruit
Fruit juice
Tinned fruit

VEGETABLES

Artichoke
Asparagus
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Celery
Fennel
Garlic
Leek
Mushrooms
Onion (all)
Peas
Pumpkin
Spring onion (white part)
Snow peas
Sugar snap peas

GRAINS

Rye
Spelt
Wheat
Barley

LEGUMES

Baked beans
Chickpeas
Kidney beans
Lentils
Soy beans

NUTS & SEEDS

Almonds
Cashews
Pistachios

SWEETENERS

Fructose
High fructose corn syrup
Honey
IsoMalt
Maltitol
Mannitol
Molasses
Sorbitol
Xylitol

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DAIRY

Buttermilk
Cottage cheese
Cow's milk
Cream
Cream cheese
Custard
Evaporated milk
Frozen yogurt
Goat's milk
Ice cream
Lactose
Margarine
Ricotta cheese
Sheep's milk
Sherbet
Soft unripe cheese
Sour cream
Sweetened condensed milk
Yogurt

OTHER

Chamomile tea
Chicory
Coco powder
Dandelion
Fennel tea
Instant coffee

ALCOHOL

Rum
Sticky wine

LOW FODMAP MEAL PLAN

MEAL	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Egg White Omelet with Smoked Trout + Green tea	Herby Breakfast Sausages + Green tea	Leftover Herby Breakfast Sausages + Green tea	Antioxidant Blueberry Protein smoothie + Green tea	Egg Free Buckwheat Pancakes + Green tea	Egg White Omelet with Smoked Trout + Green tea	Egg Free Buckwheat Pancakes + Green tea
LUNCH	BLT Lettuce Wraps	Leftover BLT Lettuce Wraps	Pesto Zoodles with Prosciutto	Pesto Zoodles with Prosciutto	Grilled Chicken & Grapefruit Salad	Leftover Grilled Chicken & Grapefruit Salad	Coconut Curry Potatoes
SNACK	E.g. Coconut Custard, Lemon & Poppy Seed Muffins, Antioxidant Blueberry Smoothie	E.g. Coconut Custard, Lemon & Poppy Seed Muffins, Antioxidant Blueberry Smoothie	E.g. Coconut Custard, Lemon & Poppy Seed Muffins, Antioxidant Blueberry Smoothie	E.g. Coconut Custard, Lemon & Poppy Seed Muffins, Antioxidant Blueberry Smoothie	E.g. Coconut Custard, Lemon & Poppy Seed Muffins, Antioxidant Blueberry Smoothie	E.g. Coconut Custard, Lemon & Poppy Seed Muffins, Antioxidant Blueberry Smoothie	E.g. Coconut Custard, Lemon & Poppy Seed Muffins, Antioxidant Blueberry Smoothie
WORKOUT NUTRITION	During: Workout drink with 500ml of water Post: Portion of fruit & protein shake	During: Workout drink with 500ml of water Post: Portion of fruit & protein shake	During: Workout drink with 500ml of water Post: Portion of fruit & protein shake	During: Workout drink with 500ml of water Post: Portion of fruit & protein shake	During: Workout drink with 500ml of water Post: Portion of fruit & protein shake	During: Workout drink with 500ml of water Post: Portion of fruit & protein shake	During: Workout drink with 500ml of water Post: Portion of fruit & protein shake
DINNER	Chicken Nuggets with roasted potatoes and vegetables	Leftover Chicken Nuggets with roasted potatoes and vegetables	Miso Salmon with Zucchini Noodles	Leftover Miso Salmon with Zucchini Noodles	Chicken Madras with Creamy Coconut Potatoes	Meal Out – Enjoy!	Leftover Chicken Madras with Creamy Coconut Potatoes

MEAL PLAN TEMPLATE



MEAL	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							



SHOPPING GUIDE



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PRODUCT	AVAILABILITY
Buckwheat Flour	This flour is accessible in most supermarkets. Can also be purchased at MyProtein.com.
Coconut Flour	Coconut flour is available in most supermarkets, although health stores have the best prices.
Ground Almonds	Ground almonds or in other words almond flour or almond meal can be purchased at most supermarkets on the free from or nut and seed aisle.
Ground Flax Seeds	Ground flax seeds are becoming more popular in major supermarkets, typically on the free from or health aisle. Widely available in health stores.
Chia Seeds	Chia seeds are accessible in most supermarkets on the free from/health aisle, or in health stores.
Millet	Millet & millet flakes can be bought in most health stores.
Quinoa Flakes	Quinoa flakes are a great product for porridge and are available in health stores.
Brown Rice Protein Powder	Brown rice protein powder is available at MyProtein.com.
Gluten Free Baking Powder	Gluten free baking powder can be found in most supermarkets.
Tahini	Tahini is widely available in most supermarkets, typically found in the 'World Foods' section.
Coconut Oil	Coconut oil is now widely available in supermarkets, but make sure you always choose the Extra Virgin option.
Tamari	Tamari can be purchased in most large supermarkets. You can also use gluten free soy sauce as an alternative which can also be bought in supermarkets.
Rice Noodles	Rice noodles are easy accessible in supermarkets on the 'Oriental Food' aisle. When choosing make sure you buy the 100% rice option.

RECOMMENDED ONLINE STORES

US MARKETPLACE	AVAILABILITY
elitesupps.com.au	Australia's fastest growing sports supplement company, stocking a wide selection of products at the lowest prices available with free shipping within Australia for all orders over \$150. They also offer a 30 day money back guarantee and send a free gift with every purchase – use code LAUREN10 to save 10%
lozlife.isagenix.com/guide	The Ultimate Guide to Healthy Weight Loss
bespunkki.com.au	TGA listed, Australian made nutraceuticals for men. A unique blend of natural and organic herbs and active ingredients, these supplements are clinically-formulated to support male hormone levels providing stress-relief, improved strength and stamina, enhanced drive and overall wellbeing - use code LOZLIFE to save 10%
begenki.com.au	Created by scientists who specialise in hormone health. TGA listed, Australian made nutraceuticals for the female body. A unique blend of natural and organic phyto-chemically active herbs and minerals, these supplements are formulated to help relieve symptoms of mild anxiety, tiredness and fatigue, supporting healthy stress response and optimum hormone levels vital for women's health and overall wellbeing - use code LOZLIFE to save 10%
iherb.com	30000+ top-rated healthy products including vitamins, supplements and health food, with discount shipping, incredible values and customer rewards – use code BIJg81 for 5% off
https://bit.ly/3am8lHf	ATP Science formulates and manufactures it's award winning supplements on-site in Australia to deliver the best quality supplements and sports food. Free shipping on orders over \$150

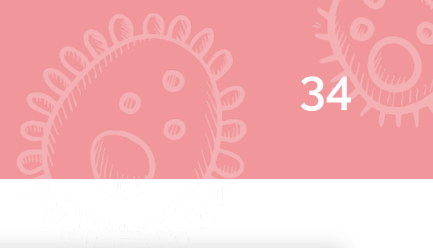


SUPPLEMENT GUIDE



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SUPPLEMENT GUIDE



WEEK 1-2

SUPPLEMENT	BREAKFAST	MID-MORNING	LUNCH	MID-AFTERNOON	DINNER	BEDTIME
DIGESTIVE ENZYMES	1 capsule		1 capsule		1 capsule	

WEEK 3-4

DIGESTIVE ENZYMES	1 capsule		1 capsule		1 capsule	
HIGH STRENGTH PROBIOTIC (20-30 BILLION)		1 capsule				1 capsule
GLUTAMINE POWDER (2000MG PER SERVING)		1 serve		1 serve		

WEEK 5-6

HIGH STRENGTH PROBIOTIC (20-30 BILLION)		1 capsule				1 capsule
GLUTAMINE POWDER (2000MG PER SERVING)		1 serve		1 serve		