



THE most healthy you[®] GUT-CLEANSE-HORMONES PROGRAMME

YOUR OWN 10-WEEK PROGRAMME TO TRANSFORM THE HEALTH OF
YOUR GUT, SUPPORT YOUR LIVER FOR CLEANSING & BALANCE
HORMONES



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WHAT DOES HEALTHY MEAN?



Every person – in every country in the world – should have the opportunity to live a long and healthy life.

Yet, the environments in which we live can favour health or be harmful to it.

Environments are highly influential on our behaviour, our exposure to health risks (for example, air pollution or violence), our access to quality health and social care.

Staying healthy is about creating the environments and opportunities that enable people to be and do what they value throughout their lives.

Everybody can experience health. Health is about what makes us feel good physically, mentally, socially, and spiritually. It is about how we react to the strains and stresses of life and are not only resilient to them but have the potential to bounce back even stronger.

We can be healthy if we do not have a recognised disease but can also be healthy if we can manage a condition and look to live life to the full.

The WHO constitution states: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

World Health Organisation (WHO)

THE AIMS OF THE PROGRAMME



The gut - cleanse - hormones programme aims to get your gastrointestinal system functioning at its very best with added liver support for cleansing & hormonal balancing.

The 10 week programme includes an initial consultation, full support throughout with weekly video calls and training sessions, targeted food plans, recipes and a comprehensive shopping list. It will recommend immune modulating medicinal mushrooms to improve the health of your gut (additional cost).

The aims of the gut - cleanse - hormones programme are to:

- improve symptoms of digestive discomfort - such as feeling bloated, constipation, flatulence and excess gas
- aid weight loss if required
- restore energy levels
- improve skin conditions such as acne, eczema, rosacea and psoriasis
- reduce symptoms of autoimmune conditions
- reduce joint pain, headaches & migraine
- reduce inflammation
- reduce symptoms of food intolerances
- improve mood and cognitive function
- ensure that your gut is functioning at its very best
- show you how to listen to your own body
- bulletproof your body for the future
- prepare your body for the menopausal or other hormonal transition
- show you how to use food to support your body

GETTING STARTED



1.5 hour initial consultation via video call

- An initial consultation will last approximately 90 minutes.
- Prior to the consultation, you will be asked to complete a health questionnaire. Please also complete 3-4 days of your current diet in the food & mood journal in the portal.
- During the consultation, you will be asked about your own medical history as well as that of other close members of your family.
- There will be further questions about both your physical and emotional states. One of the main principles of Naturopathic philosophy is to support the whole person; mind, body and spirit. Health is considered the normal state in the body, which is easily influenced by our environment, our daily experiences and our emotions.
- The start of the programme will be set according to the findings of the initial consultation. The exact timing will depend on your current diet & lifestyle (see note about lead-in time). *This will be discussed in detail during the session.*
- If you are taking any prescribed or over-the-counter medications or any supplements, any drug-nutrient interactions will be checked.

Lead-in Time - Considerations

- Alcohol
- Caffeine
- Red Meat
- Dairy
- Wheat
- Added Sugar



GUT HEALTH

“Make sure the food you love loves you back”
(Leo Lourdes)

What is meant by gut health?

Gut health refers to the health of your gastrointestinal (GI) system, including

- digestion
- a normal and stable microbiome
- absence of GI illness
- an effective immune system
- and more.

The health of your GI tract is linked to other aspects of overall health, such as emotional stress and chronic illness.

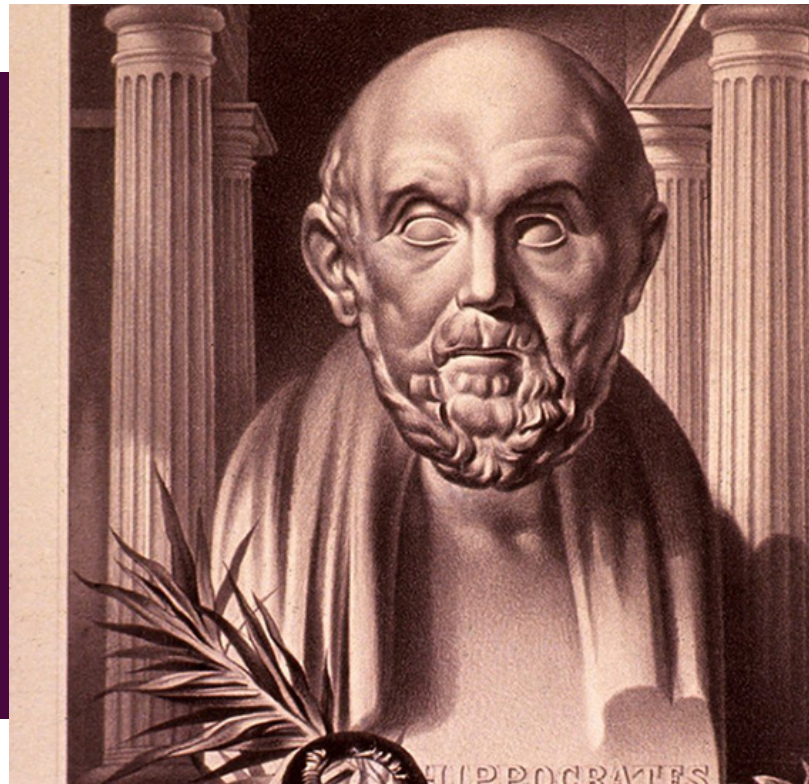
Research suggests that certain foods, behaviours and environments may affect an individual's gut health.

Your gut communicates with your brain via hormones and nerves that help promote and maintain overall health and well-being.

Typically, a healthy gut contains good bacteria and immune cells that fight off disease-causing bacteria and viruses.

“All disease begins in the gut.”

Hippocrates, circa 340BC



YOUR GUT MICROBIOME IS AS UNIQUE AS YOUR THUMBPRINT

One size does not fit all and that is why a personalised programme is essential.

But what is the gut microbiome?

Your gut microbiome consists of microbes that are both helpful and potentially harmful.

Most microbes are symbiotic (where both the human body and microbiota benefit) and some, in smaller numbers, are pathogenic (promoting disease).

In a healthy body, pathogenic and symbiotic microbiota coexist without problems and these microbes help the body to:

- Obtain energy from the food you eat
- Get rid of toxins
- Fight harmful viruses and bacteria
- Produce the mood-boosting brain chemical serotonin

However, if there is a disturbance in that balance - brought on by infectious illnesses, psychological & physical stress, certain diets or the prolonged use of antibiotics or other bacteria-destroying medications - gut dysbiosis occurs, stopping these normal interactions.

So gut dysbiosis is simply an "imbalance" in the gut microbial community but it means that the body may become more susceptible to disease such as:

- Inflammatory bowel disease (IBD)
- Irritable bowel syndrome (IBS)
- Diabetes
- Obesity
- Cancer
- Cardiovascular problems
- Central nervous system disorders

There are three types of dysbiosis. In most cases, you can have all three types of dysbiosis. This is not uncommon. These types of dysbiosis include:

- **Type 1** - This form of dysbiosis is caused when you lose good bacteria from your gut.
- **Type 2** - When you have too much growth of harmful bacteria in your stomach, this type of dysbiosis occurs.
- **Type 3** - Dysbiosis can also happen when you lose your overall gut microbiome diversity. This means you lose both the good and the bad bacteria in your stomach.



Summary list of common symptoms of gut dysbiosis

01

Autoimmune problems

Such as thyroid issues, rheumatoid arthritis and type 1 diabetes



02

Digestive issues

Such as irritable bowel syndrome, constipation, diarrhoea, excessive gas, heartburn or bloating



03

Sleep issues

Your gut microbiome plays a bigger role in your ability to sleep at night than you might think!



04

Skin rashes and allergies

Gut microbiota changes have been linked with exacerbating inflammatory skin diseases such as eczema, psoriasis, and more.



05

Sugar cravings

When unhealthy microbes, which often feed on sugar, overwhelm the friendly strains in your gut & sugar supplies in your gut run low, these bad strains send signals for you to 'crave' something sweet.



Summary list of common symptoms of gut dysbiosis

06

Unexplained fatigue or sluggishness

An unhealthy gut microbiome will limit your body's ability to break down and absorb nutrients and energy from the food you eat.



07

Unexplained mood disorders

Such as depression or anxiety



08

Unexplained weight gain or weight loss

Your gut bacteria may affect your weight by influencing how different foods are digested in your body.



09

Inflammation & aching joints

Disruptions to the gut microbiome can contribute to inflammation & pain that affect the joints.




10

Other symptoms

Other symptoms include trouble urinating, acid reflux, vaginal or rectal infections or itching, food intolerance, ADHD or issues with concentration...





6 WEEKS DEDICATED TO IMPROVING THE HEALTH OF YOUR GUT

This is a personalised programme but a typical 6 week gut health section would look like:

**Week 1 - Gentle Ease In!
Introductory Elimination Diet**

**Week 2 - Autoimmune & Paleo
Elimination Diet**

**Week 3 - FODMAPs
Elimination Diet + FODMAPs**

**Week 4 - Elimination + FODMAPs
Continuing to settle the gut**

**Week 5 - Reintroduction
Let's start adding foods back in**

**Week 6 - More Reintroduction
Follow the plan to add foods
back in to your diet**

**Weekly Check In Call
Your own personal support session**

**Monitoring Tips & Indicative Tests
Keep an eye on your health at home!**

**Learning modules - understand how
your gut works & what it needs**

SUPPORTING CLEANSING



Detoxification

The liver plays a crucial role in detoxification and overall health and vitality. The liver acts as a giant chemical processing plant in the body and metabolises both beneficial and harmful substances. It stores nutrients and other useful substances, as well as detoxifying or breaking down harmful compounds. Supporting the liver can help to ensure that these harmful compounds can be broken down & excreted from the body.

Toxins

We can be exposed to pollution, toxins, and certain chemicals through the air we breathe, water we drink, and even the food we eat. Our bodies come equipped with several natural detoxification systems. As well as the liver, our kidneys, bowels, sweat glands and lungs all work to remove the toxins we encounter everyday from our bodies.

Therefore, our kidneys, bowels, skin, lungs, and liver need to be in top working condition!

Do you suffer from constipation?

Perhaps you rarely sweat?

These are examples of how stuck systems prevent optimal elimination of toxins.

This programme shows you how to limit your exposure to toxins and how to ensure your body is in top condition for elimination.

Summary list of common signs & symptoms that show your liver may need support

01

Fatigue

Feeling fatigued all the time is an indication that your liver may need attention.



02

Bad Breath

Bad breath is another indicator that your liver may be struggling.



03

Weight Gain

When the liver is overburdened & unable to metabolise nutrients and fats properly, it slows down metabolism which can lead to weight gain especially around the abdomen.



04

Headaches

A common sign of a dysfunctional liver is frequent headaches. They can be of different varieties such as migraines, deep aching cluster headaches or nauseating headaches where you feel like vomiting.



05

Smell Intolerance

Intolerance to strong smells can be a sign that you need to check the health of your liver.



Summary list of common signs & symptoms that show your liver may need support

06

Elevated blood cholesterol

If your liver is poorly functioning, the production of bile may be reduced, which can result in increased cholesterol levels.



07

Bruising

A damaged liver produces fewer of the proteins necessary for blood clotting, which means you may bleed and bruise more easily.



08

Swelling in legs & ankles

Swelling in the legs & ankles can be a sign of a dysfunctional liver.



09

Abdominal Pain

Pain related to liver problems typically appears in the upper right abdomen, or just under the lower right ribs. The pain can be throbbing or stabbing, and it may come and go.



10

Sleeping Problems

The liver is the primary site for the clearance of circulating melatonin (a hormone responsible in regulating the sleep-waking cycles). Studies show that poor liver health may decrease the melatonin clearance rate resulting in sleep disturbance.



HORMONAL BALANCE



What causes hormonal imbalances?

Your hormones play a role in nearly every bodily function, and if they become unbalanced, it can lead to a wide variety of health symptoms.

What are hormones?

Hormones are proteins or message centres that regulate everything in your body, including how fast your hair grows, your menstrual cycles, how much weight you gain or lose, whether you run hot or cold, and how your body processes sugar.

Hormones are part of the endocrine system and are produced by different tissues and glands in the body.

Hormones control your:

- Metabolism
- Sexual function
- Mood
- Sleep-wake cycle
- Development and growth
- Internal balance (homeostasis)

What is a hormonal imbalance?

A hormonal imbalance means your body has too little or too much of one or more hormones. A hormonal imbalance can be temporary or chronic, depending on the cause. A hormonal imbalance may require medical treatment, especially if the symptoms affect your health and quality of life.

Hormonal imbalances can lead to medical conditions like: Diabetes, Thyroid disease (including hyperthyroidism and hypothyroidism), Obesity, Acne, Infertility, Irregular periods, Polycystic ovary syndrome (PCOS), Amenorrhea (missing your period).

Summary list of common symptoms of hormone imbalance

- Acne
- Anxiety
- Depression
- Infertility
- Decreased muscle mass
- Intense thirst and frequent urination
- Unexplained weight loss or weight gain
- Fatigue
- High cholesterol levels
- Digestive issues like constipation & diarrhoea
- Intolerance to hot or cold temperatures
- Dry skin
- Dry, brittle hair
- Heavy or irregular periods
- Loss of sexual desire
- Hair loss on the scalp or body
- Excess body hair (hirsutism)
- Tingling and numbness in your hands
- Skin tags
- Thin, moist and warm skin
- Darkened skin on the underarms, back or side of the neck
- Vaginal dryness or atrophy
- Hot flushes
- Rapid or slow heartbeat



2 WEEKS DEDICATED TO SUPPORTING YOUR BODY'S DETOXIFICATION PROCESSES FOLLOWED BY 2 WEEKS BALANCING HORMONES

This is a personalised programme but a typical 2 week cleanse section followed by a 2 week hormone section would look like:

**Week 7 - Cleanse
Supporting the liver**

**Week 8 - Cleanse
Supporting elimination pathways**

**Week 9 - Hormones
Supporting hormonal balance**

**Week 10 - Hormones
Supporting hormones - life stages**

**Learning modules - understand your
body's detoxification processes**

**Learning modules - understand
your hormones & the key
nutrients needed**

**Learning modules - understand
extra support that may be needed
based on your family medical history**

**Monitoring Tips & Indicative Tests
Keep an eye on your health at home!**

**Weekly Check In Call
Your own personal support session**

WHAT THEY SAY...

about the **most healthy you**® GUT-CLEANSE-HORMONES 10 week programme:

Why did you enroll in the most healthy you® Gut, Cleanse, Hormones Programme?

I was extremely fatigued but not sleeping, had low mood, was experiencing significant increase in hay fever symptoms and daily bloating (I have IBS).

Weight, sleep, hormones, sensitivity and abdo discomfort

Bloating, weight gain and joint pain

Ongoing gut problems affecting day to day life

WHAT THEY SAY...

about the **most healthy you**® GUT-CLEANSE-HORMONES 10 week programme:

What did the frustration feel like as you tried to solve those problems yourself?

Mentally and physically tiring, making me miserable all the time

Initially hunger and will power

Nothing I tried worked. I had gained 1/2 stone plus and couldn't get the stubborn weight gain off of my stomach in particular.

It was all incredibly frustrating. The GP tested my blood for many markers to look at possible underlying causes but couldn't find anything wrong, so didn't know how to help me. They would have given me antidepressants and ended up putting me on HRT to see if it helped but I knew from attending presentations from Tanya, that they were missing the basics. For example, I hadn't even heard of a fodmap and I was first diagnosed with IBS almost 30 years ago!

WHAT THEY SAY...

about the **most healthy you**® GUT-CLEANSE-HORMONES 10 week programme:

What was different about the most healthy you® Gut, Cleanse, Hormones Programme?

Weekly support & accountability & weekly programme updates

Made me vigilant with what I was putting in my body and Tanya's support was second to none

It was holistic - she was treating me, not the symptoms. She looked at everything that was going on together - sleep, lifestyle and nutrition (which I thought until I did this I was fairly on top of!), took a really detailed history and pieced together what was happening and created the programme to help me. I felt instantly hopeful and loved her sympathetic but honest approach.

It helped me to educate myself as to why my body was responding the way it was to the foods I was eating. Also healing my gut health as part of the process I know has made a huge difference in keeping the inflammation in my body down.

WHAT THEY SAY...

about the **most healthy you**® GUT-CLEANSE-HORMONES 10 week programme:

When did you realise that the Programme was actually helping you?

around 4 weeks

When I began to feel normal again. My skin started to clear up and I wasn't always in constant pain, constantly in the toilet or sleeping as I was exhausted! I started waking earlier naturally, feeling like I could start to have a social life again and generally feeling happier than I had done in years

Fairly quickly. It took about a month in the end to work out all the foods that were triggering me (there were many to begin with) and settle my gut completely and I've not looked back since that time. She taught me how to listen to my body, why my gut health was so fundamental to my overall health and the impact that years and years of stress had taken.

It took a while. The weight loss and lack of bloat happened gradually over a number of weeks and my joint pain improved slowly. The liver detox was when I was feeling my best and my joint pain was barely there if at all

WHAT THEY SAY...

about the **most healthy you**® GUT-CLEANSE-HORMONES 10 week programme:

What does life look like now that you have completed the programme?

It was a life changing journey that I'm still on, but I feel like a different person. I rarely suffer with bloating (unless I over eat... we all do it sometimes ha ha!).

My hay fever has GONE (literally, gone!), my mood is brighter, my sleep is vastly improved AND I'm no longer taking HRT - it's all from food and lifestyle choices and getting to the root of the problems. I've now significantly reduced my exposure to both stress and external toxins and I'm even reducing my dependence on my thyroid medication as a result of the work we've done! My energy levels are much improved but my adrenals are still recovering - working in progress. I know so much more about my body and how it works, that in itself is liberating because I realise now how much control I have over my own health! As a lucky bonus, I've gradually made fundamental changes to the way I feed my children too...

WHAT THEY SAY...

about the **most healthy you**® GUT-CLEANSE-HORMONES 10 week programme:

What does life look like now that you have completed the programme?

Enlightened, controlled, enjoyable. All issues managed better

It looks exciting! I've popped myself back on the paleo diet having indulged over Christmas and I will also do a liver detox straight after. I feel great and no longer have daily struggles with my joints. I feel empowered that I know how to help myself if I do have a flare up! Thank you Tanya, you're amazing! X

I have the tools to help myself if I start having problems again and having Tanya there in the background if I ever need help again

HOW MUCH DOES IT COST?



10 week Gut-Cleanse-Hormones Programme

Your personalised 10 week programme £575 includes:

- Initial consultation (90 minutes)
- Full support throughout with weekly video calls and daily messaging system.
- Targeted food plans, recipes and shopping lists.
- Access to food and mood journals so that we can monitor what is helping & what is not! Let's find the foods that you love that also love you!
- Learning modules so that you fully understand how your body works & what it is trying to tell you!
- Supplement recommendations as required (extra charge) - immune modulating medicinal mushrooms will be recommended to improve the health of your gut & reduce toxicity. **Note: if you have an allergy or intolerance to mushrooms then this programme is not suitable for you.**
- Drug / Nutrient check - a full interaction check will be done to check for contraindications between prescribed medications & supplements.
- *Option to pay in 3 installments*



Do you have any questions?
Book a FREE 30 minute discovery call

[Book Here](#)

ARE YOU READY?

[Book Here](#)



Gut - Cleanse - Hormones
10 week personalised programme
Click here to book a chat to set a plan

[Book Here](#)

Let's keep in touch



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Have you joined the club?

- Meal plans to show how you can use food to support your health
- Fun challenges to help healthy habits stick!
- Nutritional guides
- Themed recipe bundles
- A private support group chat and accountability
- Weekly live Q&As
- Monthly group video coaching calls
- After every 6 months paid subscription, book a FREE 30 minute 1:1 call with Tanya to discuss your own health in more detail
- Discounted consultation packages
- Discounted supplements
- less than £1 / day (£27 / month)

[Join here](#)

Great support to help find the **most healthy you**®