
Gut Rehab Program

Deanna Elliott's Alternative Healing

“What happens in the gut,
stays in the gut”

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Overview

This 12-week course is a Personalized Program that will incorporate a timeline that is specific to each client. With comprehensive evaluations, lab assessments, education and food plan resets, you will be allowed to interact with the practitioner on the group weekly zoom calls as well as the scheduled private one-on-one visits. We will generate a timeline and prescribe exercise, food modifications and supplements dependent on your unique needs.

Goals

Create a safe environment for each client to find balance, restore body awareness and improve overall health.

Week-by-week

Week 1

- Initial phone interview and intake paperwork completed
- Initial consultation with Physical Examination
- Comprehensive Review of Life Health History
- Generate Timeline
- Physical Examination
 - BMI, Height, Weight, MSQ, BP, Bioelectrical Impedance Analysis, nail, tongue assessment
- Goals established
- Personalized program education
- 3-day journal eating and activity lifestyle prescribed (give journal)
- Labs ordered
- Supplementation (if needed)
- Education over the gut imbalances and the impact on overall health

Week 2 (scheduled 7-10 days)

- Review 3-day journal eating and activity lifestyle prescribed
- Assess sleep, stress or any other specific lifestyle issues
- Personalized food program with
 - Grocery list and recipes to ensure compliance

Materials

Positive mindset, motivation and support.

Milestones

Week 1 – Week 2

Huge change initially with intensity of program, modification to current lifestyle and initial detox symptoms

Week 3

After 21 days, re-introducing food will allow for more of a mindset of what foods increase your inflammation

Week 6

Improvement of symptoms, body awareness and composition changes along with insight on lab testing for objective data.

- Labs ordered if not last visit
- Exercise prescription
- Education on food plan
- Review physical examination and educate impact on overall health

Week 3-4

- Client will be working on compliance with meal plan, stress management and sleep hygiene
- Weekly zoom calls
- Weekly emails
 - Tips for handling stress
 - The need for supplements

Week 5 (visit 3)

- 23rd day of Food Plan
- Education on re-introduction of food
- Introduce food symptom tracker
- Review lab work
- Adjust supplements according to labs
- Re-assess BMI, BIA, BP, Hip Circumference, Waist Circumference
- Review goals and re-establish goals
- Education on adverse reactions

Week 6-8

- Client will be working on compliance with meal plan, stress management and sleep hygiene
- Weekly zoom calls
- Client will receive weekly emails for more education and motivation
- Educate on benefits of exercise and tips on how to improve sleep
- Adjust supplements according to labs

Week 9 (4th visit)

- Re-assess Physical Assessment

- BIA, BMI, waist, hip, BP, MSQ
- Education on support habit changes, personal plan
- Review if more lab work needed
- Redo food and symptoms journal and continue to customize
- Review goals and re-establish goals

Week 10-11

- Client will be working on compliance with meal plan, stress management and sleep hygiene
- Weekly zoom calls
- Education over endocrine (hormone) disruption due to toxin exposure
- How to reduce toxic exposure

Week 12 (5th visit)

- Re-assess Physical Assessment
 - BIA, BMI, waist, hip, BP, MSQ
- Education on support habit changes, personal plan
- Review goals and re-establish goals
- Introduce new food plan necessary for weight loss after elimination
- Adjust supplementation
- Re-order labs or blood work from MD
- Educational emails on how to integrate healthy living into every day life
- Set client up on long term health plan can follow up 6 month or 12 month – join private FB group and any questions via email.