
Gut Rehab Program

Deanna Elliott's Alternative Healing

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

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Overview

This 14-week Personalized Program that will incorporate a timeline that is specific to each client.

Included with the plan:

- 5 In-Person Appointments
- DNA life lab testing
- CSAPx2 for Gut Health
- 1 Physical Evaluations (including BMI, Height, Weight, MSQ, BP, Bioelectrical Impedance Analysis, nail, tongue assessment)
- 5 Follow up Re-assessments (similar to the initial Physical Evaluation)
- 6-weeks of specific food plan (including recipes)
- Grocery List
- Supplementation for your specific needs.
- Exercise Prescription

Goals

We will generate a timeline and prescribe exercise, food modifications and supplements dependent on your unique needs and goals. I will help you create a safe environment for each client to find their body's natural balance, restore awareness, prevent injury 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

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.

Week 12

After 3 months of hard work, your body is starting to see some profound changes and you are likely feeling much better. You are now thinking about the next step or ways on how to maintain this new amazing lifestyle.

Week 14

You made it through the program. You are continuously growing with your knowledge and you now can be considered an “Evergreen” client. We will now only be in touch every 6 or 12 months if needed for re-testing.

- 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
- Labs ordered if not completed last visit
- Exercise prescription
- Education on food plan specific to your needs and adverse reactions.
- 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
 - Education on sleep hygiene and the importance of a nap early in program.
 - The need for supplements and hydration.

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

- Educational emails: Sleeping review, stress management

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 on detoxing, breathing and water. Email for motivation
- Educate on benefits of exercise and how to measure specific MET hours
- Adjust supplements according to labs and symptoms.

Week 9 (4th visit)

- Re-assess Physical Assessment
 - BIA, BMI, waist, hip, BP, MSQ
- Education on support habit changes, detoxing your house
- 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
- Review goals and re-establish goals
- Modify anything if needed at this point. Introduce new food plan necessary for weight loss after elimination
- Modify exercise plan or assist with a personal trainer or exercise protocol for clients needs.
- Adjust supplementation

Week 13

- 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 14 (6th 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.