
Welcome to the Gut Check Foundations Challenge!

I would like to commend you for taking a big step in taking control of your health and healing! Many people have achieved tremendous results through this program. You CAN feel better!

MEDICAL ISSUES AND DISCLAIMERS:

The Gut Check Foundations Challenge is to be used as a guide and educational tool. It is not personalized medical nutrition and is not a replacement for working with your medical team.

This is a good starting list, but if you are on a doctor prescribed restricted or therapeutic diet, you may need to adapt this list accordingly. It is always best to invest and personalize with the [Mediator Release Test and Personal ImmunoCalm Program](#) for the most accelerated results and one-on-one coaching, but this can be a good starting point.

If you do need to restrict further for any reason, please personalize this as needed, or reach out to set up a one-on-one Consultation.

Also note, some people may experience a “detox-like adjustment period in switching to this food list. Common symptoms of this can include fatigue, headaches, irritability, changes in your bowel habits or GI symptoms. This is temporary, lasting from approximately days 3 to 5.

If you have a medical issue such as fibromyalgia or IBS, and this food list is different than your normal eating style, it could put you in to a flare. It is recommended that you only do a full dietary switch all at once if you have professional guidance to help you through it. Otherwise, it may be better to ease onto this food list and just make small gradual changes over 2-4 weeks.

Also remember that the portions and serving sizes are a starting point. You should not feel hungry and be sure you are not under fueling. You may need to add larger servings, more snacks, or additional calories if you have:

- Higher weight
- Higher muscle mass
- Hypermetabolic issues such as injury, burns, certain medical conditions
- More than an hour exercise per day
- A very active job
- Higher hunger signals
- And more. Personalize and be mindful

ACCOUNTABILITY

I have taken time to create the best content I can with valuable information and understandable videos. I am passionate about educating and empowering, and put in focused time. On your end, I hope you will also commit to taking time to treat this with enthusiasm and focus.

Only you can implement the recommended changes. And only you are responsible for the quality of life you have. Assume responsibility for your own success and decisions. You are the CEO of your body! You are in charge of your health!

For this one week, commit to taking time to watch the videos, plan your meals, prep your food, and implement this!

COPYRIGHT AND SHARING

All videos and materials are copyright protected. But you are still welcome to share! I encourage having friends or family learn and go through the Challenge with you. The more, the merrier! Just keep all materials as-is and give credit where due.

SUPPLEMENTS

If you have no health issues to note, there are basic supplement packages I recommend as a Foundations Protocol. I utilize Fullscript to bring top quality, professional lines to clients. Purchasing from professional lines is the best option to know that you are getting what you pay for – quality controlled, absorbable, and efficacious. There can be problems with over the counter brands regarding incorrect supplementation or contamination.

- You can watch [The Gut Check Podcast episode here](#), as we discuss the importance of quality supplements, and caution with incorrect use.
- If you would like to view Gut Check Healthy Foundations supplement list, you can [do so here](#).
- Like the entire Challenge, this is a generalized recommendation, and if you have health issues or questions, please [sign up for an Initial Consultation](#) to discuss setting up your personalized plan. This is an intensive session where we review your full health history, diet and fitness history, discuss goals, and break down calories and macronutrients.

ADDITIONAL QUESTIONS?

The best place for questions is in the Facebook group. If you have a personal question that you do not feel comfortable posting to the group you can send me an email or reach out via the links below. I strive to respond to everyone in a timely fashion during business hours. As you will learn with me, life is all about BALANCE! I try to “walk the talk” with my clients and set healthy boundaries. (You’ll learn more about Cortisol, stress, and their role on health and the gut in the coming videos this week!)

SIGN OFF

My motto in life is to be “Playfully Fierce” - I believe in working hard yet playing hard to enjoy life and live it to our healthiest and fullest! So, ENJOY! Embrace the process and the challenges, which give you opportunities to learn and grow! You will experience great success and long-term health if you commit to the program. The body is amazing, and it CAN heal if you learn what it needs and provide it.

Thank you. I look forward to sharing this powerful information with you, and am truly honored and humbled to be a part of your journey.

Kate Cline

By continuing through the **Gut Check Foundations Challenge**, you agree to all the above.