

3S MAX PLAN

for a

**Happy
Gut**

& Healthy

YOU

By Erleen Tilton & Tanya Howell



3S MAX Plan for a Happy Gut and Healthy YOU

Centuries ago Hippocrates said "All disease begins in the Gut". He knew it then, and with today's technology and science we know it now.

Think about the definition of a food - "material consisting essentially of protein, carbohydrate, and fat used in the body of an organism to sustain growth, repair, and vital processes and to furnish energy." So if a diet that consists of a plethora of so called 'refined foods' where foundational nutrients, fiber, and enzymes are removed, and replaced with artificial colorings, artificial flavorings, enhancers, stimulants and other chemicals... *can these really be defined as foods?*

Your gut cannot process, assimilate or even feasibly discard chemical substances properly... it slows down digestion, metabolism and the ability to effectively absorb nutrients or detox naturally! *In essence, most of our guts have become toxic... human garbage cans, cesspools of contamination.* Yet day after day if you keep consuming non-food substances then the factory workers in your gut begin to get sick and die off, leaving your gut (and your health) in a state of dysfunction, imbalance, and dis-ease!

No worries 'they' say there's a pill to take!! But the truth is, a pill cannot really correct the problem long-term because synthetic chemicals that your body doesn't recognize as usable eventually adds fuel to the fire!

*What's the solution? The only REAL solution?
RESET AND SUPPORT YOUR GUT...
clean out the bad and replenish with the good!*



All disease begins in the gut!

It's actually more simple than you might think, and the best way to create gut harmony is with a fiber-rich, nutrient-dense diet, and certain recommended supplements that support your nutrition and natural detoxification process.

The Good News...

...is that you can begin to change your gut flora (or gut microbiome) in a reasonably, short period of time. Research shows that our gut bacteria are very responsive to what you eat and consume, and your microbiome will begin shifting as you implement the tips we share with you here AND follow a simple system we have created for you to improve your gut health (see the invitation at the end of this ebook).

So let's get right into this!



Here are three key ways to reset and support your gut and help you achieve your health goals...



However, before we address these, you need to first understand this

ONE IMPORTANT THING!

There is a sea of products out there on the market that are fake, cheap, even dangerous and WON'T get you the results you want.

So BEFORE you jump online and buy random products we are addressing following, make sure you go through this ***entire outline first*** then TAKE YOUR **[FREE WELLNESS ASSESSMENT and set up your free personal consultation](#)** with a recommended health professional (at the end) to ensure you can start with the CORRECT items you need to Reset and Improve Your Gut effectively.

This will save you money and a ton of grief!



Let's Begin with...

START 5

These are important micronutrients that are missing in most diets. Here's what you need and WHY...

1) Balanced whole-food supplements w/ antioxidants fill in the gaps and boost your metabolism and gut function. Truth is... your gut **REQUIRES** good sources of vitamins, minerals and other nutrients to properly digest your foods.... and if you don't supply these nutrients with your diet and supplements, then your body has to 'rob' them from other areas of the body. Not good! And ***when you lack nutrition, you lack energy, you don't sleep well, your emotions can be challenged, and you can't even Lose Weight!*** Balanced nutrition is so important! And the sad thing is most of what's out there (as far as supplements) is synthetic.... even if you are buying from a health food store or an expensive supplement line.

Just recently someone stated that she just bought \$160 worth of supplements from a 'popular' company whom she had been buying from since 1987, and felt they were superior products.

Yet when questioned... "Do those supplements help you sleep better, give you energy, help you with better digestion, etc?".... she admitted they did not.

The proof is in your results!

There are 4 requirements for a good supplement....

- must be in a whole-food form, free of ALL synthetics
- must be tested for balance of vital nutrients (not just vitamins and minerals combined together)
- must have tummy tamers to aid assimilation of nutrients
- must produce measurable results

If your supplement multiple doesn't pass the test in all four areas.... **TOSS** them. They aren't doing your body any good, anyway. And if they don't include antioxidants, again toss them. All of these are vital!

2) Enzymes are specialized proteins that function as catalysts in almost all cellular functions and chemical reactions throughout the body. They play a critical role in growth, healing, and reproduction. They are also necessary for breathing, thinking, immune function, hormone regulation, detoxification, and thousands of other biochemical functions. Enzymes are also necessary for digesting food nutrients and converting nutrients to energy in cells.

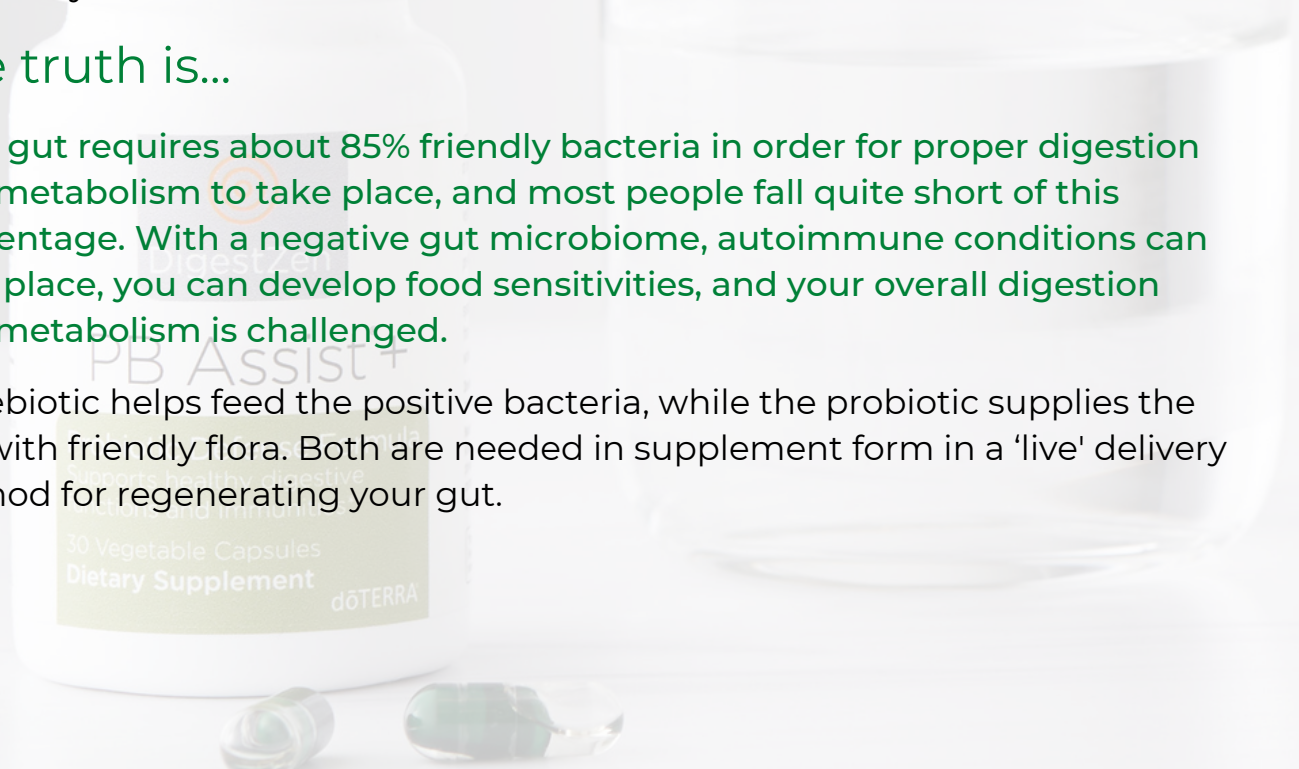
The body's ability to constantly produce metabolic and digestive enzymes is limited by raw material availability and production capacity. If our diets do not include sufficient food enzymes (that primarily come from fresh raw produce, nuts, seeds and such), this can result in decreased levels of metabolic enzymes that are critical for optimal health and cell function.

3) Probiotics (with prebiotics) have many important benefits. They help balance and increase the friendly bacteria in your gut, they can help turn a toxic environment into a more positive productive one, and they help soothe the gut lining so healing can take place. When the environment in your gut includes more unfriendly bacteria than friendly, the gut wall can weaken and create perforations which can allow undigested materials into your bloodstream. When this happens, the term 'your body is fighting against itself' takes place, and a plethora of health challenges can be the result. Undigested matter (your poop in reality) should never leach out into your blood stream but continue down to be exported, yet this can happen when unfriendly bacteria take over.

The truth is...

Your gut requires about 85% friendly bacteria in order for proper digestion and metabolism to take place, and most people fall quite short of this percentage. With a negative gut microbiome, autoimmune conditions can take place, you can develop food sensitivities, and your overall digestion and metabolism is challenged.

A prebiotic helps feed the positive bacteria, while the probiotic supplies the gut with friendly flora. Both are needed in supplement form in a 'live' delivery method for regenerating your gut.



4) **Omega 3 fats** are also known as essential fatty acids, so named because without them we die. These are ESSENTIAL for a healthy body and choosing the right fats in foods is vital. Omega 3 fatty acids help support your joints, skin, brain, cardiovascular system, and they support healthy immune function. They also help reduce inflammation, improve cognitive function, eye health, mental health, mood and emotional health, plus they are important for proper function of our reproductive and musculoskeletal system. Without good quality sources of omega 3 fats, your body can suffer in many ways.

Good food sources of Omega 3 fats include flax seeds, chia seeds, walnuts, and wild-caught fish.

However, a daily supplement can supply the necessary balance needed if these foods aren't eaten on a daily basis.

5) **Essential oils** can play a HUGE role in your health. However, most on the market are synthetic and supply no benefits. Do not purchase without understanding how to find pure essential oils that will in fact *support you internally as well as topically and aromatically*.

Pure, therapeutic essential oils are natural, unadulterated aromatic compounds found in plants - they are the life force of the plants themselves and are very potent because their phytochemical concentration is very high. In such a concentrated form, they offer incredible benefits in boosting your body's natural functions, hastening the recovery process, regeneration at the cellular level, helping to balance hormones, improving immunity, supporting a healthy digestion and metabolism, and much more. PLUS there are essential oils for almost every need your body has.



Next is... **STOP 5**

These are items that are the mainstream cesspool makers. The sooner you discard these foods, the sooner your gut will be able to function in a powerful new way!

1) Sugars, HFCS and artificial sweeteners not only are all high chemical foods, the average person consumes between 75 and 100 grams per day. So what is this doing to your body? It promotes wrinkling of your skin, causes weight gain, accelerates aging, contributes to diseases, causes obesity, and the list goes on...not to mention these are addictive. Reducing and eliminating the amount of sugar in your diet is one of the most important steps you can take towards improving your health.

High fructose corn syrup is one of those tricky ingredients that causes your insulin levels to spike and crash, giving you elevated energy and then sucking the life out of you. It has been linked to obesity, type 2 diabetes, metabolic syndrome and heart disease. So there you go. There is nothing good about it.

Artificial sweeteners contain no calories, yet they can negatively impact your insulin and leave you craving the calories that your body is expecting from something sweet. Worse, they trick your gut, mess with your hormones, increase your risk of diabetes, and are genetically modified (GMO). You'd be shocked to know that most artificial sweeteners are actually made from pesticides or coal tar. Neither of which sounds appetizing, let alone good for your body. Gross... stop eating these!

There are healthy sweeteners we will share with you at another time... just stay with us!

2) Hydrogenated oils are in products to increase shelf life AND decrease your life! Ever wake up in the morning and think "Hmmm... what can I eat to give myself a heart attack today"? The answer is hydrogenated oils.... they throw your cholesterol levels out of whack (decreasing the good cholesterol and increasing the bad), they create free radicals (which are linked to cancer, digestive problems, premature aging, and a whole slew of diseases), and block the ability to absorb nutrients from food (causing nutritional deficiencies)! Read labels and discard anything with hydrogenated oils.

3) Dairy milk is nature's perfect food... *if you're a calf!* Otherwise, many studies and research concludes that...

- ➔ Dairy consumption increases the body's level of IGF-1 (insulin-like growth factor-1) - a known cancer promoter. Baby calves need quick growth during their first year, but humans DON'T, especially all of their lives.
- ➔ Milk doesn't reduce fractures. In fact, according to many studies, dairy may increase risk of fractures by 50 percent! Countries with lowest rates of dairy and calcium consumption (like in Africa and Asia) also have the lowest rates of osteoporosis. In fact, studies have shown that Vitamin D appears to be much more important than calcium in preventing fractures.
- ➔ Due to GMO feeds, antibiotics and vaccination of cows, PLUS pasteurization and other processes in producing milk products, few can stomach dairy without negative effects eventually. About 75 percent of the world's population is genetically unable to properly digest milk and other dairy products -- a problem called lactose intolerance. You too can give it up!

4) Gluten/GMO/processed grains and flours are hard on your gut.

Unfortunately the majestic wheats that nourished our ancestors are on the verge of extinction. And though wheat is the most widely grown crop on our planet, industrial breeders have transformed this ancient staff of life into a commodity of yield and profit—producing the increase in gluten intolerance and 'wheat belly'. Modern wheat is grown with synthetic fertilizers and herbicides that damage our health, land, water, and environment. In addition, the cross breeding of varieties for increased production, gluten content and appeal is why gluten intolerances are so prevalent in our day.



Even though wheat is not currently on the mainstream GMO list, most corn - in all its varieties: fresh, canned, corn tortillas, corn meal, and cornstarch - is genetically modified, unless it's organic and says Non-GMO.

The refinement of grains poses a huge problem itself because vital nutrients are discarded, and chemicals and synthetics are added which is not a good trade. Avoid all refined grain products and look for those that are gluten-free and non-GMO.

5) Alcoholic beverages can kill off healthy gut bacteria, and the microbiome is a key component when it comes to digestion and absorption. Alcohol affects your cells in almost the same way it affects you. Your cells may experience a sense of sleepiness or become less alert when under the influence. Over time, mitochondria damage can occur too.

For gut health specifically....

Alcohol can cause acid reflux as it relaxes the esophageal sphincter.

Alcohol can damage the stomach lining, which can lead to inflammation and eventually ulcerations.

Alcohol can inhibit production of digestive enzymes & gastric juices, meaning digestion slows down and food sits in your gut longer, leading to bloating, gas and even constipation.

Alcohol can impair nutrient absorption which means your body has less fuel to keep you energized.

And of course alcohol can damage organs involved in the detoxification process, such as your liver.



You can do without alcohol
and keep your gut
healthy and happy!

Lastly is... **STAY 5**

These are your macronutrient foods - ones that you need to consume regularly INSTEAD of those you should STOP eating. These foods nourish, cleanse and support your body's fundamental needs.

1) Vegetables & leafy greens are super important because they are rich in several nutrients that support your gut microbiome and vital body functions. Research shows that leafy greens also contain a specific type of sugar that helps fuel growth of healthy gut bacteria. Micronutrients and phytonutrients, which are naturally found in green vegetables, benefit the gut in many ways including maintaining digestive health and strengthening the gut microbiome. For example, they provide:

- high amounts of fiber which boosts satiety and feeds beneficial gut bacteria in your microbiome
- vitamins and minerals like A, C and K, as well as minerals such as magnesium, calcium, and iron, which are essential in keeping digestive processes efficient and maintaining balanced health of the gut and microbiome.
- phytonutrients, which are natural plant chemicals that provide anti-inflammatory effects, and antioxidants, which help to protect against gut damage caused by stress and inflammation.

Onions and garlic are important root vegetables to eat on a regular basis because they are great prebiotic foods for good bacteria in your gut. Additionally, these two foods can help...

- decrease cholesterol levels
- lower fasting blood glucose in people with diabetes
- lower inflammation in the body
- lower your cancer risk
- supply excellent flavonoids, polyphenols and antioxidant properties for warding off sickness and disease.

These are so many great foods for supporting good gut health.

2) Low glycemic fruits like berries - blueberries, raspberries, blackberries, strawberries, etc. - are high in fiber, antioxidants and cleansing properties. You can also enjoy fruits (in small amounts) such as: citrus, kiwis, peaches, apples, pears, and avocado.

Additionally, low glycemic foods such as coconut, avocados, and vegetables are rich in fiber, which helps lower the density of bad cholesterol, promote weight loss and may help you control weight gain. Foods low on the glycemic index generally have a lot of fiber... a real need for a healthy gut microbiome.

3) Healthy fats which include polyphenols and omega-3 polyunsaturated fatty acids (which your gut bacteria and microbes love) help you absorb vitamins A, D, E and K. They also increase satiety for feeling satisfied so you don't over eat, and reduce the glycemic impact of a meal or snack so your blood sugar doesn't spike and lead to a crash (and feeling tired) when it falls.

Also note that fats are a major fuel source for your body AND are super important for optimum nerve, brain and heart function. Research also shows **the importance of ingesting polyphenols and omega-3 polyunsaturated fatty acids in reducing obesity and related metabolic imbalance.** Some studies have also found these healthy fats beneficial in easing indigestion problems and can also benefit your pancreas through lowering its requirement to produce digestive enzymes.

Healthy fats include...

- extra virgin high quality oils: olive oil, coconut oil, avocado oil
- raw seeds like sunflower, pumpkin, hemp, chia, flax
- raw nuts like almonds, pistachios and walnuts
(which also provide excellent fiber)
- avocado
- coconut and MCT oil (powdered and liquid)

Keep in mind that fats and proteins found in oils and meats do not contain fiber....

So getting a variety of fat and protein sources is super important for fiber content.

4) **Clean proteins** are an essential part of optimal gut health. Yes, we do need protein for repair, cellular regeneration, and every bodily function. Choose your proteins wisely to avoid sabotaging your gut microbiome....

-**Wild-caught fish** generally eat better, have higher nutritional value, and have fewer contaminants. Salmon and halibut are excellent choices... just remember wild-caught! Sardines and anchovies are also great anti-inflammatory fish sources.

-**Free-range, organic chicken or turkey** not only have less connective tissue than red meats (and much easier to digest), free-range/grass-fed chickens and turkeys get good sources of fresh greens daily (free of pesticides) to get their omega-3s, vitamins, minerals and fiber. What they eat makes a difference in the quality of what you eat so go for free-range/grass-fed, organic when possible.

-**Pasture-raised organic eggs** coming from chickens (as mentioned above) provide an excellent complete protein, rich in nutrients.

-**Bone broth** is naturally packed with proteins high in glycine to support the gut, calcium to help cleanse toxins from the colon, plus antioxidants and amino acids to help repair gut lining, strengthen your digestive system, and help to eliminate bloating, gas and heartburn. It also contains naturally occurring collagen (type 1, 2 and 3), calcium, protein, and other ingredients to help support healthy, more radiant skin, bone density and joint health. You'll also find your nails turning stronger and smoother, and hair growing thicker and more radiant.

-**Raw nuts and seeds** are also excellent sources of healthy proteins and fats that support your brain, and are great sources of fiber for your gut. This is why eating a variety of plant protein sources is important.



5) Fermented foods such as raw sauerkraut, kimchi, and non-dairy yogurts are excellent sources of live bacteria needed for a healthy gut. Sauerkraut and kimchi are finely chopped cabbage or vegetables that have been fermented and produces the live and active probiotic cultures that promote gut integrity. They provide lots of good bacteria, fiber and vitamins. The high fiber content of cabbage combats bloating and indigestion by keeping your digestive system running smoothly. Choose sauerkraut or kimchi that has not been pickled in vinegar, as that doesn't have the same benefits, and look for fresh rather than canned as it's clearly NOT the same thing at all. The fermentation is what makes these great sources of probiotics.

Live non-dairy yogurt that is sugar-free, is an excellent source of so-called friendly bacteria... or probiotics. You can always add a few drops of liquid stevia or monk fruit sweetener and berries or diced fruit to resemble other yogurts.



Whew! This is a lot to take in.... We know! The bottom line is this....

**A Healthy Gut is a Healthy You.....
it all starts in your GUT with what you
eat, drink and supplement on a daily basis!
WE HAVE A SYSTEM THAT CAN WORK FOR YOU!**

Now.... DON'T become overwhelmed. Please just ask yourself if the information shared above makes sense to you.

Most people will agree this speaks true to their heart, and are excited to put in the effort to improving their gut health with the *step by step system* we have put together. And this means the following benefits and amazing results can be yours too!

Doing nothing keeps you stuck and gets you nowhere!!

Taking action means seeing HUGE RESULTS you want....

⚡ *more energy!*

⚡ *better sleep!*

⚡ *improved digestion!*

⚡ *better metabolism!*

⚡ *more in control of your emotions!*

⚡ *dropping pounds naturally!*

⚡ *balanced blood sugar levels!*

⚡ *living life free of aches and discomfort!*

⚡ *feeling good and more alive!!*

There's no magic pill, but realize that *if you get your gut in a healthy state, your body begins to function in a much happier way!*

This system is effective, it's customized for YOU, and it's simple!



Ready to Reset & Improve Your Gut Health?

Watch the Gut Health Masterclass at the link below.

[Watch The Masterclass Now](#)



AND don't forget to take the Personal Wellness Assessment

[Take the Personal Wellness Assessment HERE](#)



As a mother-daughter team and learning from our own health/gut challenges, we have come together to create a legacy for our family and friends, hoping to inspire you to become more proactive when it comes to what you put in your mouth each and every day.

As Certified Functional Health Coaches, we take our clients seriously. We know the challenges you face and it is our utmost desire to walk you through the process of successful gut reset and whole body regeneration.



Happy Gut = Happy Life

We hope to be in touch with you soon! Can't wait to see your progress!

Tanya is a Certified Holistic Health Coach, a former licensed massage therapist and graduate of the Southwest Institute of Healing Arts, and author of Healthy Glow Detox. After struggling since her early teens with numerous hormonal and gut health challenges, she found natural solutions in food, essential oils, detoxification and other therapies which allowed her body to heal. Tanya is a passionate, lifelong learner of holistic health and nutrition and has immersed herself in the study of identifying the root causes of health challenges.

She is also a Wellness Advocate with doTERRA, an essential oils educator, AromaTouch certified, student of SOC, and does individual and group coaching through a 30-day gut detox/mental reset which follows her Healthy Glow Detox program. She is passionate about helping individuals learn how to achieve confidence in their ability to heal themselves naturally.

Her most significant and demanding job is being a mom of 3 children, and teaching them also how to be self-reliant in their health care. To this day, the only 'doctor' they know is 'Mom'. She loves hiking frequently and traveling the world as often as possible, and finds nature to be her biggest inspiration.

About Tanya



About Erleen



Over 30 years ago, while experiencing several health challenges, Erleen Tilton was introduced to a system of whole foods, cleansing, nutritional supplements, and target wellness plant products which brought her renewed, energetic health. From there she began her journey into wellness and has achieved titles as Holistic Nutrition Specialist, Certified Aromatherapist, Certified Functional Health Coach, has achieved the rank of Blue Diamond in doTERRA International, and has authored 14 wellness books including her current Amazon International best-selling book, *The 7 Secrets of Healthy Happy People*. This book was awarded by the Silver Torch Publishing Company "2015 Change the World Award".

Erleen has become a leader in her field by educating others to take a more responsible and proactive wellness approach to health through healthy eating, detox, essential oils and other tools from nature. She currently coaches individuals and groups, teaches webinars on improving gut health, Keto & Paleo eating, as well as many other health related topics.

She, and her husband, Bill, live in their mountain home in Arizona where they enjoy hiking, gardening, and traveling. They have a family of 6 children, 19 grandchildren and 1 great grandchild.