

VOLUME 1

FOLLOW YOUR GUT *guidebook*

Understanding your digestion, restoring
balance, and supporting your body from the
inside out

@THEDETOXDOCS

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Hello!

Welcome to
Follow Your Gut



This guide was carefully curated to help you better understand your digestion, recognize the patterns behind your symptoms, and start supporting your gut with more clarity and intention.

Your gut is more than just digestion - **it's one of the body's most important communication systems** - influencing energy, inflammation, metabolism, hormone balance, and how you feel day to day.

If things have been feeling off - **whether it's bloating, discomfort, or just not feeling your best** - this is a place to start making sense of it all.

Inside, you'll learn how to support your gut in a way that feels simple, grounded, and sustainable - **without overcomplicating it.**

Dr. Austyn Garbrough



SECTION 1

Get to Know
Your Gut

Your Gut At A Glance

Your gut is constantly working behind the scenes, influencing how you digest, absorb, and respond to everything you take in. Understanding how it functions is the first step in learning how to support your body in a way that feels more aligned and intentional.

Breakdown

Digest • Process

Food is broken down into forms your body can recognize and use - this is where digestion begins.

Absorb

Nourish • Fuel

Nutrients are absorbed to support your energy, metabolism, hormones, and overall function.

Protect

Filter • Defend

Your gut lining acts as a barrier, keeping what you need in, and what you don't out.

Communicate

Signal • Respond

Your gut is constantly communicating with your brain, immune system, and hormones.

Signs Your Gut Needs Support

Gut health isn't about perfection or never having symptoms. It's about noticing when things feel off and understanding what your body may be trying to tell you over time.

Your gut is always communicating - these are some of the more common ways it may be asking for attention.

You may want to support your gut more intentionally if you notice...

- **Digestion feels unpredictable**
Some days feel fine, others leave you bloated, uncomfortable, or feeling “off” after meals without a clear reason.
- **Meals don't feel as easy as they should**
Instead of feeling nourished or energized, eating may leave you feeling heavy, sluggish, or like your body is working harder than it should.
- **Your bathroom patterns feel inconsistent**
You may notice constipation, loose stools, or irregularity that doesn't feel like your normal baseline.
- **You react to foods more than you used to**
It may not be identical each month, but it tends to fall within a consistent range and doesn't feel completely unpredictable.
- **Energy feels tied to digestion**
You might notice dips in energy, fogginess, or fatigue that seem to follow meals or periods of digestive stress.

The Gut- Hormone Connection

How your gut and hormones constantly communicate.

Your gut and hormones are deeply connected systems that influence each other more than most people realize. When one is out of balance, the other often responds.

This isn't about everything being "linked to everything," but rather understanding that your body works as an interconnected system - not separate parts.

ESTROGEN METABOLISM

+ THE MICROBIOME

Specific gut bacteria are involved in how estrogen is broken down and processed in the body. A balanced microbiome supports proper estrogen metabolism, while imbalance can affect how estrogen is recycled or excreted, influencing symptoms associated with estrogen dominance patterns.

HORMONE CLEARANCE

+ ELIMINATION

The gut plays a central role in how the body eliminates hormones, especially estrogen. After being processed by the liver, hormones are excreted into the intestines via bile and removed through bowel movements. When digestion is slow or elimination is inefficient, this process can become disrupted, which may influence overall hormonal balance.

DIGESTION + CYCLE FLUCTUATIONS

Hormonal shifts throughout the menstrual cycle directly impact gut function. Estrogen and progesterone influence motility, inflammation, and digestive sensitivity, which is why bloating, bowel regularity, and food tolerance often shift across different phases of the cycle.



The Gut-Hormone Connection

continued.

Progesterone + Gut Motility

During the luteal phase, higher progesterone levels naturally slow gut motility. This can lead to changes in digestion, such as constipation or increased bloating, and is a normal physiological response rather than an immediate sign of dysfunction.

Inflammation + Gut Permeability

When the gut lining is under stress, it can become more permeable and reactive. This low-grade inflammation can influence systemic symptoms and may increase sensitivity within hormonal pathways, contributing to overall imbalance.

Blood sugar + Hormonal Signaling

While not a direct gut mechanism, blood sugar stability strongly influences both gut and hormonal function. Frequent spikes and crashes can place stress on the gut environment while also impacting cortisol and reproductive hormone signaling.



SECTION 2

Foundations of Flow

Gut Foundations

What your gut relies on daily

Gut health isn't built through extremes - it's shaped by what you do consistently.

These are the foundational inputs that influence how your gut functions, responds, and repairs over time.

Digestion

Break down • process

Efficient digestion allows your body to properly break down food and access the nutrients it needs.

Absorption

Nourish • fuel

A well-functioning gut lining supports the absorption of vitamins, minerals, and energy from food.

Elimination

Clear • remove

Regular bowel movements help remove waste, toxins, and metabolized hormones from the body.

Microbiome balance

Support • regulate

A diverse and balanced gut microbiome supports digestion, immune function, and hormone metabolism.

Gut lining integrity

Protect • maintain

A strong gut lining acts as a barrier, helping prevent unwanted substances from entering circulation.

Nervous system support

Rest • digest

Digestion is directly influenced by your nervous system - your body needs to feel safe to properly break down and absorb food.

Supporting Your Gut Daily

What actually moves the needle.

Gut health isn't built through occasional resets - it's shaped by small, consistent inputs that support digestion, absorption, and elimination over time. This is where things start to feel less complicated.

Hydrate intentionally

Fluids • minerals

Adequate hydration supports digestion, stool consistency, and overall gut function - especially when paired with minerals.

Support elimination

Daily • complete

Regular bowel movements are essential for removing waste, toxins, and metabolized hormones from the body.

Reduce digestive stress

Simple • supportive

Keeping meals relatively simple and minimizing highly processed foods can help reduce unnecessary strain on digestion.

A simple way to think about it:
Support your gut through consistency, not perfection - small daily habits create the most noticeable shifts over time.

Build balanced meals

Protein • fiber • fat

Meals that combine protein, fiber, and healthy fats help support digestion, stabilize blood sugar, and reduce stress on the gut.

Think: eggs and avocado toast, yogurt with berries and granola, ground beef with sweet potatoes.

Support regular digestion

Consistency • rhythm

Eating at consistent times and allowing space between meals gives your digestive system time to fully process and reset.

Slow down while eating

Calm • present

Digestion begins in a relaxed state. Eating too quickly or while stressed can impact how well food is broken down and absorbed.

The Gut Reset Rhythm

Supporting your gut in a more intentional way.

When your gut feels off

Simplify • support

Leaning into simpler meals, reducing excess inputs, and giving your digestion space can help decrease overall stress on the system.

When your gut feels stable

Maintain • build

This is where consistency matters most - continuing supportive habits that keep your gut balanced and functioning well.

Focus on less, not more

Reduce • rebalance

Rather than adding more supplements, protocols, or restrictions, start by reducing what may be creating stress on your gut.

Gut health isn't something you fix overnight - and it's not meant to be approached through extremes.

Your body responds best to rhythm. At times, your gut may feel more sensitive, reactive, or overwhelmed. Other times, it may feel stable, predictable, and easy.

Learning to recognize these shifts allows you to respond differently, instead of pushing through or overcorrecting.

Let your body respond

Observe • adjust

Pay attention to how your body feels over time. Small shifts in digestion, energy, and bloating can guide your next steps.

Gut support doesn't need to feel complicated.

It's about learning when to pull back, when to stay consistent, and how to support your body without overwhelming it.



SECTION 3

Nourish &
Nuture

Foods That Support Your Gut

Simple, nourishing, and easy to work with.

Supporting your gut doesn't require complicated meals or strict rules. It's about choosing foods your body can recognize, break down, and use efficiently - while providing the nutrients needed to support digestion, the microbiome, and overall balance.

Protein-rich foods

Protein plays an essential role in supporting gut lining repair, enzyme production, and overall digestive function. It also helps stabilize blood sugar, which reduces stress on the gut and supports more consistent energy.

Think: eggs, chicken, turkey, salmon, ground beef, Greek yogurt.

Fiber-rich carbohydrates

Fiber supports bowel regularity and helps nourish beneficial gut bacteria. A variety of plant foods can support microbial diversity and overall gut resilience over time.

Think: sweet potatoes, fruit, squash, carrots, zucchini, leafy greens.

Healthy fats

Healthy fats help slow digestion in a supportive way, allowing for better nutrient absorption and more stable energy. They also play a role in reducing inflammation within the gut environment.

Think: avocado, olive oil, nuts, seeds, fatty fish.

Fermented foods (as tolerated)

Fermented foods can help support microbial balance by introducing beneficial bacteria. These are best introduced gradually and adjusted based on individual tolerance.

Think: yogurt, kefir, sauerkraut, kimchi.

Whole, minimally processed foods

Meals built around simple, whole ingredients are often easier for the body to digest and place less strain on the gut compared to highly processed options.

Gut Disruptors

Not about restriction but awareness.

Gut health is shaped not only by what you include, but also by what may be placing ongoing stress on the digestive system. These influences don't need to be eliminated entirely, but understanding them can help you make more intentional choices.

Highly processed foods

Ultra-processed foods can place additional strain on digestion and may negatively impact the balance of the gut microbiome over time, especially when they make up a large portion of the diet.

Chronic stress

Ongoing stress can shift the body out of a “rest and digest” state, which may affect stomach acid production, enzyme output, motility, and overall digestive efficiency.

Excess added sugar

High and frequent sugar intake can contribute to microbial imbalance and blood sugar fluctuations, which often show up indirectly through energy changes, cravings, or digestive shifts.

Irregular eating patterns

Skipping meals, constant grazing, or eating in a rushed state can interfere with the natural rhythm of digestion and gut signaling..

Alcohol

Alcohol can irritate the gut lining and influence microbial diversity, particularly when consumed regularly or in higher amounts.

Low fiber or low diversity intake

A diet lacking plant diversity or fiber can limit the nourishment available to beneficial gut bacteria, which play a key role in overall gut health...

Antibiotics and certain medications

While sometimes medically necessary, antibiotics and some medications can temporarily disrupt the balance of gut bacteria, sometimes requiring time and support for recovery afterward.

Daily Digestion

A simple rhythm to support your gut day-to-day.

Start your day gently

How you begin your morning sets the tone for digestion. A calm, low-stress start helps shift the body into a more parasympathetic (“rest and digest”) state.

This could look like:

- Hydrating before caffeine
- Eating within a reasonable window after waking
- Avoiding immediate overstimulation (emails, scrolling, rushing)

Prioritize hydration + minerals

Water supports digestion, but so do electrolytes and minerals that help regulate fluid balance and bowel function.

Notice your body’s feedback

Your digestion is constantly communicating with you.

Bloating, discomfort, regularity, and energy shifts are all signals - not something to ignore or override.

Your digestive system responds best to consistency. Instead of focusing on perfection or doing everything at once, think in terms of small daily anchors that support how your body naturally functions.

Build balanced meals

Stable digestion is supported by meals that feel complete and grounding. This helps reduce blood sugar fluctuations that can indirectly impact gut function.

A simple structure:

- Protein + fiber-rich carbohydrate + healthy fat
- Example: eggs + avocado toast, chicken bowl + sweet potato + greens

Create space between meals

Allowing time between meals supports the migrating motor complex - a natural cleansing wave in the gut that helps move food and bacteria through the digestive tract. Constant grazing can interrupt this process.

Support your nervous system while eating

Digestion is closely tied to your stress state. Even small moments of regulation before meals can improve how your body breaks food down.

Try:

- 3 slow breaths before eating
- Sitting down fully for meals
- Eating without multitasking when possible

Notes From Our Nutritionist

Little reminders we come back to often.

You don't need to do everything at once.
Start with one or two habits that feel realistic,
and build from there.

Bloating is feedback, not failure.
Look for patterns over time instead of
reacting to a single meal or day.

Your gut responds to rhythm.
Meal timing, consistency, and routine
often matter more than perfection.

Progress may feel subtle at first.
Improved digestion, energy, and consistency tend to
build gradually over time.

More is not always better.
Adding more supplements or restrictions isn't
always the answer - supporting the basics usually is.

Your body is not working against you.
It's responding to what it's given - your role is
to support it, not fight it.

If your digestion feels off, simplify.
Go back to meals that feel easy to break
down and consistent in structure.

As you begin supporting
your gut through food,
habits, and daily rhythm, it's
easy to feel like you need to
do everything at once.

You don't.

A simple way to think about it:
Consistency, simplicity, and
awareness will take you further than
intensity ever will.



Shannon Grossi



SECTION 4

Your Gut Toolkit

Daily Gut Routine

Simple, consistent, supportive.

A healthy gut doesn't come from doing everything perfectly - it comes from small, repeatable habits that support digestion, rhythm, and balance over time.

Morning

Hydrate before caffeine
Add minerals or electrolytes when needed
Eat within a reasonable window of waking

Throughout the Day

Space meals 3–5 hours apart
Stay consistently hydrated
Limit constant snacking or grazing

Evening

Finish eating a few hours before bed
Keep meals simple and easy to digest
Support a consistent sleep routine

Midday

Build balanced meals (protein + fiber + fat)
Sit down and slow down while eating
Avoid eating in a rushed or stressed state

After Meals

Take a short walk when possible
Avoid immediately rushing back into stress or stimulation

You don't need to follow this perfectly - even a few of these habits done consistently can make a noticeable difference in how your digestion feels.

Simple

Meal Ideas

Balanced, nourishing, and easy to build from.

Breakfast ideas

Eggs, avocado, and roasted sweet potatoes

Protein + healthy fats + complex carbs

Greek yogurt, berries, chia seeds, almond butter

Gut-supportive + fiber-rich + healthy fats

Protein smoothie with spinach, berries, and flaxseed

Antioxidant-rich + fiber + omega-3s

Cottage cheese with fruit, honey, and walnuts

Protein-dense + blood sugar supportive

Smoked salmon with avocado and sourdough

High in omega-3s + nutrient-dense

Lunch ideas

Chicken, quinoa, cucumber, olive oil, greens

Balanced + fiber-rich + anti-inflammatory

Salmon, roasted carrots, avocado, leafy greens

High in omega-3s + gut-supportive fats

Ground turkey, rice, zucchini, tahini

Protein-rich + grounding + digestion-supportive

Lentil bowl with sweet potato, spinach, olive oil

Fiber-rich + plant-based protein

Tuna salad with olive oil, greens, and crackers

Omega-3s + simple + satiating

Dinner ideas

Grass-fed beef, sweet potato, steamed broccoli

Iron-rich + grounding + mineral-dense

Baked salmon, asparagus, olive oil

Omega-3s + anti-inflammatory

Chicken stir-fry with vegetables and coconut aminos

Light + digestion-friendly

Shrimp, rice, zucchini, garlic, olive oil

Lean protein + gut-supportive

Turkey meatballs with marinara and roasted vegetables

Protein-rich + balanced carbs

Gut-Supportive Grocery List

Simple staples to build balanced,
nourishing meals.

Healthy fats

- Avocados
- Olive oil
- Coconut oil
- Nut butters (almond,
peanut, cashew)
- Nuts (walnuts, almonds,
pecans)
- Seeds (chia, flax, pumpkin)
- Tahini
- Fatty fish (salmon,
sardines, mackerel)

Fiber-rich carbohydrates

- Sweet potatoes
- White rice / brown rice
- Quinoa
- Oats (if tolerated)
- Lentils
- Chickpeas
- Beans
- Squash
- Carrots
- Zucchini

Vegetables

- Leafy greens (spinach, kale,
arugula)
- Broccoli
- Cauliflower
- Asparagus
- Cucumbers
- Bell peppers
- Brussels sprouts
- Green beans

Pantry staples

- Sea salt / mineral salt
- Coconut aminos
- Apple cider vinegar
- Honey / maple syrup
- Herbs + spices
(turmeric, cinnamon,
garlic, ginger)

Fruits

- Berries
- Bananas
- Apples
- Pears
- Kiwi
- Oranges
- Pomegranate

Gut-supportive additions

- Bone broth
- Sauerkraut
- Kimchi
- Kefir
- Ginger
- Peppermint tea
- Herbal teas (chamomile,
fennel)
- Electrolytes / mineral
salts

Proteins

- Eggs
- Chicken breast / thighs
- Ground turkey
- Grass-fed beef
- Salmon
- Tuna
- Shrimp
- Greek yogurt
- Cottage cheese

Gut-Friendly Swaps

Simple upgrades to support digestion and reduce everyday gut stress.

Instead of conventional dairy (if sensitive)

Try Greek yogurt, kefir, or A2/grass-fed options
More gut-friendly + easier to digest

Instead of sugary flavored yogurts

Try plain Greek yogurt with berries + honey
Lower sugar + more supportive for the microbiome

Instead of seed oils (canola, soybean, vegetable oil)

Try olive oil, avocado oil, or coconut oil
More stable + less inflammatory

Instead of conventional bread

Try sourdough or sprouted grain bread
Easier to digest + more blood sugar friendly

Instead of highly processed protein bars

Try whole-food options or simple ingredient bars
Less additives + easier on digestion

Instead of sugary coffee creamers

Try half & half, coconut milk, or simple almond milk
Fewer additives + less gut irritation

Instead of soda or sugary drinks

Try sparkling water, mineral water, or herbal tea
Supports hydration without excess sugar

Gut-Friendly Swaps

continued.

You don't need complicated recipes - just meals that keep you full, energized, and supported.

Instead of conventional peanut butter with additives

Try natural peanut or almond butter (just nuts + salt)
Cleaner ingredients + easier to process

Instead of processed snack foods

Try fruit, nuts, cheese, or simple whole-food snacks
Supports digestion + stable energy

Instead of artificial sweeteners

Try honey or maple syrup (in moderation)
Less disruptive to the gut microbiome

Gut-Friendly Brands

Pantry + snacks

- Simple Mills
- Siete
- LesserEvil
- HU Kitchen

Dairy + gut-supportive

- Siggi's
- Nancy's
- Maple Hilli

Protein + quick options

- Chomps
- RXBAR

Oils + condiments

- Primal Kitchen
- Chosen Foods

Bread + grains

- Food for Life (Ezekiel)
- Canyon Bakehouse

Quick Gut Notes

Small shifts, meaningful impact.

Sometimes the smallest habits make the biggest difference when it comes to digestion. These are simple, science-informed strategies you can layer in over time - no pressure to do them all.

Kiwi before bed

Eating 1–2 kiwis in the evening may support bowel regularity and can also have a calming effect on sleep.

Walk after meals

A short walk after eating can support digestion, reduce bloating, and help stabilize blood sugar.

Ginger for digestion

Ginger may help stimulate gastric emptying and reduce feelings of fullness or discomfort after meals.

Space your meals

Allowing time between meals supports the gut's natural "cleansing wave," helping move food and bacteria through the digestive tract

Chew more than you think

Thorough chewing supports better breakdown of food, making digestion smoother and more efficient.

Hydrate early

Drinking water in the morning can help stimulate digestion and support regular bowel movements.

Support plant diversity

A variety of plant foods helps nourish a more diverse and resilient gut microbiome over time.



SECTION 5

Continue Your Flow

Continue Your Flow

Bringing it all together.

Everything you've moved through here is meant to support you - not overwhelm you.

Gut health isn't built through doing everything at once, but through small, consistent shifts that your body can respond to over time.

You've learned how your gut functions, what may be influencing it, and how to support it through food, rhythm, and daily habits.

Now, it becomes less about learning - and more about integrating.

Start simple.

Focus on what feels manageable right now, whether that's building more balanced meals, creating consistency with your routine, or simply becoming more aware of how your body responds

There is no perfect way to do this.

Your gut is constantly adapting, responding, and communicating with you - the goal is to stay connected to that, not override it.

Progress may feel subtle at first, but over time, these small shifts create noticeable changes in how you feel day to day.

A Deeper Level of Support

If you're realizing there may be more going on beneath the surface - whether it's your gut, hormones, energy, or overall symptoms - deeper, individualized support can be helpful.

This is where we move beyond general education and into a more personalized approach based on your body and your needs.

Inside my **Shape Up Your Life** program, we focus on:

- Root-cause understanding and functional lab insights
 - Bio-individuality - what your body specifically needs
 - Nutrition to support gut health, hormones, and metabolism
 - Accountability and structure so you're not navigating it alone
-

If you're not ready for a program, that's completely okay — there are still supportive next steps available.

You can explore my **In The Flow** guidebook if you're looking for extra support understanding your cycle, hormone patterns, and learning how to work with your body throughout the month.

If you're unsure where to start, you can also book a consultation call to get clarity on what your body may need next.

Take what resonates, and leave what doesn't.
There is no one right path — only what feels supportive for you.

**Your body is always communicating.
The goal is simply learning how to listen.**

Thank-you!

Thank you for being here.

I hope this guide supports you in finding your way back to your body - learning its rhythms, understanding its needs, and feeling more at home within yourself.

**You don't need to do everything at once.
You don't need to get it perfect.**

Small, consistent shifts are enough.

Sending you love as
you continue to
support yourself in
a way that feels
aligned, sustainable,
and your own .



Dr. Austyn Garbrough