

*5 GUT HEALING SECRETS EVERY
WOMAN NEEDS TO KNOW*

CAYLA
NOELLE
HEALTH



BY CAYLA NOELLE
IHP, CHN, CYT, OTR/L



WELCOME TO YOUR JOURNEY OF HARMONY AND WELLNESS!

In today's fast-paced world, it's easy to feel out of sync with your body. But true wellness comes from within—by understanding and nurturing your body's natural rhythms as a woman, you can create lasting health and vitality.

This guide, "5 Gut Healing Secrets Every Woman Needs to Know," is designed to help you reconnect with your body, restore balance, & optimize your health. Whether you're just starting your wellness journey or looking to deepen your current practice, these actionable tips will empower you to support your body's detox pathways, reduce stress, nourish your gut, and harmonize your hormones.

Let's dive in and start creating the vibrant health you deserve with these 5 tips to bring more harmony to your body!

Disclaimer: All information provided is for health education purposes only and is not intended to diagnose, treat, cure, or prevent any disease.

I. STOP CHASING THE "PERFECT DIET"



Eating whole foods rich in nutrients supports your body's natural rhythms, promotes gut health, and balances hormones.

Focusing on whole, organic foods reduces your exposure to harmful chemicals and provides the essential nutrients your body needs to thrive.

Actionable Tips

- 7-9 Servings of Fruits & Veggies: Aim to fill your plate with a variety of colorful fruits and vegetables daily.
- Shop Local: Support your local farmers by shopping at farmers' markets where you can find fresh, seasonal produce.
- Organic as Much as Possible: Prioritize organic produce, especially those on the EWG Dirty Dozen list, to reduce pesticide exposure

**Checkout my digital cookbooks here!*

CH

2. YOUR NERVOUS SYSTEM CONTROLS DIGESTION

Chronic stress is a major contributor to 80% of diseases in the body, affecting everything from digestion to hormone balance.

Stress can come from external sources (work, relationships) or internal sources (poor diet, lack of sleep). Activating the parasympathetic nervous system helps to counteract stress, promoting healing and balance.

Actionable Tips

- **Meditation:** Spend 5-10 minutes daily in quiet meditation to calm your mind/reduce stress.
- **Breathwork:** Practice deep breathing exercises, such as 4-7-8 breathing, to activate the parasympathetic response.
- **Walks Outside:** Connect with nature by taking daily walks outside, which reduces cortisol levels.
- **PEMF Mat or Red Light Therapy:** Incorporate these therapies into your routine to reduce stress and promote cellular health.
 - [\(Check out my fave biohacking tools here\)](#)



3. SUPPORT YOUR DETOX PATHWAYS BEFORE DETOXING

Your body's detox pathways, including the liver, kidneys, lymphatic system, and skin, are essential for eliminating toxins and maintaining overall health.

Supporting these pathways ensures your body can effectively process and remove harmful substances, leading to better energy, clearer skin, and overall well-being.

Actionable Tips

- **Daily bowel movements:** yes I said daily, if not toxins are recirculating into your body
- **Hydration & Minerals:** clean water is foundations of healing
- **Dry Brushing:** Stimulate lymphatic drainage and exfoliate your skin by dry brushing before your shower.
- **Exercise:** Engage in daily movement like walking, yoga, or strength training to promote sweating and circulation.
- **Infrared Sauna:** support your detox & drainage pathways with infrared sauna use 4-5 times/week.
- **Legs Up the Wall:** Practice this restorative yoga pose to aid circulation/toxin removal & support relaxation.



4. OPTIMIZE DIGESTION



Your gut is more than just a digestion center—it's often called your "second brain" because it plays a crucial role in your overall health, influencing everything from immunity to mood and hormone balance.

A happy gut ensures efficient digestion, optimal nutrient absorption, and effective elimination of waste. It's the foundation of your overall well-being. An unhealthy gut can lead to numerous health issues, from bloating to brain fog.

Actionable Tips

- **Practice Mindful Eating:** Slow down and be present during meals. Mindfulness around eating can improve digestion & help you recognize your body's hunger & fullness signals.
- **Chew Thoroughly:** Chew your food until it reaches an applesauce-like consistency. Proper chewing breaks down food mechanically and mixes it with saliva, which contains digestive enzymes. This process aids digestion and nutrient absorption, reducing the burden on your stomach and intestines.
- **Consistent Meal Timing:** our bodies LOVE routine, this will help your digestion SO much too:)

5. STOP GUESSING YOUR ROOT CAUSE

If you have been dealing with chronic symptoms like bloating, constipation, acne, fatigue, anxiety, or hormone imbalances chasing the next supplement trend is not going to help you and you are just wasting more time, money & energy.

The women who see the biggest transformations aren't necessarily the ones who try the hardest. They're the ones who stop guessing and follow a personalized plan. That's exactly what my team and I help our clients do every single day.



Actionable Tips

- **Invest in Guidance:** Working with a functional practitioner like myself and my team gives you the structure, accountability, education, and personalized plan needed to uncover your root causes instead of continuing to guess.
- **Reach Out:** Whether it's us or another trusted practitioner, don't wait until your symptoms become worse before asking for support.
- **Start Asking Better Questions:** Instead of asking, "What supplement should I take?" begin asking, "Why is this happening in the first place?"
- **Commit to Consistency:** Healing isn't about being perfect. It's about consistently taking the right steps over time with a clear plan.
- **Take the Next Step Today:** Don't close this guide and tell yourself you'll deal with it later. Choose one action that moves your health forward today.

Learn more about how to work with the Cayla Noelle Health Team: [**CLICK HERE!!**](#)

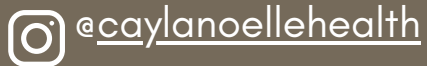




CONNECT WITH CAYLA

I want to hear from you!

Please reach out to Cayla if you have any questions about the course.
Be sure to follow me on instagram and TikTok for more ways to harmonize your health !



Ready To Take Your Health To The Next Level?

Work 1:1 with Cayla and get to the root cause to finally live in harmony
& work with your body rather than against it!

Learn more about how to work with the Cayla Noelle Health Team:

[CLICK HERE!!](#)

Shop Cayla's Personal Recommendations [here](#)

Explore all of Cayla's offerings [here](#)



CAYLA
NOELLE
HEALTH