



**7 HEALTHY
GUT HABITS
FOR WOMEN
OVER 40**

Workbook

7 healthy gut habits for women over 40

1

Skip a Meal

2

Make Biotics Your Friends

3

Count your Chews

4

Read the Labels

5

Get Up and Move

6

Catch Enough ZZZ's

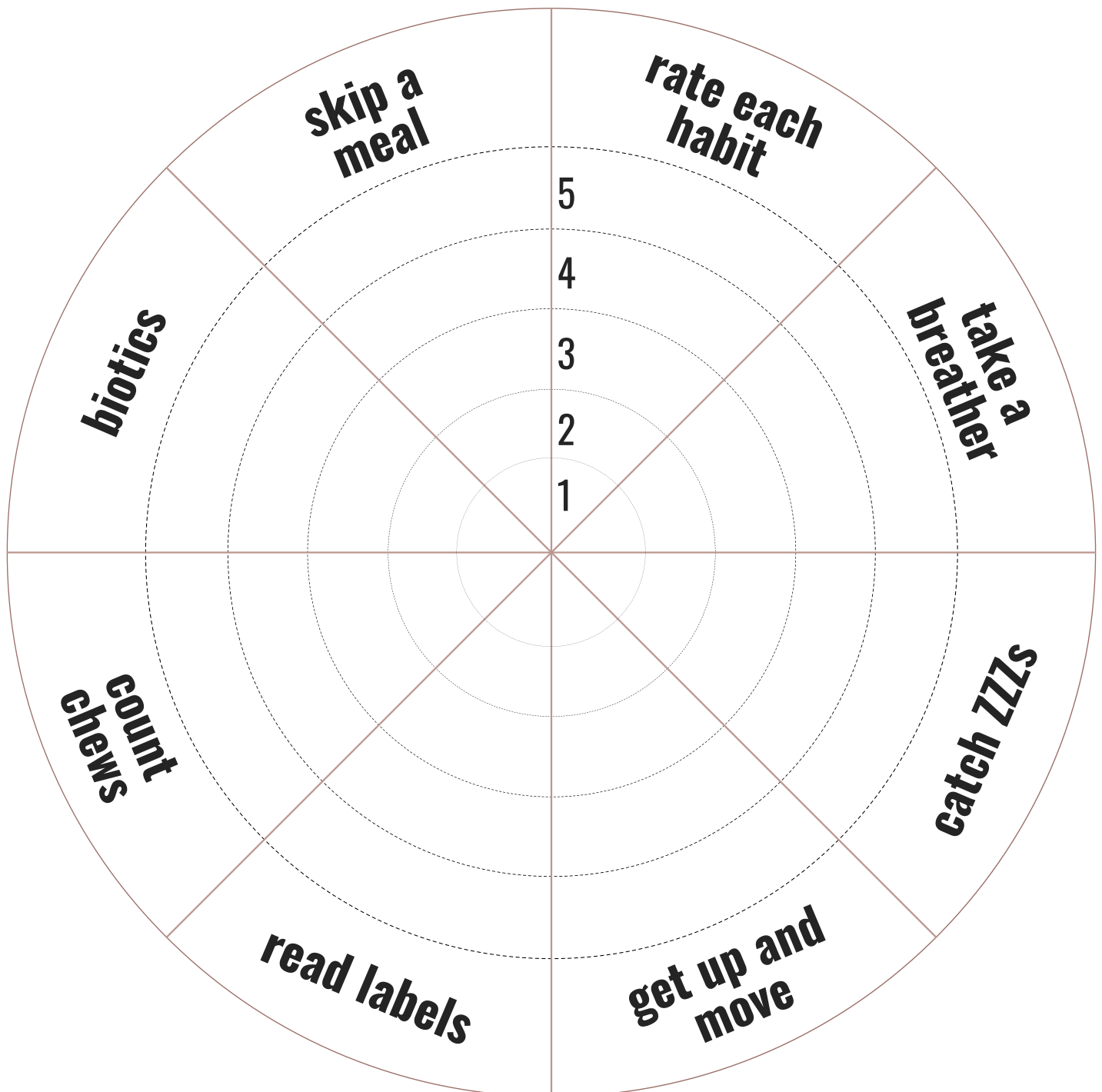
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Take a Breather

the habits wheel

The 5 bars in each category represent how familiar this habit is to you. Use the result to plan where you should be focusing your time and track the progress every month.

month _____



monthly habit planner

choose one habit to work on each month

HABIT 1

MONTH 1

HABIT 2

MONTH 2

HABIT 3

MONTH 3

HABIT 4

MONTH 4

HABIT 5

MONTH 5

HABIT 6

MONTH 6

HABIT 7

MONTH 7

habit checklist

list the actions you plan to take to develop this habit

habit _____

1

2

3

4

5

6

do not plan taking more than 3 actions a day

daily habit check-in

record your daily observations of working on this habit

habit

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

TRACK YOUR SYMPTOMS

menopause symptoms log

Your menopause symptoms log is useful for analyzing how your habits impact your symptoms and help you see improvements

Week	Symptom	How I feel 1-10

habit one

SKIP A MEAL

intermittent fasting weekly tracker

METHOD __/__

DATE	START TIME	FINISH TIME	HOW I FEEL 1-10

begin your fasting practice with a shorter fasting window like 12/12

intermittent fasting daily check-in

record how you feel physically and emotionally

Monday

Tuesday

Wednesday

Thursday

Friday

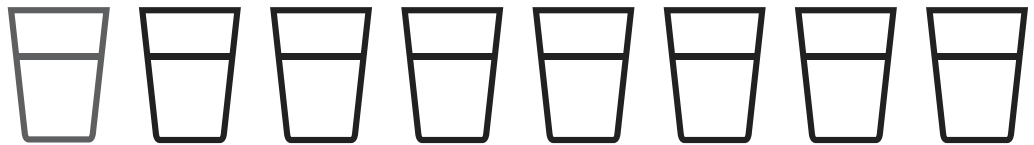
Saturday

Sunday

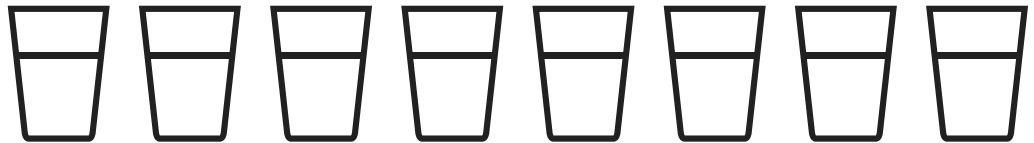
weekly water tracker

aim for at least, or more, 8 12-oz glasses of filtered water

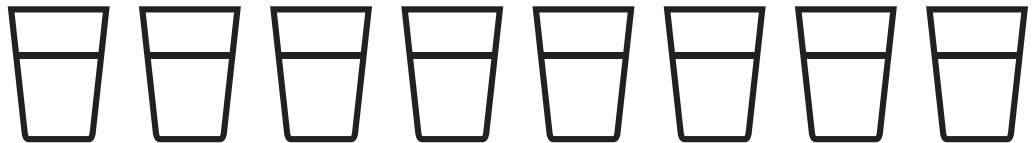
Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



habit two

**MAKE BIOTICS
YOUR FRIENDS**

list of key foods for your microbiome

Prebiotics

Apricots	Cranberry Juice	Peaches
Arugula	Dandelion	Peas
Asparagus	Dark chocolate	Pomegranate Juice
Bamboo Shoots	Garlic	Pumpnickel Bread
Bananas	Green Tea	Red Wine
Berries	Flaxseeds	Rutabaga
Black Beans	Jicama Root	Shiitake
Black Tea	Kale	Mushrooms
Bok Choy	Kiwi	Seaweed
Broccoli	Leeks	Tomatoes
Cabbage	Legumes	Turnips
Cauliflower	Lentils	Walnuts
Cherries	Lion's Mane	Wheat Bran
Chickpeas	Mushroom	White Button
Cocoa	Mango	Mushrooms
Concord Grape	Navy Beans	Whole Grains
Juice	EVOO	Yacon Root
	Oats	
	Oolong Tea	

Probiotics

Camembert Cheese
Gouda Cheese
Feta Cheese
Parmigiano Reggiano
Gruyère Cheese
Cottage Cheese
Danish Blue Cheese
Kefir (no added sugar)
Yogurt (no added sugar)
Kimchi
Kombucha
Miso
Natto
Pickles in brine
Pao Cai
Sauerkraut
Tempeh
Sourdough Bread
Apple Cider Vinegar
Kvass

weekly shopping list

WEEK

To increase diversity of your microbiome,
aim for 30 plant-based foods per week

Fruit

Vegetables

weekly shopping list

WEEK

Counts probiotic foods as your 30 weekly plant-based foods

Vegetables

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Probiotic Foods

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habit three

COUNT YOUR CHEWS

mindful eating journal

DATE

Am I hungry?

What did I like/dislike about my environment and the food?

What colors, aromas, textures, sounds did I experience?

Did I count my chews, put my utensils down?

Did I enjoy my meal?

Did I stop eating when I was full?

What am I grateful for?

mindful eating journal

DATE

habit four

READ THE LABELS

cheatsheet: cosmetic ingredients to avoid

Aluminum
Cetrimonim
Cetalkonium Chloride
Chloromethylisothiazolinone
Cocoyl Sarcosine
Cyclomethicone
DEA Compounds
Diazolidinyl Urea
Bithionol
Halogenated salicylanilides,
Di-, Tri-, Metabromsalan
Tetrachlorosalicylanilide
Chlorofluorocarbon
Propellants
Chloroform
Methylene Chloride
Zirconium-containing
complexes
Vinyl Chloride
Mercury compounds
Hexachlorophene
Oxybenzone
Formaldehyde
Petroleum Distillates

Benzalkonium Chloride
BHA
Anything listed as "Fragrance"
Coal tar hair dyes and other
Coal tar ingredients
Hydroquinone
DMDM Hydantoin
Bronopol
Toluene
Phthalates
vitamin A
Propyl
Parabens
Butyl
Isopropyl
Methylisothiazolinone
Methylchloroisothiazolinone
Triclocarban T
Riclosan
Resorcinol
Polyethylene compounds
Retinol
Propylene Glycol
Mineral Oil
PVP/VA copolymer

cheatsheet: cleaning ingredients to avoid

Diethyl phthalate,
Butylphenyl Methylpropional (Lilial),
Hexamethylindanopyran (Galaxolide) Tetramethyl
Acetyloctahydronaphthalenes (OTNE)
Hydroxyisohexyl
3-cyclohexene
Carboxaldehyde (HICC or Lyrall)
Coal Tar Dyes
P-phenylenediamine
Naphtha
Benzin B70
Estar
D&C and FD&C
2-Butoxyethanol (2-BE)
2-BE, Butyl cellosolve
Ethylene glycol
MEA (monoethanolamine),
DEA (diethanolamine)
TEA (triethanolamine)
Phthalate
DBP, DEP, DEHP
Perfume, Fragrance
Nonyl phenol ethoxylates

habit five

GET UP AND MOVE

workout daily log

DATE

ACTIVITY

GOAL

COMPLETED?

HOW I FEEL

--

weekly workout planner

MONTH :

WEEK:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

habit six

**CATCH ENOUGH
ZZZ'S**

weekly sleep tracker

WEEK: _____

DAY	SLEEP HOURS	WOKE UP TIMES	QUALITY 1-5
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

relaxation techniques

supplements

how I feel

habit seven

TAKE A BREATH

morning journal

DATE

THIS MORNING I AM GRATEFUL FOR

I AM GRATEFUL FOR THIS BECAUSE....

TODAY I WILL TAKE CARE OF MYSELF BY....

TODAY I INTEND TO ACHIEVE/WORK ON THESE HABITS

TODAY I WILL REACH OUT TO...

evening journal

DATE

THIS EVENING I AM GRATEFUL FOR

I DID REALLY WELL TODAY BY....

I LOVED MYSELF TODAY BY DOING...

I IMPROVED THESE HABITS TODAY

I CAN IMPROVE TOMORROW BY...

daily affirmations

"I trust my body's ability to digest and absorb nutrients efficiently."

"I nourish my gut with whole, natural foods that support a healthy microbiome."

"Digestive discomfort is temporary and does not define my overall health."

"I prioritize stress reduction and self-care to support my gut-brain connection."

"I listen to my body's signals and give it the rest it needs for optimal digestion."

"I am grateful for my body's ability to extract essential nutrients from the food I eat."

"I choose foods that are easy to digest and avoid those that cause inflammation or irritation."

"I trust my intuition when it comes to making choices that support my gut health."

"I allow myself to enjoy the flavors and textures of my food, which enhances my digestion."

"I am committed to maintaining good gut health to optimize my overall well-being."

create your own daily affirmations

DESIGN YOUR ROUTINES AND RITUALS

7 habits morning routine

DATE

☐

drink 2 glasses of water

☐

meditation or prayer

☐

sun salutations (yoga)

☐

journal

☐

exercise

☐

review plan for the day

☐☐☐

Follow these suggestions or design your own routine

7 habits morning routine

DATE

☐

☐

☐

☐

☐

☐

☐

☐

☐

7 habits evening routine

DATE

☐

put on blue light glasses

☐

make plan for tomorrow

☐

turn off all devices

☐

drink a cup of camomile tea

☐

read

☐

relaxation exercises (stretches)

☐

journal

☐

meditation or prayer

☐

Follow these suggestions or design your own routine

7 habits evening routine

DATE

☐

☐

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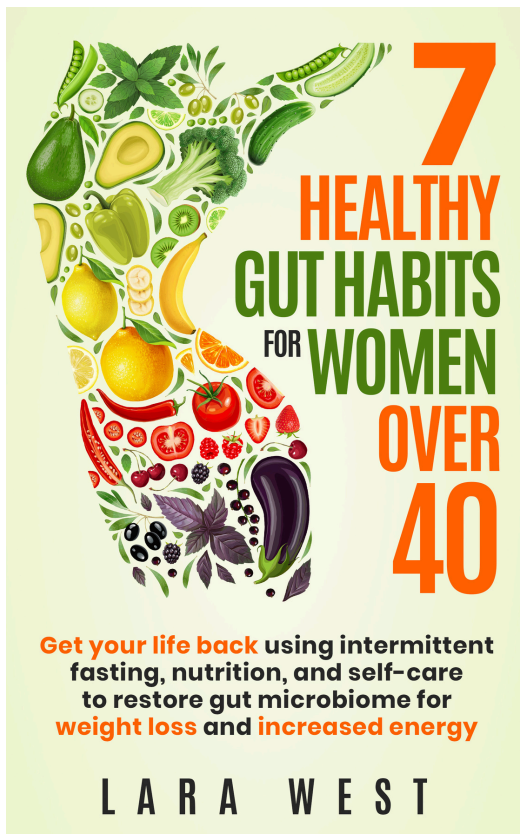
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7 HEALTHY GUT HABITS FOR WOMEN OVER 40:

Get Your Life Back Using Intermittent Fasting, Nutrition, and Self-Care to Restore Gut Microbiome for Weight Loss and Increased Energy

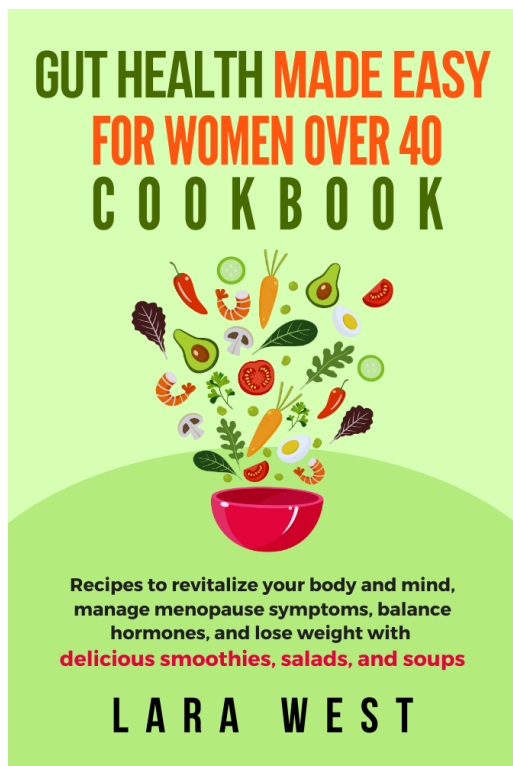


Learn more about each habit, chapter by chapter, as this book delves into each specific habit you can incorporate into your daily routine. It offers practical advice and easy-to-follow tips for restoring your gut microbiome. With this workbook, you'll have all the tools you need to make lasting changes and transform your life for the better. [Order your copy today](#) and start feeling like the best version of yourself!



GUT HEALTH MADE EASY FOR WOMEN OVER 40 COOKBOOK

Recipes to Revitalize Your Body and Mind,
Manage Menopause Symptoms, Balance
Hormones, and Lose Weight with
Delicious Smoothies, Salads, and Soups



This cookbook unveils the secrets to conquering menopause symptoms through nourishing meals made with wholesome ingredients. By embracing nutrient-dense superfoods and intermittent fasting, you can soothe your body, balance hormones, get mental clarity, and shed excess weight naturally. If you love comfort food with a health-conscious twist, you'll love this transformative guide. [Order your copy today](#) and savor the rewards of your revitalized well-being!



JOYFUL TRANSITIONS FOR WOMEN OVER 40

Finding Gratitude and Thriving in
Menopause with Empowering Affirmations,
Journaling, and Positive Mindset Practices

