

# *Gut Skin Mind* MODULE CHECKLISTS



# PROJECT

*Gut Skin Mind*

## INDUCTION

## Checklist

- **Welcome Podcast with Nicola (Founder of F.ACNE)**
- Three Phase Checklist
- How to navigate the Teachable Site
- Get to know your health professionals

## NOTES:

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## PHASE 1 (DAYS 1 - 10)

### *Checklist*

Phase 1 Gut Health Protocol (days 1 - 10)

The Gut-Brain Connection + Mindset Reflection Exercise  
(it's time to identify emotional, psychological & physical  
blocks in your life)

The Gut-Skin Connection + Key Nutrients for healthy skin

Low Fodmap Food List

Low Fodmap Recipes (20+ EASY PEASY gut friendly recipes)

Food & Feeling Diary

Gut Health Questionnaire & Bristol Stool Chart (what is your  
poo telling you?)

Learn how to breathe video

### **BONUS**

Naturopathic Approach to Gut Health

Optional Supplementation (discounts available)

Schedule your complimentary Skype session with our Natu-  
ropath

Podcast with Racheal Lee - Hormones & Gut Health - how  
they're related

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## PHASE 2 (DAYS 10-30)

### *Checklist*

Phase 2 checklist

Phase 2 Gut Health Protocol (it's time to REINTRODUCE & identify triggers)

Facebook LIVE with Dietitian Claudia Cramer (get your questions ready!)

AM pages 20 day challenge - turn your "worry" into productivity

Stress Management tools to implement NOW

The F.ACNE Skin Bible (do you REALLY know what you're putting on your skin?)

### **Important Resources**

AM pages print out/template

Podcast with Natalie Sellars - the "microbiome" explained

Podcast with Psychologist Kobie Allison - stress/anxiety management

DASS21 Psychology Questionnaire

Meditation with Hypnotherapist Dan



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## PHASE 3: MAINTENANCE (DAYS 30 ONWARDS)

# Checklist

- Long-term Gut Health - do we really need probiotics?
- Create your future vision board
- Reflection exercise re-visited
- Where to from here (Mp3 with Nicola)

## NOTES:

# *Gut Skin Mind*

## GET TO KNOW THE HEALTH PROFESSIONALS



# PROJECT

## Gut Skin Mind



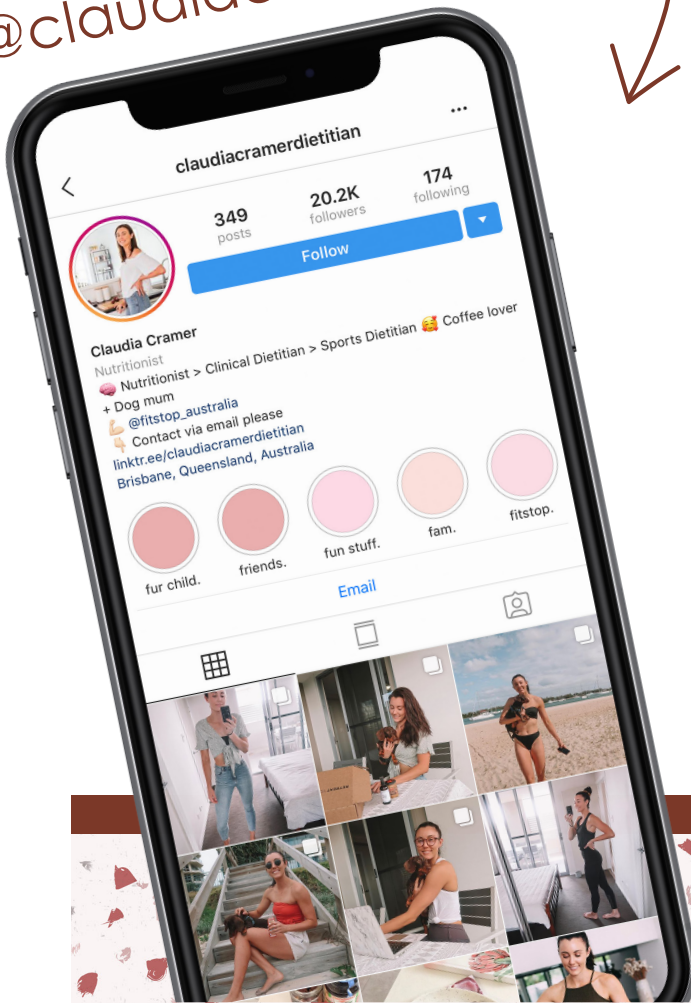
## GET TO KNOW

DIETITIAN

*Claudia Cramer*

Claudia Cramer is an Accredited Practising Dietitian, Sports Dietitian and a member of the Dietitians Association of Australia. Claudia began her passion for health and fitness through identifying the link between the poor quality of food she was eating and how this was influencing her mood and anxiety. Additionally, Claudia noticed the link that stress and lifestyle had on her own digestion when she was diagnosed with an inflammatory bowel disease. Therefore, Claudia embarked on a journey to take control of her own health through optimising her diet and lifestyle. She spent years doing personal research and using herself as a guinea pig for working out her personal triggers with foods, styles of eating and personal anxiety triggers, before deciding to enrol into University to further educate herself.

@claudiacramerdietitian



Claudia moved to Brisbane from a small country town to begin her Bachelors degree in Exercise and Nutrition Science. From then, Claudia completed her Masters of Dietetics studies through the University of Queensland. Since then, she has worked in Clinical Dietetics (hospital), Sports Nutrition and the private practice setting seeing clients one-on-one. Claudia has since completed her Sports Dietetics qualifications and is using that to enhance her work.

Claudia strongly believes in lifestyle being just as important as nutrition in living a healthier life. She believes that food should be delicious, simple and most importantly, consistent. You will often find Claudia in her kitchen, at the gym or cafe hopping with her puppy, Quincy.

For more information on Claudia or simply some healthy recipes, head to [www.ccdietitian.com](http://www.ccdietitian.com) or follow her on Instagram: @claudiacramerdietitian.

# PROJECT

## Gut Skin Mind



## GET TO KNOW PSYCHOLOGIST

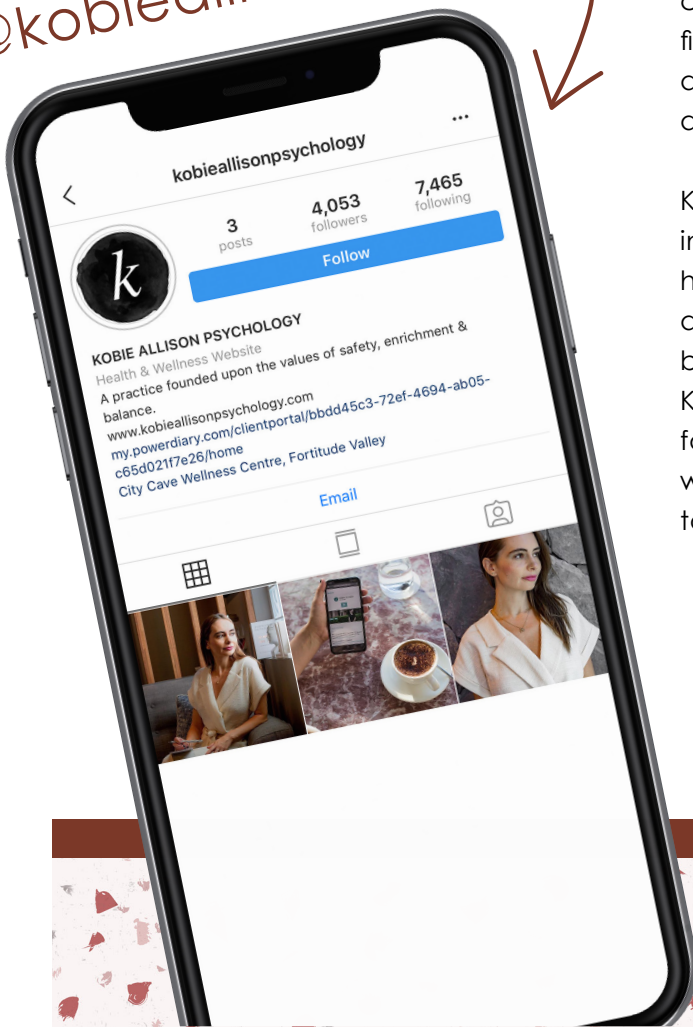
*Kobie Allison*

Kobie is a compassionate, warm and dedicated psychologist who has experience working with children and families, adolescents, and adults. The services she provides are evidence-based, and she maintains her expertise and professionalism through ongoing peer and clinical supervision, and continuing professional development.

Generally her counselling approach moves through three inter-related stages; hearing and responding to the client's story, mapping the possibilities and goal setting, action planning and closure. Her approach to counselling is gentle, compassionate, curious, gently challenging and attuned to what is happening for the client in the present moment. Kobie's experiences in the field of psychology have allowed her to observe clients develop a much stronger understanding of themselves and of others.

Kobie has worked as a counsellor in a variety of settings, including as a therapist for children and parents who have experienced grief and loss and anxiety related difficulties, and for children and adult survivors who have been abused physically, emotionally and/or sexually. Kobie has a special interest in working with children and families, and complex trauma. Kobie finds therapeutic work invigorating and is inspired by the bravery of clients to engage in the work.

@kobieallisonpsychology





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## GET TO KNOW

### SKIN SPECIALIST

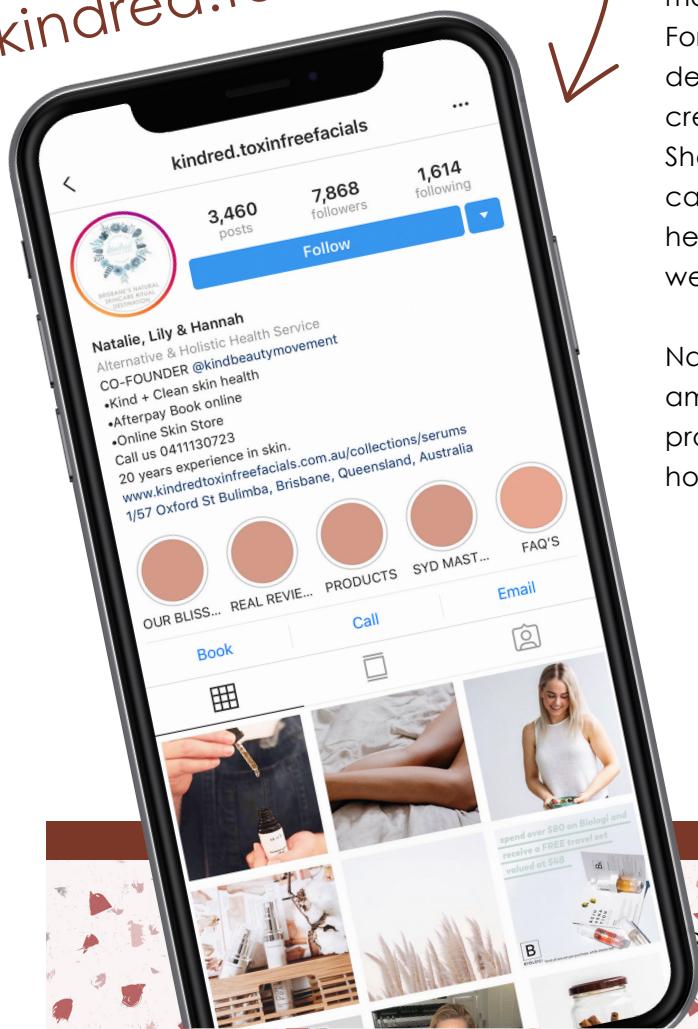
*Natalie Sellars*

"After 13 years in traditional beauty, there came a point where I could no longer go on. I needed to take full responsibility for the message I was sending about beauty and for what I was putting on client's skin. I start work each day excited to educate my clients that there's another way and that a bathroom full of products does equal beautiful skin!"

When you meet Kindred Toxin Free founder, Natalie Sellars, it is easy to understand why her authenticity and passion has helped her build a loyal following of clients and skincare devotees. For 16 years she has honed her craft as a skincare doyenne, having worked and managed leading spas in Australia and New Zealand. For the last three years, Natalie has honored her dedication to and belief in living toxin-free, working to create a salon experience that promotes kind beauty. She now uses only the very best organic & toxin free skin care in each salon ritual. Her "no BS" approach makes her a trusted practitioner genuinely interested in the wellbeing of her clients.

Natalie has also recently been announced as an ambassador for Joining Hands, a social enterprise that provides access to health and wellbeing services for homeless and vulnerable young people.

@kindred.toxinfreefacials



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## GET TO KNOW

NATUROPATH

Racheal Lee

Throughout Racheal's personal health journey, she has developed a deep understanding that to heal the body we need to take a holistic approach. She has learnt that the body has an innate ability to heal itself, if we provide the tools such as clinical nutrition, herbal medicine and lifestyle coaching. Racheal completed her Bachelor of Health Science (Naturopathy) at Endeavour College of Natural Medicine where she was lectured by some of the industries best practitioners and educators.

Racheal also has a passion for movement as a Pilates instructor specialising in Pilates Reformer, Mattwork Pilates and Barre Pilates.

@thrivenaturalhealth

