



Discover a Better You from the Inside Out

WORKBOOK OCTOBER 2019 // PREPARED BY SUE WILSON IITC

YOUR HOST SUE WILSON



With 20 years' experience in social work before founding Bottoms Up, Sue has a lifelong passion for helping people achieve emotional, physical and spiritual wellbeing. She founded the business after her own life-changing experience of colonics and is a trained Colon Hydrotherapist, since 2004, and a member of the International Institute for Complementary Therapists (IICT). In 2013, Sue studied with Luis Rojas in LA and is now the IICT's only approved training provider of Rojas Colon Hydrotherapy in Australia. Sue has now developed my own program therapeutic colonics incorporating the 3 brains.

MANIFESTO

"I believe for our planet to heal, we need to heal. What we are seeing externally is what we are experiencing internally. The proof of this is in the rising numbers of diabetes, cancer, lifestyle disease, obesity, childhood illness. The canary has fallen off its perch, it is time for action, to reclaim our personal health for the benefit of global health.

Reclaiming our health is the beginning of reclaiming our relationships, our community our purpose. Understanding that cause and effect is no longer an argument that we can aspire to. That life is not linear. In Mother Earth, there are no straight lines, and there are seasons. Ebbs and flows that allow constant movement in an upward spiral for self-awareness which in turn allows connection, respect and integrity.

My experience working with many people in arenas of government/ bureaucracy and in alternate health modalities has shown me that to reach this end we need to work with the three brains, Head, Heart and Gut. Using a range of services and products that allow individuals to reconnect to their internal and innate wisdom."

WELCOME

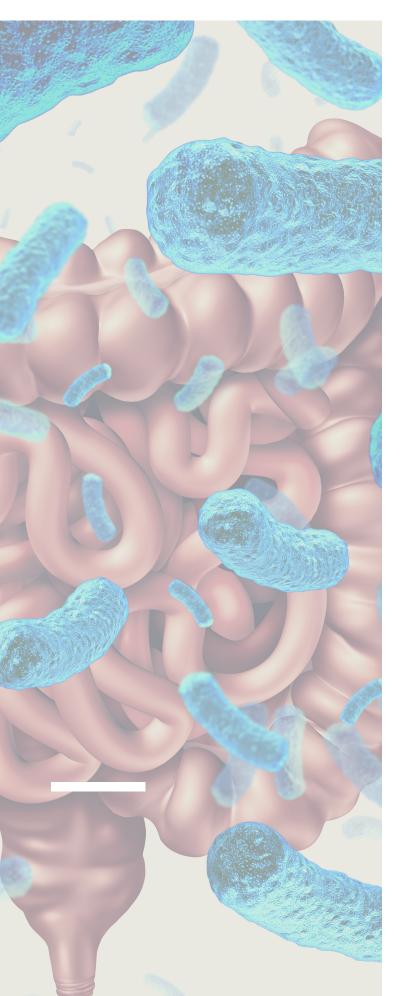
We imagine you many have tried many paths towards health, but still have lingering symptoms. Symptoms that remain elusive for regular doctors & for conventional medicine to ease. You may have an inkling that you have something going on in your gut. The Happy Gut Project is the place to start to reclaim your own health & happiness. For appointments & private consulting contact sue@bottomsupcolonics.com.au

KEY OBJECTIVES OF THE HAPPY GUT PROJECT

After working with 100's of clients in the clinic and using our training in Rojas Hydrotherapy, we want to share our findings and help you take back your health. Our objectives are:

- To **reconnect** you to the importance of the life giving role of water and how a simple change can ease many symptoms
- To help guide your food choices towards colorful natural foods packed with high nutritional value
- For you to add good bacteria to your gut flora using our simple guidelines
- For you to **journal** and start to notice an improvement in your symptoms.
- To help you measure and tune in to your own innate wisdom around healing.





HOW TO GET THE BEST OUT OF THIS COURSE

Create a binder or notebook for this course so you can keep all your information together.

While the whole course will be online for you to refer to, it is useful to have a physical copy that you can customize for your own situation.

Use the symptom checklist to keep track of any improvements

Watch each video and make notes on the sheets provided in each section.

Download the Slides for each video section.

Copy the Journal Worksheet to keep a record of your thoughts daily or weekly.



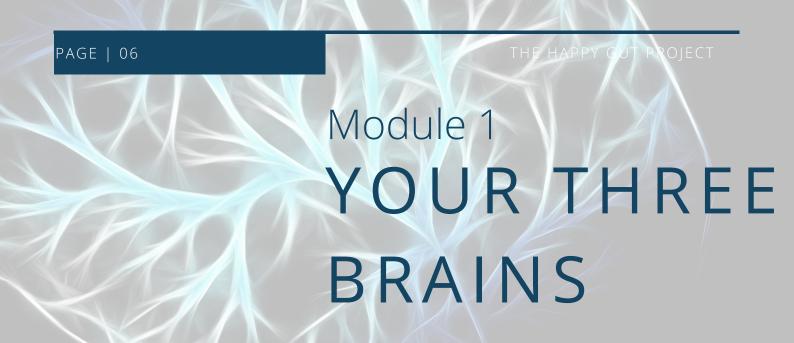
Discover a Better You from the Inside Out

Circle the Symptoms of Dis-Ease you are experiencing.

	ith a number between 1-5, 1 being mil each month while following the progra		
Nepeat Date: _	each month wille following the progra	3111	I
	Constipation		Headaches
	Diarrhoea		Migraines
	Bloating		Weight Issues too light/too heavy
	IBS/IBD		Blurred Vision
	Colitis		Cloudy Thinking
	Crohn's		Issues Sleeping
	Diverticulitis		Lack of Concentration
	Gas		Gum Bleeding
	Abdominal Pain		UTI
	Body Odour		Erection Difficulties
	Acne-Psoriasis		Nagging Cough
	Other skin issues		Mood swings
	Dry skin		Cancer
	Lethargy		Auto-Immune
	Depression		Diabetes
	Anxiety		Liver Disease
	Lack of Libido		Stomach Ulcers
	Body Pain		Reflux
	Muscle Ache		Swelling in legs, feet, arms
	Premenstrual Symptoms		PCOS

Infertility

Menopausal Issues



Many ancient wisdom teachings have put great emphasis on checking into one's own innate intelligence. In recent years technology and neuroscience have finally advanced enough to prove these wisdom teachings to be correct so we now know for sure... our bodies have not one, but three brains. Each of which have different ways of 'knowing'.

We assume often that the **brain** is the processing center of the body. We overlook that we have three brains communicating together at any one time. The more official names are- the cephalic brain (head), the cardiac brain (heart), and the enteric brain (gut). Each organ has complex neuron based networks and each has the capacity for neuroplasticity. The mind speaks with opinions, fears, shoulds and shouldn'ts.

The **heart** speaks from genuine feeling and authenticitylt's made up of about 40,000 neurons, all of which can sense, feel, learn and remember.

Did you know you have a hundred million neurons in your intestines? These neurons are also called nerve cells or brain cells by scientists. Have you ever felt "The Butterflies" before a big event? The **gut** speaks with intuition and hunches.

The **research** is showing This mind-gut connection is not just metaphorical. Our brain and gut are connected via a network of neurons and a highway of chemicals and hormones that constantly provide feedback about how hungry we are and whether or not we're experiencing stress. This is called the brain-gut axis and it provides constant two-way updates.

See the video for how to do a brain, heart, gut check in and use your three brains in decision making.



The Three Brains

TO DO	ACTION STEP FROM THIS MODULE
TO DO	
TO DO	
NOTES	









HAPPY

PROJECT

	Discover a Better You from the Inside C
Date:	EMOTIONS
TODAYS POSITIVE THOUGHTS	What are you wanting to let go of today?
	INSIGHTS
	Note any personal insights about your well being today?
Sleep:	
Elimination:	
Energy:	
Activity:	
	WATER
"Feel the sun on your face, the earth	FERMENTED FOOD
beneath your feet and the love in your heart" Sue Wilson	