



THE HAPPY GUT PROJECT

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](mailto: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.



A detailed illustration of a human digestive system, including the stomach, small intestine, and large intestine, rendered in a realistic, slightly translucent style. Overlaid on this are numerous blue, rod-shaped bacteria of various sizes, some with flagella, representing the gut microbiome. The bacteria are scattered throughout the digestive tract, with a higher concentration in the large intestine.

## HOW TO GET THE BEST OUT OF THIS COURSE

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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.



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# SYMPTOM CHECKLIST



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Circle the Symptoms of Dis-Ease you are experiencing.

Mark with a number between 1-5, 1 being mild and 5 being severe.

Repeat each month while following the program

Date: \_\_\_\_\_

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|--|--|
| <input type="checkbox"/> Constipation          | <input type="checkbox"/> Headaches                         |
| <input type="checkbox"/> Diarrhoea             | <input type="checkbox"/> Migraines                         |
| <input type="checkbox"/> Bloating              | <input type="checkbox"/> Weight Issues too light/too heavy |
| <input type="checkbox"/> IBS/IBD               | <input type="checkbox"/> Blurred Vision                    |
| <input type="checkbox"/> Colitis               | <input type="checkbox"/> Cloudy Thinking                   |
| <input type="checkbox"/> Crohn's               | <input type="checkbox"/> Issues Sleeping                   |
| <input type="checkbox"/> Diverticulitis        | <input type="checkbox"/> Lack of Concentration             |
| <input type="checkbox"/> Gas                   | <input type="checkbox"/> Gum Bleeding                      |
| <input type="checkbox"/> Abdominal Pain        | <input type="checkbox"/> UTI                               |
| <input type="checkbox"/> Body Odour            | <input type="checkbox"/> Erection Difficulties             |
| <input type="checkbox"/> Acne-Psoriasis        | <input type="checkbox"/> Nagging Cough                     |
| <input type="checkbox"/> Other skin issues     | <input type="checkbox"/> Mood swings                       |
| <input type="checkbox"/> Dry skin              | <input type="checkbox"/> Cancer                            |
| <input type="checkbox"/> Lethargy              | <input type="checkbox"/> Auto-Immune                       |
| <input type="checkbox"/> Depression            | <input type="checkbox"/> Diabetes                          |
| <input type="checkbox"/> Anxiety               | <input type="checkbox"/> Liver Disease                     |
| <input type="checkbox"/> Lack of Libido        | <input type="checkbox"/> Stomach Ulcers                    |
| <input type="checkbox"/> Body Pain             | <input type="checkbox"/> Reflux                            |
| <input type="checkbox"/> Muscle Ache           | <input type="checkbox"/> Swelling in legs, feet, arms      |
| <input type="checkbox"/> Premenstrual Symptoms | <input type="checkbox"/> PCOS                              |
| <input type="checkbox"/> Menopausal Issues     | <input type="checkbox"/> Infertility                       |

# Module 1

# YOUR THREE BRAINS

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 authenticity. It'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

TO DO

TO DO

ACTION STEP FROM THIS MODULE

NOTES



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# JOURNAL PAGE



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Date: \_\_\_\_\_

## TODAYS POSITIVE THOUGHTS

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Sleep: \_\_\_\_\_

Elimination: \_\_\_\_\_

Energy: \_\_\_\_\_

Activity: \_\_\_\_\_

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## EMOTIONS

What are you wanting to let go of today?

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## INSIGHTS

Note any personal insights about your well being today?

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## WATER

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## FERMENTED FOOD

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"Feel the sun on your face, the earth beneath your feet and the love in your heart" Sue Wilson