

The Gut Health Reset Checklist

Because healing your gut starts with doing less — not more.

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STOP DOING

- Cutting out more and more foods without knowing why you're reacting
- Taking supplements you found on social media without testing first
- Adding a new protocol every time something doesn't work
- Calling your symptoms "normal" because you've had them so long
- Trying to eat "perfectly" and beating yourself up when you can't
- Ignoring stress, sleep, and how you eat in favor of what you eat
- Shrinking your diet down to fewer and fewer "safe" foods

START HERE

- Get curious about what's actually going on — testing over guessing
- Audit your supplement list — if you don't know why you're taking it, pause
- Focus on adding diversity back into your diet, not restricting more
- Pay attention to when and how you eat — not just what
- Treat symptoms as data, not failures — your body is communicating
- Prioritize sleep and stress management as gut health foundations
- Work with someone who looks at the full picture — not just food logs

*"The goal isn't a smaller and smaller list of 'safe' foods.
The goal is a gut that can handle real life."*

Ready to stop guessing and start getting answers?

Book a consultation at reneeclerkin.com or DM me "GUT" on Instagram to get started.

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