

GUT AND HORMONE

Reset



Hello! so happy that you're here

If you want to optimize your gut health, hormones, and metabolism – then you're in the right place!

This program will show you how to master your metabolism through your microbes (AKA your GUT HEALTH).

By harnessing the power of your gut you will transform your body for good – without restrictions, calorie counting, or endless gym time.

Your microbes have the power to clear your brain fog, improve your energy, and help you drop extra belly fat so you can finally feel great in your body and mind.

Hey! I'm so happy you're here

I'm Kylie, your hormone and gut health dietitian, and the face behind Within Nutrition.

My story went a little like this: I tried the vegan diet and wrecked my hormones, tried the keto diet and ruined my gut, and tried the paleo diet and ruined my blood sugar. I gained 15 pounds after implementing all the "health" advice.

I knew I had to do something differently. So I got my Bachelor of Science in Physiological Science at UCLA in order to understand the body, and my Master in Human Nutrition at Columbia University, so I could teach you how to understand YOUR body.

I wish I had this guidance when I was on my wellness journey. Guidance on how to find food freedom while still hitting all of my physical and mental goals.

Which is why I created the Key3 Method, that's worked for hundreds of my clients, and now will hopefully work for you, too.

Xo,
Kylie



before we get started.....
Connect with me!

I love hearing from you so DM me with any
questions or comments
@within.nutrition

& tag me in your creations, wins, or habits!

Click here to
stay connected



How is this program set up?

The program is divided into three sections:

✓ *To Know*

Here you'll find the science of how your metabolism works!

✓ *To Do*

Here you'll find all of the actionable steps and tools! Part of it you'll find here, and the rest on the online program.

✓ *Easy Tips*

You'll find this part on the online program

Program *Overview*



TO KNOW:

- the science: gut metabolism axis
- prebiotics, probiotics, polyphenols
- the Key3 combo



TO DO:

- Phases I and II
- master your morning with a Key3 smoothie
- implement a Key3 lunch
- implement Key3 dinner

TO KNOW *section*



1

YOUR GUT METABOLISM AXIS

the missing piece of your health and weight
loss journey



“

All disease
[and metabolism woes]
begins in the gut

~Hippocrates
(The Father of Medicine)

The Gut-Metabolism Axis

Why you should care more about microbes than calorie counting or dieting

What is the microbiome/the gut?

Your microbiome refers to the trillions of microbes (bacteria and fungus) that live in your large intestine. They influence your hormones, immune system, mood, weight, etc. The microbiome is often referred to as the second brain.

What is your metabolism?

Your metabolism is all the chemical reactions that go on in your body to keep you alive and vital. Yep, your metabolism is more than just the rate at which you excrete! A healthy metabolism means you easily maintain a healthy weight without counting calories, restricting, or dieting. Looking good becomes effortless and also feels great in the process. You have high energy, good sleep, great digestion, and low stress.

OPTIMAL GUT HEALTH = OPTIMAL METABOLISM

This is true whether you suffer from digestive issues or not!

Why Your Microbes Matter for Metabolism

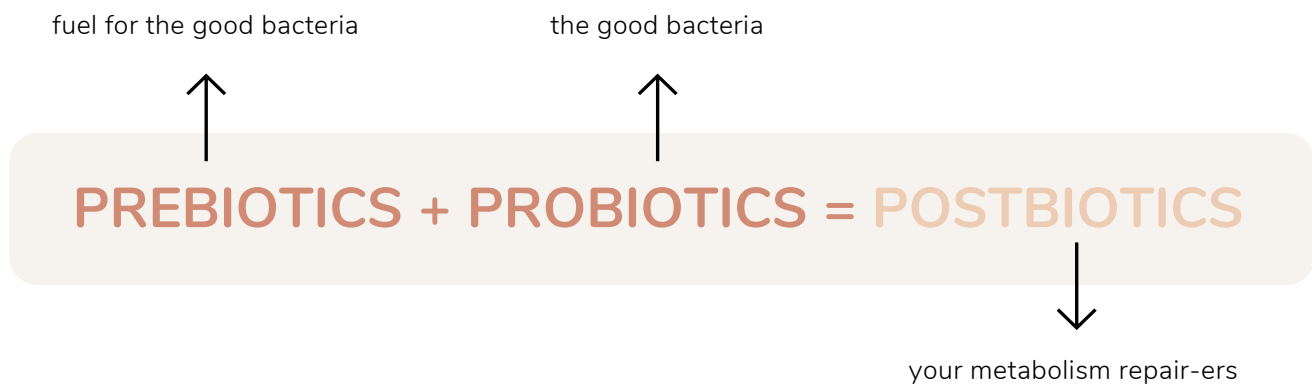
- ✓ When our gut microbes digest fiber, they make chemicals that impact our appetite. These chemicals (short-chain fatty acids or postbiotics) travel to our brain and tell us that we've had enough. This then stops the release of ghrelin (our hunger hormone) and increases the release of leptin (our "I'm satisfied" hormone). This is why people with a healthier gut have better weight regulation regardless of caloric intake, demonstrated in the 2019 POUNDS study.
- ✓ Our gut microbes are also involved in energy conversion. They influence how many calories we actually get from our food, a process known as energy harvesting. A diverse and healthy microbiome leads to less calories being absorbed from food - which is why some people can eat all day and stay slim, while others put on weight after one meal.
- ✓ Microbes can turn on genes in your body that influence fat distribution, as well as glucose and fat production in the liver.
- ✓ Finally, they influence our taste receptors and mood, all of which impact our food choices and eating patterns.

Think of your gut as a battlefield

Gut health can seem complicated...but it doesn't have to be.

Your good microbes and bad microbes are at war. Increasing the good microbes is like sending more soldiers to the battlefield. With enough of these soldiers, you will win the war and overthrow the harmful microbes in power. Once the good microbes are in power, they can start the process of repairing the damaged battlefield so your metabolism can recover.

Winning the battle can be simplified into this equation



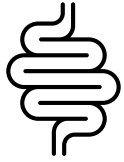
the magic formula for a healthy gut

If you win the battle (with the help of prebiotics and probiotics), your bacteria will thank you by producing more postbiotics. These are your protectors or metabolism repairers.

This is the closest you'll get to a magic formula for digestion, weight loss, and improved energy levels.

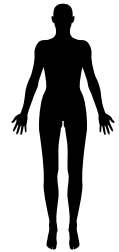
If you WIN the battle...

The good microbes will be in power which will:



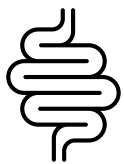
- Produce anti-inflammatory short chain fatty acids
- Maintain the integrity of your gut lining
- Aid in food breakdown and nutrient absorption
- Produce vitamins like vitamin K, biotin, B12
- Produce neurotransmitters like serotonin
- Improve hormone recycling

You'll experience a fired up metabolism. Your hormones will be balanced. Your skin will glow. You'll be energetic. You'll look better and feel better.



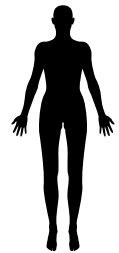
If you LOSE the battle...

The bad microbes will be in power which can lead to:



- Nutrient malabsorption
- Increased toxin production
- Hormone dysregulation
- High cholesterol
- Thyroid dysfunction
- Autoimmune disease

This is known as dysbiosis and will make you experience weight gain, mood swings, acne, and digestion issues such as bloating.



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PREBIOTICS, PROBIOTICS, POLYPHENOLS

your gut-metabolism arsenal

PREBIOTIC FIBER

Fuel for Your Soldiers



What is Prebiotic Fiber?

PREBIOTICS + PROBIOTICS = POSTBIOTICS

Prebiotic fiber is fuel for your microbe soldiers. Specifically, they are compounds in food that induce the growth and activity of beneficial microorganisms such as bacteria and fungi in your gut.

Since prebiotic is a feature of fiber that helps to feed microbes, we will refer to 'prebiotic fiber' and 'fiber' interchangeably.

WHY DO WE NEED PREBIOTIC FIBER?

Just like you, your microbes need food to thrive. The only food that they can eat is fiber. Why? Because fiber is the only food your body can't break down or absorb. So it travels down to your gut where your microbes happily feed on it.

Bonus: this also means you don't absorb any of the calories from fiber!

FERMENTATION OF FIBER

When your microbes feed on fiber, fermentation occurs. This creates the beneficial postbiotics that help with metabolism, energy, mood, and fat distribution (we touched on this in the gut metabolism axis).

Where does prebiotic fiber come from?

6 MAIN PLANT GROUPS

Fiber comes from plants in their natural form. Each plant has many different types of fibers.

So to feed your microbes, we will focus on fiber from the plant groups below. We list a few examples here, but in the TO DO section you'll see a more comprehensive list!

fiber groups

some examples

Vegetables

cruciferous, green leafy, mushrooms, garden veggies, sprouts

Fruits

berries, citrus, kiwi, pears, apples, green bananas

Legumes

lentils, black beans, white beans

Nuts and Seeds

chia, flax, hemp, pistachios, walnuts, almonds, brazil nuts, cashews

Fresh Herbs

parsley, cilantro, basil, mint

Whole Grains

quinoa, buckwheat, barley, millet, amaranth

Are some plants better than others? You don't have to get bogged down by specific plants to focus on, since each one has unique fiber-filled benefits. However, if you want a list of plants with higher prebiotic power, we've got you covered below!



Powerful Prebiotics

All plants have fiber, but some have more prebiotic (fiber) power than others. So try to incorporate these where you can!

Remember this section is **TO KNOW** so don't worry about doing anything yet, we help you implement these in the TO DO and "to use" sections



PREBIOTIC POWERHOUSES

- leeks
- asparagus
- garlic
- onion shallots
- chicory root
- grapefruit
- pistachios (especially raw)
- apples
- green "unripe" bananas
- uncooked overnight oats
- beans and legumes (ideally soaked or sprouted)
- cooked and cooled rice and potatoes (these need to be cooled overnight but you can reheat before eating!)



GUT CHECK...IT'S A CATCH 22

Some of these higher prebiotic foods can cause more gas and bloating if you have a sensitive gut. However, some of the foods that cause bloating are actually the ones that will heal your gut and help your metabolism.

Think of this journey like lifting weights. You can't go from lifting 5 to 100 pounds quickly, otherwise you'll hurt yourself. You start with 5 pounds and increase slowly to strengthen your muscles. The same goes for your gut. Add prebiotics in slowly and steadily, and they'll work their magic without giving you symptoms!

Check out our "bloating tips" section!



Powerful Prebiotics

These prebiotic powders are simple yet powerful additions to your routine! I use them daily.



Chia and flax are an AMAZING source of fiber and prebiotics. The key is to GRIND them. Either buy pre-ground, or better yet, but them whole and grind at home. I use a little coffee grinder that I got an amazon for super cheap.

Can use these in smoothies, on yogurt bowls, or sprinkle on top of fruit.



ACACIA FIBER – super gentle prebiotic fiber that blends easily into water or any liquid. I add it to my matcha every morning and blend it with a hand blender. Can buy hand blender and acacia from Amazon!



Psyllium Husk – I take two of these when traveling or before going out to dinner if I know I won't have many veggie options at a restaurant. It's fiber and prebiotics in a capsule that will feed your good gut bacteria, decrease cholesterol, balance blood sugar, and help keep you full. Take with a large glass of water.

PROBIOTICS

Your Metabolism Soldiers



Probiotics

Your Metabolism Soldiers

Now that you know how to fuel your soldiers with prebiotic fiber, it's time to get more soldiers (probiotics) down to the battlefield.

PREBIOTICS + PROBIOTICS = POSTBIOTICS

Probiotics are the live and healthy microbes that produce the postbiotics - the molecules that optimize your gut health and metabolism.

You increase your probiotic count by feeding them prebiotic fibers, but it's also good to add some live microbes as well.

The best way to get probiotics is through food (*not supplements*)



- sauerkraut



- kimchi



- tempeh



- miso



- kefir



- yogurt (unsweetened grass fed greek yogurt)



- natto (if you're brave enough)



The most powerful source is sauerkraut. Even one tsp of sauerkraut brine has trillions of probiotics!

Probiotic supplements can also be a good addition to your gut routine!

It is best to focus on the foods above as your main source of probiotics. This is because probiotic foods naturally have a broad spectrum of friendly bacteria that are hard to replicate in a lab or bottle.

However, if you suffer from gut issues like persistent bloating, constipation, diarrhea, or other systemic issues (ie skin, thyroid, etc.) then you may consider adding a probiotic supplement.

Choosing the right probiotic is KEY

Probiotic supplements from the drug store or Amazon are generally useless. This is because they get destroyed by stomach acid. They are often also not the correct strains... meaning they're a waste of your time and money.

So to reap the benefits, you want to opt for one that's been clinically tested for safety and efficacy.

Our brand recommendations are:



To Protect Your Probiotic Soldiers

Try to Limit These Foods

We like to focus on WHAT to eat as opposed to WHAT NOT to eat however there are certain foods worth limiting. These foods are known to deplete your healthy microbes (probiotics) and feed the bad bacteria that can damage your metabolism.



Limit: refined sugar, artificial sugars, fruit juice

Replace with: whole fruit, natural sweeteners like monk fruit and stevia



Limit: alcohol, especially sugary cocktails (this doesn't mean that you have to completely avoid alcohol. Stick to one drink a couple nights a week max)

Replace with: sparkling water with a squeeze of fresh fruit (plus optional monk fruit) or a glass of red wine - we recommend Dry Farm Wines



Limit: conventional and processed meats, since they have added antibiotics, hormones, and chemicals

Replace with: grass-fed, pasture raised, and organic options



Limit: conventional dairy since it has added antibiotics, hormones, and chemicals

Replace with: organic, grass fed dairy options, or plant-based alternatives like almond milk, cashew milk, hemp milk, flax milk, and soy milk. Goat based dairy products are a great option as well!



Limit: vegetable oils (canola, sunflower, safflower, etc)

Replace with: extra virgin olive oil (best option!), coconut oil, avocado oil, ghee, grass fed butter



The more you protect your probiotic soldiers with fiber, the more they can withstand these offenses. Try to limit them as best as you can, especially in phase 1 so your gut and metabolism can heal faster!

POLYPHENOLS

extra ammunition for your
probiotic soldiers



Polyphenols

a little extra ammunition

Polyphenols are anti-inflammatory plant molecules that serve as extra ammunition for your probiotic soldiers. There are over 8,000 polyphenols! Some examples include flavonoids and phenolic acid.

Luckily by focusing on fiber rich foods you will already get plenty of polyphenols! Below is an additional concentrated list. Sprinkle them into your battlefield as a morale boost for your soldiers!

Polyphenol Foods in Focus

- Matcha
- Spirulina
- Dark Chocolate (ideally >85% Cacao)
- Herbs and spices
- Cinnamon
- Teas



**Ok so....I get that gut health is
key for my metabolism.**

**But is it JUST
gut health and fiber that are
important??**

Glad you asked! While the focus is on fiber and gut health, there are two other systems we need to touch on. This is why we developed the Key3 Method which is an easy and practical way to bring them all together.

3

THE KEY3 METHOD

a holistic method that will fire up
your metabolism for good

The Key3 Method

the key to your revved up metabolism

Now that you know that your gut is the key to a metabolism makeover, let's dive into the method that will help you optimize it with each bite.

The Key3 method means eating the Key3 foods in the right proportions.

What are the Key3 Foods?

FIBER, FAT, PROTEIN

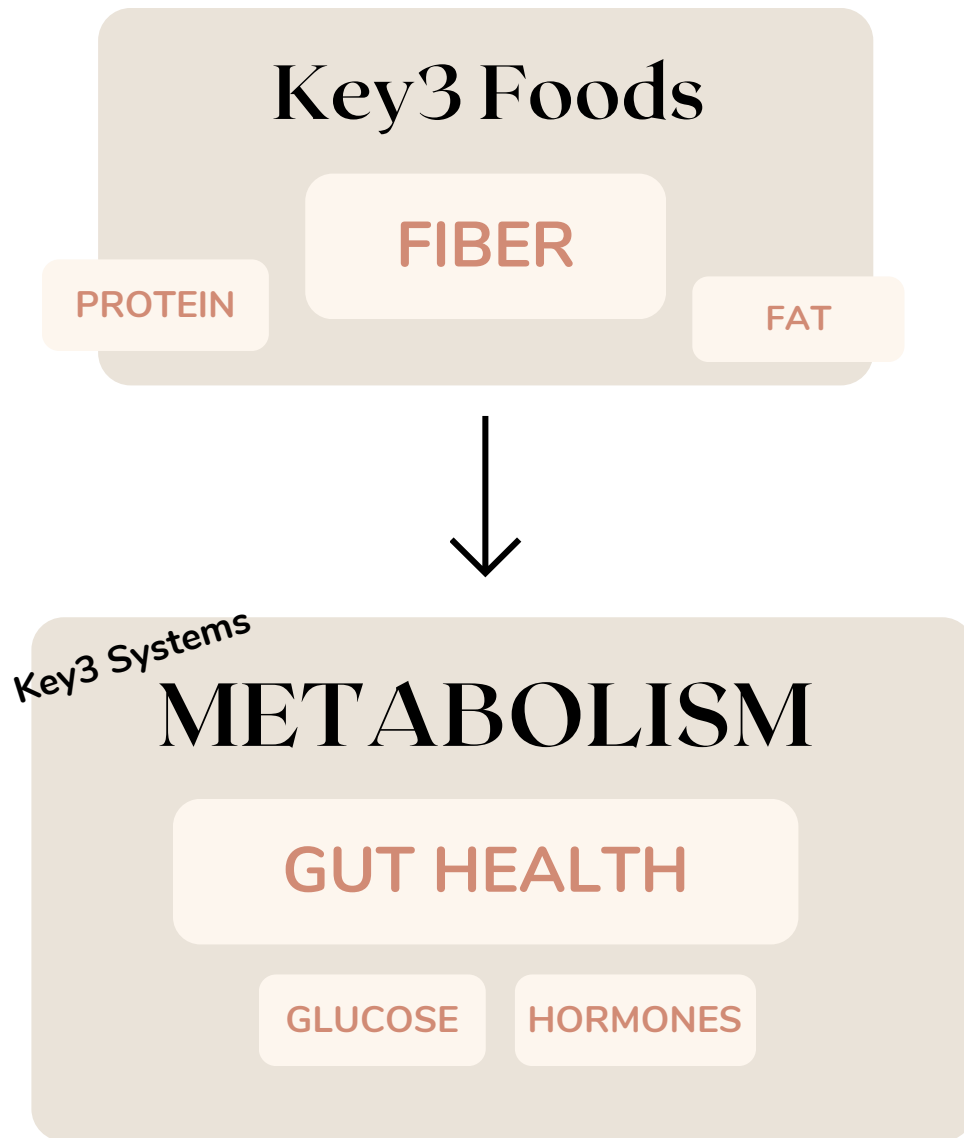
Wait, I thought we only talked about fiber, why are fat and protein listed?

Good question! While the focus is on fiber and gut health, we also have to keep the two supporting pillars of our metabolism in mind: glucose and hormones.

What are the Key3 Systems that support metabolism?

GUT HEALTH, GLUCOSE, AND HORMONES

Protein and fats will ensure a more stable blood sugar curve and proper hormone production.



To achieve your *Metabolism Makeover*
focus on Key3 Foods at every meal and snack!

Eating Fiber, Fat, Protein together

will lead to...

More Energy

by

Providing food for your microbiome, removing toxins from body, and infusing your cells with micronutrients, antioxidants, and phytochemicals

Weight Loss

by

Optimizing your gut health, blood sugar balance, and hormones

Increased Satiety

by

Signaling to your brain that you're full by increasing production of GLP-1 (your "I'm full" hormone) and CCK (your "I'm satiated" hormone). Stretches your stomach which stops the release of ghrelin (your "I'm hungry" hormone)

Decreased Cravings

by

Decreasing NPY (your "I'm craving carbs" hormone) and elongates your blood sugar curve

Enhanced Mood

by

Increasing dopamine (your "I'm happy" hormone)

Muscle Growth

by

Building blocks for your muscles (aka your sugar tanks)

Enhanced Focus

by

Elongating your blood sugar curve

Eating the Key3 will optimize your gut health as well as balance blood sugar and hormones, so you can heal your metabolism once and for all.

Just to Review

1 Optimal Gut health = Optimal Metabolism

Your gut is the missing piece to your metabolism health and weight loss journey.

2 Prebiotics + Probiotics = Postbiotics

These are the magic molecules you need to heal your metabolism.

3 The Key3 Foods: Fiber, Fat, Protein

Focus on the Key3 Foods to properly fuel the Key3 systems and fix your metabolism for good!

Now we'll dive deeper into how to apply the Key3 method to your life!

TO DO

section



PHASE I

metabolism reset



This program is broken up into:

Two Phases

Below is your weekly layout.

PHASE I

FAT BURNING PHASE

Week 1	Master your morning routine!	Explained in online membership site
Week 2	Add a Key3 Lunch	
Week 3	Add a Key3 Dinner	

Phase I helps your body make the metabolic switch. Reset your cravings and boost your metabolic flexibility AKA teach your body how to burn fat.

PHASE II

DIVERSIFY PHASE

Week 4 and on	Explained in online membership site	Explained in online membership site
Gut Health Superstar	Explained in online membership site	

You can flow back and forth between phase I and phase II depending on your lifestyle. Some people prefer to spend more time in phase I. Others go into phase II and then flow back into phase I when they need a reset (for energy, cravings, weight, etc.).

You learned all about the Key3 Method in the TO KNOW section and now you're going to put it into action during breakfast, lunch, and dinner!

We created the Key3 Method so you can use it whenever and wherever you are in life.

With the key3 method, you don't have to rely on strict recipes or meal plans. However, we provide some ideas in the membership site in case you prefer to follow them!

In the following pages you'll find guidance on your breakfast smoothie and the plate method for lunch and dinner.

start with your
morning routine



MASTER YOUR MORNING

with the Key3

How you start your day will be the most important part of your journey.

Your first bite sets the tone for your metabolism for the entire day - we cannot emphasize this enough!

**EAT A KEY3 BREAKFAST DAILY
13-18 HOURS AFTER YOUR LAST BITE OF DINNER**

If you feel sluggish in the mornings, this is your ticket to more energy.

Start your day the Key3 way, and you'll experience better digestion and metabolism, and higher energy all day long.

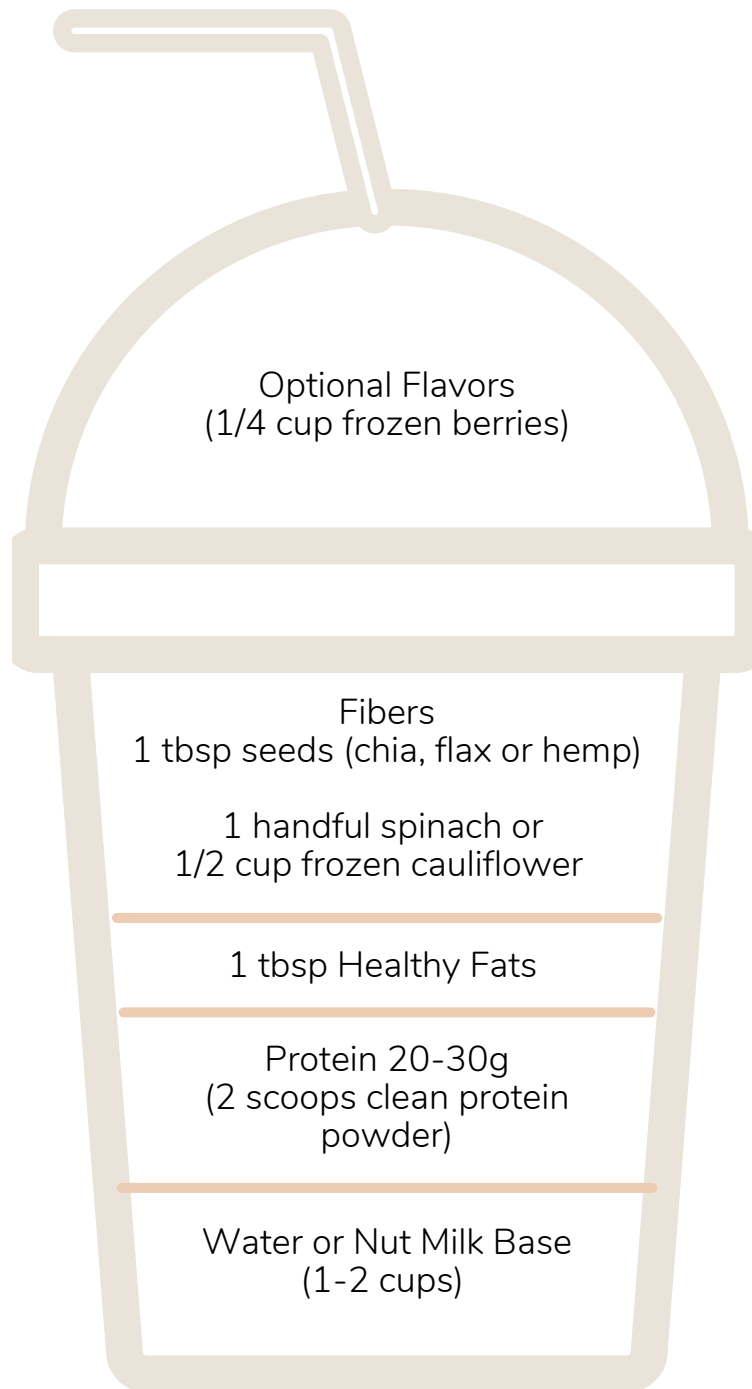
You do not have to eat breakfast right when you wake up, but be mindful to break your fast with a Key 3 combo.








The best way to do this is to make a Key3 Smoothie!

Your Most Powerful Tool

The Key3 Smoothie



Key3 Smoothie Ingredients

<p>BASE</p>	<p>Unsweetened nut or seed milks (4 ingredients max) or water</p> <p><u>Click here for Key3 Smoothie ingredients!</u></p>	<p>1-2 cups</p> <p>Avoid oat milk, rice milk, or other grain milk</p>	
<p>FIBERS</p>	<p>FIBER 1: Choose 1 of these: seeds (chia, flax, or hemp) or fiber powders (acacia or psyllium husk) AND</p> <p>FIBER 2: Choose 1 of these: organic spinach (fresh or frozen), sprouts (any kind), or frozen cauliflower rice</p>	<p>FIBER 1: 1-2 TBSP</p> <p>FIBER 2: unlimited</p>	
<p>HEALTHY FATS</p>	<p>Nuts or unsweetened nut butters, oils (MCT oil, coconut oil, olive oil), or avocado</p>	<p>1-2 tbsp</p>	
<p>PROTEIN</p>	<p>Organic Pea Protein Powder, Grass Fed Whey, Grass Fed Beef Protein, or Collagen Peptides</p>	<p>20-30g no sugars added</p>	
<p>FLAVORS</p>	<p>Frozen berries, cacao powder, spices (i.e. cinnamon), herbs like mint, cacao nibs, flavored collagen creamers, adaptogens</p>	<p>Fruit 1/4 cup max</p>	

You can either make your own version using this template, or check our fun Key3 Smoothie recipes at the end!

Keep your Key3 Smoothie ingredients stocked at all times! They can all be non-perishable and stored in a freezer or pantry so that you always have them at your dispo



What time should you have your Key3 Smoothie?

Ideally, a minimum of 13 hours after your last meal. You can also wait up to 16 hours if that feels good for your body. Sticking to these times is more critical in Phase I, and you can be less regimented in Phase II.

WHY?

Maintaining an overnight fast is important for blood sugar regulation and cleansing your gut .

But listen to your body. If you usually eat first thing in the morning, perhaps try having breakfast 30 minutes later or dinner 30 minutes earlier each week and see how you feel. Then, continue to make your overnight fast a bit longer. If you need to rush out to work, put your smoothie in a thermos!

WHAT CAN I HAVE IN MY FASTING WINDOW?

You can still have black coffee or tea in the fasting window. You can also add some fiber powder to it like Acacia Fiber that easily mixes in with a hand blender and pushes your hunger! Add less and less creamer or milk to your coffee each day and you'll see how your taste buds quickly adapt to clean, black coffee!

CAUTION ON FASTING, PLEASE READ!

Avoid long fasts for a long period of time. Fasting is a great tool to help you make the metabolic switch from fat storing to fat burning and to reset the gut. However, long term fasting can drive up cortisol and lead to hormonal disruption. Use this as a tool in phase I, but pull back during phase II. Remember you can also flow back into phase I as needed. During your menstrual phase, do not fast more than 12 hours overnight. Make sure you are extra nourished, relaxed, and rested.

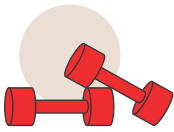
Example Morning Routine



Wake up 7am



Hydrate!



8am short workout (depending on menstrual cycle)



9am Key3 smoothie



Gut Healthy Coffee/Tea

Mastering your morning routine is KEY and sets the tone for your whole day.

So commit to making the Key3 Smoothie daily.

Remember that ONE goal at a time = more success than multiple goals together!

Focus on your morning routine and smoothie first, then move on to the rest of the program.

The rest is inside of the
online program, that you
get access to for FREE!

See you inside the program!

**Just CLICK HERE to claim
your free access!**

