



*WELCOME TO*

# THE PHASE IV GUT RESET

## OPTIMIZE YOUR GUT MICROBIOME

The healthy bacteria in your gut is the key to a truly healthy body and immune system. Improve your digestion, immune function, and overall health and well-being with this microbiome based nutrition plan.



# ABOUT PHASE IV

PHASE IV has been improving the health and fitness of people of all ages and abilities for nearly two decades to empower clients to redefine their relationship with their bodies and help regain control of how it works. PHASE IV has been voted best in LA and has conducted studies for the National Institute of Health, Sketcher's Performance running shoes, and UCLA's Geffen School of Medicine. At PHASE IV you reach your goals with personalized scientific assessments, training, and nutritional guidance tailored to your physiology. We focus on building a strong body and metabolic efficiency vital to weight management, injury prevention, and performance in life and sport. PHASE IV is staffed by Exercise Physiologists and Physical Therapists guided by medical supervision. As a team, we implement a comprehensive plan to achieve your life, health, and fitness goals.

## OUR VISION

Believe it or not, our gut microbiome is intimately involved in many bodily processes from proper digestion, assimilating nutrients, preventing disease, and strengthening your immune system against disease and infection. As Dr. Robynne Chutkan, founder of the Digestive Center for Women and the author of "Gutbliss" expertly puts it, *"You're only as healthy as your gut bacteria!"* Our goal is to provide you with the tools you need to understand what makes a healthy gut microbiome, in order to improve your mental and physical health. The following are guidelines on how to make your microbiota flourish in a safe and sustainable way.



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# About Shelby



Shelby Stoner, M.S., E.P is an Exercise Physiologist and Certified Pelacore Instructor at PHASE IV, and a graduate of Adelphi University in Long Island, New York. She moved to New York from Anchorage, Alaska to attend school at Adelphi and major in Exercise Science. Shelby played volleyball for Adelphi, an NCAA Division II University, throughout her undergraduate career claiming two Northeast-10 Championships, four NCAA tournament appearances, and All-American accolades. After graduating with her BS in Exercise Science, she went on to complete her Master's Degree in Exercise Physiology while working in the Exercise Science Department at Adelphi gaining experience in metabolic and stress testing, cardiac rehabilitation, and working with elite athletes. At PHASE IV, Shelby implements and analyzes Body Composition Analyses, Resting Metabolic Rate and VO2 Tests to develop exercise and nutrition programs based on each client's unique physiology and personal goals. Since joining the PHASE IV team, Shelby has worked with a wide realm of clientele from weekend warriors to professional Track athletes and MMA Fighters, while utilizing her knowledge of performance exercise prescription and clinical applications.

# About Chelsea

Chelsea Garcia, M.Ed, ACSM- EP graduated with her Master's Degree in Exercise Science from Wichita State University in Wichita, Kansas. She is a Certified Exercise Physiologist through the American College of Sports Medicine and a Certified Pelacore Instructor. She has experience working in a variety of physical therapy settings, including outpatient orthopedic, pediatric, and pelvic floor rehab.

At PHASE IV, Chelsea utilizes metabolic testing to design exercise and nutrition programs to her client's individual physiology. Chelsea enjoys helping people meet their health and fitness goals through specific exercise prescription and nutrition. Chelsea works with a wide variety of clientele at PHASE IV from kids and older adults to professional athletes. In her free time, she enjoys playing recreational sports and coaching gymnastics at a local gym.



## THE PHASE IV GUT RESET

# Welcome Wellness Shot

## JAMU JUICE IMMUNITY SHOT

*An Indonesian Anti-Inflammatory Elixir*

**Ingredients:**

- 1/2 cup Fresh Turmeric Roots, rinsed, sliced thinly
- 3/4 cup Fresh Ginger Roots, rinsed, sliced thinly
- 4 cups Water
- 1-2 tbsp Honey or Maple Syrup
- 2 tbsp Fresh Lemon Juice
- 1/8 tsp Black Pepper

**Instructions:**

- Blend for 1 minute and then let stand for 1 minute.
- If you like a smooth consistency, strain using a cheesecloth or french press.
- Pour into a jar and store using an airtight lid in the fridge.
- Serve by pouring 1-2 oz in a small glass for a daily boost of anti-inflammatory and immunity properties.



*This is a great daily shot for your gut health and immune health. Also a nice and cheap alternative to buying immune shots at expensive juice bars!*

*Recipe from Andrea Hannemann or @EarthyAndy*





# THE PHASE IV GUT RESET

*Week One  
Meal Plan*

*Breakfast*

*Lunch*

*Dinner*

*Monday*

**Coming**

*Tuesday*

**to the**

*Wednesday*

**online**

**store**

*Thursday*

**soon!**

*Friday*

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*Breakfast*

*Lunch*

*Dinner*

*Saturday*

*Sunday*

**Coming**

**to the**

**online**

**store**

**soon!**

*Weekly Notes*

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# DISCLAIMER

Any application of the recommendations set forth in this guide or meal plan is at the reader's discretion and sole risk. The information provided within is intended to be general knowledge and does not include specific individualized information or a personalized nutrition program, nor is it intended to be taken as medical advice. Not all pictures in this guide fully represent the recipes in which they are paired, and are not owned by PHASE IV. For personalized programming tailored to your own physiology, please schedule a consultation with one of our professionals. We offer in-house consults at our facility in Santa Monica ([info@phase-iv.com](mailto:info@phase-iv.com)) or phone consults at (310) 582-8212. Do not rely on information gathered herein as a substitute for medical advice or consultation with a medical professional. With the purchase of this program, you acknowledge you have read and agree to this statement.

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# PHASE IV SCIENTIFIC HEALTH & PERFORMANCE CENTER

PHASE IV, optimizes individualized health, fitness, nutrition, injury prevention, weight management, and performance under one roof, in a sports medicine exercise laboratory where metabolic and structural physiology are inseparable. PHASE IV Scientific Health and Performance Center in Santa Monica, is considered the “Whole Solution” to health and fitness, and is an international destination for performance athletes.



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