



**DR. KATIE**  
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# G Reset Program

**YOUR GUT'S CHANCE TO REBOOT**

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# Take a deep breath. You're in the right place.



To access the recipe book & supplements I recommend for the G Reset Program, visit the [G Reset Program Resource page](#).

Welcome to my **G Reset Program - Your Gut's Chance to Reboot**. I'm so pleased you found your way here and I can't wait to see how far you go!

The purpose of the G Reset is to give you a break from foods you probably eat daily without a thought. In my practice, I've found that *food can either be our best medicine or our worst irritant*. If you experience symptoms that you have even the slightest feeling might be due to your diet, the G Reset is for you. Even if you're not sure but want to give a lower inflammatory diet a try, this is also for you....It's only 30 days, right?

Remember: There is no perfect way of eating for everyone. There IS, however, an ideal way of eating for you - that is a way which feeds and fuels you and also allows you to be at peace with your body.

- Dr. Katie

# G Reset Overview



## Duration

Plan to spend at least 30 days on the G Reset avoiding the foods listed below, and even longer if you're still making progress! Be sure to **track your process** - see if you notice changes in your skin, energy, digestive health & mood. Once you complete the avoidance, start a careful **reintroduction** (see page 5).

Wonder what you'll eat? [Check out the G Reset Recipe Book](#)



## Diet

On the G Reset, the goal is to *reduce potential dietary irritants*.

*Remember to go easy on yourself ... aim for an adherence rate of 80%. Do your best.*

### Avoid

- All Dairy
- Refined and Added Sugar
- All Gluten Grains
- White rice
- White bread & Pasta
- Fruit Juice
- Dried Fruit
- Eggs
- Soy
- Peanuts
- Shellfish
- Alcohol
- Caffeine (green tea is OK)
- Processed Meats
- Grain-fed/Non-Organic Meats
- Carrageenan
- Maltodextrin
- Food Flavoring Additives
- Artificial sweeteners (aspartame, sucralose, etc)

### Extra Credit:

*If you suffer from joint or body pain or acid reflux, also avoid nightshade vegetables: Tomatoes, Bell Peppers, Hot Peppers, Eggplants, White Potatoes & Tomatillos.*



## Drink Water

Most people don't drink "enough" water, but what does "enough" mean? For many people that means drinking about half your bodyweight in ounces of water (80 oz for a 160 lb person).



## Keep Your Tummy Happy

Starting the G Reset can throw your system out of balance temporarily. When starting the G Reset, you may experience:

- Gas & Bloating
- Stomach Upset
- Constipation
- Diarrhea

**What can you do?** Track your symptoms, Eat more cooked foods, Drink ginger tea daily & Try out the **suggested supplements**.



# G Reset Supplements

Make the most of your G Reset 30+ days by adding supplements!

## G1 - Gut Healing

G1 is a great product to take on the G Reset. This product can encourage tissue healing and gut lining regeneration.

Taken every day on the G Reset, it's the perfect companion to your healthy lifestyle.



## G3 - Digestive Power

The second step is to strengthen the power of your digestive system with G3. When you take digestive enzymes, they help your natural digestive juices do their job.

## G5 - Friendly Microbes

The final product recommended on the G Reset is G5 to boost the amount of friendly bacteria in your gastrointestinal tract. Probiotics can help strengthen your immune system, calm inflammation, promote healthy mood and prevent infections.



*Find these supplements  
and more on the  
[G Reset Resource page](#)*

# G Reset Food Reintroduction

## Purpose



While you avoid foods on the G Reset, your gut has a chance to heal, repair and regenerate. Reintroducing foods once the 30+ days are complete should be a careful process to test out which foods you tolerate well and which ones you might not.

## How to Reintroduce - The 3-Day Protocol



1. Choose a food you've missed the most or a food which would make the most sense to reintroduce (i.e. dairy before a trip to Europe).
2. Eat this food several times over 2 days -- choose a food in its purest form (for example: just mozzarella not a piece of pizza).
3. The day afterward (day 3) stop eating this food and go back to the previous diet.
4. Watch for symptoms each of the three days and record them .
5. If you experience symptoms at any time over days 1, 2 or 3 don't test another food until these symptoms subside. What qualifies as a symptom? Anything that is out of the ordinary for your body (change in bowel function, headaches, change in energy/mood, skin quality, stuffy nose, etc). This can be tricky -- do your best here.
6. If you don't experience any symptoms over these three days, you're welcome to put that food on the "OK" list and try the next food in line.
7. Follow this pattern until you've sufficiently tested all the foods you wish to test.

## Special Notes



- For complex foods (i.e. dairy foods), you will want to test only the types of these foods you wish to commonly eat.
- Do not test foods you already know you don't tolerate well or have a sensitivity to.
- Do not try reintroductions when you're feeling unwell or excessively stressed.



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