# Julia Loggins

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Give Yourself or a Loved one the Gift of Gut Health this Holiday Season

- Tips & Tricks to Minimize Holiday Weight Gain

+

Discover Gifts & discounts *from Julia for this Holiday Season,,



# IT TAKE GUTS TO SURVIVE THE HOLIDAZE

## Holiday Gut Health Guide

by Julia Loggins, Author & Coach

# Introduction

## Dreading the holidays?

*Prepare Your Gut for the Onslaught of Holiday Treats*

Is your memory of previous Thanksgivings a that your belly was more stuffed than the turkey?

Do fear you will not be able to slip on your favorite dress, or zip your pants after feasting? To gain weight at any time of year can be depressing. However, food addictions surge during the holidays.

## How to avoid sweets & weight gain

How it starts. A friend or family offers a gift of sweets and you feel obliged to consume. Later on, a neighbor brings by their favorite dish (macaroni & cheese?) and your resolve weakens, but you taste "just one bite. This habit may grow until New Year's Eve, when your metabolism is sluggish and you realize your party outfits no longer fit.

If you are prioritizing your gut health, and afraid to "blow it" over the holidays, the It Takes Guts to Do the Holidays, Holiday Gut Health Guide, is introduced in this blog. If on my newsletter list, you'll receive a free download of this guide, as my gift to you this season. However, in this blog are practical tips to revel in holiday spirit without sacrificing your health, waistline, or budget.

## Prepare for a Zero-Bloat Holiday

This concept begins with using digestive enzymes after every protein meal. Stock up on Enzyme Energy now. Since my shipping department is not Amazon, we do not ship overnight for free. I get so many SOS's during holidays asking for product delivery ASAP. Although we do the best we can, an extra cost for overnight shipping is necessary. Consequently, it's best to order now to keep from running out—not wait until invited to an unexpected family potluck.



# Warm Holiday Greetings from Julia Loggins

Friends, this ***Holiday Guide to Gut Health*** represents my desire to support you in your goal to become pain and symptom free.

I firmly believe that achieving gut health need not cost a fortune. The burden of gut issues is pricey enough. The resources below are my gift to you, and anyone you know who might truly benefit.

Education and gut health is essential for the healing journey. I warmly invite you to explore the following resources, downloads and discounted services. Thank you for trusting me with your gut health, and for your commitment to your own self-care.




**DARE TO DETOXIFY BLOG:** find in-depth, research-based articles and informative videos dedicated to gut health.




Additionally, join me for **ASK JULIA** on YouTube and **TikTok** every Friday and Sunday at 4 PM PST, where you can ask questions live during these engaging broadcasts.



**FACEBOOK GROUP**: Join nearly 500 gut health warriors as they exchange insights, share gut-friendly recipes, and discuss their journeys with Julia and her moderator, Nichol.

*Plus, until Jan 2026, enjoy exclusive offers and discounts:*



**Book a personal consultation** with me and receive the Gut Fixer Formula for frre--a retail value of $88, which includes 28 informative videos with 28 written module.s




**Bugs Be Gone:** Enjoy a 20% discount on our parasite cleanse, designed to purify your gut and restore its integrity.



**Gut-Friendly Holiday Recipes:** Free access valued at $9; check out pages 16-24.




**Coffee Enema Pack Sale:** Get a $75 package, which includes video guidance on performing a coffee enema at home, p[us audio copy of *It Takes Guts to be Happy,* and so much more, for just $19.95.



**Gut Fix Formula:** Free with a personal coaching session

**Total Savings: $160.60 Total Value: Absolutely Priceless!**

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# use food combining

## Does food combining help gut health?




Proper food combining practice is effective and powerful for reducing bloat, effortless weight loss, energy — and attaining a flat belly! My client Jane Lamp says, “I lost 15 pounds in 3 months just by food combining practice! Best of all, I did not count calories or change one other thing. I just followed Julia’s food combing chart, and it was so easy.” Another example, one of my clients, James Richards, lost 65 pounds and healed diverticulitis with food combining, and using The Happy Gut Cleanse. Excitedly, He reported that the weight melted off, and so did the tire around his belly. However, the best yet was the reduction of flares and pain triggered by his gut issues, now nearly nonexistent.

## How does food combining practice work?

The practice of proper food combining is based on the understanding of how digestion works. The body releases specific digestive enzymes for each food group. Interestingly, when many types of foods are consumed at once, enzyme production becomes confused and slows. Therefore, food sits in the stomach like a rock. That is one reason why digestive enzymes, such as Enzyme Energy, are quite helpful for digestion.

However, even with digestive enzymes, eating foods from multiple food groups — carbs, proteins, fats, and fruits, for instance —slows digestion and halts metabolism. Putting all the food groups together at once impedes digestion and can create bloat, weight gain, toxicity, inflammation, brain fog, and constipation.

How do you feel after Thanksgiving dinner? Many people spend the rest of the day on the couch. Much of this fatigue has to do with the many types of foods consumed on holidays, within one huge meal. Yet, most American cuisines are based on proteins, carbohydrates, and fats thrown together in one dish.

# use food combining

## Common USA negative food combinations

In America, the common bad food combinations are:

- **Eggs and toast**
- **Oatmeal w/ berries**
- **Sandwiches**
- **Pasta w/meat sauce**
- **Chicken and rice**
- **Steak and potato**




This is why so many people complain of obesity, blood sugar issues, and inflammatory disease. Their digestion is just not functioning optimally. Fortunately, proper food combining practice is one easy answer for healing digestive distress. This powerful concept was popularized by the 1990s best-seller Fit For Life, which documented this sensible understanding of digestive health.

## The solution for better digestion

Understanding food enzymes, plus the discovery of food combining, eased my digestive issues. At 22, I suffered relentless bloat, colitis, blood sugar issues, and severe low back pain. Walking through a bookstore one day— more focused on my gut pain than the latest bestseller—I discovered food combining through Judy Mazel's, The Beverly Hills Diet. This book was taking the country by storm!

## Try digestive enzymes for better gut health

Using the principles of food combining, my bloat disappeared, my gut began to heal—and so did my low back pain (the result of constant gas!)

Many years later, Harvey and Marilyn Diamond (*Fit For Life*) presented the food combining practice as a magic formula for weight loss. Desperately looking for anything to heal my relentless gas, bloating, and chronic lower backache, I found the best solution—food combining. This protocol transformed my health, and this simple tool may do the same for you.

# use food combining

## Food combining is body chemistry

Based on chemistry, food combining was developed in the 1930s by Dr. Howard Hay. This principle is grounded in human evolution. We became farmers only 10,000 years ago. Before that, we were hunters and gatherers. For breakfast, we may have eaten berries or wild nuts. By evening, we may have found wild greens or seeds—unless our ancestral hunters had luck catching a fish, bird, or found some eggs.

Therefore, the primal dinner table did not offer multiple courses that many of us enjoy now. The human habit was to eat nuts with seeds and to eat meat alone. Frequently, food was unavailable—hence regular fasting. Complex carbohydrates, such as wheat, rice, and beans, came later. This is why digestion is so challenging today.

To consume meat, beans, rice, salad, and fruit simultaneously seems normal to us now. Yet, bio-genetically, optimal digestion came from limited food combinations, eaten seasonally. Through the advent of farming, ranching, and food storage, combinations of foods have only become available in the last blip of human evolution.

## Food combining made simple

- **Ease into food combining with these simple rules:**
- **Eat proteins with vegetables.**
- **Eat carbohydrates with vegetables and fats.**
- **Eat fruit alone, 30 minutes before or two hours after meals.**

Blood sugar crashes occur when food is not fully and properly assimilated. Since eating many types of foods at once stresses the digestive system, no wonder people are exhausted rather than exhilarated after eating. This is especially frustrating when eating healthy foods with the intention of increasing energy and mental clarity.

Plus, with improper food combining, we may find that even fresh foods make us feel tired. That late afternoon coffee break becomes a critical energy booster and brain defogger. Indeed, many in our culture cannot imagine life without coffee or strong tea! This is the result of the fatigue caused by improperly combined foods.

# use food combining

## Benefits of a food combining practice

Properly combining foods is the best way to boost metabolism, activates weight loss and increasesenergy. When undigested food passes through the bowel into the blood and lymphatic system, it is not recognized as food. The fermenting mixture becomes a toxic substance that the body does not recognize and cannot use or eliminate and thus, a ***poochy*** tummy and *tire around the middle!*



After I learned how to apply orderly food combining practices, I experienced an episode which demonstrated the consequences of disordered food combining. Pregnant with my first child, I left home with a long to-do list and no lunch. Feeling like I was going to perish for lack of food; I bought a turkey sandwich with gluten-free bread at a local deli shop.

Feeling like I was going to perish for lack of food at midday, I stopped at a sandwich shop for a turkey sandwich (on gluten-free bread). Half an hour later, I was doubled over with relentless cramps, sharp pains in my chest and sweating. After three miscarriages, I was terrified.

In a panic, I called my functional medicine doctor. He agreed to see me immediately, and with a smile, said, “You are ***not*** having a miscarriage. You are making gas and indigestion!”

That may be the last meal I improperly combined! I am happy to share that since that time, those symptoms are part of a by-gone history of gut issues and inflammation.

## Suprizing benefits of food combining

What I love about proper food combining is that, at 69, my belly is flat and I do not get weight gain. If you believe that a bloated, distended belly is part of the aging process, it is not. Yes, hormones do affect weight and body shape. However, with proper food combining (and digestive enzymes) you can enjoy a slim, fit body—at any age!

Download the food combining chart on the next page, and in quickly, commit the simple principles to memory. You might discover, as I did, that this is one of the simplest, easiest ways to heal your gut, and love what you see when you look in the mirror your body.

use food combining

# Digestive enazymes for better digestion

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download free

Intentional food combining is a life-changing gut hack. My client Jane Lamp says, "I lost 15 pounds in three months just by food combining! I did not count calories or change one other thing. I just followed Julia's food combing chart, and it was so easy."

# Get a glat belly with food combining

Years later, Harvey & Marilyn Diamond ( *Fit For Life*) presented food combining practice as a magic formula for lasting weight loss. Desperately looking for anything to heal my relentless gas, bloating, and chronic lower backache, I found the solution—food combining. This protocol transformed my health, and this stool may do the same for you.



# Prime your digestion

## Is your diges ion working?

Let's face it, holidays are a time of celebration, but with celebration often comes indigestion. One of our best products that address indigestion is Enzyme Energy—restocked in the nick of time for the holidays! As my sweet mama says in her testimonial, "People often eat unhealthy foods during the holidays. If you have overeaten—as many Americans do—take two Enzyme Energy capsules to make your stomach feel good again!"

For example, do you ever experience:

- **Fatigue or sleepiness after meals**
- **Brain fog**
- **headaches**
- **Bloat or gas**
- **Constipation**
- **Allergies**
- **Food sensitivities**




These are symptoms of low hydrochloric acid (HCL)—the enzyme the stomach needs to digest protein. Research shows that 80% of adults do not produce adequate HCL. I highly doubt I digested a thing before I discovered digestive enzymes—they changed my life.

My nagging back pain, a symptom of gas, immediately disappeared, as did the stomach pain, cramps, and weekly migraines. My energy soared once I started taking digestive enzymes.

## Review of Enzyme Energy

★★★★★ 10/09/2

**Big relief**

After being diagnosed with diverticulitis, it's been a difficult road to recovery with little guidance o what truly helps. I started following Julia on TikTok and decided to try her supplements, the Colon Cleanse and Enzymes, and FINALLY found relief! I'm so thankful for the high-quality products and Julia's deep knowledge and expertise on gut healing. My bowel movements are now regular, my pain has decreased tremendously, and I no longer experience debilitating discomfort. I'm a custon for life. Please don't ever change the ingredients!

# Prime your digestion

## Good digestion essential to health & weight loss

Sustainable weight loss, speedy metabolism, and elevated moods depend on digestion. 95% of serotonin, the "feel good" neurotransmitter, is produced in the gut. In other words, when bellies aren't happy, we aren't happy. either. Consider that 80% of the immune system is located in the gut as well. Inflammation, the root cause of illness, sets the stage for digestive stress and lymphatic congestion. Symptoms of arthritis, allergies, headaches, and fatigue can be greatly reduced by healing the gut.




## Cleansing is key to efficient digestion

How can you begin to heal the gut? By cleansing and detoxification. The 21-Day Cleanse outlined in my books eliminates foods and substances most challenging to the gut and immune system. These include sugar, wheat, dairy, processed fats, and junk food, alcohol, coffee, and soda. This cleanse permits unlimited amounts of delicious, nutrient-rich foods such organic vegetables, clean organic proteins such as eggs, fish and chicken, as well as fresh vegetable juices, protein-packed smoothies.

I also teach how to detoxify your body through coffee enemas--in the privacy of your own home. Coffee enemas directly cleanse the liver and beautify the skin, the body's largest organ, and reduce symptoms of caffeine and sugar withdrawal. Our colons can hold 5-25 pounds of sludge, slowing our metabolism to a dead halt. And, efficient digestion becomes compromised. Removing that waste is a great boost to immune health, and is also a wonderful mood elevator.



# Prime your digestion

## Happy Gut cleansing tools & supplements

CONTINUED FROM HALEY ELDER

*My gut health was in crisis*, and no solution seemed to work—it all felt so sudden and unfixable. Then I found Julia's TikTok. I started following her advice and picked up her digestive enzymes and Happy Gut Cleanse. Within days, I felt relief. After weeks, my energy started coming back. Within months, I felt like myself again. Now, nearly two years later, I've been back to living my normal life for months. Foods that once triggered me—like salads and beans—are now part of my weekly meals with no issues. What I really needed was a gut reset, grounding, meditation, and most importantly, hope that I could take control of my own health. Julia's encouragement gave me that spark to keep going. I'm so grateful!

The Happy Gut Cleanse Are you one who experiences loose bowels--and often deals with this inconvenience even more during holidays? Both good and bad stress, multiple schedule changes. and risky cuisine can send a colicky colon to the porcelain throne—not once, but again and again. If you struggle with that, I have a solution. Happy Gut Cleanse is a colon cleanser, balancer ,and regular once-a-day doses can help keep your gut calm and stable.




## Parasite Cleansing

'Tis the season for a parasite cleanse! Get the bugs before the holidays. With a 20% saving on Bugs Be Gone, this is the time to say "good riddance" to bugs, bacteria, and parasites. You need not fast or skip meals to succeed with this cleanse. Just add Bugs Be Gone to your meals 1-2x a day for 21 days. This gentle but effective formula will help wipe out bugs and give bloat relief— especially if you suffer from an inflammatory gut condition.



# Gut-friendly foods

## What to eat or not to eat—that is the question!




Has your health practitioner declared that you will be stuck with gut dysbiosis for the rest of your life? Maybe the doctor has predicted your gut issues as incurable. If you read on, today will be your day to stop stressing. Today is the time to start learning to become pain- and symptom-free from gut issues. The first step is a gut-healthy diet which works.

And, although many medical practicioners send patients home after ER incidents with no food plan, some even proclaiming foods do not contribute to gut conditions, my 40 years of gut health coaching proves otherwise. In my experience, the Diverticulitus Diet, adds greatly to healing the gut. In this section, we learn about "leaky gut, unfriendly gut health foods, and I also include a gift of my Holiday Gut-Friendly Recipes.

Leaky gut develops when intestinal walls weaken, and toxins and bacteria move in and out of the gut. If you are experiencing an inflammatory gut condition—BS, diverticulitis, colitis, UC or disease, plus the following symptoms, you may have leak gut:

- **Bloating**
- **Weight gain**
- **Headaches**
- **Brain fog**
- **Constipation**
- **Fatigue**
- **Autoimmune**
- **Diarrhea**
- **Food Allergies**



# What exactly is a leaky gut?

Once thought of by many in the medical community as mythology, scientists are proving the dysfunction of leaky gut as a real syndrome. Dr. Steven Gundry is known for his advocacy around the concept of "leaky gut" (also known as increased gut permeability. Gundry advises that this condition is a contributor to autoimmune diseases, as he stresses the need to repair the gut barrier to improve overall health.

Harvard in their article, ***Leaky gut: What is it, and what does it mean for you?*** recognizes leaky gut syndrome and states "Inside our bellies, we have an extensive intestinal lining covering more than 4,000 square feet of surface area. When working properly, it forms a tight barrier that controls what gets absorbed into the bloodstream. An unhealthy gut lining may have large cracks or holes, allowing partially digested food, toxins, and bugs to penetrate the tissues beneath it. This may trigger bloat and inflammation and changes in the gut flora (normal bacteria) that could lead to problems within the digestive tract and beyond.

**REVIEW FROM AMY DIBONA**

*One Happy Gut: Mine*

For a long time my gut was very unhappy. Then it was a Saturday night, a little less than 2 years ago, I saw Julia talking on TikTok all about the gut and things started adding up. My gut really was unhappy! The word "Cleanse" had me concerned BUT I jumped onto cleansingforenergy.com and ordered it! The thought of losing the diarrhea made me so thrilled. The mail carrier came to my door with my box from Julia. I ripped it open and swallowed 2 capsules and I haven't stopped taking them since. I now longer experience cramps, gas, and I can brag about having the most normal looking poop around! Finally! I'm so regular now and feel great!

# Decription of a leaky gut & how it hapens

To better understand leaky gut, picture a long tube that resembles a strainer with tiny holes. When food does not properly digest in the stomach due to lack of HCL—it arrives undigested in the colon. There, it ferments, and basically rots which in turn, over time, leads to intestinal permeability.

Next, chemicals such as glyphosates—common in wheat, soy and corn, as well as processed foods—bore tiny holes into your gut. Between undigested food and chemicals, as well as parasites, bugs and bacteria, your gut grows vulnerable to a leaky gut process. That is why many people unknowingly fall victim to this condition. The American GI Association released statistics that 75% of Americans suffer from an inflammatory gut condition, including leaky gut.

# How to find gut-friendly whole foods online

Many people live in “food deserts.” That is an area where it is difficult to find fresh, organic food, sustainable ranched meat and wild caught fish. This can make it seem impossible to achieve gut health shopping. To that end, I have prepared a list of trustworthy online food purveyors. Even if you live in a town where it’s simple to find fresh food, sometimes it is faster to shop online:

**northstarbison.com**: Sustainable ranched bison; I buy the organ meat blends. They are so delicious, and bison is leaner, sweeter and has more protein than beef! Also, it is easier to digest.

**fodyfoods.com**: This company makes gut-friendly condiments without onion or garlic. If you have IBS or any inflammatory gut condition, check out their bottled sauces!

**bubblegoods.com:** Bubblegoods describes themselves as “Like Etsy for Healthy Foods.” They carry products from a variety of small companies that you might not find anywhere else.

**thrive.com:** one of the largest online grocers. They give discounts for larger orders.

**costco.com:** Costco is a national grocery chain that offers low-cost organic fresh and non-perishable food. Will ship.

**alaskasalmoncompany.com:** Will send you sustainably caught fresh-frozen fish; so delicious.

**thetinyfishco.com**: This little company will send you sustainable caught tinned fish—check out their recipes on Instagram and TikTok @thetinyfishco

**wildplanetfoods.com**: All types of sustainably caught tinned fish

**aldi.us:** Aldi is a large grocery store that ships healthy, clean, organic food

**localHarvest.org**: Community Supported Agriculture; your community likely has community supported agriculture programs that will deliver Seasonal, organic produce to you weekly.

**Rootsfarmfresh.com** Sends farm fresh foods


Julia's Gut-Healthy Recipes
GRAIN-FREE HEMP MUFFINS
Julia's Gut-Healthy Recipes
SWEET POTATO PIE
Julia's Gut-Healthy Recipes
SLOW-COOKED LAMB STEW
JULIA'S GUT-HEALTHY
HOLIDAY RECIPES

# Julia's Gut-Healthy Holiday Recipes

Stress, unusu l food choices, and travel often produce indigestion and discomfort—especially during the holiday season. The following gut-healthy recipe options will help you glide through life without bloat, constipation, or inflammation.

To gain weight any time of year can be depressing. However, food addictions surge during the holidays. At first, someone special offers sweets which you feel obliged to consume. Later, a neighbor brings by their homemade mac n' cheese and your resolve weakens but you taste "just one bite." This habit snowballs until New Year's Eve arrives, when your metabolism is sluggish and your coveted party outfits no longer fit.

These recipes allow you to feast while minimizing belly fat gains. They give you the strength to say, "No thank you ... that looks delicious, but I will have to pass. I hope you understand." If you want to explain that you are gluten-and-sugar-free and that your weight loss depends on healthier food choices, feel free. Yet, you are not obligated to explain. Sometimes the less said, the better.

If you have purchased these gut-healthy recipes within a package, two products included will help ensure a happy holiday gut—Enzyme Energy and the Happy Gut Cleanse. Take one Enzyme Energy capsule with each protein meal. The Happy Gut Cleanse is optimally used on an empty stomach. Start with two capsules at night, and take two more in the morning if needed.

May the holiday light burn bright in your heart this year. With love and gratitude for your presence in my life,

Julia Loggins





*Julia's Gut-Healthy Recipes*

# CORNISH GAME HENS

Game hens are a delicious alternative to turkey. Moist, easy to prepare, and baked with a golden crust—they are my family's favorite. The leftovers are ideal for shredding into salads or enhancing wok meals.

**Ingredients:**

- ✔ 1 game hen per person (organic if possible)
- ✔ 2 cloves crushed garlic (optional)
- ✔ 1/2 tsp sea salt
- ✔ 1/2 tsp black pepper or cayenne (optional)

**Sauce Mixture:**

- ✔ 1/2 cup agave syrup
- ✔ 1/4 cup orange juice
- ✔ 3 tbsp olive oil
- ✔ 3 tbsp grated orange peel or orange zest
- ✔ 1 tsp crushed grated ginger
- ✔ 1/2 tsp sea salt
- ✔ 1/4 tsp black pepper

**Cooking Instructions:**

Preheat oven to 400 degrees. Do not wash hens in the sink before cooking. Baking destroys all bacteria. Place game hens in baking dish. Sprinkle salt, pepper, and garlic over the hens, and inside the cavity of each hen. Cover with foil and bake for 30 minutes.

Uncover and baste with agave syrup mixture. Baste every 15 minutes till hens are fully cooked. Cook for 1 hour and 15 minutes. However, smaller hens will be fully cooked in 1 hour.

*Julia Loggins*

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*Julia's Gut-Healthy Recipes*

# RAINBOW ROASTED VEGETABLES

Roasted vegetables are naturally sweet and can be refrigerated for up to 4 days. This colorful dish is a Sunday favorite at my home served with leftover turkey or game hens. If you like, you may double or triple this recipe and toss the leftovers into salads.

This dish is amazing even if unable to include all vegetables listed below.

**Ingredients:**

- ✔ 1 lb beets, chopped into cubes
- ✔ 1 lb carrots, sliced
- ✔ 1 lb parsnips, sliced
- ✔ 1 lb winter squash, cut and cubed without skin
- ✔ 1 onion (optional)
- ✔ 1 bunch of leeks
- ✔ 1 tsp sea salt
- ✔ 1 clove of crushed garlic (optional)
- ✔ 1/2 cup olive oil

**Cooking Instructions:**

Place sliced and cubed vegetables into a bowl and toss with oil and seasoning. Place onto a baking tray and bake in the oven at 375 degrees for 45 minutes to 1 hour, uncovered.




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*Julia's Gut-Healthy Recipes*

# WHIPPED PARSNIPS WITH FRESH HERBS

Parsnips are a delicious low-carb potato alternative. Sweet and spicy, parsnips complete any protein meal. Although cauliflower is popular as a non-grain side dish, all cruciferous vegetables often cause bloat and inflammation. Whipped parsnips are a bloat-free choice.

**Ingredients:**

- ✔ 1 lb fresh sliced parsnips (can be doubled or tripled)
- ✔ 1/3 cup butter, ghee, or healthy mayo
- ✔ 1/2 tsp sea salt
- ✔ 1/2 tsp pepper
- ✔ A pinch of fresh parsley, dill, rosemary or thyme

**Cooking Instructions:**

Prepare a large pot of boiling water. Toss in parsnips and boil till tender for 6-9 minutes. Drain, scoop, and add seasonings into a food processor—or use a hand blender to whip. Sprinkle with fresh herbs and serve with your main dish.




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*Julia's Gut-Healthy Recipes*

# GRAIN-FREE HEMP MUFFINS

These delicious grain and gluten-free muffins are high in protein. They are even better when topped with butter, ghee, avocado, or hummus.

**Ingredients:**

- ✔ 1 cup hemp seeds
- ✔ 2 cups almond or cassava flour
  - ✔ Substitute: 2 cups gluten-free muffin or pancake mix
- ✔ 1 tsp baking powder (not needed if using pancake mix)
- ✔ 1/2 cup avocado oil, butter, or ghee
- ✔ 2 eggs or 2 tbsp egg substitute
- ✔ 1 tsp vanilla
- ✔ 1/2 tsp monk fruit powder (optional)
- ✔ 1 ripe mashed banana (optional)
- ✔ 1/2 cup grated carrots (optional)

**Cooking Instructions:**

Pre-heat oven to 350 degrees. Grease a muffin pan with your preferred oil. Mix all ingredients in a bowl and blend until smooth. Pour mixture into muffin pan. Bake for 25 minutes or until an inserted toothpick remains clean. These grain-free hemp muffins can be frozen and consumed later.




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*Julia's Gut-Healthy Recipes*

# SLOW-COOKED LAMB STEW

If you own a slow-cooker, you will arrive at home to mouthwatering aromas and a home-cooked meal. This budget-friendly, savory stew is ideal for days when cooking is not a priority. Lamb stew takes minutes to prepare, and mistakes are rare. Slow-cooked soups and stews are nutritious and require minimal effort.

**Ingredients:**

- ✔ 1 cup hemp seeds
- ✔ 1-2 lbs lamb stew meat
- ✔ 1 lb carrots, sliced
- ✔ 1 bunch celery, sliced
- ✔ 1 red onion, sliced
- ✔ 4 shallots or leeks, sliced or cubed (optional)
- ✔ 1.5 cups bone broth
- ✔ 1 tsp sea salt
- ✔ 1 tsp black pepper
- ✔ 1 garlic clove (optional)
- ✔ 2 tbsp Coco Aminos

**Cooking Instructions:**

Place lamb stew meat at the bottom of the slow-cooker and layer vegetables over the meat. Feel free to add other vegetables you have on hand. Add seasonings and bone broth. Cover and cook 8-10 hours. Serve with a fresh green salad. Slow-cooked lamb stew will keep in the refrigerator for three days.



*Julia Loggins*

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*Julia's Gut-Healthy Recipes*

# SWEET POTATO PIE

Even though this traditional pie is sugar-, gluten-, and dairy-free, its natural sweetness will fool all but the most refined tastes. You can eat this fresh homemade pie for breakfast or lunch.

**Ingredients:**

- ✔ 3 yams or sweet potatoes, baked and skinned
- ✔ 3 eggs
- ✔ 2 tbsp monk fruit powder or 3/4 cup agave nectar or date sugar
- ✔ 1 tsp nutmeg
- ✔ 1 tsp cinnamon
- ✔ 1 tsp cloves
- ✔ 1 tsp ground ginger
- ✔ 1/2 tsp sea salt
- ✔ 1 tsp vanilla extract



**Crust:**

- ✔ 3 cups sugar-free Rice Krispies or gluten-free cereal or granola
- ✔ 1 cup butter or ghee, melted

**Cooking Instructions:**

**Crust:** Preheat the oven to 350 degrees. Mash or grind the gluten-free crust ingredients and combine with butter or ghee. The consistency of the crust will be moist. Press into the bottom of a pie plate and bake for 15 minutes. Cool before filling.

**Pie:** In a large bowl, blend all pie ingredients and pour into cooled crust. Bake for 50 minutes at 350 degrees until golden brown.

*Julia Loggins*

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*Julia's Gut-Healthy Recipes*

# SLOW-COOKED CHICKEN CURRY

**Ingredients:**

- ✔ 3 yams or sweet potatoes, baked and skinned
- ✔ 4 boneless and skinless chicken breasts
- ✔ 1 red pepper, sliced
- ✔ 1 onion, chopped
- ✔ 6 carrots, sliced
- ✔ 1/2 cauliflower, cubed (optional)

**Sauce:**

- ✔ 2 cups bone or chicken broth
- ✔ 2 cups unsweetened coconut milk
- ✔ 3 tbsp red or yellow curry powder
- ✔ 1 tsp cumin
- ✔ 1 tsp sea salt
- ✔ 1/2 tsp cayenne pepper

**Cooking Instructions:**
Add ingredients to a slow cooker. In a medium bowl, whisk together the sauce ingredients and pour over chicken and vegetables. Slow cook on high for 3-4 hours or medium low for 6-8 hours.

If you like, cook this recipe in an InstaPot and serve with fresh green salad. This meal is satisfying plus light and cleansing.




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# Balance Blood Sugar

## How does blood sugar build gut health?

Although blood sugar itself doesn't directly build gut health, gut health is about the balance of good bacteria, fiber and nutrition.

Balanced blood sugar plays a crucial role in building and maintaining gut health. When your blood sugar levels are stable, yoour body enjoys a favorable environment for beneficial gut bacteria to thrive. This balance supports several key processes.

Firstly, stable blood sugar levels enhance insulin sensitivity, which is vital for glucose metabolism. Certain beneficial gut bacteria, like Akkermansia, muciniphila, and Bifidobacteria, actually help improve insulin sensitivity, creating a win-win for both gut and blood sugar health.




Secondly, balanced blood sugar reduces inflammation - a major disruptor of gut health. Chronic inflammation often caused by spikes in blood sugar)can lead to "leaky gut," As we mentioned ealiers, leaky gut produces inflammation which may trigger insulin resistance. By keeping blood sugar steady, you minimize this inflammation, letting beneficial bacteria flourish.

Additionally, a balanced gut microbiome (fostered by stable blood sugar) produces short-chain fatty acids (SCFAs) like butyrate, acetate, and propionate. These SCFAs nourish gut cells, reduce inflammation, and even help regulate appetite and glucose metabolism.

To achieve balance, focus on consuming protein, plus incorporating fermented foods (yogurt, kefir, kimchi), reducing processed sugars, staying hydrated, managing stress, and getting regular exercise.

When your blood sugar and gut health are in sync, you'll likely notice better digestion, stable energy, and improved metabolic health.

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# Blood sugar crashes and gut health

Do blood sugar crashes rob you of your focus and concentration? Are your A1C levels through the roof? And, have you lost the battle with sugar and carbohydrate cravings?

Sadly, my dad died of issues related to diabetes. And also, somehow, everyone in my family has suffered with blood sugar issues--from hypoglycemia to Type 2 Diabetes. Consequently, as a family, we avoided feasting with abandon on events and holidays, lest blood sugar crashes derail the fun of our celebration.

Who can live like this? And, who wants to? For example, if you desire to "enjoy life" and have an occasional “treat” foods, My new product, Sugar Flush may be your solution. Yet, blood sugar crashes and imbalances show the listed symptoms:

- **BLOATING**
- **FATIGUE**
- **FEELING FAINT**
- **SWEATING**
- **BRAIN FOG**
- **CONFUSION**
- **MOOD SWINGS**





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## What causes low blood sugar?

Stress and poor digestion top the list. If we can't assimilate our food, then it cannot nourish and sustain us. Genetics play a part, but they do always determine our destiny. Nourishment plays a major role in maximizing gut health. One of the best ways to combat blood sugar spikes and crashes is to implement a high protein diet.




However, including ample protein daily is difficult. So, the hack I have used for decades is high quality, digestible protein smoothies. My favorite and most effective protein smoothie includes my signature Protein Power. This magic elixir is often my breakfast, which includes some added vitamins and supplements, When working late, I drink a shake before going bed. My children to Add your body text transitioned from breast milk to when they were babies, and to this day, they enjoy the benefits of this mind-and-body-stabilizing formula.

I travel with dry “Protein Power” in a shaker bottle, and just add water when its time to nourish myself. Because of this, I never miss nutrient dense, protein-rich food. Using this strategy, I can easily resist the “siren call” of junk food, carbohydrates, processed foods, and sugar.

When shaky and weak from low blood sugar, we are prone to shove just about anything into our mouths. Will power alone will not work. But good strategy will, and its called Protein Power.

Protein smoothies made with these powders allow the liver to cleanse and balance the adrenals. These instantly digestible sources of fuel serve us even in times of stress, because they take so little work for our bodies to absorb nutrients--the key to vitality, energy endurance--and weight loss! Protein smoothies are safe meal replacements, because they contain the amino acids that brains and muscles need to perform at optimal levels.

★★★★★ 09/03/2(

**THE best** 😻

This is hands down the best protein powder I've ever tried! Not only does it taste good, but I don't feel bloated or "off" afterwards like I have with so many others. I also love how nutrient-packed it i The quality is top-notch, and it feels like such a clean, effective supplement. Honestly, I've never ha a product from Julia's line that I didn't love. They're all top-notch and have truly made a difference for me and my fiancé. Highly recommend!

# Book private coaching

## When you have tried everything, its time to book a session with Julia

FREE $88 Gut Fix Formula with purchase of half hour coaching session with Julia.




## Gut Health is Priceless!

Have you been suffering with chronic gut issues for years? Are you confused about what to eat and what supplements to take? Have you been told that your condition is “incurable”? Don’t buy it! Reducing symptoms and flares, reclaiming energy and joy—these are all attainable goals.

In your private session with Julia, you will explore the root cause of your condition and symptoms. The next step is to create a personal plan based on your history, lifestyle, and health goals. You will learn simple protocols and practices to transform your body, mind and spirit. Life in a pain-free body is your birthright.

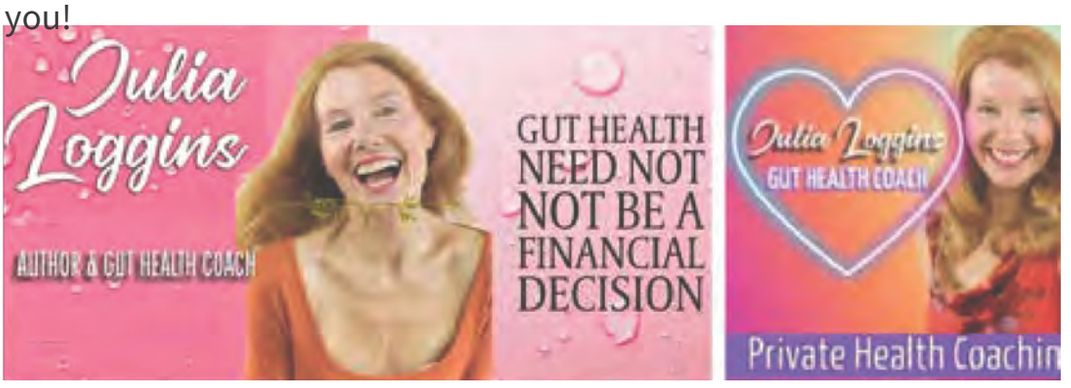
Free with Gut Coahing Session

THE GUT FIX FORMULA

# book private coaching

## Gift yourself a loving gift

Book and schedule a professional coaching call. Let's create a workable plan for you to heal, and maintain your program during the holidays. Often, people wait until after the holidays to do a makeover. Why? My protocols focus on practical, easy, and fun ways to heal. Personally, I like to make everything I do fun. I promise you our calls will be filled with information and support, humor and compassion. I love my clients and am exited to meet and work with you!




Also, consider gifting a loved one the opportunity to transform their health trajectory. My parent-child, husband-wife and best friend team coaching calls create change and connection., You cannot fix your child or partner and they often do not want to hear "the truth" or solution from you. Let me do the hard work. I do it with love, topped with 40 years of gut health building experience.

## What Makes Julia a gut health expert?

In the experience she gained from saving her own life—and helping thousands save theirs—Julia's insight, perspective and experience can streamline your health . See Julias Story.

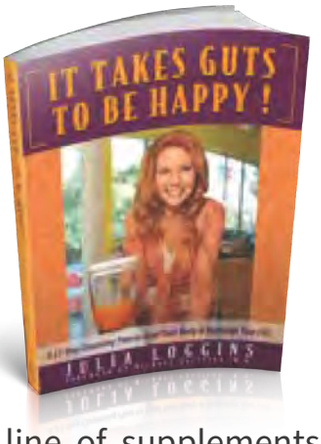
Ms. Loggins, a Certified Colon Therapist, has helped thousands heal over her 40-year career as a Gut Health Expert in private practice in Santa Barbara, California.

Ms. Loggins received her Health Educator's Certification from the Hippocrates Health Institute in 1983 and trained with Dr. Ann Wigmore and Dr. Brian Clement in facilitating the reversal of chronic and acute illness. She holds a certification from the Whole Body Institute in mind/body reproductive health. However, her childhood experience of life-threatening illness, and saving her own life, is her most profound credential in understanding the nuances of healing mind and body.

# book private coaching

## Julia Loggins, Gut Health Author & Coach




Julia Loggins is create of her signature line of supplements and, author of the two books, *Dare to Detoxify* and I*t Takes Guts to be Happy!,* Ms. Loggins has created a line of products for gut-sensitive people. Her no-cost online gut health education includes live video Q&A sessions on Fridays and Sundays at 4pm PST entitled "ASK JULIA." She believes gut health need not be a financial decision—and community support is essential for healing.

Julia Loggins contends that common black-and-white thinking is detrimental to healing. In her live videos, she focuses on team strategies, which involve sharing successful approaches that align with both allopathic and alternative  doctors and practitioners.

I know what you are going through. For your sake, please do not stress alone or try to reinvent the wheel. Experience a private half-hour session with Julia Loggins and say "Yes!" to transforming your life, and your health, today.

