



FREE
GutGlow
Starter Guide

Simple actions. Real relief.
A fresh start for your gut.



Welcome to your GutGlow journey - we're so glad you're here.

If you've been living with bloating, irregular digestion, or that heavy feeling that just won't go away... you're not alone. And more importantly - you're not the problem.

Like many women over 30, you may have tried "clean eating," probiotics, or detox trends, only to feel stuck and frustrated.

That's exactly why this guide exists.

Inside, you'll find **5 gentle, realistic steps** that support your gut - and your life. No extremes. No confusion. Just simple habits that help your body do what it's meant to do.

This is your first step toward lighter digestion, more energy, a calm belly - and that glow that starts from the inside out.

Let's begin - one kind step at a time.

About Dr. Rachel Miller

Dr. Rachel Miller is a functional gut health specialist focused on helping women 30+ restore digestion naturally through microbiome support and sustainable daily habits.

Step 1: Morning Reset Routine

How you start your morning sets the rhythm for your entire gut.

After a night of rest, your body is naturally ready to eliminate waste and reset. But if your mornings are rushed, dehydrated, or disconnected, your gut slows down - and so does your energy.

This step is all about giving your digestion the gentle nudge it needs to flow again.



Try this 5-minute Morning GutGlow Routine:

- **Hydrate first thing:**

Drink a glass (8–12 oz) of **warm or room-temperature water** before anything else. This helps stimulate movement in your intestines and “wake up” your gut.

Bonus: *Add a squeeze of lemon to support bile flow and gentle liver detox.*

- **Move your body (just a little):**

No need for a workout - just **5–10 minutes** of stretching, a short walk, or light yoga can boost gut motility and relieve morning sluggishness.

- **Breathe into your belly:**

Try this for 2 minutes:

- Inhale through your nose for 4 counts, expanding your belly.
- Exhale through your mouth for 6 counts, letting your body relax.
- This activates your “rest and digest” state and calms the nervous system.

- **Sit, don't scroll:**

Give yourself 5 calm minutes before jumping into your phone or to-do list. Just be with your body - and if the urge comes, don't delay your bathroom break.

Why it matters:

This short routine gets your digestive system moving **without stress or stimulation.**

It's not about doing everything perfectly - it's about creating **a calm, predictable rhythm** your gut can trust.

Tomorrow morning, give your gut this gentle reset.

And notice what shifts - not just in your digestion, but in your energy and mindset too.



Step 2: Gut-Friendly Breakfast

What you eat first can either support your digestion - or sabotage it.

Many women start their day with coffee on an empty stomach, sugary “health” bars, or skip breakfast altogether.

The result? Sluggish digestion, energy crashes, and uncomfortable bloating before noon.

This step helps you build a morning meal that works with your gut - not against it.

The GutGlow Breakfast Formula:

A great gut-friendly breakfast should be:

- **Fiber-rich** (feeds your good bacteria and promotes regularity)
- **Gentle on digestion**
- **Balanced** (no blood sugar rollercoasters)

Try one of these simple, satisfying options:

1. Smoothie with fiber & fat

- Unsweetened plant milk + handful of spinach + chia seeds + frozen berries + ½ banana + scoop of almond butter

→ *Blended = easy to digest. Fiber = long-lasting fullness.*

2. Oats with seeds & fruit

- Cooked oats with ground flaxseed, cinnamon, and fresh apple slices
→ *Warms the gut + promotes natural movement.*

3. Sourdough or whole-grain toast + avocado + egg

→ *Fiber + healthy fat + protein = stable energy and gentle stimulation of bile flow.*

Why it matters:

Eating a grounding, gut-loving breakfast helps:

- Activate your digestion early
- Avoid mid-morning bloating or cravings
- Build a regular rhythm your gut can rely on

It's not about eating "perfectly." It's about choosing foods that love your gut back.

Start with what feels doable - even if it's just swapping one thing tomorrow.



Nourish Your Gut. Support Your Balance.

Feel Lighter. More in Control. More You.

After 30, digestion changes. Hormones shift.
Stress accumulates. Energy fluctuates.
Your gut needs smarter support — not harsher solutions.

SuperGut offers clinically-studied prebiotic formulas designed to gently support digestion, regularity, cravings, and metabolic balance.



Why Women Love SuperGut

- ✓ Supports comfortable, consistent digestion
- ✓ Feeds beneficial gut bacteria
- ✓ Helps reduce occasional cravings
- ✓ Promotes steady energy
- ✓ No harsh laxatives
- ✓ No stimulant-based formulas

Gentle. Effective. Sustainable.

There's an option that fits your lifestyle —
not the other way around.



[Find Your SuperGut Formula Today](#)

✓ 30-day satisfaction guarantee ✓ No extreme cleanses ✓ No harsh ingredients

Step 3:

Eliminate Your Gut Saboteurs

Sometimes, what you remove matters more than what you add.

Even if you're eating well and trying your best, there may be a few hidden habits or ingredients silently working against your gut.

This step isn't about restriction or guilt - it's about awareness. Once you know your gut's enemies, you can gently crowd them out and create space for what truly supports you.



3 Common Gut Saboteurs to Watch For:

1. Ultra-processed foods

Packaged snacks, “diet” bars, artificial sweeteners, and chemical additives can irritate the gut lining, disrupt your microbiome, and slow digestion.

→ Try to choose whole, recognizable ingredients whenever you can.

2. Hidden sugar (even in “healthy” foods)

Too much sugar feeds bad bacteria, triggers inflammation, and leads to bloating. It hides in granola, flavored yogurts, sauces, and smoothies.

→ Read labels and aim for less than 6g of added sugar per serving.

GutGlow Tip:

Instead of obsessing over cutting things out, focus on **swapping in** gut-friendly alternatives:

- Real fruit instead of flavored bars
- Herbal tea instead of soda
- Calm mornings instead of chaos

These small shifts matter more than perfection.

You don't need to "detox" - just declutter.

Your gut will thank you with more energy, less bloating, and deeper calm.



Step 4: *Poop Rituals That Work*

Let's talk about something no one talks about - but everyone does.

Having a regular, complete bowel movement isn't just a sign of gut health - it's one of your body's most important ways to release toxins and reset daily.

Yet so many women struggle with constipation, incomplete evacuation, or "never quite feeling ready."

This step is about creating **gentle, body-friendly rituals** that help your digestion find its rhythm again.



Try these GutGlow-approved rituals for regularity:

1. Choose a consistent window of time - and stick with it

Your body loves rhythm. Whether it's right after waking up or 20 minutes after breakfast, pick a time each day to pause and listen to your body's signals.

→ Even if you don't feel the urge, the ritual trains your gut over time.

2. Use the correct position

Your colon loves alignment. Sitting on a regular toilet with your knees at a 90° angle actually kinks the rectum.

→ Place your feet on a small stool (or stack of books) to mimic a squatting position - it can make elimination faster and easier.

3. Remove the pressure (literally and mentally)

Rushing, straining, or scrolling can interrupt the natural flow.

→ Try deep belly breaths while seated. One hand on the heart, one on the belly. Breathe in, exhale slowly, and just allow.

GutGlow Tip:

Make your bathroom time a quiet ritual, not a race. Soft lighting, silence (or calming music), and being present can signal safety to your body - which is exactly what it needs to let go.

You're not broken. Your body just needs consistency, kindness, and a little space to do what it was designed to do.



Step 5: *Your GutGlow Mindset*

Healing your gut isn't just about what you do - it's about how you think and feel along the way.

Many women carry guilt, frustration, or even shame around their digestion. After trying everything - diets, supplements, advice that didn't work - it's easy to feel like your body is the enemy.

But here's the truth: Your body isn't fighting against you. It's just been trying to adapt, survive, and communicate the best it can.

Now, you get to build a new relationship with it - one of **consistency, compassion, and trust.**

Embrace the GutGlow Mindset:

- **Progress over perfection.**

Missed a step today? That's okay. Every small choice still counts.

- **Your body is not broken.**

Symptoms are signals, not failures. Learning to listen changes everything.

- **Consistency builds confidence.**

The more you repeat the rituals, the more your body responds.

- **You already have what you need.**

This guide isn't about adding pressure - it's about unlocking your own wisdom.

GutGlow Tip:

Reread this guide whenever you feel off-track. You don't need a "fresh start" - just a gentle return to what works.

This is just the beginning. Your gut knows the way. You're simply learning how to follow it - one kind, steady step at a time.

And sometimes, even when you're doing the right things, your gut still needs targeted support - especially after 30. That's where clinically-studied prebiotic formulas can make the difference.



Your Gut Deserves Smarter Support

By now, you've learned how small daily rituals can transform digestion.

But if your symptoms persist, it may be time for structured, targeted support.

You don't need harsher solutions.

You need support that works with your body.

SuperGut offers clinically-studied prebiotic formulas designed to gently support digestion, regularity, cravings, and balance.

Find the One That Fits You

For daily bloating & regularity

→ Foundational Daily Fiber

For cravings & appetite balance

→ GLP-1 Daily Support

For a satisfying, meal-like option

→ Prebiotic Shakes

For convenience on busy days

→ Prebiotic Bars

There's an option that fits your lifestyle - not the other way around.

Why Women 30+ Choose SuperGut

- ✓ Comfortable, consistent digestion
- ✓ Supports beneficial gut bacteria
- ✓ Helps reduce occasional cravings
- ✓ Steady, balanced energy
- ✓ No harsh laxatives
- ✓ No stimulant formulas

Gentle. Effective. Sustainable.

Support your gut. Support your glow.

Find My SuperGut Formula

Your body is ready when you are.

30-day satisfaction guarantee | No extreme cleanses | No harsh ingredients