

THE GUT RESET *for* FAT LOSS

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LUXE
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**A 14-DAY GUIDE TO HELP YOUR BODY
LET GO OF STUBBORN FAT
BY HEALING FROM WITHIN**

The Body That Wouldn't Let Go

There's a moment most people know well.



You're standing in front of the mirror.

You've been trying. Eating better.
Making changes.

And yet... your body isn't responding
the way you expected.

It's not just frustrating. It's confusing

Because it feels like your body is working against you.

But what if it's not?

What if your body is actually protecting you?

The City Inside You

Imagine your body as a city.

Your **metabolism** powers the lights.

Your **hormones** deliver messages.

Your **brain** runs the control tower.

And your gut?

Your gut is the soil everything grows from.

Not just digestion—everything.

Now imagine that soil becoming depleted.

Not overnight... but slowly.



How Modern Life Disrupts the Gut

It starts with small, normal things:

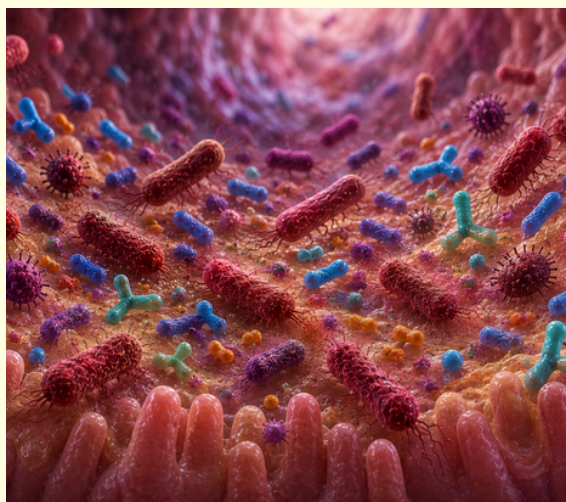
- Grabbing food on the go
- Eating the same meals every day
- Snacking constantly
- Pushing through stress
- Sleeping less than your body needs



Each one seems harmless.

But together?

They begin to change the landscape inside you.



The **beneficial bacteria**—the ones that *help regulate fat burning, reduce inflammation, and keep your system balanced*—start to die off.

And more pathogenic disease-causing microbes outnumber the good guys.

These **“bad” microbes** aren’t harmful when enough of the “good” microbes are there to keep them in check... but when there are less of the beneficial microbes, that’s when things get out of control and the “bad guys” are allowed to run amok and damage your gut function and wreak havoc on your health.

*When the Soil
Changes,*



EVERYTHING CHANGES

When the balance of the gut microbiome shifts, your body functioning shifts with it.

Your metabolism becomes less efficient.
Inflammation rises.

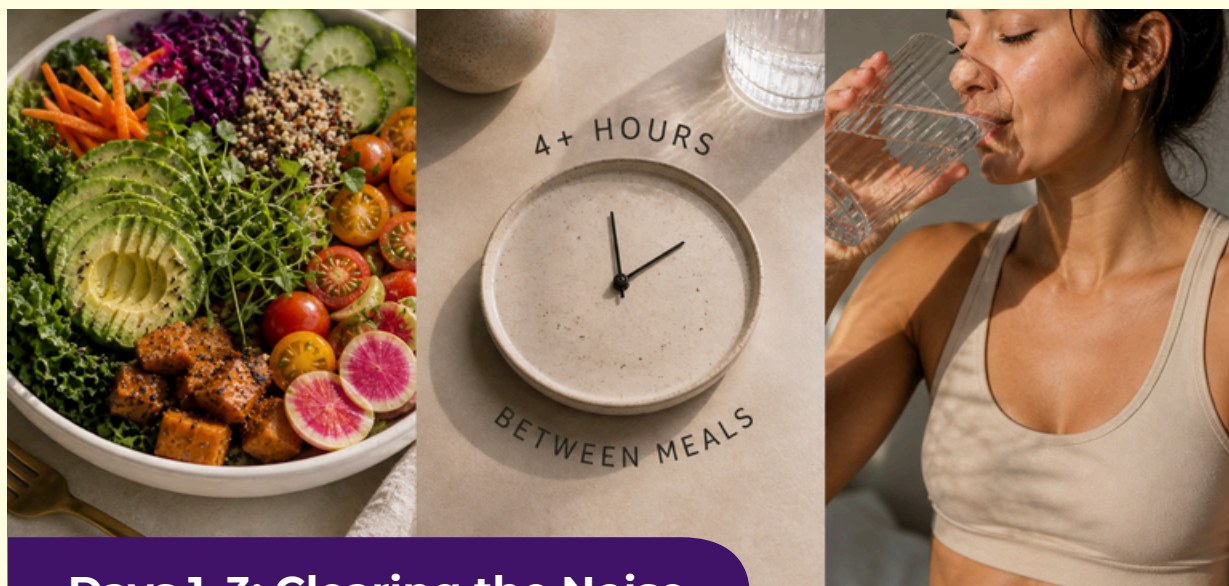
Your body holds onto energy—stored as fat.
Not because you're doing something wrong.
But because your body doesn't feel safe letting go.
This is why so many people feel stuck.
Not from lack of effort...
But from lack of internal support.

The Turning Point

Here's what changes everything: Your body is always listening.

Every bite of food
Every hour of sleep
Every moment of stress or calm
It's gathering information.

And when you start giving it signals of safety, nourishment, and balance... It responds. Your gut begins to rebuild. And when your gut strengthens...
Your body feels safe enough to release stored fat..



Days 1–3: Clearing the Noise

Your goal: Reduce interference by eliminating things that destroy beneficial microbes and start to incorporate habits that will enhance their diversity and strength.

Imagine trying to hear music through static. Eliminate those things that create static:

- Excess sugar and starches
- Ultra-processed foods
- Seed oils
- Constant snacking
- Alcohol



And for the first few days, focus on these simple things:

- Eat whole, unprocessed organic foods
- Give your body at least 4 hours between meals.
- Drink 1/2 your body weight in ounces in filtered water.

You're not "starting a diet."

You're turning down the noise in your gut so your body can respond again.



Days 4–6: Feeding the Soil

Now we begin adding life back in.

Think of your gut like a garden that's been underfed. Your ***beneficial microbes thrive when there is more diversity in your diet.***

Start introducing diversity:

- Different vegetables each day – try arugula, mizuna, jicama, rutabaga, bok choy.
- Color on your plate– aim to have all the colors of the rainbow at each meal!
- Add foods high in polyphenols – Herbs, teas, berries, lemons, limes, curcumin

These foods contain compounds that feed beneficial bacteria.

As they grow, they begin restoring balance.



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Days 7–9: Reintroducing Strength

Now your system is more receptive.

This is where you add:

- Fermented foods (small amounts)– sauerkraut, kimchi, kefir
- Healthy fats in moderation– nuts, seeds, olives, avocados and small amounts of unrefined avocado, olive, and coconut oils
- Moderate exercise and daily movement

Your gut is no longer depleted. It's beginning to function again.

These are signs your body is shifting.



Less bloating



More stable energy



Fewer cravings



Days 10–12: Creating Rhythm

Your body thrives on rhythm based on the cycle of day and night, called the ***Circadian Rhythm***



Eating at
consistent times



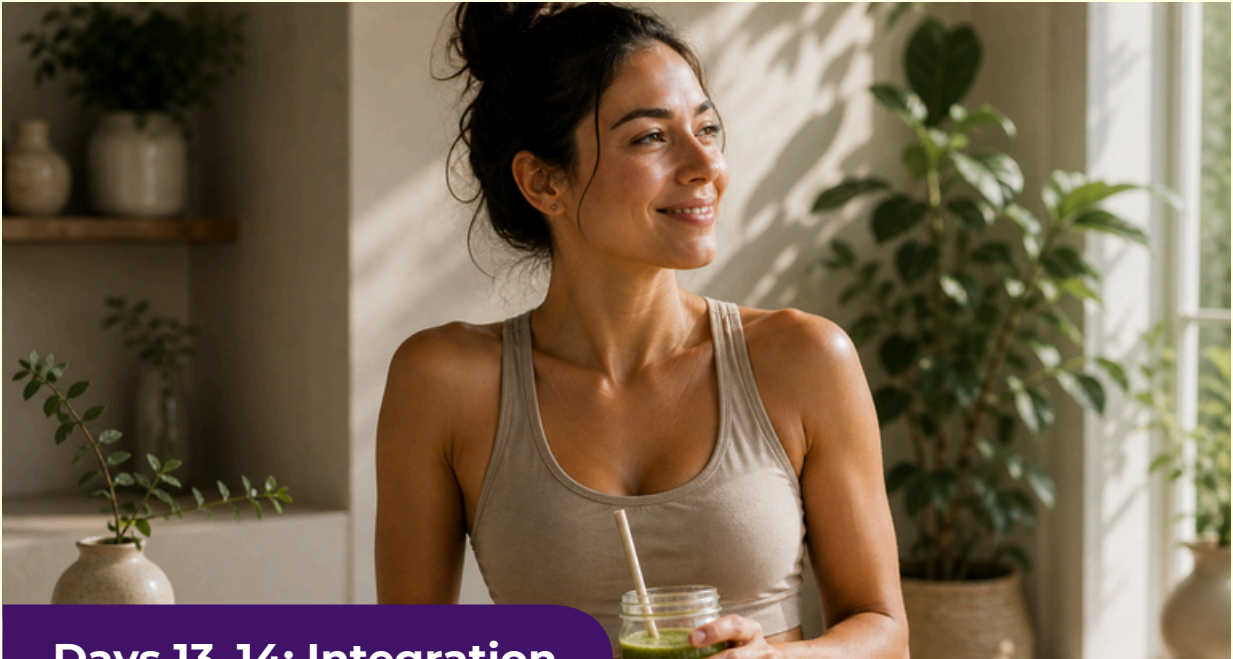
Sleeping deeply for
7–8 hours nightly



Mitigating stress
daily

This helps regulate:

- Blood sugar
- Hormones
- Fat metabolism
- Beneficial gut microbiome growth and diversity



Days 13–14: Integration

Go back to all the steps and integrate all of them every single day!

The more you incorporate these healthy habits, then:



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What Happens Next ???

At this point, many people feel better.

But some still feel like there's
more beneath the surface.

Because sometimes...

There is.

When You Want Real Answers

Imagine trying to fix a city without seeing a map.

You can guess.

You can try things.

But you won't know exactly what's happening
underground.

That's where testing changes everything.

A Clear View Inside Your Gut

The Gut Zoomer from Vibrant Wellness provides a detailed look at your internal ecosystem.

For more information, go here: [**Gut Zoomer Lab Test Brochure**](#)

It analyzes:

- Microbiome balance
- Hidden pathogens
- Inflammation levels
- Digestion and absorption
- Gut permeability
- Gut-brain neurotransmitter patterns

This helps explain symptoms like:

- Bloating
- Fatigue
- Brain fog
- Cravings
- Mood changes
- Stubborn fat

Instead of guessing...

You get clarity.

Schedule a complimentary 15-minute discovery call to determine whether gut testing is right for you.

 [**Contact us now**](#)



The image shows a brochure for the Gut Zoomer lab test. At the top is the Vibrant Wellness logo, a stylized blue and green 'V' shape, followed by the text 'VibrantWellness' and 'Advanced Lab Testing for Personalized Longevity'. Below this is the title 'Gut Zoomer' in large blue font, with 'Stool' and 'Urine' in smaller orange rounded rectangles. The background features a large illustration of the human large intestine. In the bottom left, there is a white box titled 'SCFA' containing three rows: 'Butyrate' with a green arrow pointing to a blue brain icon, 'Propionate' with a red arrow pointing down and a red liver icon, and 'Valerate' with a green arrow pointing to a blue water icon. The bottom right corner of the brochure has the text 'Revised 02/27/2026'.

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And When You're Ready to Go Further

Once your body is supported internally...

There's a powerful next step.

The Zerona VZ8 helps your fat cells release stored fat—making it easier for your body to let go of stubborn areas. And, by releasing fat with the Zerona VZ8, the diversity of your microbiome will increase, which further facilitates fat loss!

If you're curious which Zerona VZ8 Metabolic Fat Loss Program is right for you:

[← Click here to apply](#)

Final Thought

Your body isn't resisting you. It's responding to what it's been given. When you change the environment... **Your body changes with it.**

