



Quick Start Guide: G.E.M.M. Program

Get Started Healing Your Gut Today!

<https://uniquenutritionssolutions.com/>



G.E.M.M. Program

Are you ready to heal the gut and finally reach your health goals? Whether your health goals are improving digestion, overcoming a chronic condition, or losing weight, the GEMM program is the answer.

The GEMM program stands for Gut Ecology Metabolic Modulation, or GEMM for short. Quite the mouthful! This program utilizes the power of phytonutrients or plant chemicals to trigger a healthy gene response to reduce chronic inflammation and heal intestinal permeability, commonly called “leaky gut.”

After over 30 years of research, Christine Houghton, Ph.D., BSc, R. Nutr. has developed this program that uses advanced research in nutrigenomics and the gut microbiota.

Our gut microbiota and our genes can significantly influence our immune response and our genes. Our bodies can reach homeostasis by rebuilding a healthy gut microbiota and addressing gene variances in controlling inflammation and oxidative stress.

Unlike many nutrition and health protocols, this program starts with food first and supplementation as needed. It is not a restrictive diet but instead an inclusive diet.

It is common for people with poor digestion to have food intolerances like histamine intolerance.

The GEMM program aims to help you overcome these food intolerances and begin to enjoy food again during the healing process.

Are you ready to reach your health goals?



Used for use by G.E.M.M.-accredited Clinicians

Your GEMM program starts with guidance on how to heal the gut with superfoods that include various vegetables, fruits, nuts, and grains.

The program aims to introduce phytonutrients or plant chemicals that help promote genes that reduce inflammation and oxidative stress. Some of you may take longer to achieve the full food-first program due to poor digestion and food intolerances/sensitivities.

The key phytonutrient that has the most potential to upregulate the transcription known as NrF2, which in turn upregulates the production of our body's own antioxidants, glutathione, superoxide dismutase (SOD), and catalase, is sulforaphane.

Sulforaphane is found in cruciferous vegetables like broccoli, cauliflower, and cabbage. The focus of the program is to get this compound from vegetables. However, most health conditions require some supplementation, especially if you have genomic variants in the production of antioxidants like glutathione and SOD.

Your program also includes healthy animal protein, fish, healthy fats, and even dairy. There is a vegan option for those who wish to avoid animal protein.

Working with your trained GEMM practitioner, you will be coached on how to put together menu plans, recipes, and more to get adequate nutrients to achieve your health goals. And advised on the supplements you must take during this program. Most of the supplements are started slowly, allowing your body to adjust.



What Health Conditions Does G.E.M.M. Program Address?

It is now known that our gut health and microbiota play a significant role in our health.

Even our mental health is impacted by our gut health, digestion, and the microbes that reside in our gut.

Most importantly, we know that our gut microbiome and leaky gut play a significant role in our metabolism and ability to manage healthy blood sugar levels.

The GEMM program has been shown to address many different health conditions, including:

- **IBS - Digestion**
- **Food Intolerances, including Histamine Intolerance**
- **Autoimmune Conditions**
 - **Psoriasis, Rosacea**
 - **IBD - Crohn's, Ulcerative Colitis**
 - **Hashimoto's**
- **Prediabetes**
- **Obesity**
- **High Cholesterol**
- **Liver Dysfunction**
- **Osteoporosis**
- **PCOS**



What Does The GEMM Program Look like?

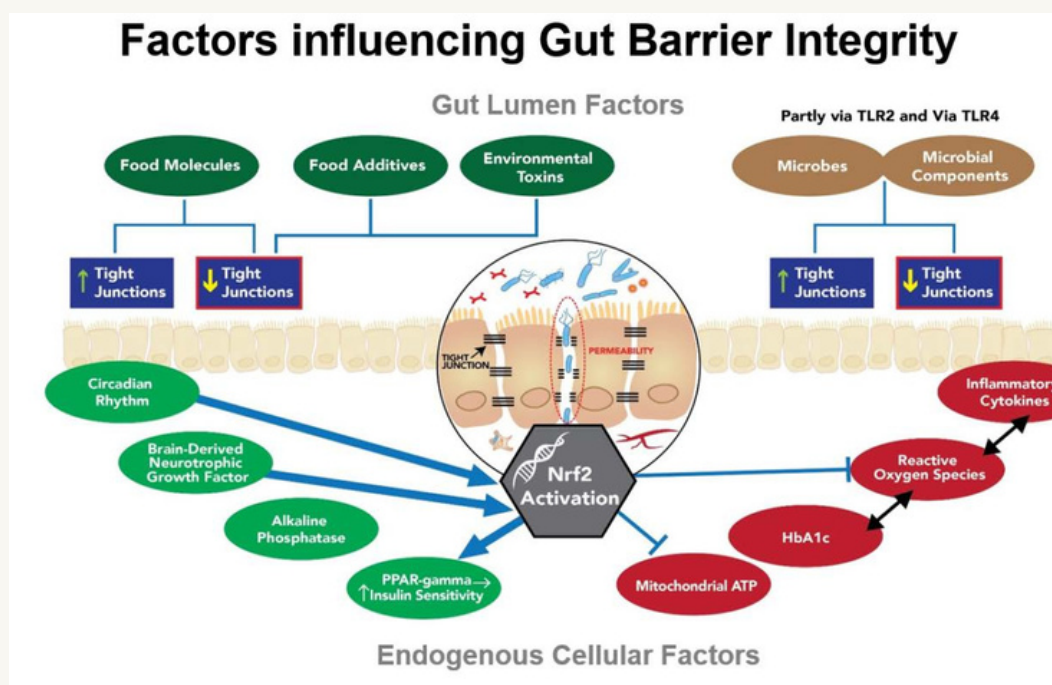
For most of you, your program will be 3-4 months long, beginning with Level A. In Level A, the goal is to improve gut barrier integrity through diet and recommended supplementation.

Everyone is different depending on their health status, digestion, and nutrigenomics; your program will be tailored and personalized!

In most cases, Level A will be 8-12 weeks, depending on your response. From there, you will move to Level B. Level B has two pathways: one that focuses on immune response, which is highly recommended for those with autoimmune conditions.

Or, you will move on to the Metabolic focus for those of you struggling with your weight and blood sugar control. If your main health goal is to lose weight, you may be started on Level B sooner than eight weeks.

Remember, the major goal of this program is to address gut barrier integrity as it plays such a role in maintaining homeostasis in the body. And to upregulate Nrf2, reducing inflammation and oxidative stress. With chronic inflammation, the body cannot heal, and you will not be able to reach your health goals.



What Does My GEMM Program Look Like?

Your program begins with an initial evaluation to help me determine what you will need to be successful in your program. From there, you will most likely have lab values or biomarkers completed by your doctor or through my low-cost labs.

Your lab review will determine the dietary supplementation protocol. If you have completed genomic testing, this will also be considered for your recommendations.

Then, you will move to my Kick-Off Consult, which will get you started by giving guidance, meal plans, and recipe sets. If you are struggling with weight management or blood sugar control, you will most likely need to monitor your blood glucose with a handheld meter or through a continuous glucose monitor.

We will be meeting every two weeks for the first two months. This is especially important if you have digestive issues or are struggling to meet the food plan requirements. Then, you will move to Level B, and we will meet once per month for two months.

Program Includes:

- 1. Initial Evaluation**
- 2. Lab Review**
- 3. Kick Off Consult**
- 4. Bi-weekly Consults (2 months)**
- 5. Monthly Consults (1-2 months)**





Thank You...

Prepare to embark on a journey towards a healthier gut and achieve your desired health objectives with the remarkable GEMM program!

I trust this guide has given you the necessary impetus to soar into a new dimension of overall wellness.

If you want to discover more of my fantastic programs, please schedule a Discovery Chat appointment today!



Contact Information

Phone: 608-224-9585

Email: unsnutrition@gmail.com

Website:

uniquenutritionalsolutions.com



*This guide may contain affiliate links where I make a small commission at no extra cost to you.