

# CHECKLIST: WEEK 2 STRESS AND GUT

This week, let's make sure that stress is not one of your pitfalls and you can find ways to DE-STRESS! Let's also shine light on your gut- how is that doing? No gut no glory- that is where dis-ease starts, even auto-immune conditions, so let's support that as well. Very cool video listening, reading and tools to check out this week!!!

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## CAN-DO -NOW ACTIONS

### CHECK

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- 1. Fill out your weekly **Toxicity and Inflammation Quiz**.
- 2. Continue **Daily Food Log/Journal**.
- 3. **Order your Supplements** if you have not done that yet.
- 4. **Watch the Videos** for this week.
- 5. **Facebook group Kasia Kines Detox Support**: share with us, your tribe: challenges, successes, discoveries, adventures and questions from last week and from the Food Log! What have you learned about yourself?
- 6. **Rice and Beans Challenge** done last weekend? If not, plan this weekend!
- 7. **The Power of Relaxation**: Read pages 144-145 **in Manual** for the summary first and my personal favorites, and then **Read Chapter 7 in the Companion** – try at least one of these ideas!!
- 8. **The Inside Tract**: Read pages 145-147 in **the Manual** for the summary first; then read **Chapter 8 in the Companion** for the details.
- 9. This week practice mindfulness and chew until you liquefy each bite before you swallow 51% of the time! What do you notice?
- 10. Do any of the breathing exercises in the Companion or video once.
- 11. Take the Life Stress Questionnaire listed directly in your dashboard.
- 12. **A treat**: do something really relaxing this week or this weekend.
- 13. **Bristol Stool**: Notice how often you move BMs. Why (not)? Is it #4?
- 14. **Cooking**: Loved first 5 recipes? Do it again! Or make another quinoa dish, try a different soup, make more sauerkraut, green drink and smoothies!