

# **Will Bulsiewicz - The Plant Fed Gut Masterclass**



**THE PLANT FED GUT**

## MASTERCLASS

A 7-week journey to reverse gut dysbiosis and heal your microbiome with **Dr. Will Bulgiewicz, MD, MSCI**

\$499

[ENROLL NOW for](#)

**The Plant Fed Gut is the premier gut health masterclass led by an award-winning gastroenterologist and *New York Times* bestselling author.**

Over seven weeks, you will learn to heal your gut, optimize your microbiome and reverse dysbiosis so you can finally:

**Gain comprehensive knowledge on supporting your body for optimal health.**

**Reverse digestive disorders.**

**Create an action plan for healing.**

**Stop living in fear of mealtimes and start enjoying them — maybe for the first time ever.**

**Accomplish your weight goals without restricting yourself.**

**Become your own health advocate.**

**Become the energetic person you've always wanted to be.**



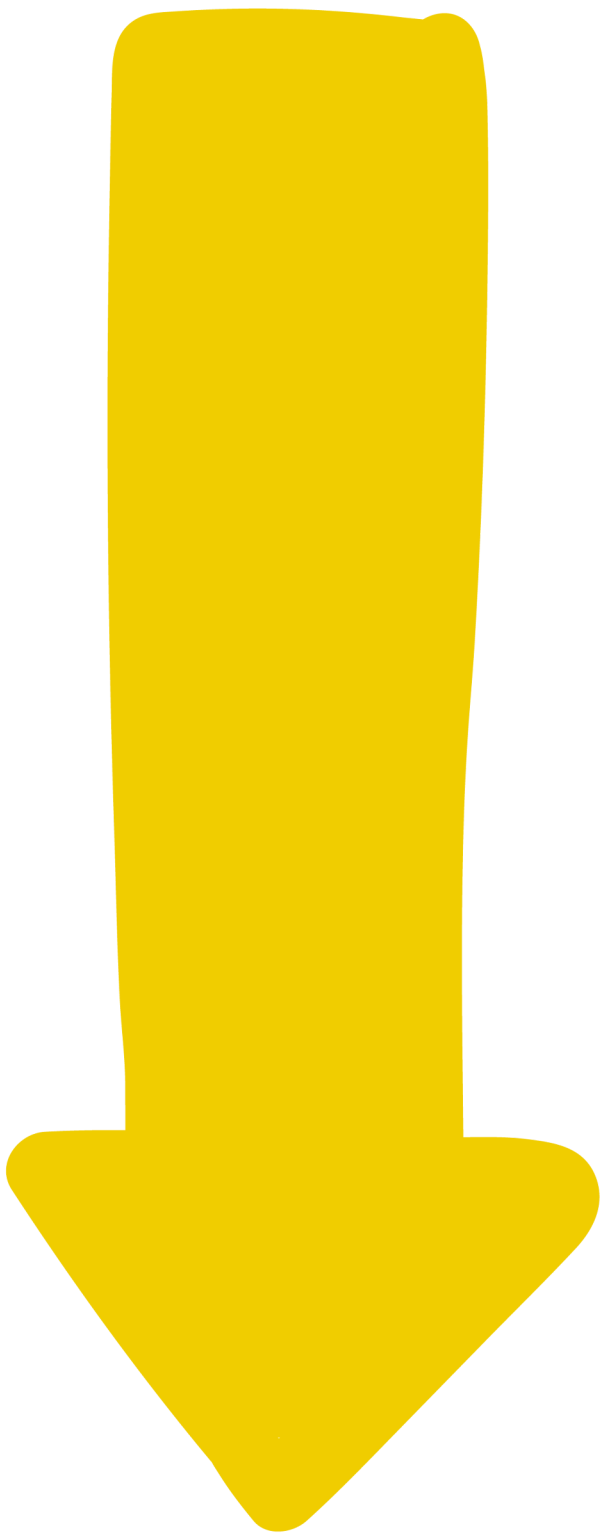
**GET TO KNOW THE CURRICULUM**

# WEEK ONE

## **Guts & Plants & Microbiome (Oh My!)**

Let's dive into the microbiome to understand the concepts of gut health, dysbiosis, and the microbes. These foundational elements form the basis for understanding how to heal. We'll create a vision for the future based upon a realistic expectation of what a healthy gut feels like so that we know where we're going and what that will look like when we get there.









# WEEK TWO

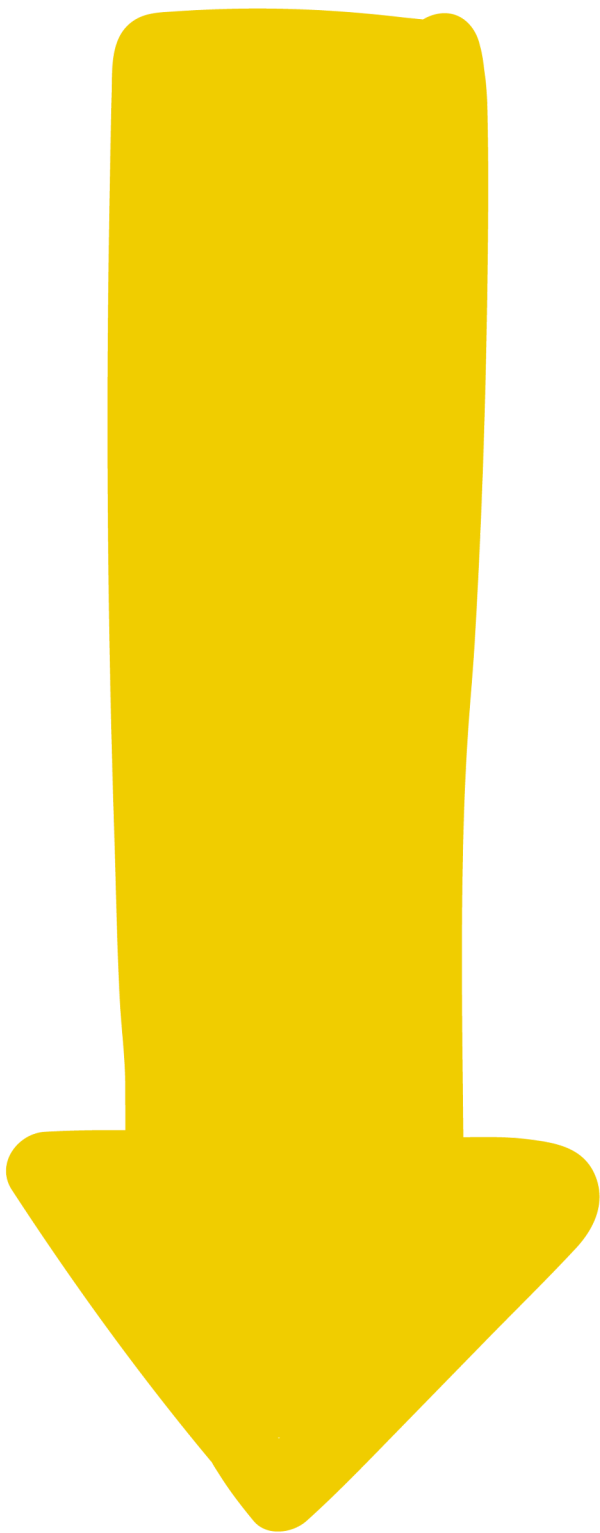
## **The Real Reason You're Sick. Navigate to Your True Diagnosis.**

By the end of this lesson, you will understand how you can get to your diagnosis for why you're sick. We'll dive in symptom-by-symptom and you'll go inside Dr. B's brain to hear what he's thinking about and how he approaches these individual issues. We'll put a special focus on the role constipation, celiac disease and gluten intolerance play in the health of your gut and microbiome. You'll understand the difference between a food sensitivity vs. allergy. We'll identify the tests to take to address your symptoms and issues so that you can develop a plan for how to navigate the system to find your true diagnosis. How can you treat if you don't know what you're treating? It starts here.

# WEEK THREE

## **Hey Doc! What's My Poop Telling Me?**

People want to know, “What is your poo saying about you?” By the end of this lesson, you will understand the different variations of bowel movements and poop. You’ll understand the impact these variations have on your health as well as best next steps to take to alleviate symptoms and heal. Little did you realize how much information can be gathered from your bowel movements — the sixth vital sign!









# WEEK FOUR

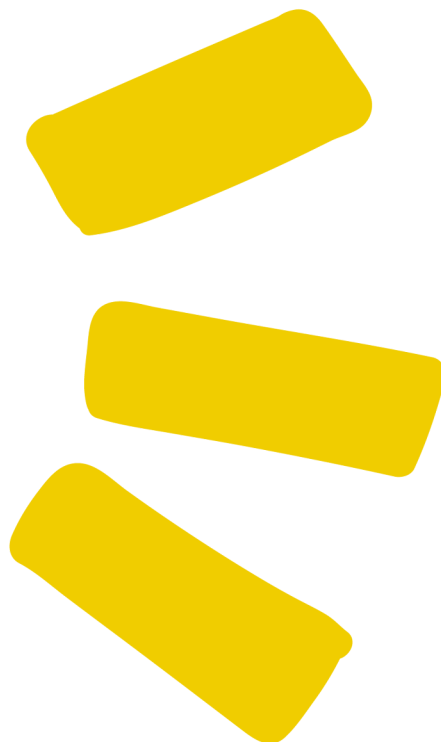
## **Bust Fiber Myths and Rock Your F-Goals**

Fiber forms the foundation of a healthy gut, but many people struggle to eat fiber when they're suffering with digestive issues. It's time to fix that! By the end of this lesson, you will understand the role, definition and importance of fiber and FODMAPs in your diet. You'll also learn common fiber myths and the importance of a reintroduction diet versus strict elimination. It's important to know exactly how to alter your diet to optimize your gut, so let's do just that.

# WEEK FIVE

## **What's Damaging Your Gut?**

Every single one of us has a personal health journey with a backstory to it. By the end of this lesson, you will understand the primary culprits damaging your gut that include 21st century lifestyle (not sleeping, not eating fiber and exercising), food preservatives, antibiotics, medications (NSAIDs, PPIs, birth control), trauma and stress. This is about understanding how you got to where you are. What's your gut health story? We're going to define it this week and use that information as we move forward to address the root of our issues.







# WEEK SIX

## **Seven Ways to Heal Your Gut Without Lifting a Fork**

Gut health isn't just about what you eat. In fact, those of you who suffer with food sensitivity can start healing today without challenging your gut with diet changes. By the end of this lesson, you'll learn new lifestyle habits that will empower you to gently support and heal your gut health.

# WEEK SEVEN

## **Your Guide to Supplements 101**

Supplements are sold to us as the key to optimal gut health, but are they? By the end of this lesson, you'll understand the role of supplements in your gut health. We'll debunk many of the common supplement myths and Dr. B will bring forward his recommendations for supplements to optimize your gut.

Sales page: <https://theplantfedgut.com/masterclass/#sign%20up>