

FREQUENTLY ASKED QUESTIONS

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MODULE ONE

QUESTION 1: I have just signed up, where do I begin?

ANSWER: Welcome to Buh-Bye Burnout! Make sure you follow the steps in each email you receive, or begin at the 'Intro' module and work your way through from there.

QUESTION 2: I can't do the shake within 20 minutes of waking (because I exercise/medication/or other), what do I do?

ANSWER: Have a snack before exercise followed by your M20 post exercise.

QUESTION 3: Where is the Vitality Road map and Finisher Formula?

ANSWER: You can find them in the Intro Module (make sure you start there so you don't miss important information)

QUESTION 4: Is chewing gum ok to have?

ANSWER: Gum has artificial sweetener which is not good for our metabolism. It also stimulates the bowels too much (chewing activates the digestive system to prepare for food) and can cause bloating. Can you cut down over-time? As your stress levels improve hopefully you won't need this

QUESTION 5: Is Xylitol ok to have? Is it a good sugar replacement?

ANSWER: I wouldn't recommend it in large amounts. Maybe just as the occasional treat. The research on Xylitol is conflicting, some suggest it can raise blood glucose levels and not good for diabetics (even though it says otherwise on the label). See if you can go without sweetener altogether?

MODULE TWO

QUESTION 1: I'm struggling to give up sugar, what can I do?

ANSWER: See here for [Implementing new habits](#)

QUESTION 2: I can't get to bed early, what do I do?

ANSWER: See here for [Implementing new habits](#).

QUESTION 3: Can I have carbs at lunch and dinner?

ANSWER: Yes you can eat carbs at both meals $\frac{1}{4}$ to a $\frac{1}{2}$ cup. See here for a list of [Low GI Foods](#)

QUESTION 4: Help, my doctor is dismissive of my blood test requests.

ANSWER: See here for [how to talk so your doctor will listen](#).

QUESTION 5: I have my blood test results, what does it all mean?

ANSWER: See here for how to interpret your [blood test results](#).

MODULE TWO

QUESTION 6: Do I need to send through my Life balance assessment answers?

ANSWER: No. This tool is for your self-inquiry and awareness of the areas in your life that are draining you of energy, and those that need attention.

QUESTION 7: My blood tests results are low for my Thyroid function, what do I do?

ANSWER: Throughout the course of the program, you will be addressing the underlying cause of low hormone levels through the Adrenal Reset Plan, Gut Repair, Liver Detox, and the bonus modules Mindset Kit and Chaos to Calm. Then in Module 6, there are recommended herbal and nutritional medicine to nourish and balance out adrenal/ thyroid function.

MODULE THREE

QUESTION 1: What is the low GI food list and where can I find it?

ANSWER: Watch this video and see downloads for the [Low GI Foods](#)

QUESTION 2: Should I be exercising and what kind of movement should I be doing?

ANSWER: Watch this video on [Movement](#)

QUESTION 3: I'm feeling stuck, I haven't moved past module 3.

ANSWER: Watch this video on [Motivation](#)

MODULE FOUR

QUESTION 1: I need to pre-order my detox supplements, what do I need?

ANSWER: See here for [Detox Supplements](#).

QUESTION 2: The detox supplements you recommend are out of stock or I can not order them what can I do?

ANSWER: Ask in the private group and we will help you find an alternative.

QUESTION 3: How long can I do the detox for?

ANSWER: You can stay on the detox for another week or until your supplements run out. It's recommended to undertake a detox every year, once or twice - both gut and liver detox as they should always be done together.

MODULE FIVE

QUESTION 1: Do I still have the morning 20 in this module?

ANSWER: In module 5 you will have the Coming Clean Detox Smoothie instead. You can find the recipe in the [Detox Protocol](#)

QUESTION 2: What is the dirty Dozen print list and where can I find it?

ANSWER: This is a list of endocrine disruptors (hormone-altering chemicals) and how to avoid them. You can find the list here; [Dirty Dozen.](#)

MODULE SIX

QUESTION 1: My blood tests results are low for my Thyroid function, what do I do?

ANSWER: Module 6 gives you all the recommended herbal and nutritional medicine to nourish and balance out thyroid function. Throughout the course of the program, you will be addressing the underlying cause of low hormone levels through the Adrenal Reset Plan, Gut Repair, Liver Detox and the bonus modules Mindset Kit and Chaos to Calm.

QUESTION 2: I haven't lost any weight, what can I do?

ANSWER: Are you snacking more often? Did you give up coffee and all sugar/fructose? Are you having 1/4 to 1/2 cup of carbs..or more? Has your meal portion size increased...what about protein portion? Are you getting to bed by 9.30pm or later? A good way to really see if food is causing this is to keep a [Food Diary](#).