

# The *Practical* road map

Remove the offending foods and behaviors - start with one or two areas (hint: one probably needs to be gluten)

Be meticulous in your tracking - note what you do & how you feel (physically and mentally).

After a couple weeks, make another small change. Ask yourself: what is working? what isn't? Repeat as long as needed.

Experience so much freedom and well-being that you never want to go back to the way things were.

It may be  
bumpy  
twisty  
confusing...but  
in the end,  
you'll reach  
your  
destination