

FREE 5-DAY HEAL YOUR GUT C H A L L E N G E

DAY 4: DEBUNKING HEALTH MYTHS

On Day 1 of our challenge, we got clear about the start and end point of YOUR healing journey.

On Day 2, we talked about commitment and set a goal for the end of the challenge.

On Day 3, we discovered how to uncover and combat our ANTs, which unknowingly keep many of us STUCK with our symptoms.

Today is all about creating a plan to get the RESULTS you want, without relying on a strict diet or expensive supplements. But in order to do that, we must debunk some common health myths.

Myth 1: The perfect diet or perfect supplement is the key to healing my gut.

Myth 2: Eating less or cutting out "bad" foods is the key to healing my gut.

Myth 3: My symptoms are my problem, so addressing them directly is the key to healing my gut.

Day 4 Assignment: Take the "What's Your Health Personality?" quiz

Chances are in the past you've tried some type of diet in an attempt to feel better, but you're beginning to realize that how you approach your goals matters.

Today's assignment is to understand what health identity you hold, which has influenced your results in the past.

In today's live training, we'll talk about what you can tweak to make progress so that your efforts can be more effective. But in order to know what to tweak, you need to know what YOUR tendencies are.

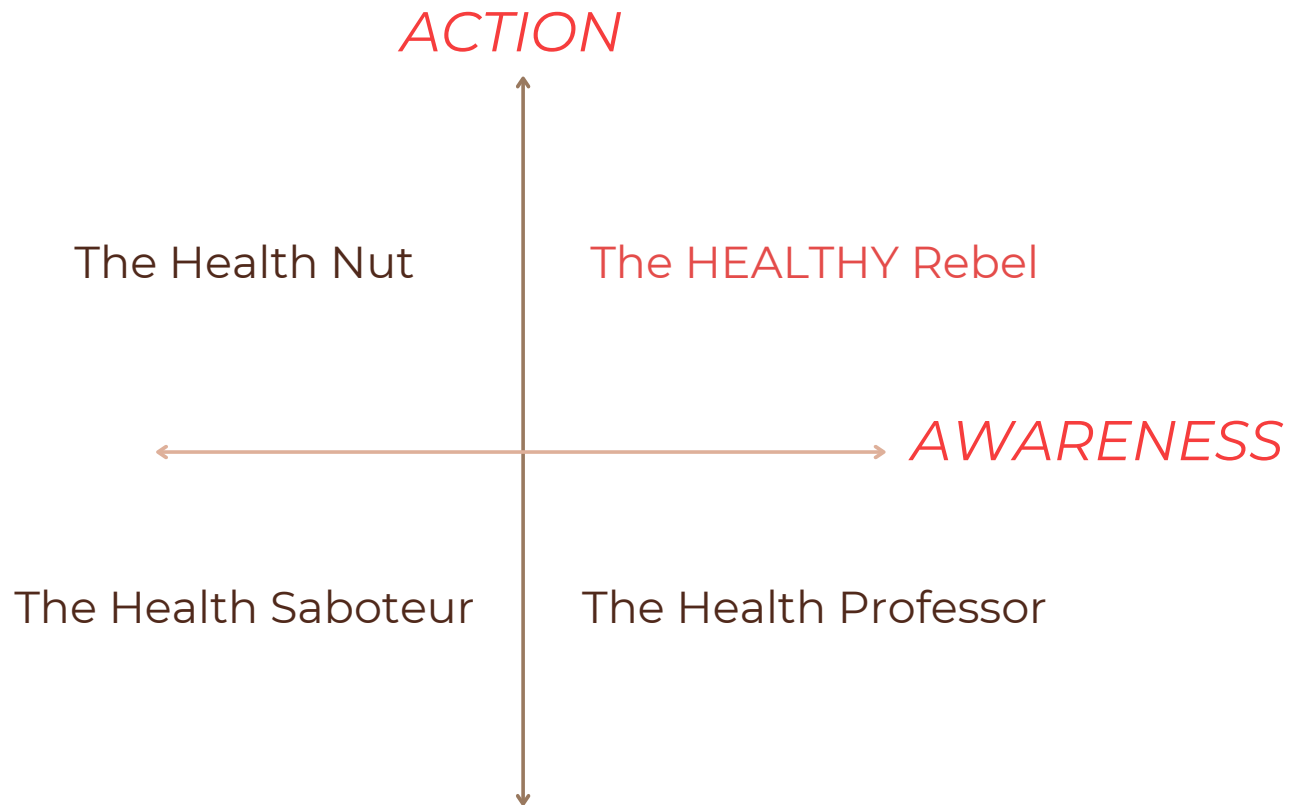
This quiz will help you with that. And remember, there's no judgements. You're simply bringing awareness to what's creating your current results so you can make the necessary changes to create NEW results.

Go to <https://am.drconniecheung.com/health-personality> to take the quiz NOW.

Or you can find the link in our [Heal Your Gut Facebook group](#) or on our [All-Access Replay Page](#).

*After you've completed the quiz, go to the **DAY 4 ACCOUNTABILITY POST** in our Heal Your Gut Facebook Group, and share your Health Personality result, as well as any "aha" moments you got from today's session!*

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My Health Personality Is: _____