

**NEW YOU IN THE NEW YEAR**

**2014**



# Heal Your Gut, Lose the Weight

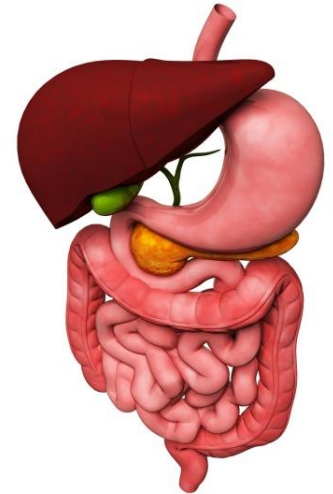
Digestive Health & Weight Management



*with Jon Gabriel & Donna Gates*

# Get to Know Your Digestive Tract

- Your digestive tract can hold the keys to your health
- Your gut & brain are intimately connected
- Your liver & pancreas are crucial in the digestive process
- With improved digestion, food is broken down and assimilated more efficiently, which means less food gives you more nutrients
- Strong digestion leads to total nourishment, right down to the cellular level
- With proper digestion, you'll feel more satisfied since your cells aren't starving



# Digestive Acids & Enzymes

- Some people have them when young & healthy, but as we get older we lose them—and some people never make adequate amounts to begin with
- Many people lack hydrochloric acid, pepsin, and pancreatic enzymes
- Many people are “protein malnourished,” meaning even though they are eating adequate protein, they are not digesting/assimilating them
- Digestive enzymes supplements are simple, safe, and inexpensive—one of the smartest things you can do to support digestion



# Stomach Acid, Health & Digestion

- Stomach acid (HCL) is crucial for digestion and it also kills parasites, eggs, and larvae bacteria on foods we eat
- HCL also helps absorb minerals from food
- People with blood type A typically do not have adequate levels of stomach acid, and most people lose it as they age
- Without HCL, digestion can difficult, uncomfortable or even painful
- Naturally, you should not feel discomfort after meals



# Stress, Ulcers & Acid Reflux

- The body's biochemical response to stress opens up the gut lining, making it semi-permeable, also known as "leaky gut"
- Stress shuts down digestion & elimination
- Ulcers can be caused by the pathogenic microbe, *H. pylori*, found in the stomach and exacerbated by stress
- Blood type O might be more likely to have ulcer form in small intestine
- Blood type A might be more likely to have ulcer in stomach or even develop into a cancer



# The Toxins/Weight Gain Connection

- Toxins cause inflammation which is associated with weight gain
- “Exogenous Toxins” are those in foods and our environment and include things like highly processed foods, commercial cleaning & body products, and pollutants
- “Endogenous Toxins” are those made inside our bodies, from undigested foods and pathogens, fermentation and overgrowth of bad microbes



# Detox Your Body, Home & Life

- Detoxify your diet by removing junk, processed foods from your kitchen and replacing them with whole, natural options
- Detoxify your body with a safe and supervised cleanse
- Further encourage detoxification by sweating during exercise, sauna & hot weather
- Detoxify your home by replacing toxic cleaners and body products with natural products
- Detoxify your emotional life by dealing with and reducing toxic experiences, people, and emotions





# Candida & Toxins

- Scientists have identified 70 endogenous toxins (those created internally) to date
- Acetaldehyde is among the worst, and it causes inflammation in the body
- Alcohol converts into acetylaldehyde
- Like cortisol (stress), acetylaldehyde prevents T4 from turning into T3—T3 gives energy to all the cells of the body
- Mannan is a candida byproduct that poisons & weakens the immune system
- Gliotoxin is a candida-related toxin that shreds the DNA inside our white blood cells



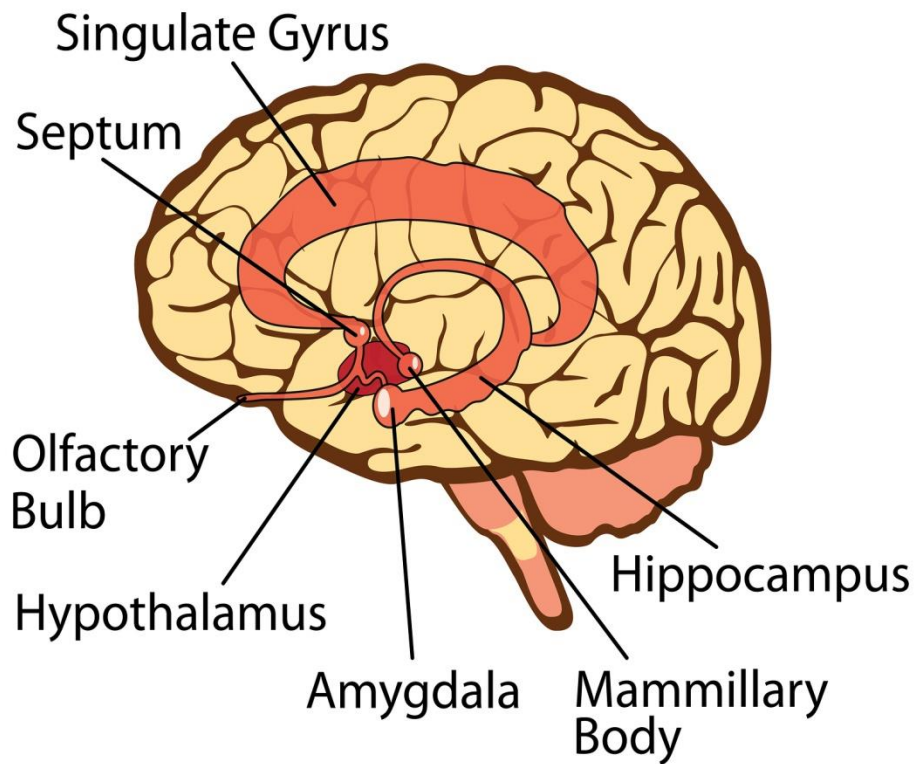
# No More Yeast Infections

- It is possible to stop yeast infections, a huge, global problem
- First, stop feeding the yeast
- Next, build a hardy immune system
- Finally, you need to change your body's environment through diet and lifestyle



# Estrogen & Obesity

## LIMBIC SYSTEM STRUCTURES

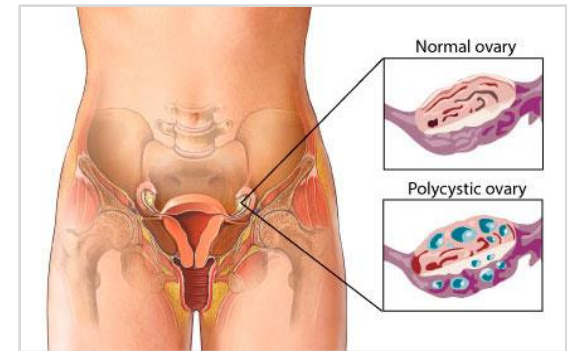


Estrogen receptors in the hypothalamus serve as a master switch for control of food intake, energy expenditure and body fat distribution.

When these receptors are destroyed with the SAD, we begin to eat more food, burn less energy and pack on pounds.

# PCOS & Obesity

- Polycystic ovary syndrome (PCOS) is one of the most common endocrine disorders
- Can cause menstrual cycle irregularity
- Acne, hirsutism (male pattern hair growth)
- Small ovarian cysts
- Metabolic syndrome: leptin & insulin resistance
- The combination of these symptoms can lead to weight gain and even obesity



# You Are Superhuman!

- Remember, you are a “Superhuman” with about 20,000 genes
- And... the microbiota inside you have 150x more genes than you!
- 4 Main Phyla: Firmicutes, Actinobacteria, Bacteroidetes & Proteobacteria
- Gut flora living in your small intestine are crucial for carbohydrate uptake, metabolism and immune function



# Smoking, Bacteria & Weight Gain

- Cessation of smoking leads to an increase of Firmicutes and Actinobacteria (bad bacteria) with a subsequent decrease in Bacteroidetes and Proteobacteria (good bacteria)
- Smoking alters human gut microbes, and quitting causes “bad guys” to proliferate so you crave carbs (to feed them) and gain weight
- Inflammatory Bowel Disease (IBD) also results from pathogenic microbes



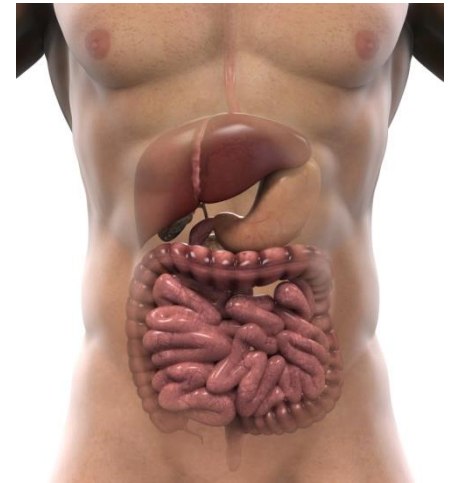
# Antibiotics & Digestion

- From birth, you're exposed to microbes in environment and from your mother
- Your inner ecosystem is created throughout your life, also known as the "microbiome"
- Antibiotics can dramatically disrupt this microbiome, thus altering digestion and potentially your entire holistic health



# Weight Loss Changes Gut Microbes

- Thin people have different gut microbes than overweight people
- When obese people lose weight, their gut bacteria revert back to that of thin people
- Probiotic foods produce a change in many metabolic pathways, notably those that deal with carbohydrate metabolism
- Dr. Jeffrey Gordon research shows we're 90 percent microbial and 10 percent human





# Power of Probiotics

- Finding the right balance of microbes is critical for weight loss
- Acidophilus and bifidus are extremely beneficial and widely available for purchase as supplements
- When baby is born, bifidus infantis is the #1 bacteria – in 6 weeks baby's gut matches that of the mother's bacteria
- If constipated, bifidus bacteria will help most
- Wine and chocolate have been found to feed the bifidus bacteria—but there is more to the story



# What Kills Bacteria?

- The sugar and fiber in whole, natural foods helps our natural gut bacteria grow
- Too much sugar (such as from processed, modern foods) kills good bacteria
- Stress, antibiotics, steroids, and birth control pills can all disrupt (or even kill off) good bacteria



# Gluten (Flour) Harms Digestion

- Wheat is a disaster for digestion, try to remove bread, cookies, and cakes as much as possible
- Gluten forms a gummy paste that is not eliminated well
- The small intestine is 22 feet long, and it “turns” about every 2 inches
- The gummy paste can accumulate in the small intestine, especially when we eat protein and sugar together (glycoprotein)
- With this gummy paste present, nutrient absorption is impaired



# Water & Digestive Health

- Chlorinated and fluorinated water can destroy the bacteria in your gut
- Chemically-treated water can also destroy the bacteria in your mouth
- Natural, spring water is best, but for most of us, buying or filtering our water is the most practical option



# Tack Action to Heal Your Digestion

- Conquer candidiasis
- Heal your digestion
- Consider enzymes supplements
- Eat fermented foods and drinks
- Prepare foods properly
- Consider food combining when eating
- Chew thoroughly, breathe, eat mindfully
- Detoxify your body on a regular basis



“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we will have found the safest way to health.”

*- Hippocrates (circa 400 BC)*

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