

Healthy Gut Healthy Bones

Lifestyle

Stronger Bones Lifestyle





**Healthy
Lifestyle**

**Healthy Gut
Healthy
Bones**

GROUP COACHING CALL #7

Stronger Bones Lifestyle

How you live each day determines the strength, density, and quality of your bones.

You are in control.

GOALS

What are you working towards?

- Stopping Bone loss
- Building Stronger Bones



MOTIVATING FACTOR (MOFA)

- Emotional connection?

ANCHORS

- Physical reminders

CLUTTER

- People
- negative mindset
- physical clutter



**START WITH
WHY**



YOU ARE HEALING AT A FOUNDATIONAL LEVEL

- Takes Time
- Grandmas medicine
- Rebalancing
- Laying down the foundations of health
- Health Building
- Your bones *ARE* your foundation

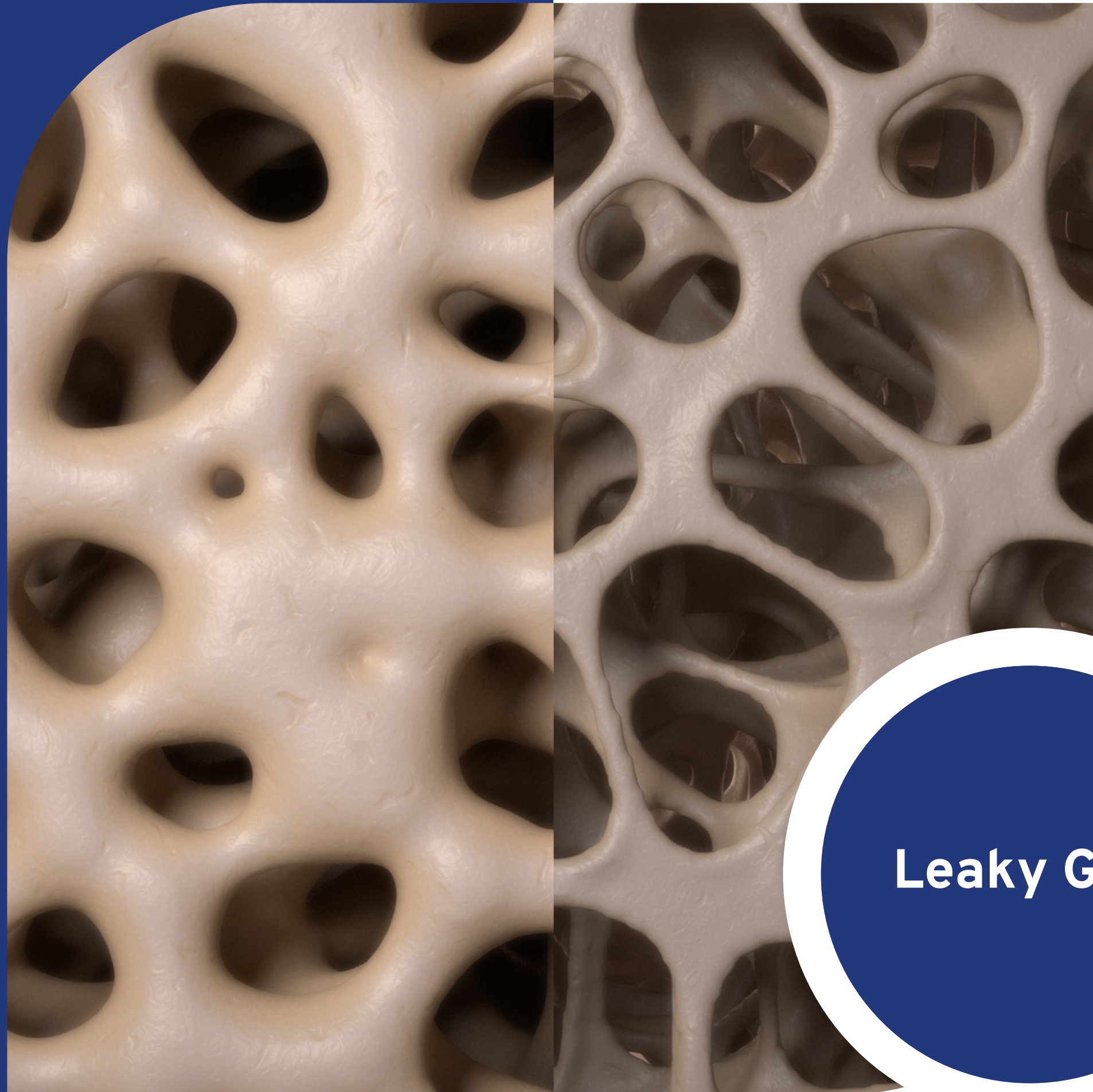




LEAKY GUT = LEAKY BONES

Bone Loss Takes Time

Bone Building Takes time



Leaky Gut

DOES LEAKY GUT CAUSE OSTEOPOROSIS?

Patients with GI disease, especially IBD, are at a significantly higher risk of developing a skeletal disease, such as osteoporosis- 17-41% of patients or osteopenia- 22-77% of patients

CAUSES AND CONTRIBUTING FACTORS OF LEAKY GUT

- Food sensitivities
- Low stomach acid
- Toxins
- Yeast overgrowth
- Pathogens
- Chronic low grade inflammation
- Low beneficial microbes
- Mineral imbalances
- H. pylori and other bacterial overgrowths
- Unfiltered water
- Antibiotics
- Blood Sugar issues
- STRESS



Food

Gluten, dairy, and other toxic and inflammatory foods



Gut Infections

Candida overgrowth, SIBO, and parasites



Toxins

Medications, mercury, pesticides, BPA, and more



Stress

Chronic emotional or physical stress



**TOO MANY WEEDS
STEAL NUTRIENTS**

3-PRONG APPROACH

1. Remove- Foods that trigger Inflammation or feed the unfriendly bacteria (dysbiosis)
2. Heal Your Gut Lining (Heal Leaky Gut)- **May take 1-2 years to heal**
3. Erradicate Pathogens (Bacteria, Parasites, Yeast)



YOUR GUT HEALING JOURNEY

5 R FRAMEWORK

Functional Medicine Approach

Remove

Offending foods, medications, or pathogens

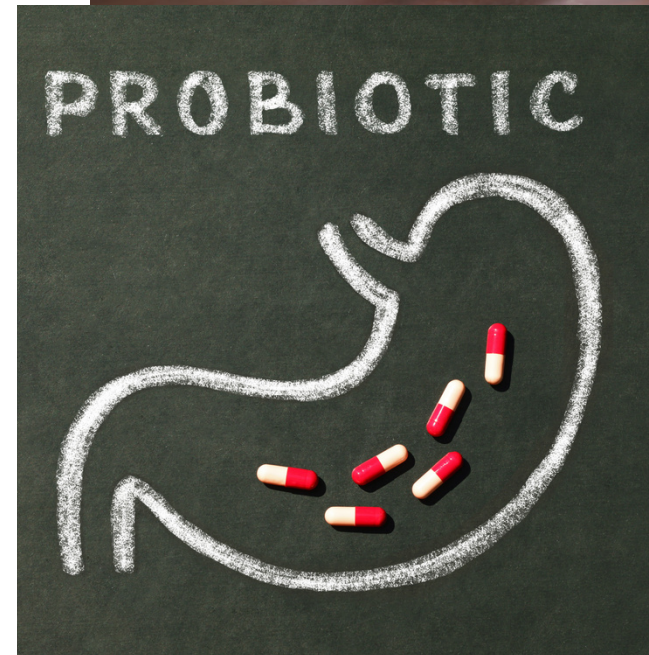


Replace

Restore proper digestion

Reinoculate

Recolonize with beneficial bacteria



Repair

Restore the integrity of the gut lining

Rebalance

Lifestyle for maintaining health



REPAIRING YOUR FORTRESS

Reduce Inflammation

- Minimize/remove inflammatory foods

Supplement

- L-Glutamine
- Omega 3's
- Digestive Enzymes
- Collagen

Close the Gaps/Leaks "Tighten Junctions"

- Supplement with Support Mucosa or Intestinal Support Complex
- Bone Broth or Gelatin

Boost Friendly Bacteria

- Good/high quality probiotic- Megaspore, Restorflora



DISSOLVING/BUILDING



Check-in EVERY day



BALANCE BONE METABOLISM

7 ROOT CAUSES OF OSTEOPOROSIS

- Inflammation
- Stress
- Toxicity
- Hormone imbalance
- Mineral imbalance
- Acidity
- Lack of movement

Look deep

CAUSE



MANAGE STRESS

Connection of our brain to our gut

- The gut is often referred to as our 2nd brain
- 80% of your immune system lives in the gut and is on the lookout for invaders which triggers an immune response
- Our "happy" neurotransmitters serotonin and dopamine are created in the gut
- Serotonin is a precursor to Melatonin the sleep hormone and begins in the gut
- **Gut microbes can increase bone mass and improve osteoporosis**



Gut/Brain

BONES AND STRESS

Chronic stress activates the HPA axis and sympathetic nervous system, suppresses the secretion of gonadal hormone and growth hormone, and increases inflammatory cytokines, eventually leading to bone loss by inhibiting bone formation and stimulating bone resorption.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7797546/>



CAN STRESS CAUSE BONE LOSS?

YES!



STRONGER BONES LIFESTYLE

Nutrition

- Feed your bones
- Don't eat bone-dissolving foods
- Don't feed the animals (pathogens)

Heal Gut

- Add in gut healing habits and support

Sleep and Rest

- Detoxification support
- Repairing and building occurs



HIGH ENERGY/HEALING FOODS

High-Energy Foods

- **HIGH** in vitamins, minerals & antioxidants
- **LOW**/Don't have sugars, toxins, inflammatory effects

Go Organic - maximize nutrient content & minimize toxic exposure

Organic High-Quality Meat/Proteins

- Free range, grass-fed, plant sources (hemp, rice, pea)

Organic Produce - primary source of "carbs"

- Leafy Greens-spinach, kale, swiss chard, dandelion greens, collard greens, romaine/red/green leaf lettuce
- Veggies-asparagus, green beans, cauliflower, broccoli, carrots, sweet potatoes/yams
- Fruit-Bananas, mango, pineapple, apples, berries of all kinds, pomegranate, acai, etc.



SLEEP AND HEALTH

Circadian Rhythm

- Optimal sleep time 10 pm - 6 am
- Set your internal clock
- Sleep cycles are governed by the sun and moon

Critical sleep time is 10 pm- 2 am

- Growth hormone released to do physiological repair & anti-aging repair
- Liver and gallbladder repair
- Restores adrenal glands for stress, essential for:
 - Energy levels
 - Balancing hormones
 - Weight loss
 - Maximum replenishment



Sleep

Can NOT be replaced if missed-not even by sleeping in/more

STRONGER BONES LIFESTYLE

Movement

- Demand more every single day
- Single leg balance
- Squat
- Yoga practice

Stress Management

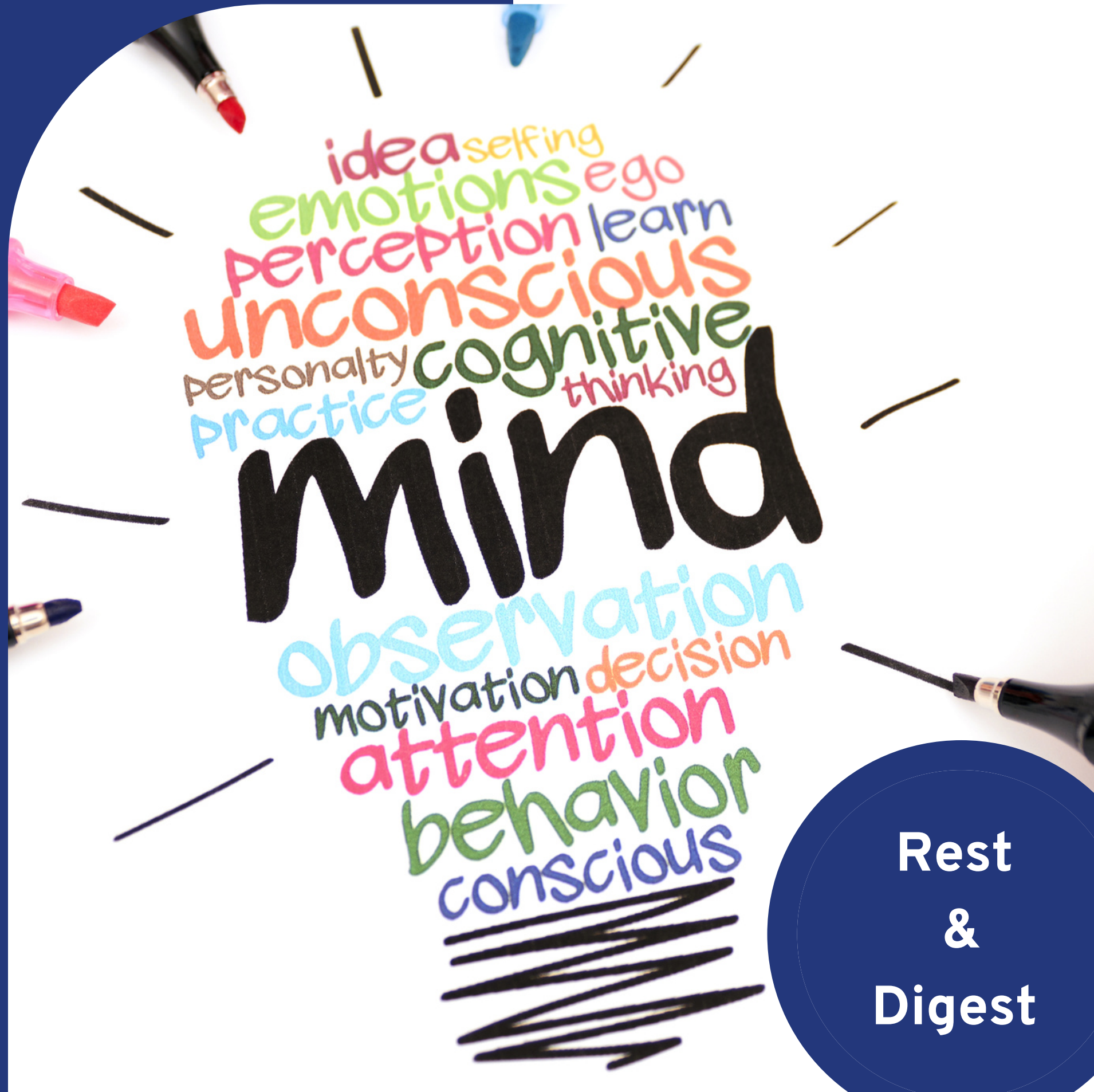
- Stress dissolves your bones
- Stops bone-healthy hormone production

Support- Supplements

- Your custom protocol

Stress as your
friend





**Rest
&
Digest**

REST, DIGEST BONE BUILDING MODE

Healing and Bone Building only happen in a relaxed state.

Emotions increase cortisol and inflammation and decrease bone-building hormones.

Digestive stress is about 25% of what you are eating and 75% of what's eating you.

HEALING LEAKY GUT

- Clean up diet
- Address Your Stress
- Set Boundaries
- Check for pathogens and get rid of them
- Reduce toxin/chemical exposure
- Implement gut-healing substances- bone broth, gelatin, glutamine, probiotics
- Shift to a Healthy Bones Lifestyle



**Stress
Management**



**In Your Mind
and In Your
Body**



EXTRA HEALING SUPPORT

Lemon Water

- First thing in the morning and/or throughout the day
- Add to trace minerals
- Supports liver, kidneys, and bones
- Flushes out toxins

Bone Broth

- Daily drink
- Soups, stews, or protein powder
- Heals gut junctions

Gelatin/Collagen

- 1 tsp of gelatin or 1 scoop of collagen to tea and/or smoothies
- Heals tight junctions

Castor Oil Packs

- Supports the liver and flushes toxins

Oil Pulling

- Try 1 tablespoon melted coconut oil
- Swish in mouth for 10-20 minutes then spit out
- Rebalances mouth microbiome

Epsom Salts Bath/Foot Bath

- 3 times per week soak for 20-30 minutes in a Foot Bath
- ½ cup Epsom Salts (use for detox) or Mg salts (use to support Mg levels in the cells)
- 2-4 tbsp Organic Borax (boron support)
- 2-4tbsp Food-grade Potassium Carbonate powder
- If you want to take a bath 4 x the above recipe



Happy Gut



NEXT STEPS

Continue

- Your 90-120 protocol
- Online Course Stronger Body, Bones and Balance- daily movement

Schedule Call #2 with Debi

- Set up with scheduling link
- Prepare questions for your call

Re-test

- 2nd Hair Mineral Lab (HTMA)
- Health questionnaires on Biocanic

Schedule Call #3 with Debi

- Set up with scheduling link
- Go over your results
- Discuss personalized actions for your Stronger Bones Lifestyle

SLOW AND STEADY WILL WIN THE RACE

SLOWER IS HARDER

SLOWER IS MORE ADVANCED





ACTION ITEMS & QUESTIONS

Action Items:

- 1 Set up session #2
- 2 Re-Test Hair Minerals and submit questionnaires
- 3 Follow a Healthy Gut and Healthy Bone Lifestyle and do your best!