

Healthy Gut Healthy Bones

Bone Health is Wealth

**Strong Bones Gives You
the Confidence to Live a
Very Active Lifestyle!**





Group Coaching Call #1

Program outline and what to expect over the next few months.

**Healthy Gut
Healthy
Bones**

Program Outline and Dates

Program Dates September 20th - December 13th

- Bi-weekly group coaching sessions beginning September 20th
- Bi-weekly tips, tools, and accountability emails
- 3 one-to-one customized coaching sessions: results and review, mid-program, and Hair Mineral retest
- Facebook Group - post, share and ask!
- Goodie Bag - Extra tools for support

**Group
Sessions**



Getting Started

- Complete one stool sample and one hair sample
- Complete questionnaires from Biocanic and the welcome email
- Meet with Debi to review your results and for personalized lifestyle and supplement recommendations

Checklist & Resources

<https://debirobinson.com/healthy-gut-healthy-bones-resources>

**Labs &
Sessions**



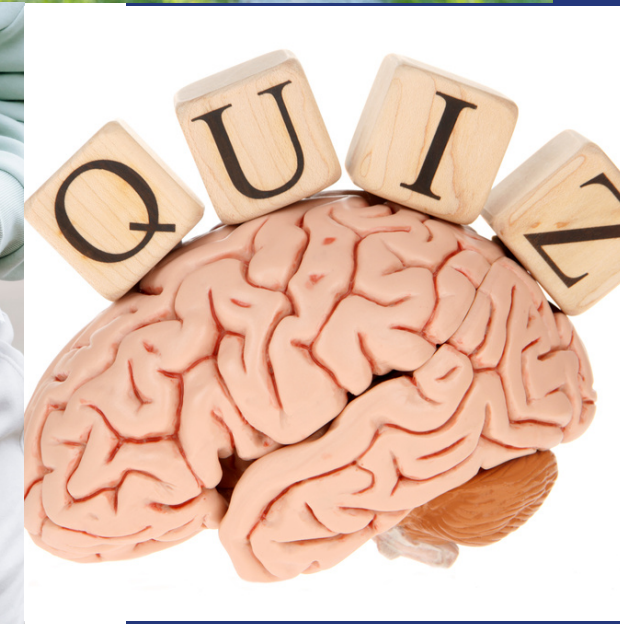
Goals

What are you working towards?



Motivating Factor (MOFA)

Emotional connection?



Anchors

Physical reminders

Clutter

People- negativity, cocktails, physical clutter, unhealthy food



Truly healing the gut requires a 3-prong approach

1. Remove - Foods that trigger Inflammation or feed the unfriendly bacteria
2. Heal Your Gut Lining (Heal Leaky Gut)
3. Eradicate Pathogens (Bacteria, Parasites, Yeast)



Your Gut Healing Journey

5 R Protocol

Remove

Offending foods, medications, or pathogens

Replace

Restore proper digestion

Reinoculate

Recolonize with beneficial bacteria

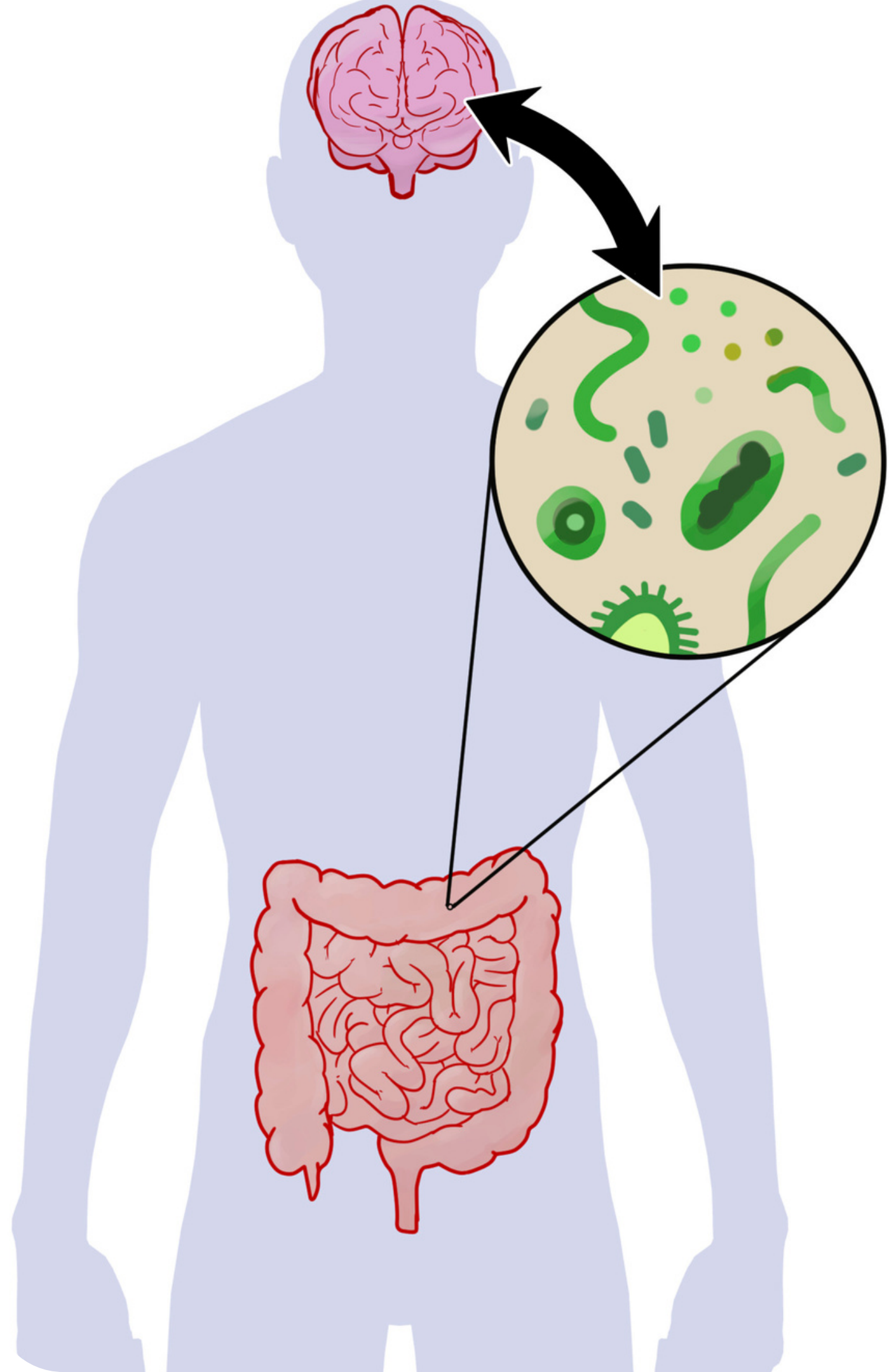
Repair

Restore the integrity of the gut lining

Rebalance

Lifestyle for maintaining health





Gut Brain Connection

At this point, we are more aware of the 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

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



Leaky Gut

How Leaky Gut Happens

Chronic Stress

Parasites, Bacteria or Yeast

Compromised Digestion

OTC Prescription Medications

Processed/Inflammatory
Foods

Exposure to
Environmental Toxins

The human gut mucosa
measures 260–300 m²,
that is, in the order of a
tennis court

Leaky Gut = Leaky Bones

Chronic inflammation and malabsorption in gastrointestinal disease can cause bone metabolism alterations and bone mineral loss.

Gastrointestinal disease is often forgotten as a cause of osteoporosis, osteopenia, or osteomalacia.



Can't absorb nutrients to build good quality bones

The vitamin D that is consumed in food or as a supplement is absorbed in the part of the small intestine immediately downstream from the stomach

Vitamin D promotes intestinal calcium absorption and helps maintain adequate blood levels of calcium and phosphorus, which is necessary for healthy bone mineralization.

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**





Clean Up Your Diet

Step # 1- Remove Inflammatory & Pathogenic Foods

Create a Healthy Gut Garden for Flowers and Fruit Trees to Grow

1. Gluten, Dairy, Sugar, Soy, and Alcohol
2. Damage to the gut lining contributes to leaky gut
3. Directly feed the unfriendly bacteria, parasites, and/or
4. Known food sensitivities need to be removed
5. If autoimmune also remove: corn, and eggs and run a food sensitivity panel

Sugar

Sugar to Avoid

- Table sugar
- White sugar
- Processed sugar
- Artificial Sweeteners

Acceptable Sweeteners

- Organic fruit
- Organic coconut sugar
- Organic cane sugar
- Organic stevia & Zylitol
- Organic Agave
- Organic Honey (Raw local is best)

Be cautious if you have candida



Moderation



**Don't feed the
bad bugs**



Soy

Soy to Avoid

- Processed products
- Soy milk & yogurt
- Soy protein
- Soy Lecithin

Acceptable Soy

Organic fermented soy

Organic tofu

Organic edamame

Organic GF soy sauce

If autoimmune or known food sensitivities avoid all



**Choose
Alternatives**



Read Labels



Gluten

Gluten to Avoid

- Wheat
- Barley
- Rye



Acceptable Alternatives

- Organic quinoa
- Organic rice
- Organic risotto
- Organic potatoes of all kinds

**Always
Organic**



**If not don't eat
the skins**

**If autoimmune (sweet potatoes
are okay) or known food
sensitivities avoid all**



Dairy

Dairy to Avoid

- Cow, Sheep & Goat products
- Milk
- Yogurt
- Cheese (Jarlsberg is okay)

Acceptable Alternatives

- Coconut yogurt
- Cashew yogurt
- Vegan butter
- Almond products
- Cashew, hemp, or other nuts

If autoimmune or known food sensitivities to nuts avoid all



Moderation



Don't feed the bad bugs





Avoid Alcohol

Alcohol can have a negative impact on bone health and is a risk factor for osteoporosis, particularly in heavy drinkers

Happy Liver



Clean Up Your Diet

Step # 2- Dial in Your Diet- What is Your Type?

Reduces digestive stress, balance hormones and energy

If “A” answers 3 more than “B”= **Protein Type**

- 45% protein, 35% carbs, 20% fat/oil

If “B” answers 3 more than “A”= **Carb Type**

- 20% protein, 70% carbs, 10% fat/oil

If “A” and “B” answers are tied or within 2= **Mixed Type**




40% protein, 50% carbs, 10% fat/oil

Listen To Your Body



debi robinson wellness

Yoga Therapist & Health Coach

What did you eat for breakfast, lunch or dinner?	What was your ratio?	Asses Your...	Your Body's Positive Reactions...	Your body's negative reactions?
	Protein Type  <ul style="list-style-type: none"> Protein Carbs Fats 	Satisfaction	<input type="checkbox"/> Feel full and content? <input type="checkbox"/> No sweet cravings <input type="checkbox"/> No need for snack	<input type="checkbox"/> Physically full BUT still hungry (xs F/P) <input type="checkbox"/> Desire for something sweet (xs F/P) <input type="checkbox"/> Need to snack (xs C, not enough food)
	Carb Type  <ul style="list-style-type: none"> Protein Carbs Fats 	Energy	<input type="checkbox"/> Feel recharged <input type="checkbox"/> No feeling of crashing <input type="checkbox"/> Energy is even, not radically up/down	<input type="checkbox"/> Energy has not improved (xs F/P) <input type="checkbox"/> Feel wired but tired (xs C) <input type="checkbox"/> Need a nap (xs C)
	Mixed Type  <ul style="list-style-type: none"> Protein Carbs Fats 	Mood	<input type="checkbox"/> Feel uplifted <input type="checkbox"/> Mind is clear, no fog <input type="checkbox"/> Can easily put words and thoughts together	<input type="checkbox"/> Feel anxious/irritable (xs C) <input type="checkbox"/> Mind is cluttered or foggy (xs C) <input type="checkbox"/> Stomach feels heavy (xs F/P)

Food & Body language Log

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.





Action Items & Questions

Action Items

- ① Start eliminating inflammatory/pathogenic foods
- ② Log 6-10 meals using the Food & Body Language Log
- ③ Complete stool tests & questionnaire

A piece of brown, textured paper is shown with a jagged, torn edge. A strip of the paper is rolled up on the left side. The tear reveals a white background with the word "WHY?" written in a bold, dark grey, sans-serif font.

WHY?