

HEALTHY GUT HEALTHY BONES



What Have You Been noticing?

Ahas, insights and/or takeaways so
far?



GROUP COACHING CALL # 2

What has your body been
telling you about the foods
you have been eating?

Share your biggest aha's,
insights, and/or takeaways so
far?

FOOD RATIOS?

- Food Journaling- ratios?
- Have you noticed how your body responds to foods?
- What shifts have you made so far?
- Any new recipes to share with the group?
- What substitutions have you found?
- Food eliminations?
- Struggles?
- What has been easy?

A woman in a dark blue business suit and white shirt is standing against a light gray circular background. She has a surprised or excited expression on her face, with her mouth open. She is holding several food items: a long baguette with a red apple balanced on top in her right arm, a plate of meat in her left hand, a carton of milk balanced on her head, and a bunch of carrots tucked under her arm. The entire scene is set against a larger orange circular background.

**Removing
Food Triggers**

GOOD FATS

Reducing inflammation to stop bone loss

Increase healthy fats

- Avocados
- Olive, avocado, or coconut oils
- Ghee - doesn't contain lactose and casein
- Bone broth with ghee and herbs

Fat is healing every cell in your body has a phospholipid layer made of fat



TRAVEL

What to Eat?

Food

- Nuts, Dried fruit, oatmeal, chia seed pudding, bone broth, fruit, protein powders

Supplements

Gut healing mixes

Teas

Mushroom or coffee substitutes

Bars

Bring kettle and blender

Be
Prepared



YOUR GUT HEALING JOURNEY

Truly healing the gut requires a 3-Prong Approach:

- 1- Remove Inflammatory & Pathogenic Foods
- 2 - Heal The Gut Lining (Heal Leaky Gut!)
- 3 - Eradicate Pathogens (Bacteria, Parasites, Yeast)

3 Steps



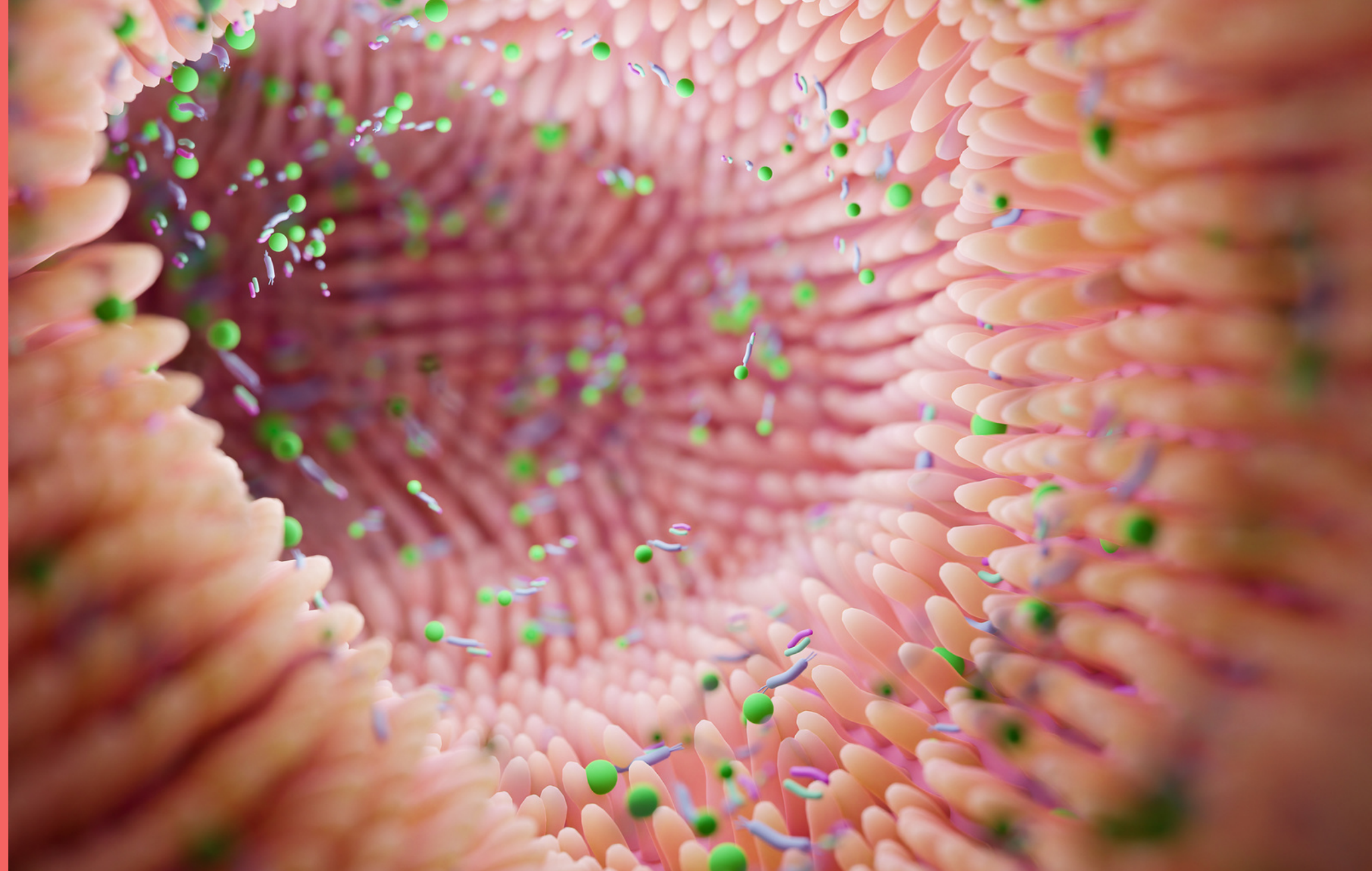
HEALING LEAKY GUT

- Clean up diet - don't feed the bugs, remove inflammation triggers
- Check for invaders and get rid of them-GI MAP
- Implement gut-healing substances: bone broth, gelatin/collagen, glutamine, probiotics, etc.
- Address the stress!
- Reduce toxin/chemical exposure
- Set boundaries
- Shift to a healthier lifestyle for the long run



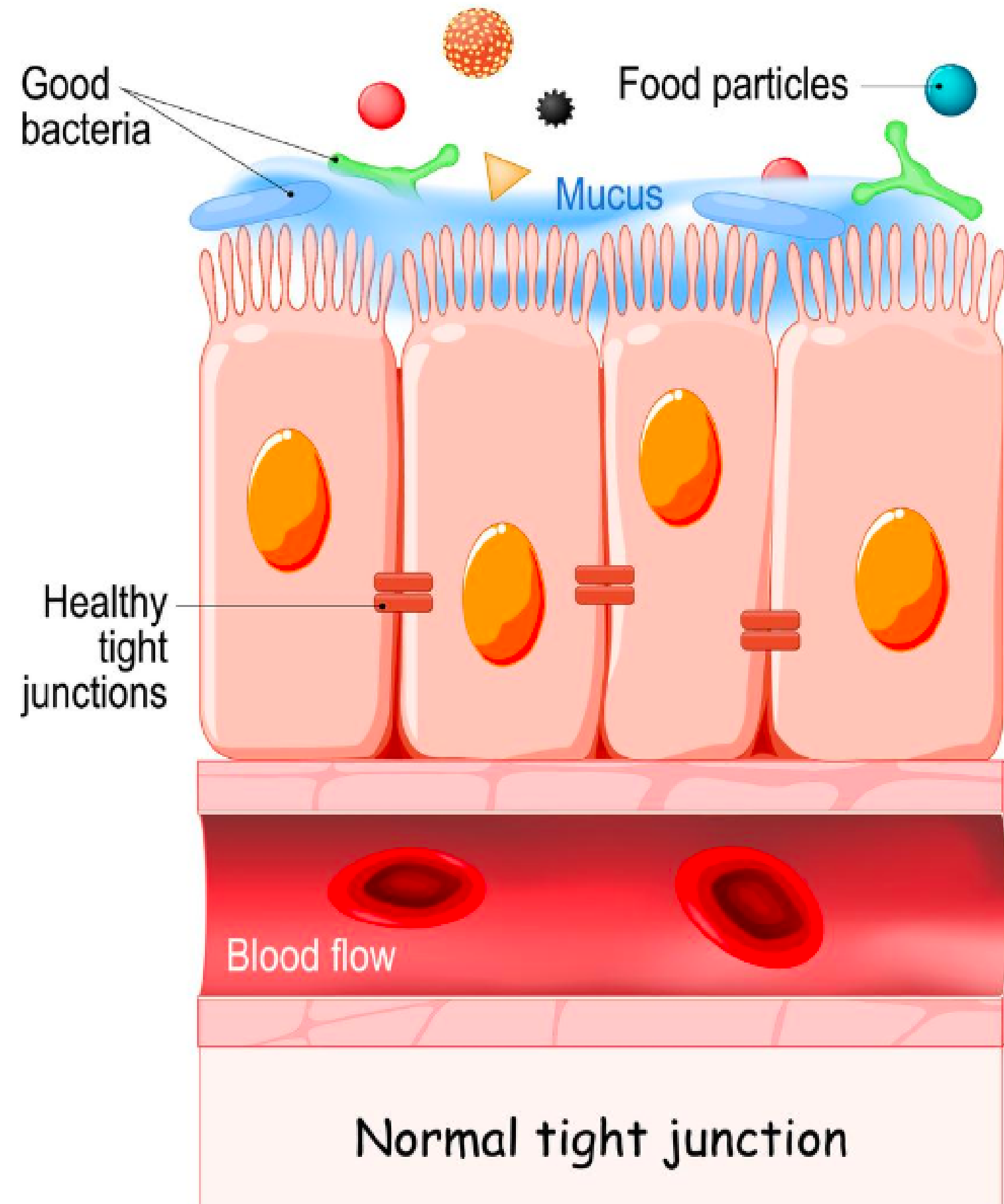
THE GREAT WALL

- 80% of your immune system is located in the gut
- Happy brain chemicals (serotonin & dopamine) are made in the gut
- It's like your "2nd skin"—first line of defense
- It SHOULD allow nutrients in and keep offensive particles OUT (toxins, chemicals, infections etc.) – Gate Keeper

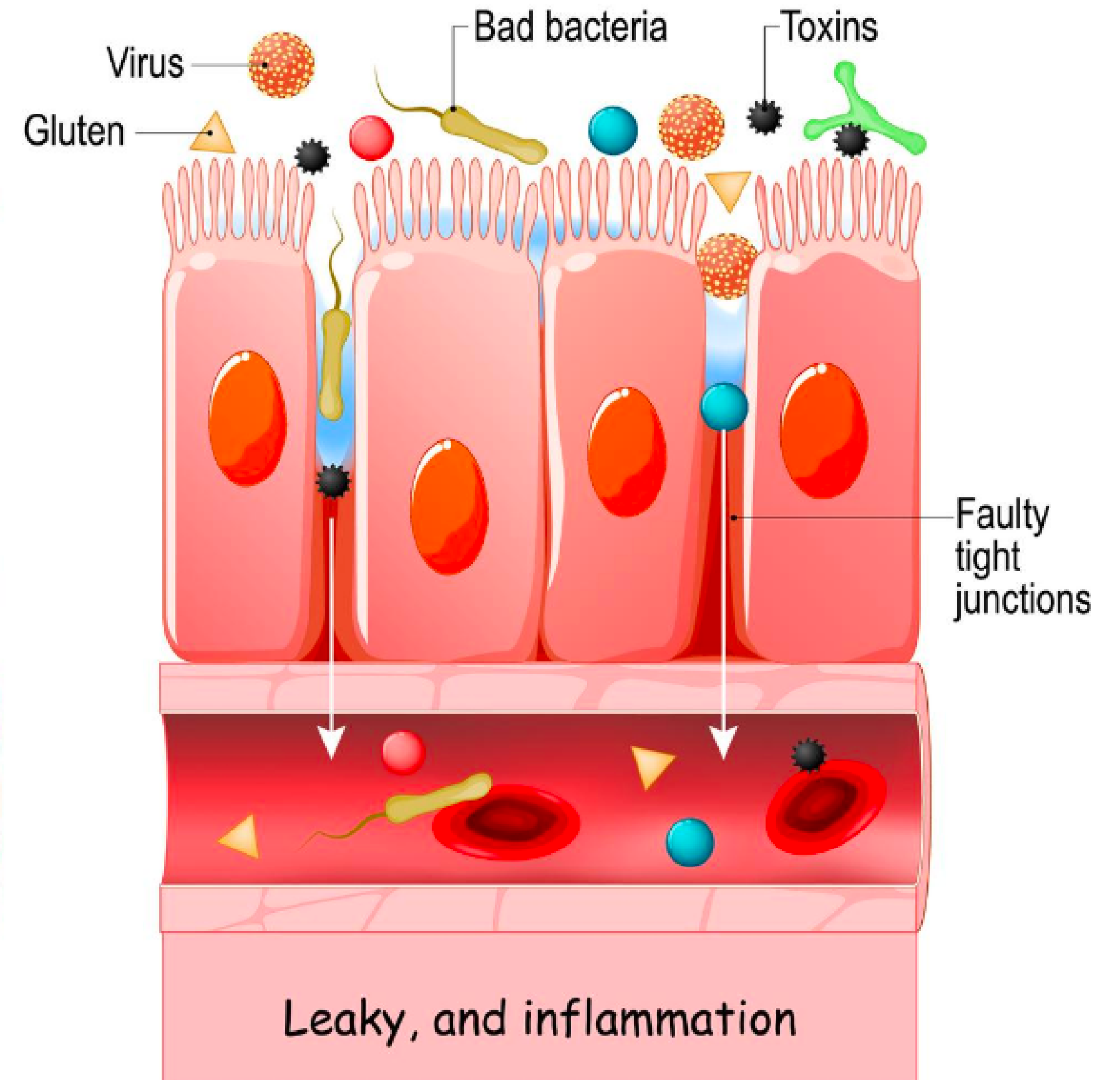


A healthy gut wall is crucial for digestion and gut immunity

HEALTHY GUT



LEAKY GUT



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



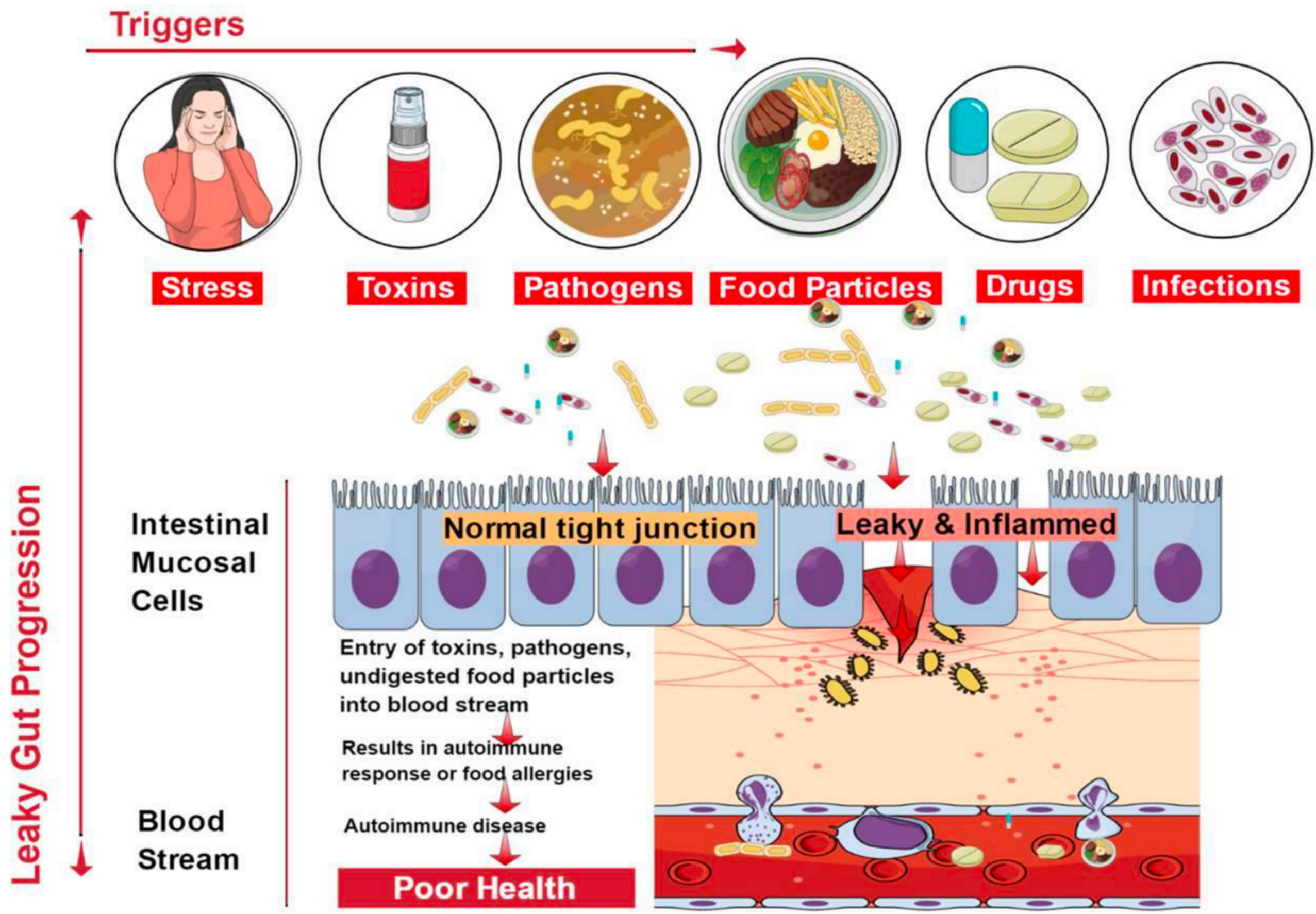
Toxins

Medications, mercury, pesticides, BPA, and more



Stress

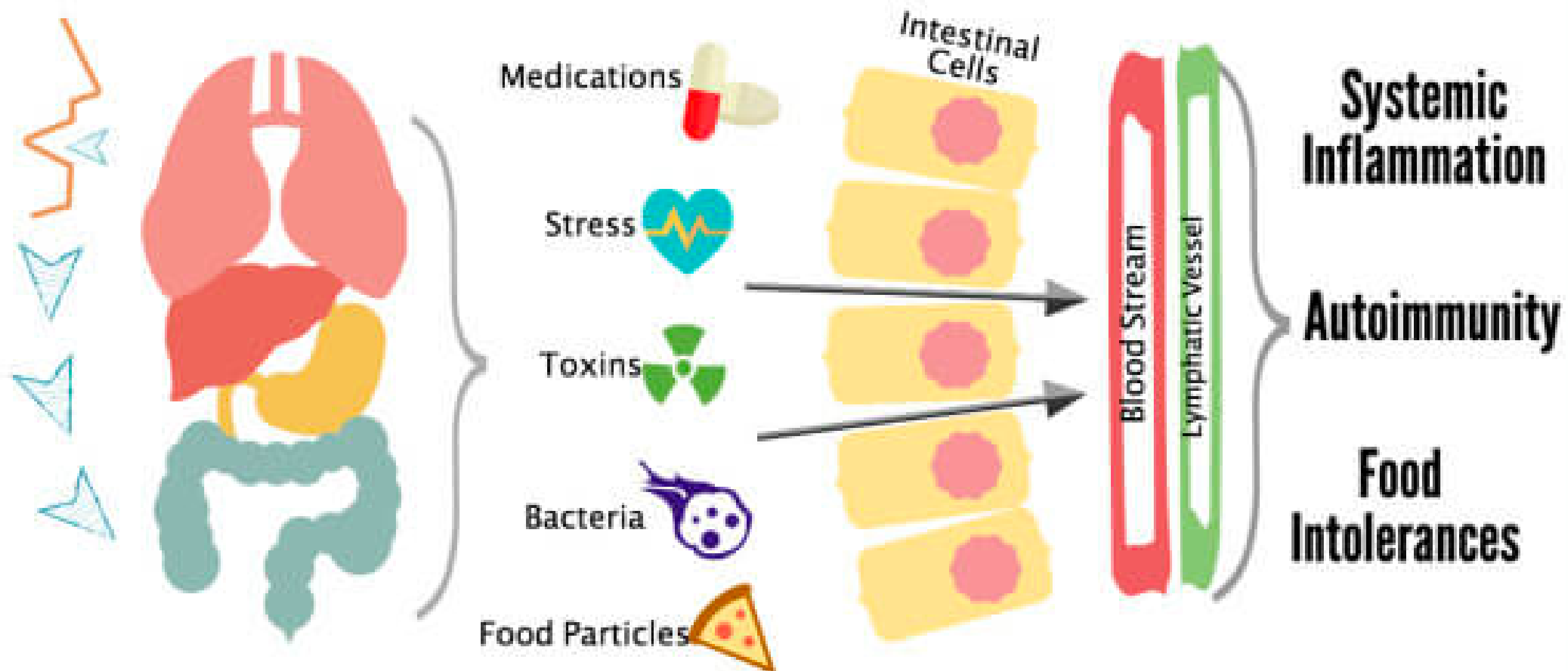
Chronic emotional or physical stress



CONTRIBUTES TO BONE LOSS

The Damaging Effects Of **Leaky Gut** Syndrome

simplemedicine.co



YOUR FORTRESS



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



Everyone will have similar foundational gut healing elements:

- ## Introducing your supplements and titrating is **important!**

- Identify the correct does for you
- Avoid negative reactions

SUPPLEMENT INTRODUCTION

Probiotics

- Take one with meals
- If reactive (gas, bloating then 1/2 tab at first)

Your Supplement Protocol

- Begin with Supplement #1 on your list at the minimum dose
- If everything feels good then the next day increase your dose by 1
- Continue until you reach your full dose
- THEN add the next supplement on your list



PROBIOTICS

Titrate

WHAT TO LOOK FOR

Probiotics

- Increased gas or bloating for up to 5 days is normal
- Anything longer is not

Enzymes

- Gurgling stomach
- Feel unusually hungry after eating
- Upset stomach of any kind



Omega's, Glutamine & Mucosal Support

These are gut soothers yet still be observant

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



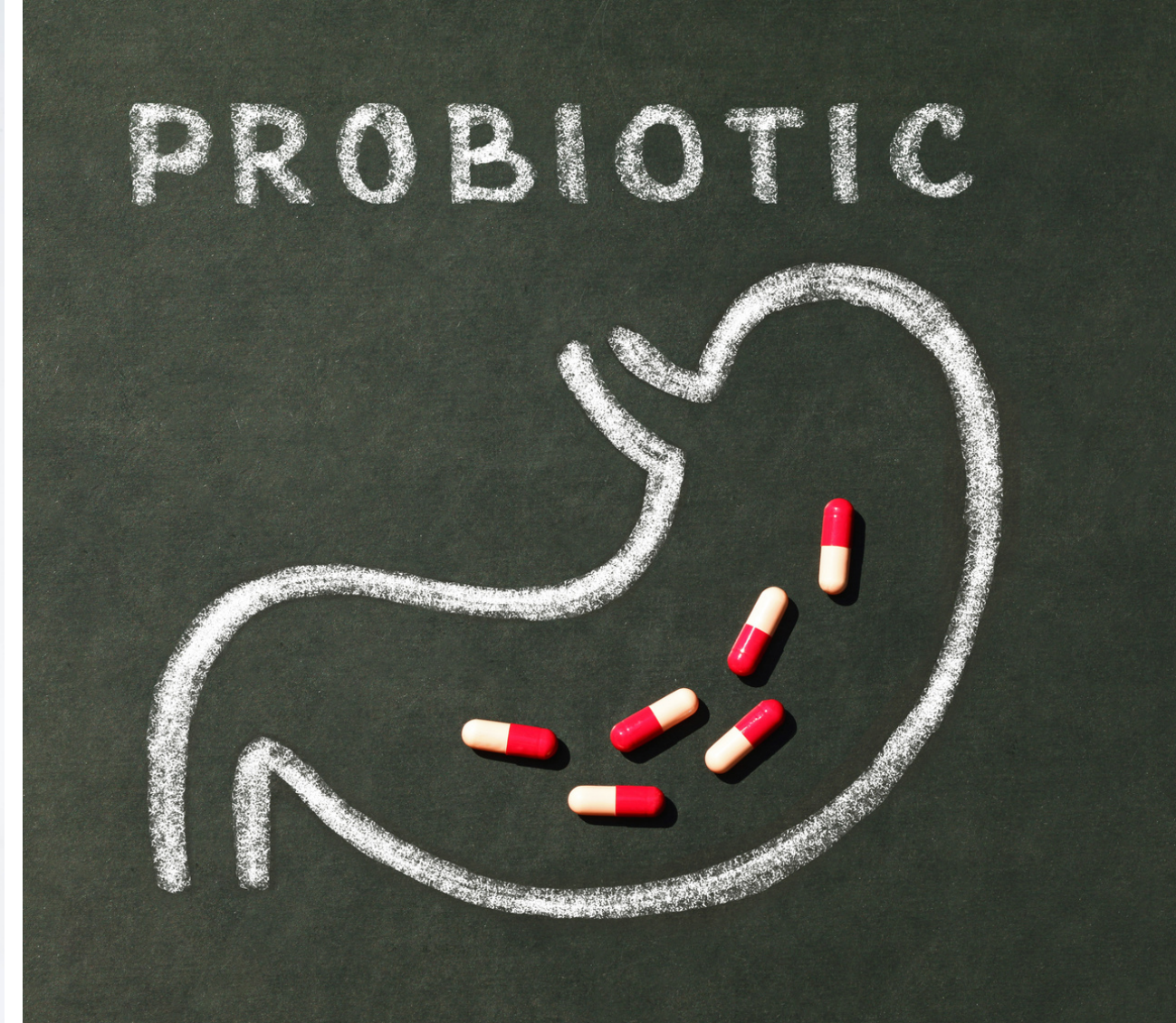
Happy Gut

STRESS MANAGEMENT

- Breathwork
- Meditation
- Yoga
- Walking



Stress Negatively affects gut health!



ACTION ITEMS & QUESTIONS

Action Items:

- 1 Begin Probiotics
- 2 Try Healing Enhancements
- 3 Continue logging meals and dialing in ratios