

# HEALTHY GUT HEALTHY BONES

Supplements &  
Enhancements

EXERCISE

EAT  
HEALTHY

KEEP  
THINGS  
SIMPLE

SLEEP  
WELL

WORRY  
LESS

WORK  
~~HARD~~  
SMART

ENOUGH





**Progress?**

## **SUPPLEMENTS & ENHANCEMENTS**

What progress have you made with introducing supplements?

What have you noticed?

What is your favorite gut-enhancing activity so far?

# YOUR GUT HEALING JOURNEY

Truly healing the gut requires a 3-Prong Approach:

✓ Remove Inflammatory & Pathogenic Foods

IN PROCESS- Heal The Gut Lining (Heal Leaky Gut!)

3- Eradicate Pathogens (Bacteria, Parasites, Yeast)

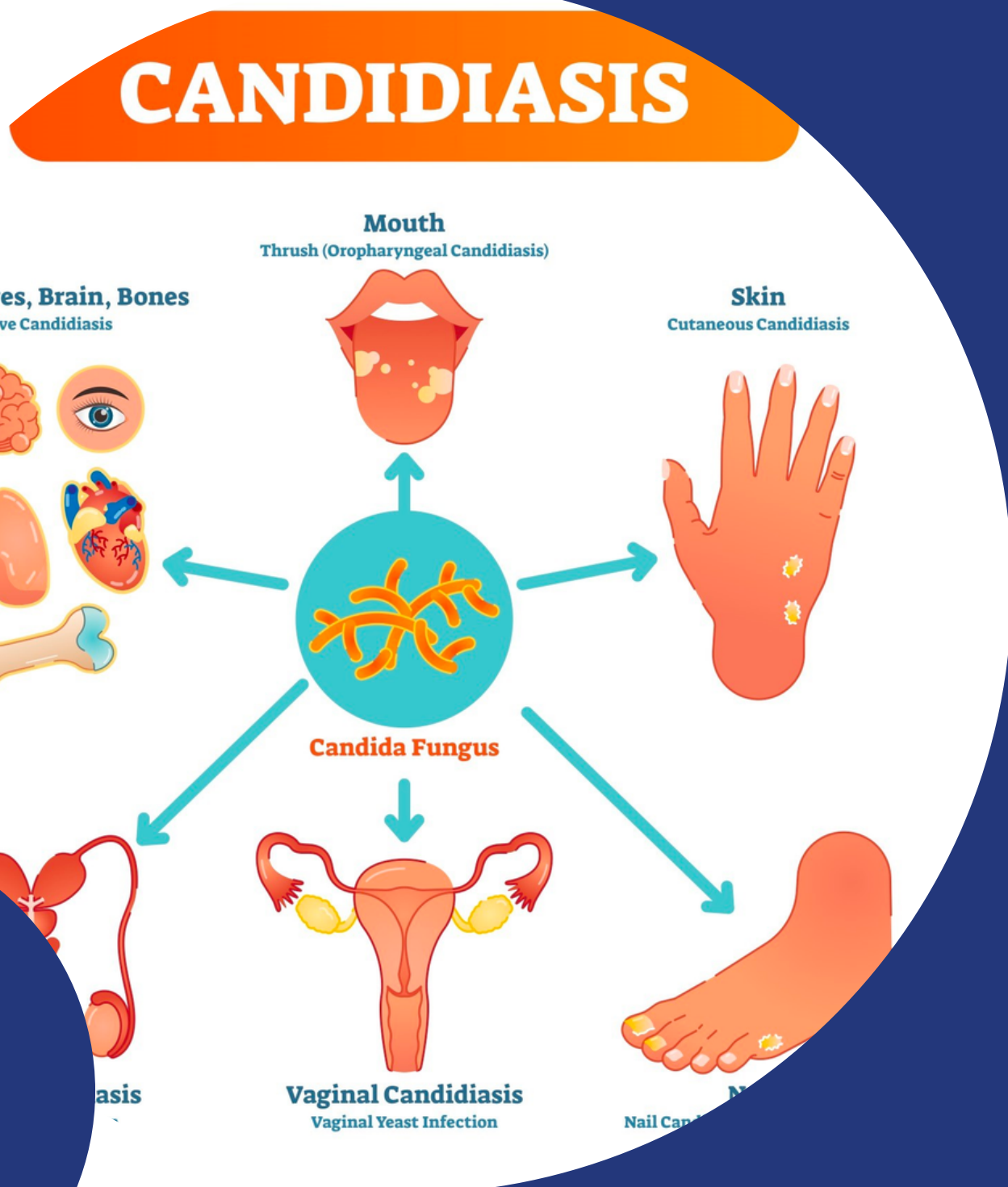
**Gut  
Healing**

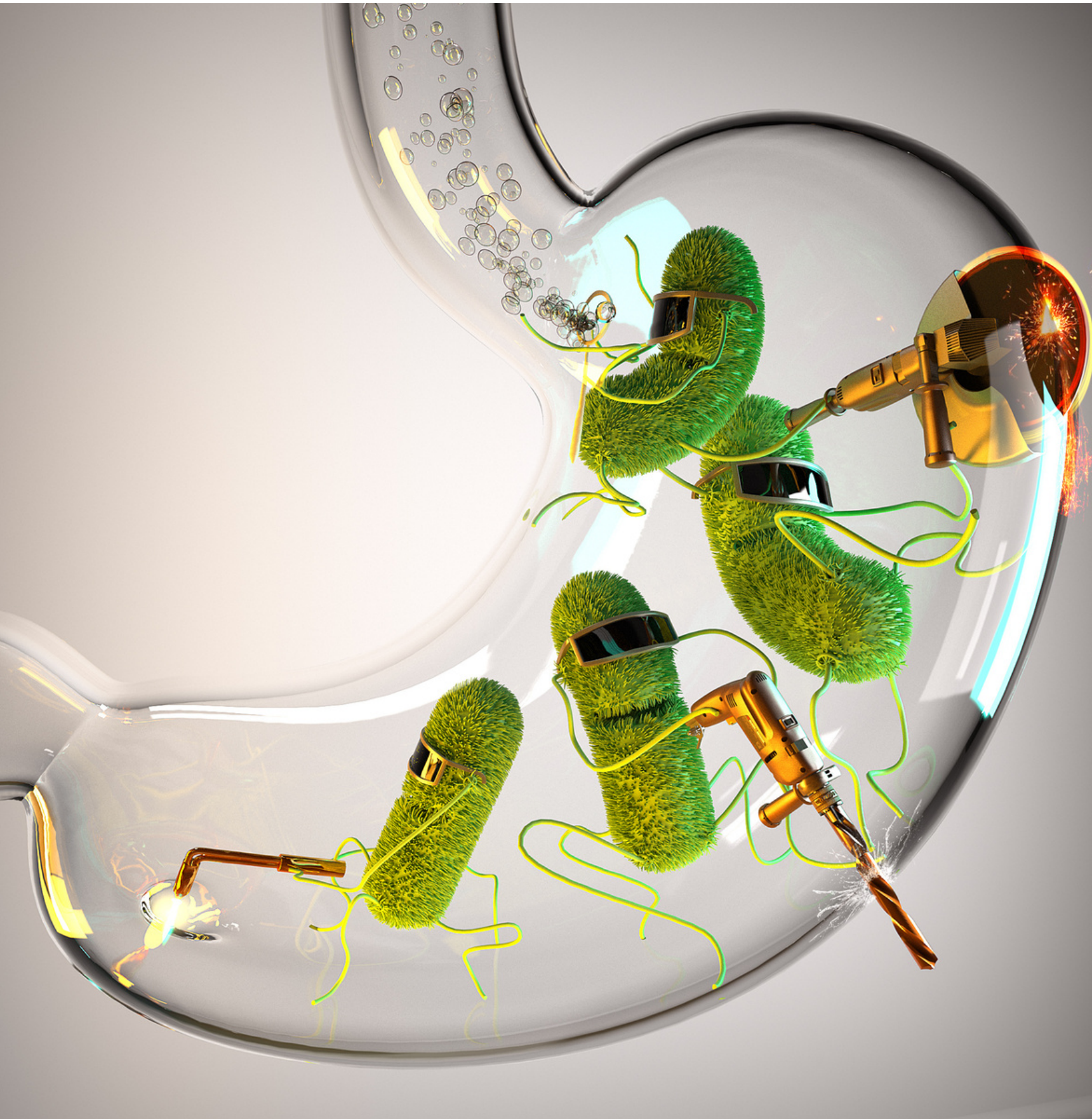


# GUT INVADERS MOVE IN

- Dysbiosis
- Set up home in a "weak environment"
- Opportunistic- they do because they can
- Types: parasites, bacteria, yeast
- Can be undetected for a LONG time
- Some are more opportunistic than others-  
I.e. bacteria and yeast
- Primary and secondary infections are likely
- The gut microbiota has a role in bone metabolism and the pathogenesis of osteoporosis

**Candida**





# DYSBIOSIS & OVERGROWTH

A healthy gut wall is crucial for digestion and gut immunity.

## Gut invaders inhibit

- Digestion
- Absorption of nutrients (causes deficits)
- Immune system's ability to respond

## Create internal toxicity

- Biofilm
- Waste by-products (aka bug poo–yuck!)

The longer someone remains in chronic stress the more symptoms and sicker they will get.

esp  
Origin of candida  
New Latin; Latin: femina  
First Known Use: 1923

**candida** noun \k  
: any of the yeastlike  
members of which  
vaginitis, thrush, o  
yeastlike para

# CANDIDA OVERGROWTH?

**SIFO** is an acronym that stands for small intestinal fungal overgrowth. It happens when there's an excess amount of fungi in your small intestine.

The symptoms of SIFO are very similar to other conditions that cause chronic or recurring GI symptoms. Some of the most common symptoms include:

- abdominal bloating or a feeling of fullness
- gas, belching
- abdominal pain
- diarrhea
- nausea
- Itchy ears or skin
- White coating on your tongue
- H. pylori envelopes and hides



**TOO MANY WEEDS  
STEAL NUTRIENTS**

# DIE-OFF REACTIONS - THE HERXHEIMER REACTION

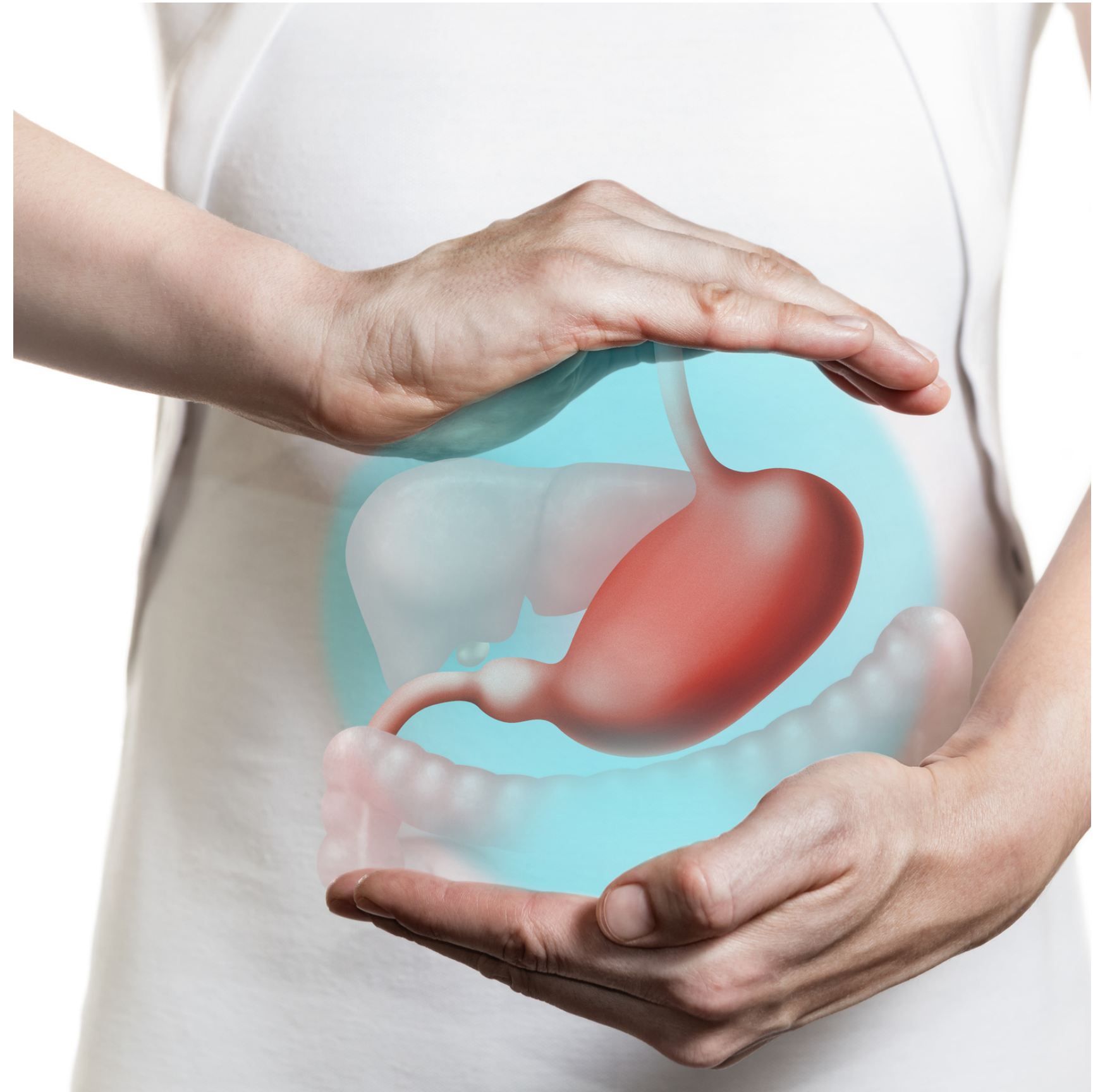
**Herxheimer Reaction** is an immune system reaction to toxins released when large amounts of pathogens are being killed off, and the body does not eliminate the toxins quickly enough.

It's a short-term (from days to a few weeks) detoxification reaction.

## Common symptoms include:

- flu-like symptoms
- headache
- joint and muscle pain
- body aches
- sore throat
- sweating, chills, nausea, or other symptoms similar to a cold or flu

This is normal and indicates that parasites, fungi, viruses, bacteria, or other pathogens are being effectively killed off





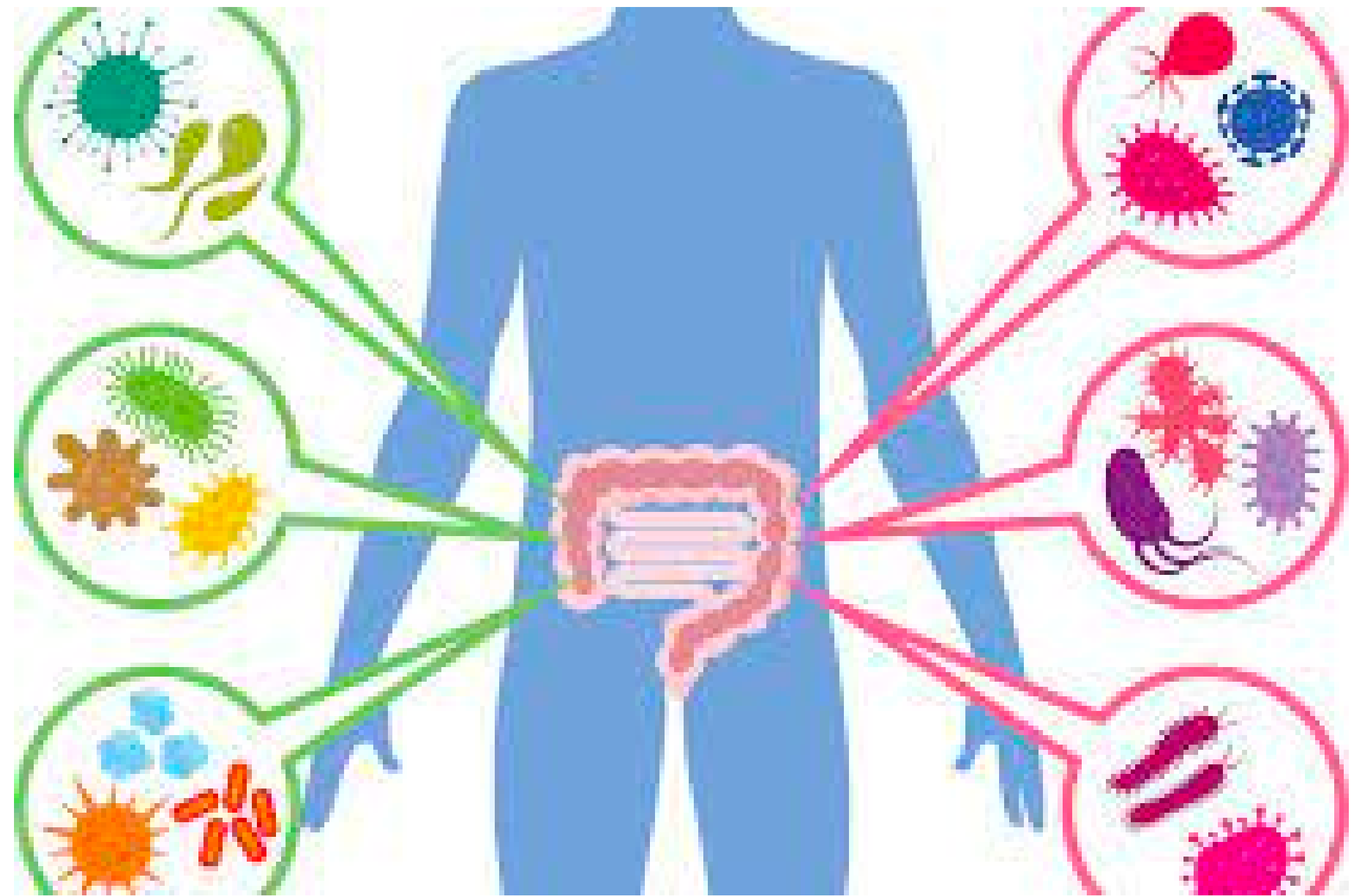
# NAVIGATING HERXHEIMERS

## REDUCE THE OVERALL STRESS LOAD

- Diet-get SUPER clean with your food
- Rest-get LOTS of sleep (before 10 pm!)
- Exercise-back off exercise intensity
- Stress Reduction-minimize mental/emotional stress
- Supplementation-be on point with your supplements



# "STRESSORS"



Contribute to Dysbiosis, Leaky Gut,  
Inflammation, and Bone Loss

# YOUR STRESS SNAPSHOT

Adrenal Stress Indicators Questionnaire.  
What is being affected by “stress”?



Adrenal Stress Causes ( ASC )					
DATE:		NAME:			
4th Test	3rd Test	2nd Test	NOW	PAST	<b>ADRENAL CAUSES TOTALS</b>
0	0	0	0	0	
4th Test	3rd Test	2nd Test	NOW	PAST	<b>MENTAL / EMOTIONAL SUB-TOTAL</b>
0	0	0	0	0	
4th Test	3rd Test	2nd Test	NOW	PAST	<b>ENVIRONMENTAL SUB-TOTAL</b>
0	0	0	0	0	
4th Test	3rd Test	2nd Test	NOW	PAST	<b>LIFESTYLE SUB-TOTAL</b>
0	0	0	0	0	
4th Test	3rd Test	2nd Test	NOW	PAST	<b>METABOLISM SUB-TOTAL</b>
0	0	0	0	0	
Hit "<Ctrl>Shift X" to SORT tables by NOW column Hit "<Ctrl>Shift Y" to SORT tables by Symptoms					

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Please rate any condition that applies to you NOW (1st Test) and in the PAST, using the following scale:

**5 = Severe 4 = Strong 3 = Moderate 2 = Mild 1 = Weak 0 = Not Present**

- Start by going through and marking in the NOW column only the symptoms that apply to you currently
- Then go back and respond in the PAST column to the symptoms you marked in the NOW column
- Rate your response in the PAST column based on how you felt when the symptoms were at their WORST

**KEY: Red numbers indicate worsening since last test. Green numbers indicate improvement.**

4th Test	3rd Test	2nd Test	NOW	PAST	MENTAL / EMOTIONAL	NOTES & COMMENTS
					acute stress or crisis	
					anger often	
					anxiety often	
					autism	
					bi-polar disorder	
					chronic, unrelenting stress	
					depression often	
					despair or hopeless often	



## Rest & Digest

# REST & DIGEST MODE

Healing only happens in a relaxed state.

Emotions like fear and stress can slow the metabolism, increase depression and influence your overall well-being.

Digestive stress is about 25% of what you are eating and 75% of who you are being.

Digestive stress contributes to a leaky gut, opening up opportunities for gut invaders to thrive.

## MAKING TIME TO METABOLIZE

- To boost metabolism and reduce digestive stress, you must relax around mealtime
- Give yourself the gift of more time at each meal-maybe an extra 5 minutes for each meal
- Make an appointment for yourself to eat
- Chew each bite 20 times
- Deep Breaths and pauses



When you are in a stressful state you can consciously adopt a deep and rhythmic breathing pattern characteristic of the relaxed state and shift the Central Nervous System into parasympathetic mode.

# THE SLEEP CONNECTION

Good quality sleep is essential for healing your gut and your body.

## 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
- 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**

# SATISFYING SLEEP

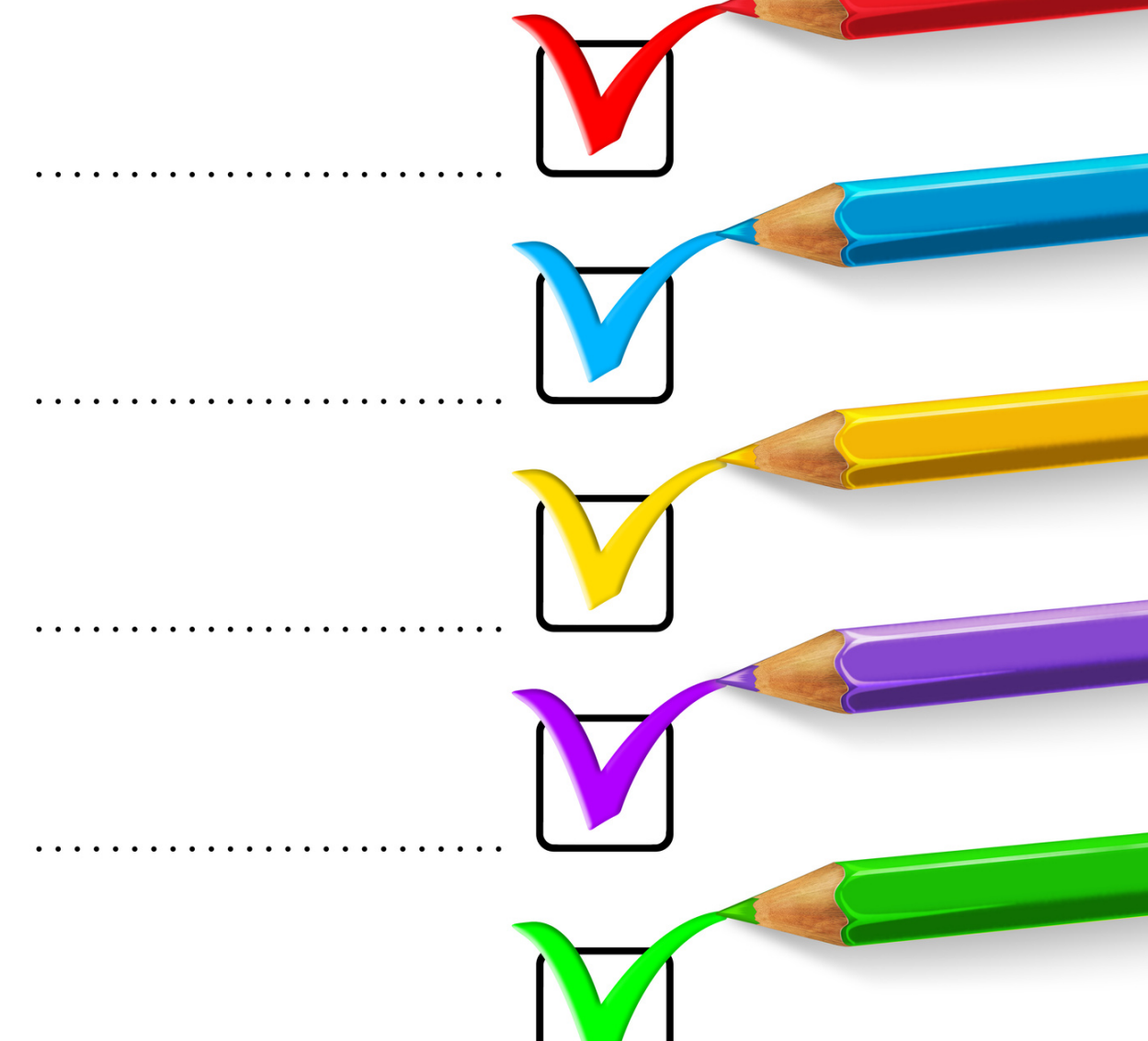
## Create A Sleep Sanctuary

- Aromatherapy with essential oils or candles
- Dimming the lights at least 1 hour before bed
- Make sure no outside light gets into the room
- Disconnecting from devices 1 hour before bed
- Cover lights coming from clocks, TVs, devices, etc.

## Prepping Your Body

- Reading a book
- Take a hot shower
- Take a mineral supplement
- Have a protein snack before bed
- Epsom salt bath
- Meditate
- Deep breathing
- Write a to-do list for the next day
- Journal/Gratitude list





# Action Items & Questions

## Action Items:

1. What are three ways to make boost metabolism?
2. Can you be asleep by 10 pm X times per week?
3. Can you track your sleep?
4. Will you keep integrating supplements?
5. Did you print out the checklist for compliance tracking?
6. Are you continuing to log meals and dial-in ratios?