



**HEALTHY GUT
HEALTHY BONES**

**Supplements &
Enhancements**

HEALTHY GUT HEALTHY BONES



What Have You Been noticing?

Ahas, insights and/or takeaways so
far?



GROUP CALL MODULE # 2- SUPPLEMENTS AND ENHANCEMENTS

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

Share your biggest aha's, insights, and/or takeaways.

Wins and Challenges?

**Raise
Awareness**

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?



Removing
Food Triggers

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



7 ROOT CAUSES OF BONE LOSS

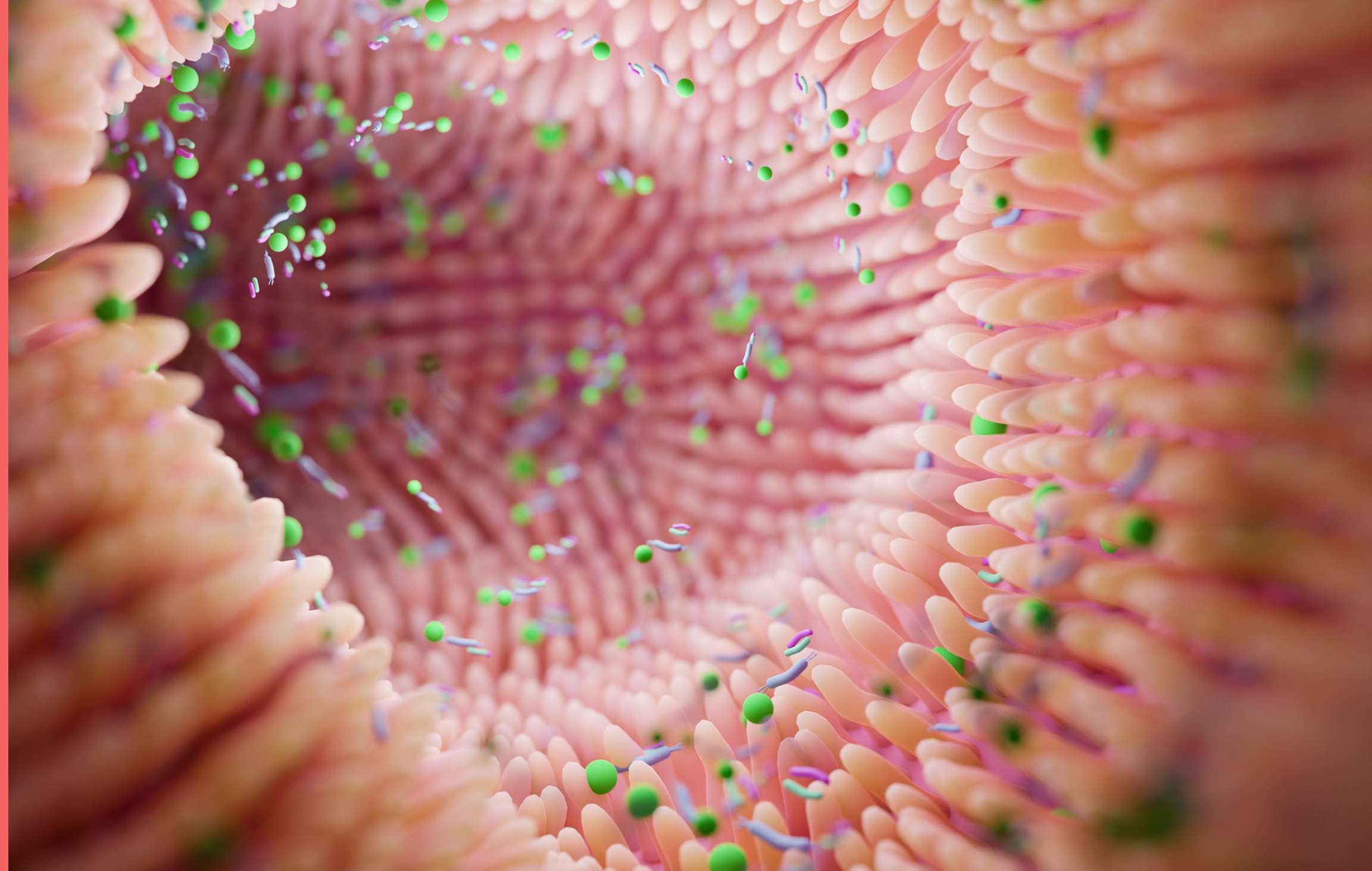


1. Inflammation
2. Stress
3. Hormone Imbalance
4. Mineral Imbalance
5. Acidity
6. Toxicity
7. Sedentary Lifestyle

Leaky Gut Leads To All Of These

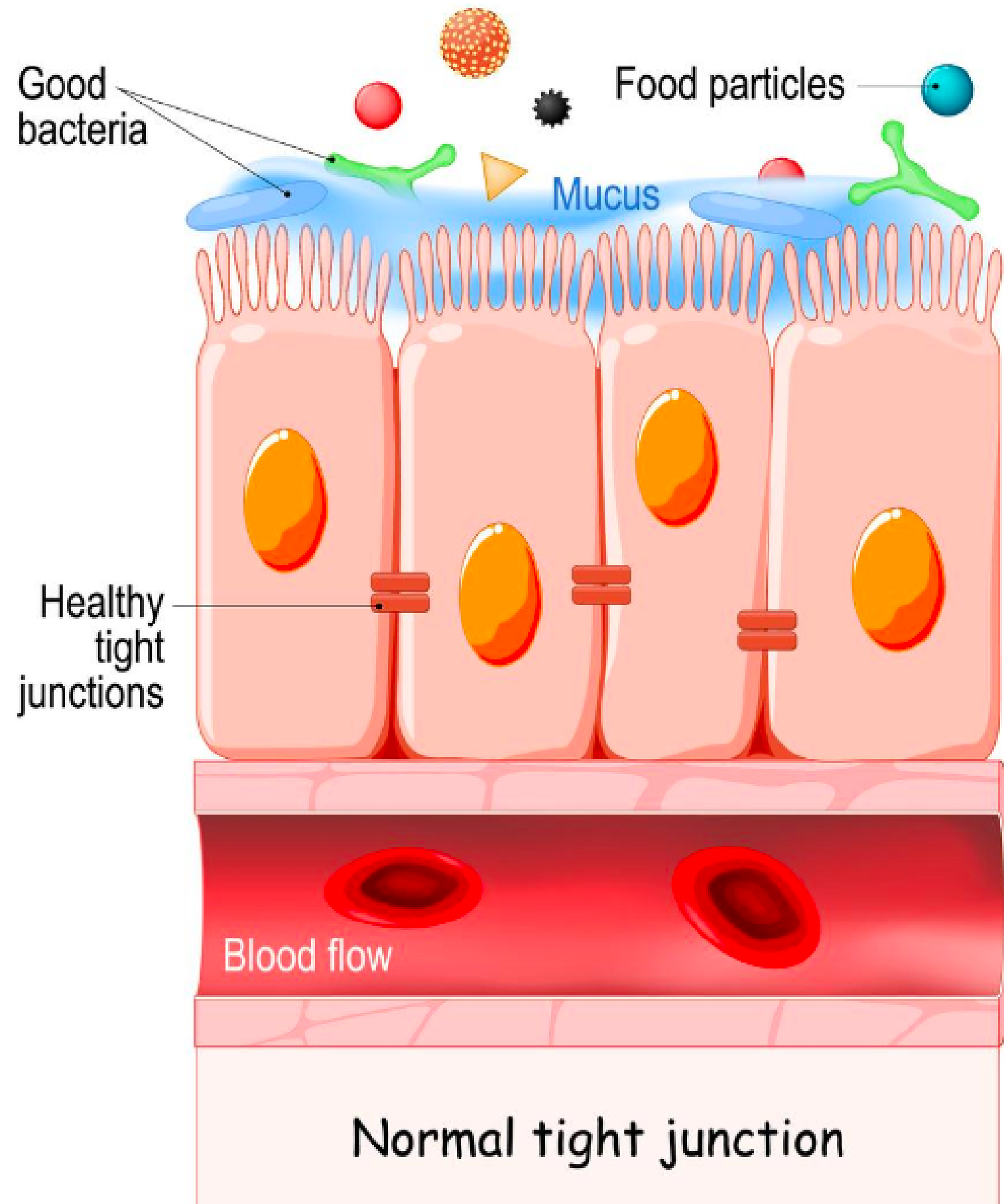
THE GREAT WALL

- 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

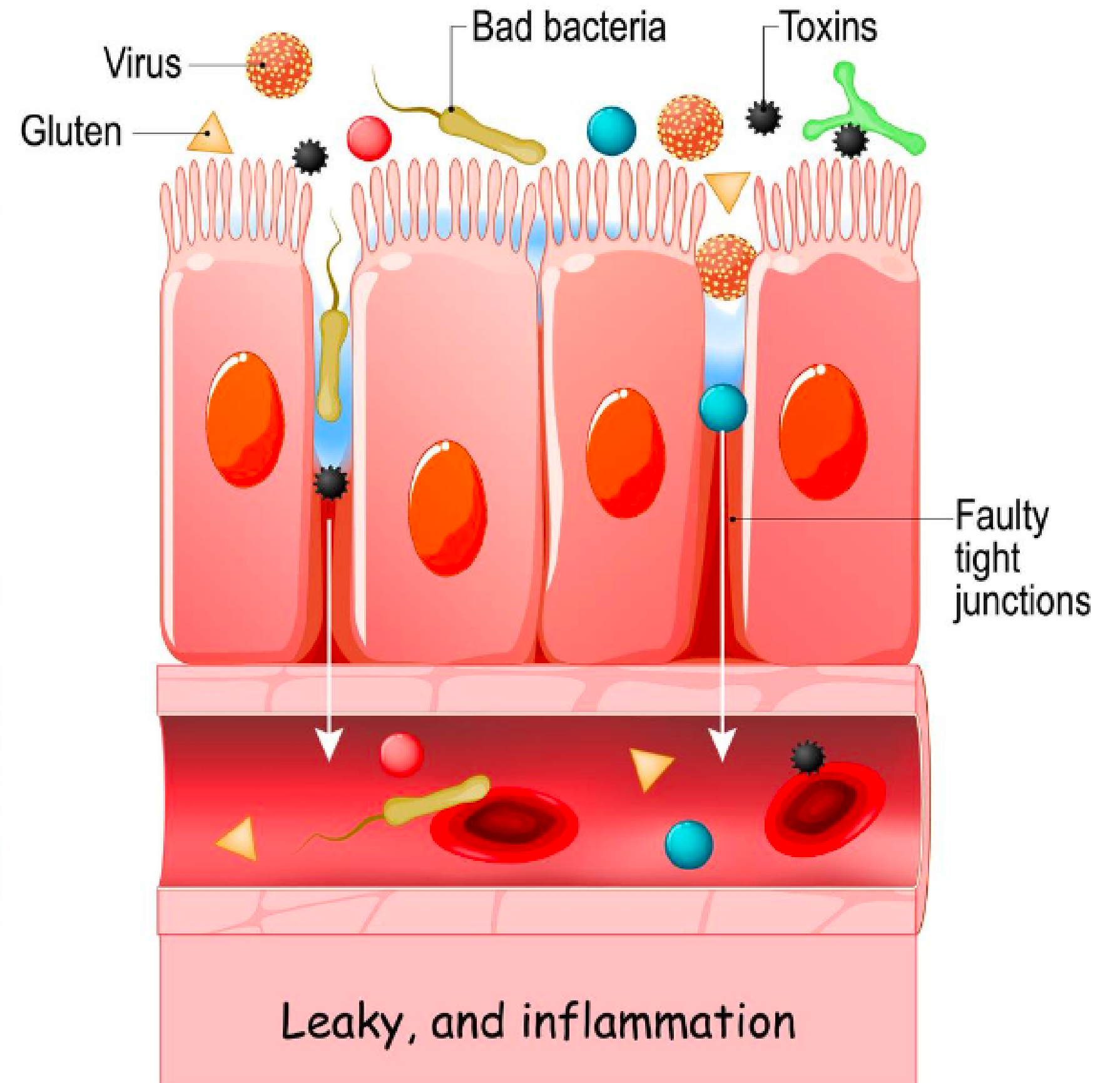


A healthy gut wall is crucial for digestion, gut immunity and bone health

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 another bacterial overgrowth

Contributors

- 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

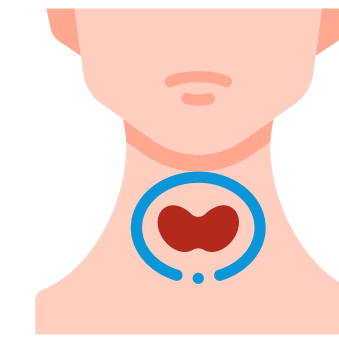
Chronic emotional or physical stress

SEVERAL CONDITIONS ARE CAUSED BY (IN PART OR FULLY) LEAKY GUT SYNDROME, THESE INCLUDE:

- Autoimmune diseases
- Arthritis
- Intestinal infections
- Pancreatic insufficiency
- Chronic Fatigue Syndrome
- Eczema
- Psoriasis
- Food allergies and sensitivities
- IBS
- Hives, allergies
- Osteoporosis
- Liver dysfunction
- Kidney dysfunction
- Thyroid issues



Osteoporosis



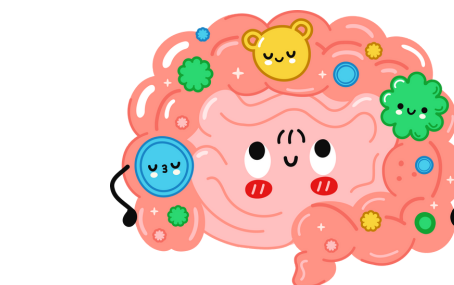
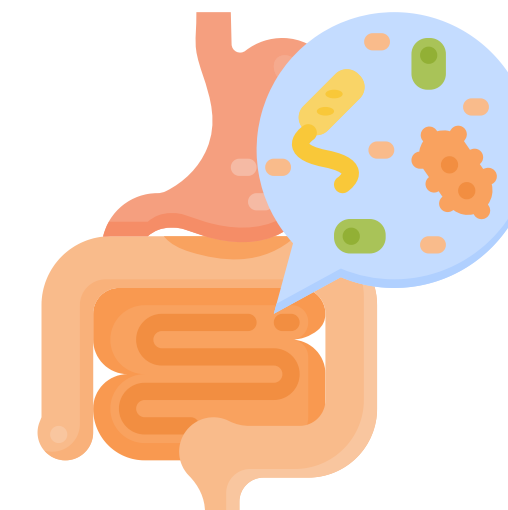
Thyroid Issues



Arthritis

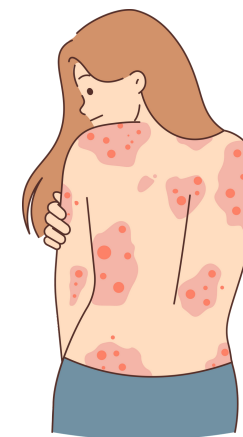


Liver Dysfunction

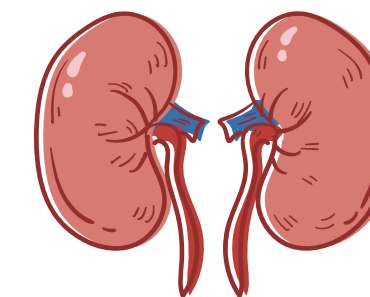


Intestinal Infections

Leaky Gut Leaky Body & Bones



Eczema & Psoriasis



Kidney Dysfunction



Chronic Fatigue

@Debirobinsonwellness

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 your bones



Triggers



Stress



Toxins



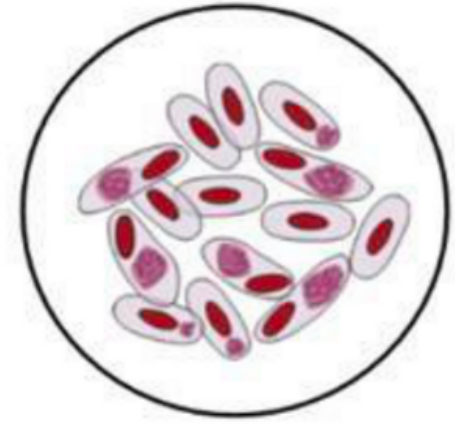
Pathogens



Food Particles



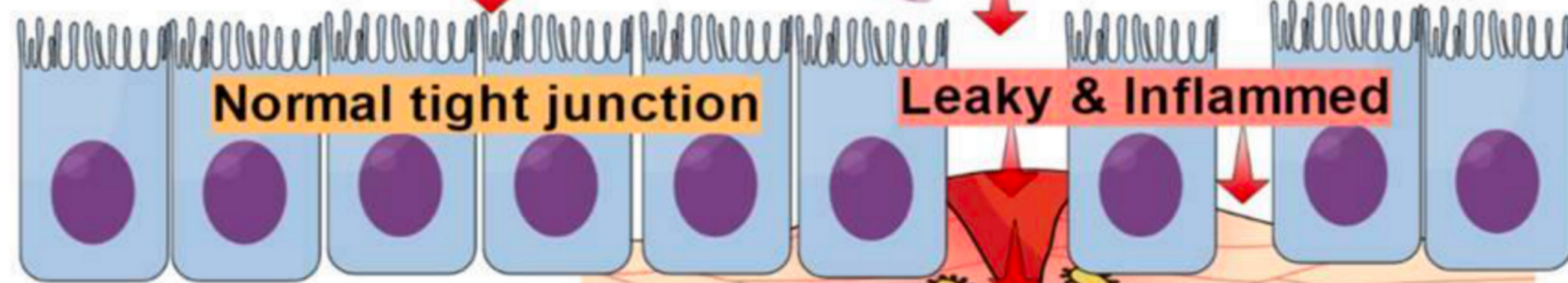
Drugs



Infections

Leaky Gut Progression

Intestinal Mucosal Cells



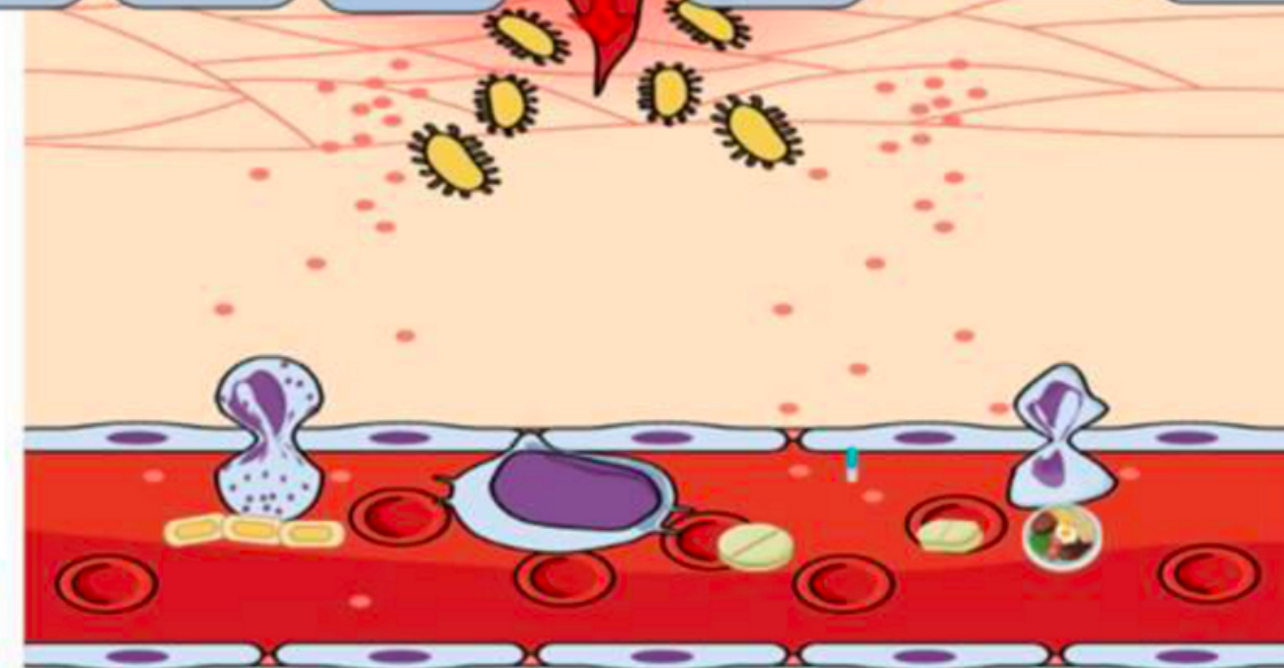
Entry of toxins, pathogens, undigested food particles into blood stream

Results in autoimmune response or food allergies

Autoimmune disease

Poor Health

Blood Stream



YOUR FORTRESS



LEAKY GUT LEAKY BONES

Direct and Indirect Effects

- Allows larger molecules such as bacteria and undigested food particles to leak into the bloodstream
- Triggers an immune response and inflammation
- Stimulates osteoclasts to break down bone tissue and release calcium and other minerals
- Increased risk of fractures
- Inflammation reduces osteoblasts
- Affects the absorption of the 4 Musketeers



Stop the leaks



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





BEGINNING SUPPLEMENT SUPPORT

Foundational gut healing elements:

- Digestion support
- Beneficial bacterial support
- Gut lining repair support

Introducing your supplements and titrating is **essential!**

- Identify the correct doses for you
 - Avoid negative reactions
- * You would receive your own customized supplement protocol based on YOUR test results if you ran labs

SUPPLEMENT INTRODUCTION

Probiotics

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

Your Supplement Protocol Titration

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



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



Bulk

FIBER

Fiber is a carbohydrate found in plant-based foods such as **fruits, vegetables, whole grains, legumes, and nuts**. It is a critical component of a healthy diet and has numerous health benefits, including improving gut health

Benefits of fiber for gut health

- Fiber maintains gut health by promoting regular bowel movements
- Prevents constipation
- It helps feed the beneficial bacteria in the gut, which is essential for maintaining a healthy microbiome.

Beans and Oats?

Negative press?

TWO TYPES OF FIBER

Soluble and Insoluble

Soluble fiber dissolves in water and forms a gel-like substance in the digestive tract, which helps to slow down digestion and regulate blood sugar levels.

- Oats
- Beans
- Fruits

Insoluble fiber does not dissolve in water and adds bulk to the stool, making it easier to pass through the digestive system.

- Nuts
- Veggies



Supports
Elimination

EAT A SCHOOLBUS

Create a school bus to take away the "bad bugs" and cellular debris



Recommended daily intake of fiber varies depending on age and gender. Generally, adults should aim to consume 25-30 grams of fiber daily.

However, most people in the United States' average intake is only around 15 grams daily.

Here is a list of 30 high-fiber foods that can promote gut health:

- Chia seeds
- Almonds
- Avocado
- Broccoli
- Lentils
- Sweet potato
- Artichokes
- Raspberries
- Oats
- Black beans
- Quinoa
- Popcorn
- Brussels sprouts
- Peas
- Apples
- Jerusalem artichokes
- Barley
- Pears
- Flaxseeds
- Oranges
- Carrots
- Pistachios
- Brown rice
- Green beans
- Prunes
- Spinach
- Kiwi
- Cabbage
- Acorn squash
- Beets
- Rutabagas
- Kohlrabi



Here is a list of Food to Support a Leaky Gut

- **Fermented foods:** Fermented foods such as sauerkraut, kimchi, kefir, and yogurt contain probiotics, which are beneficial bacteria that can help restore balance to the gut microbiome.
- **Bone broth:** Bone broth is a rich source of collagen and other nutrients that can help repair the gut lining and reduce inflammation.
- **Ginger:** Ginger has anti-inflammatory properties and can help soothe the digestive tract. It can be consumed fresh, in tea, or as a spice in cooking.
- **Turmeric:** Turmeric is another anti-inflammatory spice that can help reduce inflammation in the gut. It can be used in cooking or taken in supplement form.
- **Aloe vera:** Aloe vera has been used centuries to soothe digestive issues and reduce inflammation. It can be consumed in juice or supplement form.
- **Leafy greens:** Leafy greens such as spinach, kale, and collard greens are rich in fiber and other nutrients that can support gut health and reduce inflammation.
- **Blueberries:** Blueberries are a rich source of antioxidants and other nutrients that can help reduce inflammation in the gut.
- **Healthy fats:** Healthy fats such as those found in avocados, nuts, seeds, and fatty fish like



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.



DIGESTIVE SUPPORT

Apple cider vinegar has been traditionally used as a digestive aid for centuries.

It is believed that consuming apple cider vinegar can help:

- Stimulate digestion,
- Reduce bloating and gas
- Prevent constipation
- It helps balance the pH of the stomach. Apple cider vinegar is acidic, which can help maintain a healthy pH balance in the stomach.
- Prevent the growth of harmful bacteria in the gut and promote the growth of beneficial bacteria.
- It acts as a natural laxative

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



BAD FATS

Consuming too many of the wrong types of fats can lead to inflammation in the body, which can negatively impact brain and bone health

Here are some examples of bad fats to limit or avoid:

- **Trans fats:** Trans fats are unsaturated fats chemically altered to make them more stable. They are often found in processed foods, such as fried foods, baked goods, and snack foods, and have been linked to inflammation, heart disease, and other health problems.
- **Saturated fats:** Saturated fats are found in animal products such as meat, dairy, and eggs, as well as in some plant-based foods such as coconut oil and palm oil. While small amounts of saturated fat are necessary for overall health, consuming too much can lead to inflammation and other health problems.
- **Omega-6 fatty acids:** Omega-6 fatty acids are found in many vegetable oils, such as corn oil, soybean oil, and sunflower oil, as well as in processed foods that contain these oils. While omega-6 fatty acids are necessary for overall health, consuming too many can lead to inflammation and other health problems.
- **High-fat meats:** Meats that are high in saturated fat, such as beef, pork, and lamb, can contribute to inflammation and other health problems when consumed in excess.
- **Processed foods:** Many processed foods contain high levels of unhealthy fats, such as trans fats and refined vegetable oils, which can contribute to inflammation and other health problems.



TRAVEL OR ON-THE-GO

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 a kettle and blender

Be Prepared



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



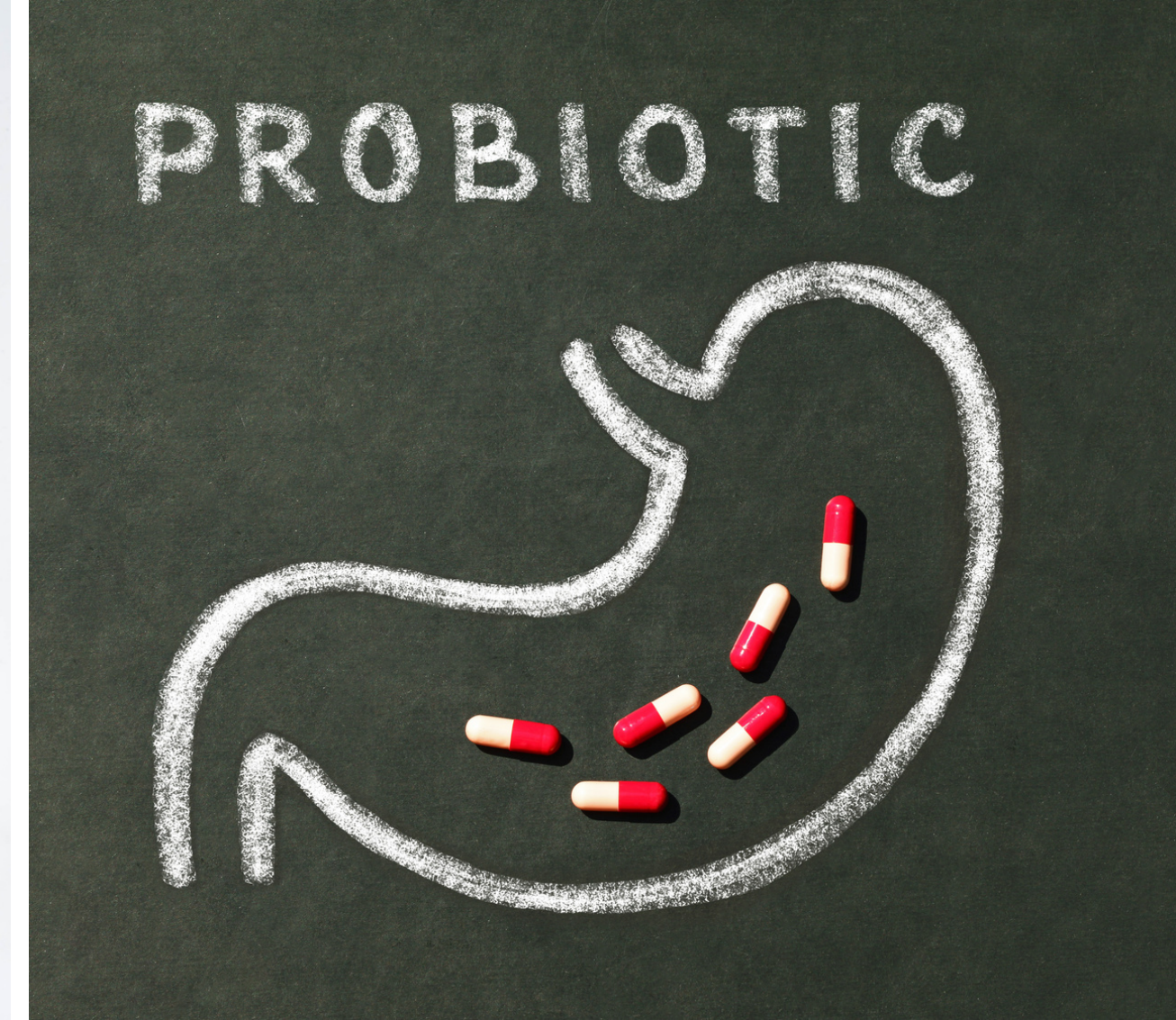
Happy Gut

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 raising awareness to the foods you are eating