

# Healthy Gut Healthy Bones

**Bone Health is Wealth**

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



# Group Coaching Call #1

## Your Gut Healing Journey - The Gut Bone Connection

- Program outline
- What to expect over the next few months
- Your gut healing journey begins now



**Healthy Gut  
Healthy  
Bones**

# PROGRAM OUTLINE AND DATES

**LIVE** Program Dates February 7th - April 18th

- Bi-weekly group coaching sessions beginning February 7th
- Bi-weekly tips, tools, and accountability emails
- Facebook Group - post, share, and ask!

## Program Dates

With Labs- January 10th - June 10th

Without Labs- January 27th- April 30th

## Program With Labs

3 one-to-one customized coaching sessions

- Results and review,
- Mid-program
- Hair Mineral retest

**Group  
Sessions**



## GETTING STARTED - WITH LABS

- 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



# GETTING STARTED - WITHOUT LABS

**METABOLIC CHAOS® SCORECARD (Adrenal Stress Indicators - ASI)**

NAME: \_\_\_\_\_  
SEX: \_\_\_\_\_

TEST	DATE	WEIGHT	AGE
1st Test (NOW)			
2nd Test			
3rd Test			
4th Test			

List your top five health complaints in the left column. Then, each time you fill out this self-screen, rate the intensity of your symptoms on a scale of 0 - 10 below.  
0 = Gone, Not Present 1 = Very Weak, Hardly Present 5 = Average 10 = Most Intense, Unbearable

COMPLAINTS	1st Test - Symptom Scores	2nd Test	3rd Test	4th Test

4th Test	3rd Test	2nd Test	NOW	PAST	OVERALL TOTALS
0	0	0	0	0	
0	0	0	0	0	ENDOCRINE FUNCTION SUB-TOTAL
0	0	0	0	0	NEURAL TISSUE HEALTH SUB-TOTAL
0	0	0	0	0	MUSCULO-SKELETAL SUB-TOTAL
0	0	0	0	0	CARBOHYDRATE SUB-TOTAL
0	0	0	0	0	EICOSANOID MODULATION SUB-TOTAL
0	0	0	0	0	DETOXIFICATION SUB-TOTAL
0	0	0	0	0	FAT & PROTEIN SUB-TOTAL

Hit "←Ctrl+Shift N" to SORT tables by "NOW" (1st Test) column Ratings or Hit "←Ctrl+Shift S" to SORT tables by Symptoms

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	ENDOCRINE FUNCTION	NOTES & COMMENTS
					asthma	

## Metabolic Chaos

Complete questionnaires every 90 days

**Adrenal Stress Causes ( ASC )**

DATE: \_\_\_\_\_ NAME: \_\_\_\_\_

4th Test	3rd Test	2nd Test	NOW	PAST	ADRENAL CAUSES TOTALS
0	0	0	0	0	
0	0	0	0	0	MENTAL / EMOTIONAL SUB-TOTAL
0	0	0	0	0	ENVIRONMENTAL SUB-TOTAL
0	0	0	0	0	LIFESTYLE SUB-TOTAL
0	0	0	0	0	METABOLISM SUB-TOTAL

Hit "←Ctrl+Shift X" to SORT tables by NOW column  
Hit "←Ctrl+Shift Y" to SORT tables by Symptoms

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	
					don't take enough time for myself	
					experienced long periods of stress that affected my well-being	

## Adrenal Causes

# GOALS

What are you working towards?



# MOTIVATING FACTOR (MOFA)

Emotional connection?



# ANCHORS

Physical reminders

# CLUTTER

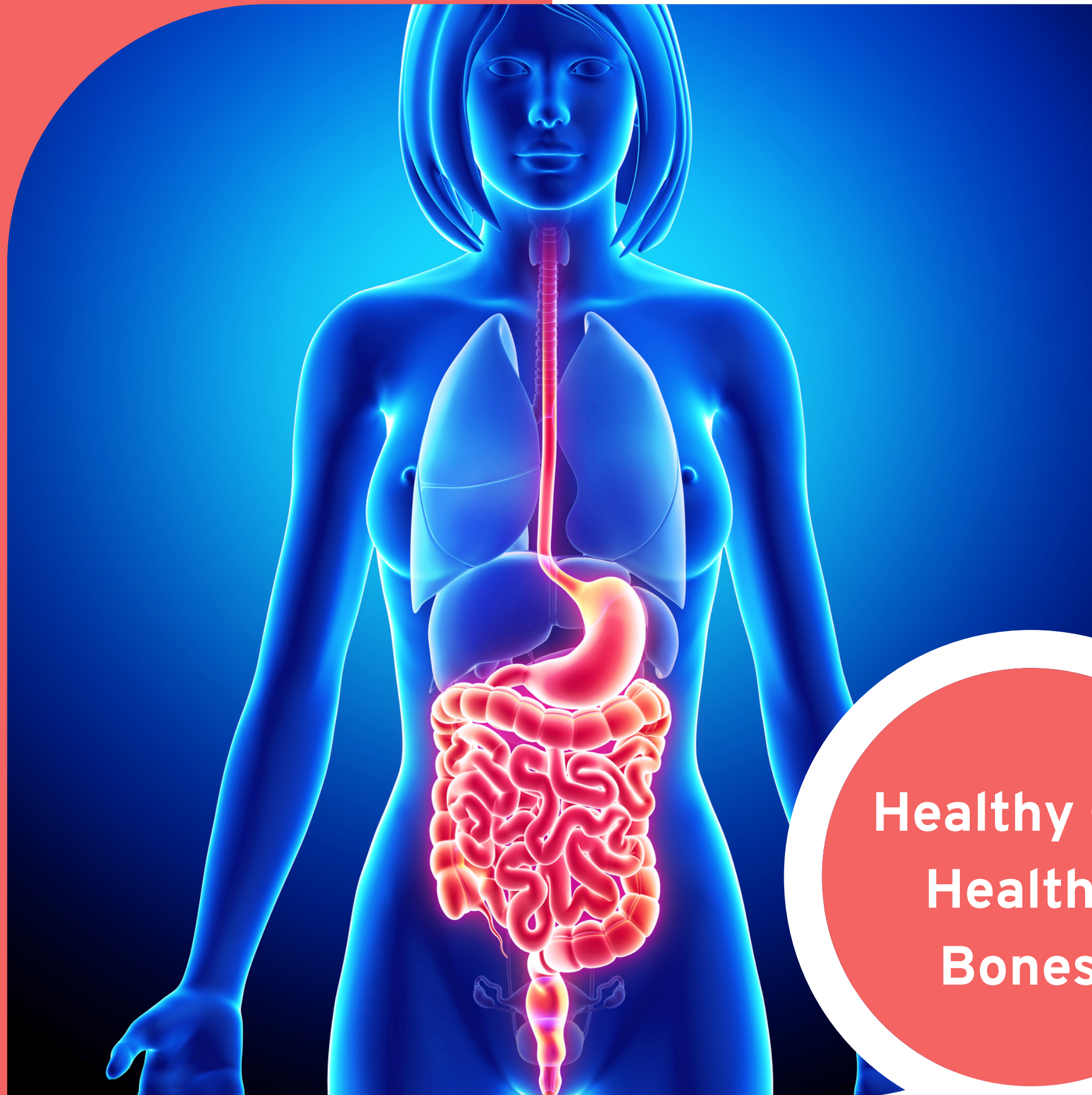
People- negativity, cocktails, physical clutter, unhealthy food



# 7 ROOT CAUSES OF BONE LOSS



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



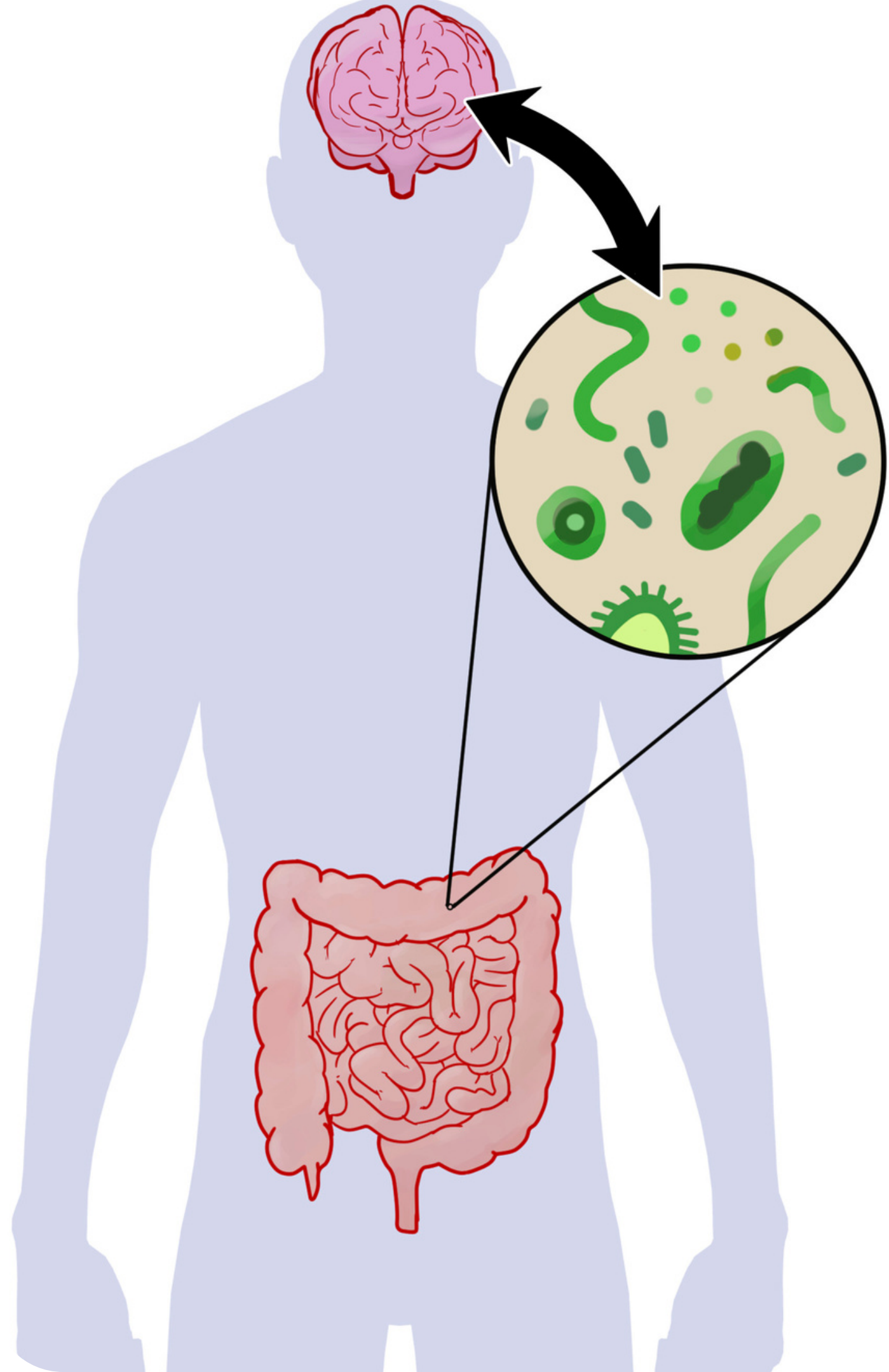
**Healthy Gut  
Healthy  
Bones**

# **YOUR GUT AND YOUR BONES**

**The gut microbiome plays a crucial role in:**

- Regulating bone metabolism
- Plays a crucial role in regulating inflammation
- Studies have shown that certain gut bacteria can produce pro-inflammatory compounds that can impact bone metabolism
- The gut microbiome can also affect hormone balance, and an imbalance in gut bacteria can lead to hormonal imbalances





# 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

Gluten

Processed/Inflammatory  
Foods

Exposure to  
Environmental Toxins

Dairy

## 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.



The human gut mucosa measures 260–300 m<sup>2</sup>, the size of a tennis court.



**WEED**



**SEED**



**FEED**

# 5 R PROTOCOL OF FUNCTIONAL MEDICINE

## 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



# 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**





## **PROGRESSION OF LEAKY GUT**

Leaky gut  
Leaky bones  
Leaky brain

# 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**



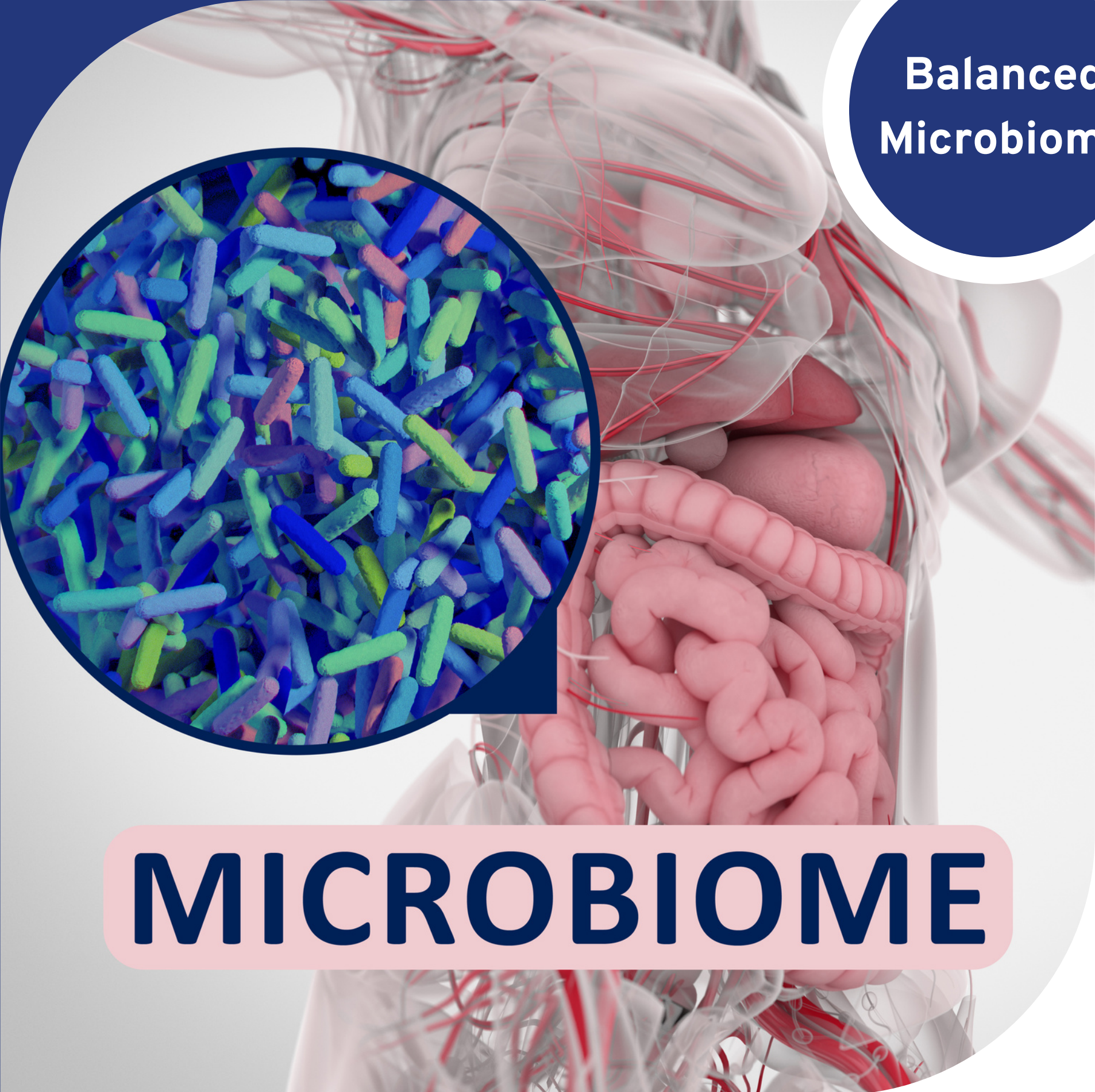


# CLEAN UP YOUR DIET

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



Balanced  
Microbiome

# DON'T FEED THE ANIMALS

Feed the good bacteria

Starve the unfriendly bacteria,  
pathogens, and yeast

# MICROBIOME

# 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

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

**Always  
Organic**



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



# 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?
	<b>Protein Type</b> <ul style="list-style-type: none"> <li><span style="color: orange;">■</span> Protein</li> <li><span style="color: grey;">■</span> Carbs</li> <li><span style="color: green;">■</span> Fats</li> </ul>	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)
	<b>Carb Type</b> <ul style="list-style-type: none"> <li><span style="color: orange;">■</span> Protein</li> <li><span style="color: grey;">■</span> Carbs</li> <li><span style="color: green;">■</span> Fats</li> </ul>	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)
	<b>Mixed Type</b> <ul style="list-style-type: none"> <li><span style="color: orange;">■</span> Protein</li> <li><span style="color: grey;">■</span> Carbs</li> <li><span style="color: green;">■</span> Fats</li> </ul>	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 - the 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



**WHY?**