

NEW YOU IN THE NEW YEAR

2016

Core Lesson #2

Digestive Health & Weight Management

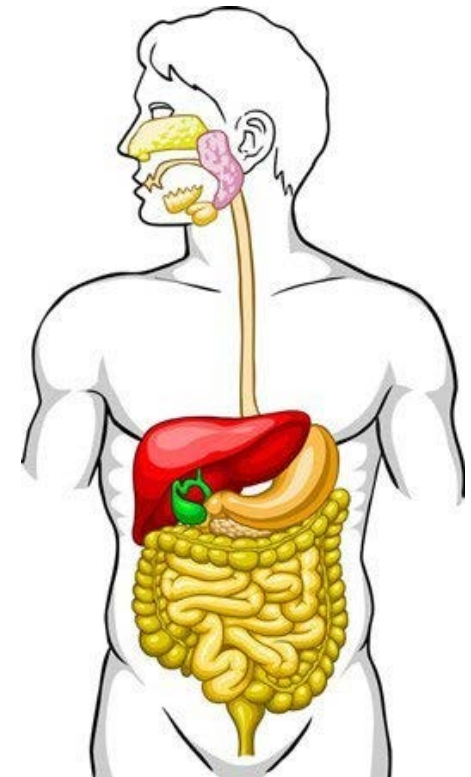
Digestion

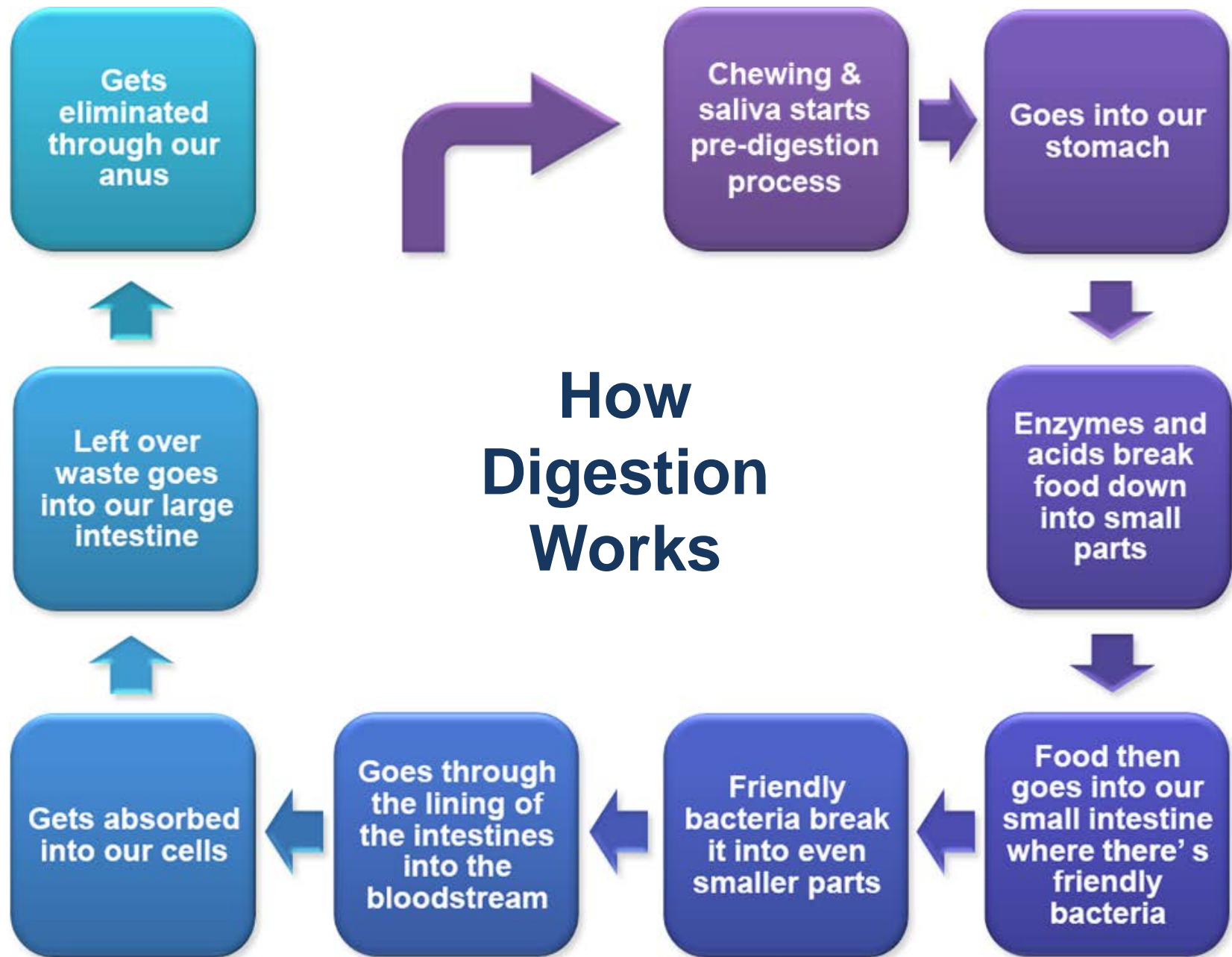
- For weight loss, proper digestion is essential
- It's one most important aspects of your overall health and fitness
- Most people really don't pay any attention to digestion—this is a huge mistake



What is Digestion?

- Simply put, your digestive tract is a long passageway from your mouth to your anus
- The capability of your digestion is determined by the health of that passage
- If you can't digest your food, you starve on a nutritional level—and when you're starving for anything, you tend to overeat





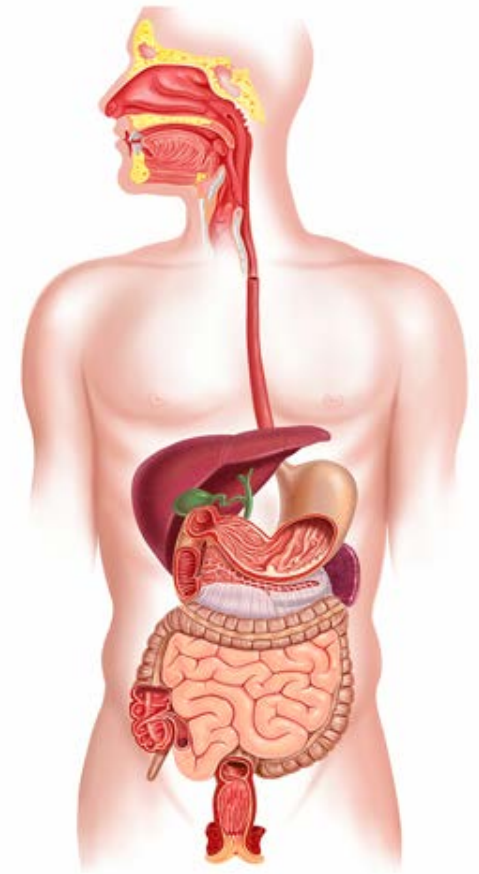
Modern Digestion Complications

- We don't chew properly, we eat too quickly
- Many of us lack sufficient digestive enzymes & stomach acids needed to break down our foods
- Our bodies know how to digest real, natural foods
- Manmade foods – today, most of the food we eat are highly processed and can cause digestive chaos



Digestion & Your Immune System

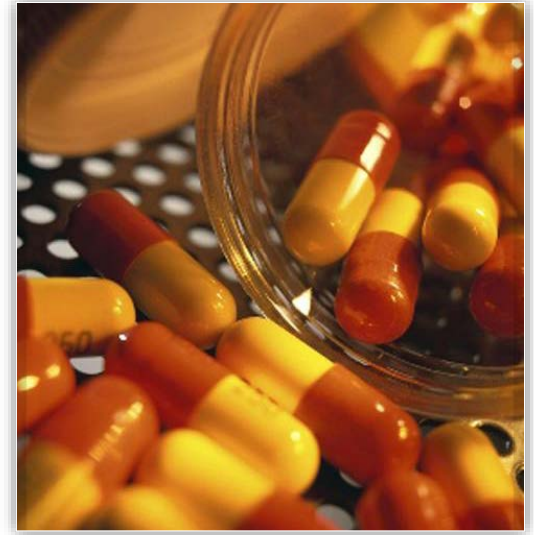
- As much as **80% of your immune system originates** from your gut
- When your gut's not healthy, your immune system is not healthy
- When your immune system suffers, you can develop food allergies, food intolerances, asthma, Crohn's Disease & thyroid problems



Chronic fatigue syndrome, fibromyalgia and many other “chronic” conditions that are supposedly incurable by modern-day methods are really the result of our immune system being overworked and overtaxed and not having the digestive enzymes to support it...

The Threat of Antibiotics

- Antibiotics can kill your good digestive bacteria
- After antibiotic treatments, yeast and fungal overgrowth are extremely common
- Yeast infections post-antibiotics cycles are a huge problem



Unfriendly “Bad Guy” Bacteria

- If “good bugs” are reduced or killed off, it enables the unfriendly bacteria to flourish
- Yeasts, fungus, and parasites are common in everyone—but in a healthy person, they are under control
- When bad bacteria overrun your digestion, you’re unable to digest food properly



Unfriendly Bacteria

- They feed off sugar and can cause sugar cravings (bad bacteria love sugar!)
- Unfriendly bacteria can lead to decreased energy
- Lack of digestive enzymes combined with imbalanced friendly bacteria comprise the health of your entire digestive system



Waste In Our Bloodstream

Certain things can cause tiny tears in the lining of our stomach and intestines and can cause Leaky Gut Syndrome.

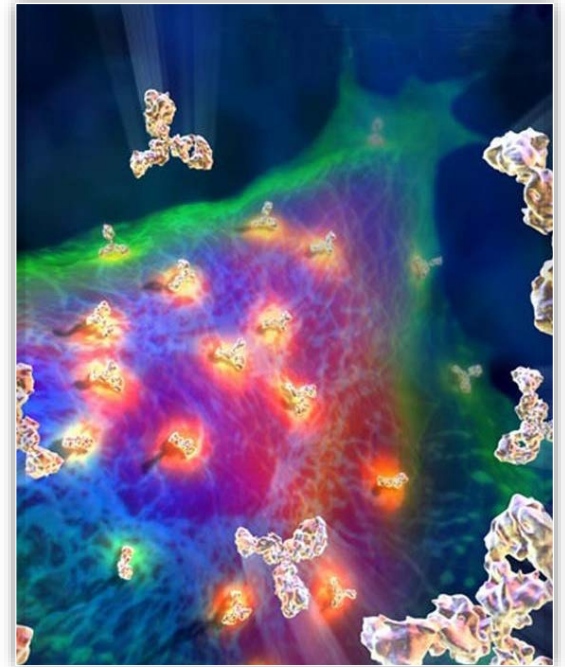
Problematic things we consume include:

- Medications
- Wheat & gluten
- Too much dairy



Leaky Gut Syndrome

- Overview - undigested foods leak into your bloodstream and become toxic, stimulating an immune system
- Immune system is overtaxed already due to lack of proper enzymes



The Path to a Leaky Gut

Yeast & Fungal Overgrowth



Parasites



Impaired Digestion



Accumulated Toxic Waste



Leaky Gut



Inflammation

=

Activates FAT Programs

Pro-Inflammatory Cytokines

- These hormones are triggered as the result of (or reaction to) inflammation
- Pro-Inflammatory Cytokines cause leptin & insulin resistance which causes hunger, junk food cravings, and makes our bodies go into fat storage mode



The Evil Protein: Gluten

- Most wheat-based foods contain the protein gluten, a true evil when it comes to digestive health
- Gluten is like a glue in your body
- It clogs your digestion, prevents you from digesting other things, sucks up the nutrients of other foods
- It causes inflammation and can lead to Leaky Gut



The Challenge with Dairy

- Dairy has lots of nutrients, but it can cause inflammation and leaky gut syndrome for some people
- Inflammation caused by dairy can activate the pro-inflammatory hormones, which cause insulin resistance and put your body in fat storage mode



Pasteurized Milk

- When you pasteurize milk, you turn it into something that's difficult to digest because the bacteria inside the milk are all dead, and the proteins and fats are denatured
- Natural milk (safe, raw) is easy-to-digest, but processed milk can cause allergies and inflammation



Raw Milk

- Raw milk is an incredibly healthy & nutritious drink
- It's loaded with friendly bacteria
- Rather than causing inflammation like pasteurized milk, it's actually anti-inflammatory
- Its proteins and nutrients are easy to digest since they are in a natural state
- Plus it tastes great!



“Almost everything we’ve done to increase the shelf life of food compromises our ability to digest the food... something that can’t be digested in the outside environment isn’t going to get digested in the inside environment...”



Indigestible Food

- Food manufacturers make foods less digestive so it has a longer shelf life which means more profits
- Food that can sit on the shelf for months or years will eventually sell—but it's not fit to eat
- Foods that go bad in 2 days are problematic for manufacturers and retailers—but those are the best for your body



The Reality of “Big Food”

- Big food is similar to big pharma
- The biggest food manufacturers like Kraft, are tobacco companies as well, to put things in perspective
- They don't care about your digestion—they care about taste, shelf life, and profits
- Health is rarely a key factor in decision making
- They create long-lasting, nutrient-deprived foods that are not good for your health



The Challenge with Cooking

- When you cook something, you reduce the life-force energy and destroy the digestive enzymes
- Cooking causes structural and molecular changes to some foods that make it more difficult to digest
- “Denatured” refers to foods that have been altered from their natural state, and cooking can denature some key nutrients



When You Cook, Cook Carefully

- Many foods need to be cooked to be digested easily, like broccoli
- Other foods need to be cooked to be safe, like many animal products
- In all cases, we want to use cooking carefully and minimally—and avoid it altogether—to preserve that life force energy



Additional Digestion Considerations

- High-stress life
- Poor sleep
- Medications
- Chemically-treated water
- Food additives and chemicals



Indications of Digestive Problems

- Skin problems
- Allergies (all types)
- Asthma
- Chronic fatigue
- Other autoimmune diseases
- Fogginess
- Dizziness
- Headaches
- Heart or thyroid problems
- Emotional health problems



Reverse Bad Digestion

- Start with a high-quality probiotic each morning
- Consider adding digestive enzyme supplements with meals
- Eat live food daily, perhaps even every meal
- Eat flaxseeds and chia seeds (or oils) to cool inflammation
- Avoid refined vegetable oils



Eat Your Digestive Enzymes

- Live Foods – uncooked, unprocessed fruits and vegetables are loaded with naturally-occurring enzymes
- Supplements – enzymes are inexpensive and very safe and easy to supplement with, they give an instant boost to your digestion, immune system, overall health



Friendly Bacteria

- Primary role is to break food into really micro-small parts that can pass through the lining of the intestines
- Balance is the key to healthy guy bacteria, your ratio of good to bad bugs in your digestive tract
- Naturally, we'd be eating lots of friendly bacteria from living foods and fermentation



How to Eat Friendly Bacteria

It's all about fermented foods

- Yogurts/Kefir
(safe raw dairy is best)
- Sauerkraut/Kimchi
- Tempeh/Miso/Tamari
(organic/non-GMO)
- Nutritional yeast



More Fermented Foods

So many to try...

- Black garlic
- Pickles
- Preserved veggies of all kinds
- Lassi



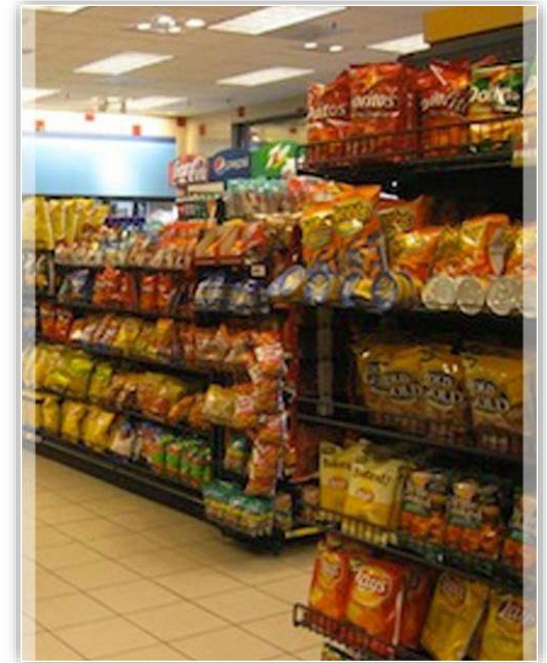
Cook w/Stable, Saturated Fats

- Most fats “can’t stand the heat” so you shouldn’t cook with them
- Ideally, you want to cook with high-quality saturated fats that can withstand high temperatures
- Ghee (clarified butter), organic butter (ideally from grassfed animals), and coconut oil are the best choices



Find Alternatives to Processed Food

- Such as: snacks, crackers, cookies, chips and breads
- Almost all the items in the center of the supermarket are difficult to digest and filled with chemical additives and toxins
- If it doesn't rot, don't eat it!



Healthy Alternatives

- You can make cakes, cookies, muffins, crackers, breads without preservatives
- Use coconut flour, chia bran, almond meal
- Try real ingredients like whole fruit and nuts
- Use natural sweeteners like coconut palm sugar



Good Digestion Foods

- Anything that existed on an island 10,000 years ago is probably a healthy choice
- Our bodies know how to digest: meat, fish, chicken, eggs, salads, nuts, seeds, fruits and herbs in a natural raw, or lightly-cooked form
- Whole foods also have friendly enzymes and friendly bacteria on them naturally



Good Digestion Foods (cont'd)

- The best foods are on the perimeter of the supermarket and those that need to be refrigerated
- If airborne bugs can spoil a food, it's a clear sign that your digestive bugs will be able to break down that same food once ingested (this is good!)
- Food that rots is generally healthy food!



Green Juice is Magic

- Green juices are loaded with enzymes, life force, chlorophyll, and micronutrients
- Juice requires very little digestion so those nutrients are absorbed in a matter of minutes
- Green juices are alkalizing and detoxifying
- Top green juice favorites include: celery, cucumber lettuce, Swiss chard, kale, parsley, cilantro and spinach (and combo)

TIP: add lemon, salt & space to taste!



How to Make Green Juice

- Aim for 60-70% of your juice to be green vegetables
- Use fruits such as beet, carrot or apple to cut the bitter flavor only (not as the base of the juice)
- Avoid fruit-only juices, they are too sweet and will elevate your blood sugar



How to Eat for Digestive Health

- Chew your food really well. Digestive enzymes are in your saliva, chewing activates them
- Be in a calm, centered state of mind when you're eating
- Take a moment to breathe and relax before you eat
- Make it a salad! Forces you to chew more, nourishes you, gives you digestive enzymes



Your Action Steps

- Drink a green juice, Gabriel Greens, or your favorite super green drink upon rising or in the late afternoon
- Take 2 digestive enzyme capsules up to 2x's per day with meals when possible
- This week's morning visualization is: Digestion



Ongoing Steps

- Do your evening visualization each night before bed
- Do your morning visualization
- Take a probiotic supplement with breakfast
- Drink 2+ liters of water per day
- Eat a great Gabriel-friendly breakfast
- Eat frequent Gabriel-friendly meals & snacks during the day to keep blood sugar levels stable



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