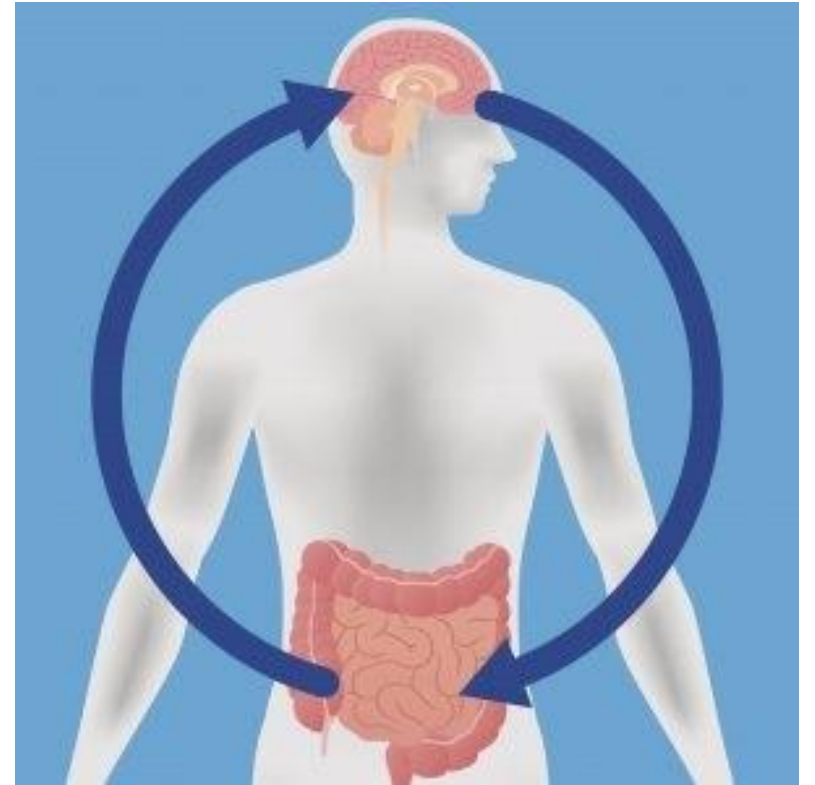


WEEK 2
WHAT'S GOING ON IN
YOUR GUT –

EATING, GUT HEALTH
& LIVER TOXICITY –

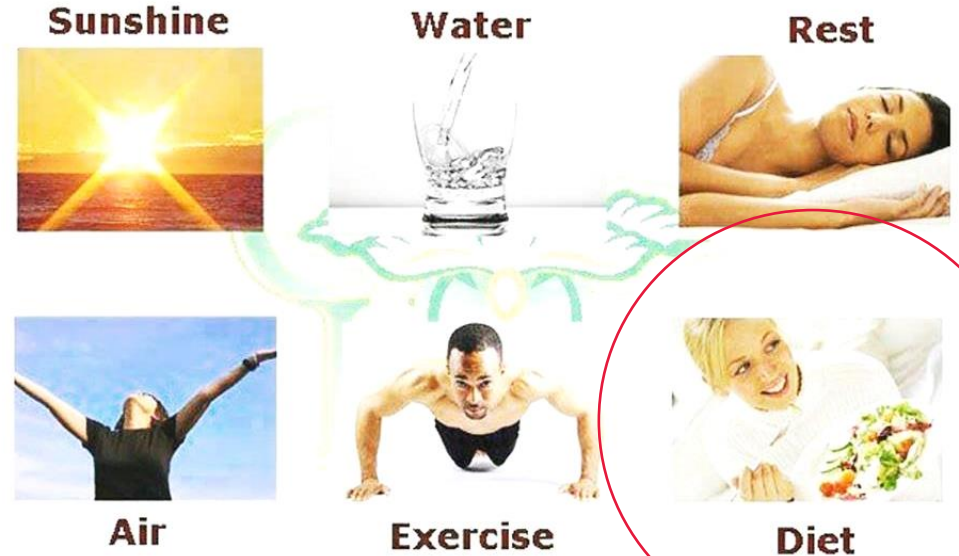
WHY DOES THIS AFFECT YOU?



Symptoms covered today

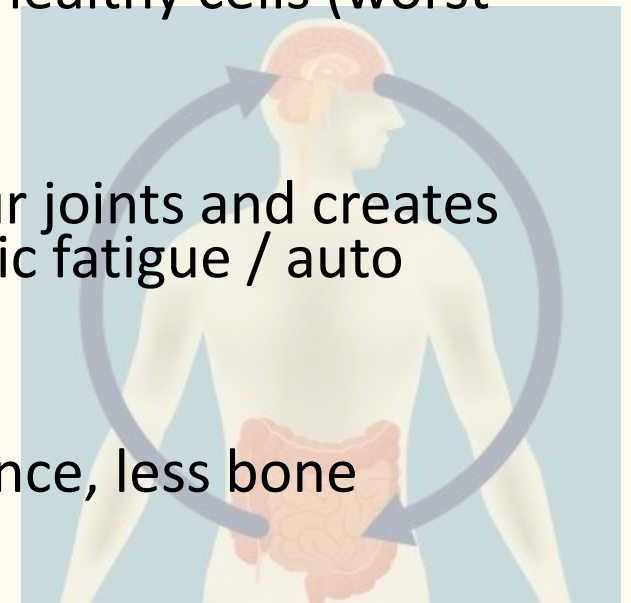
- Night Sweats
- The basis of Chronic Fatigue
- Gut health issues
- Brain Fog
- Breast pain
- Joint Issues
- Liver related issues –hair/nails, nausea
- Eye problems
- Sleep
- Immunity / allergies

The 6 Best Doctors:



What's going on inside ...

- Your digestion and brain function is getting more sluggish, the bacteria in your gut (the microbiome) is not in good shape due to toxicity
- Cortisol leeches nutrients that your body needs – main ones like calcium, magnesium and Vit D – this affects from bone health (osteoporosis) to mental health
- Toxins called 'Free Radicals' are also in your blood these destroy healthy cells (worst outcome - cancer)
- These same toxins create acidity in your blood, this degrades your joints and creates night sweats. Acidity in your lymph system is at the root of chronic fatigue / auto immune diseases
- We naturally are losing muscle mass, so getting weaker, less balance, less bone protection



How do you combat this?

- To strengthen the gut, increase the bacteria – A liquid Probiotic, quality & variety! Pre-biotic for the bacteria to live on ‘fertiliser of the gut’ – fresh veg, fruit and fibre
- Combat Cortisol – reduce stressful activities (esp exercise), add in nutrients as multi-vitamins, minerals like Magnesium, Stress adaptogen like Ashwagandha, and also amino acids that are needed
- Kill Toxins and Free Radicals – Eat Anti-oxidant foods – This is berries and vegetables! Vitamins A, C, E, Selenium and Zinc
- Combat acid in the blood/ joint degradation – make blood more alkaline – (cold pressed/cloudy) apple cider vinegar, fresh food and produce
- Combat muscle weakness / bone density / balance – impact exercise (weights -short stints), yoga, qi gong, walking



This weeks supplements

- ** Probiotic – Microbz a liquid with the most variety of gut bacteria, apple cider vinegar for blood alkalinity and herbs for menopause , or liver health, or immunity (Resilience)
- Additional Vitamin C/E – strong anti-oxidants
- Milk Thistle / Dandelion / Artichoke – 3 well known herbs for liver health
- Turmeric – naturally anti-inflammatory. Not like Ibruprofen, this works on the deep every day inflammation in your body and brain brought about by food/drink/inhalation toxicity
- Grapefruit – cleanses the liver and is contra-indicated with a lot of medicines
- Lemon – is an anti-oxidant, take in water first thing to flush out toxins
- Liquorice root extract – a powerful adaptogen and adrenal tonic, plus it soothes the intestinal lining and fights viruses and bad bacteria and aids cleansing of the liver

** Must Have!

Changing your eating habits

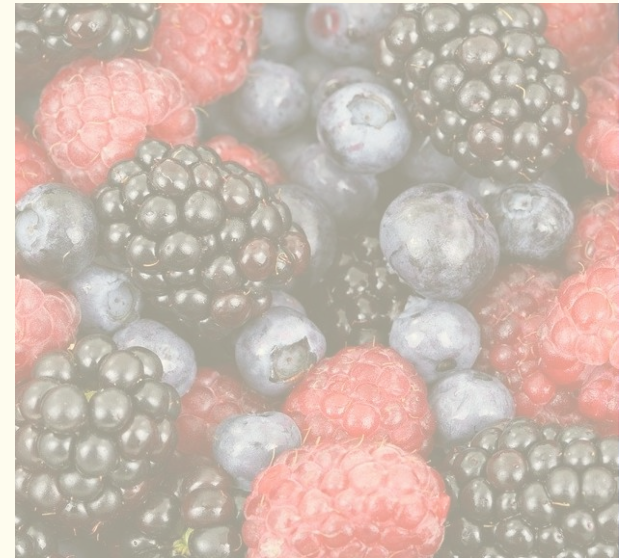
- The foods we now eat are: antioxidants, essential fatty acids, proteins , fibre & phyto-estrogens – Sounds dull doesn't it?!
- How about if I say 'Let's eat the Rainbow' – Any better?
- You'll only make these eating changes if your symptoms are bad enough
- It takes 21 Days to form new habits.....

It takes a change of mindset to embrace eating for vitality!



Your food today affects
your mood tomorrow!

(This is why journaling is great)



What's in the food groups

- Antioxidants – Orange & yellow fruit (Mango's , carrots, pumpkin) & Veg (broccoli, sweet potatoes, kale), Berries, Avocados, Oily fish, Nuts, Seeds. In natural fibrous state
- Essential Fatty Acids – EV Olive Oil, Linseed (flax), Nuts & Seeds, Oily Fish, Avocados. Supplements like Omega 3 and Evening Primrose & Starflower (Omega 6)
- Proteins – Organic meat, mushrooms, Chia seeds, Quinoa, Beans
- Phytoestrogens – Chickpeas, lentils, **whole soya bean** based products are the most abundant. quinoa, all beans, linseed (flax), most nuts and seeds, apples!
- Contra-indicated if you are estrogen Sensitive/ fibroids



Your first food of the day

- You eat the way which works for you – breakfast is just the term for your first food of the day, whether 7am or noon, this sets your blood sugar pattern up
- This should be packed with nutrients, antioxidants and proteins. Protein fills you up
- Carbs only set you up to be hungry again - That 'sicky' feeling you can get when 'hungry' is carb craving - combat with protein!





Eat the Rainbow!



My Breakfast

Symptoms of Essential Fatty Acid deficiency

- Dry skin, lifeless hair, brittle/ cracking nails, dry eyes
- Fatigue, depression, lack of motivation, forgetfulness
- Aching joints, breast pain, difficulty in losing weight
- STOP eating a low fat diet – they replace the good fat with sugars!

Anything sound familiar?



Essential Fatty Acids in food

- Oil fish – Salmon, Tuna, Mackerel, Sardines, Trout
- Nuts and Seeds
- Soya
- Sunflower, Olive and Coconut oils

CH



Lunch and Dinner

- Lunch ideas: soups, or a handful of nuts, cheese and apple, hummus & crudites,
- Rainbow salads with French dressing and seeds, avocado & cream cheese

- Dinner ideas: stews and roasted root veg, mediteranean roasted veg with olive oil & herbs (I love chilli oil & feta on mine!), chicken with pesto, salmon with lemon & herbs, stuffed mushrooms topped with seeds, stuffed squash with rice/veg and spices

- Get adventurous with plant based recipes, you can always add your meat/fish of choice

- Your challenge this week - to bring a recipe back next week that you've devised/found this week and tried!!

Remove bread, potatoes, pasta and get creative!





Illustration by George Middleton

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Drink Water

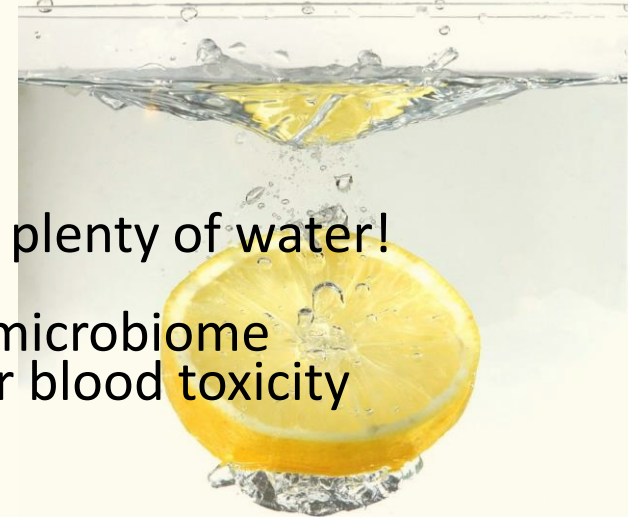
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Remove toxins with a liver detox

- Your liver cleanses the blood between 1 and 3 am. If you get Night Sweats, this is the liver struggling.
- Eating the rainbow, helps stop the liver getting clogged again, and eliminates the dangerous free radicals
- ½ lemon/ lime (antioxidant) in warm water, first thing, 30 mins before any other food/drink - this helps your liver cleanse the toxins out of your blood
- Healthy liver and gut – the gut bacteria is not killed off, and more nutrients are extracted from your food and utilised

Simple liver detox – eat clean, cut out stimulants/sugar/carbs drink plenty of water!

Full liver/gut detox – the above plus a clean out and reset of your microbiome (gut bacteria) as well as pushing in a lot of nutrients to cleanse your blood toxicity



Emotional Eating - How to recognise it

- Each of these correlates to an emotion:
 - Crunching – anger
 - Chewing - grounding
 - Soft , melting, sweet – upset / to be comforted(traditional comfort foods)
 - Salty – fatigue / fear
 - Full fat – satisfying
- Have you realised that there isn't a crunchy food in nature? (apart from carrot/celery!) Has processed crunchy foods come from an emotional want?
- The 50/50 combination of fat/sugar bypasses our brains cut off, if you took a slice of cake and separated ingredients into 2 bowls, you wouldn't be able to eat it

Changes to make

- Caffeine - stimulant and diuretic, exacerbates Flushes
- Wine – swop for clearer spirits like Gin – Easier on the Liver!
- SPICE – exacerbates Hot Flushes if too much
- STOP Sugar after dinner – its high energy /stimulant
- CARBS = SUGAR – pasta, potatoes, bread, cake, biscuits, rice
- STOP ALL Food & Drink from Fridge –Interferes temperature control
- IBS – Eat/Drink at room temperature or warmer
- Exercise – Impact, Cardio, Flexibility, Balance & Mindfulness



Lifestyle Change

If your attitude to change is positive

the changes will come

even if you have hiccup days!



Lifestyle Change

Next Week

EXERCISE, ANXIETY,
FATIGUE & JOINT HEALTH

Just how are they all linked?

