



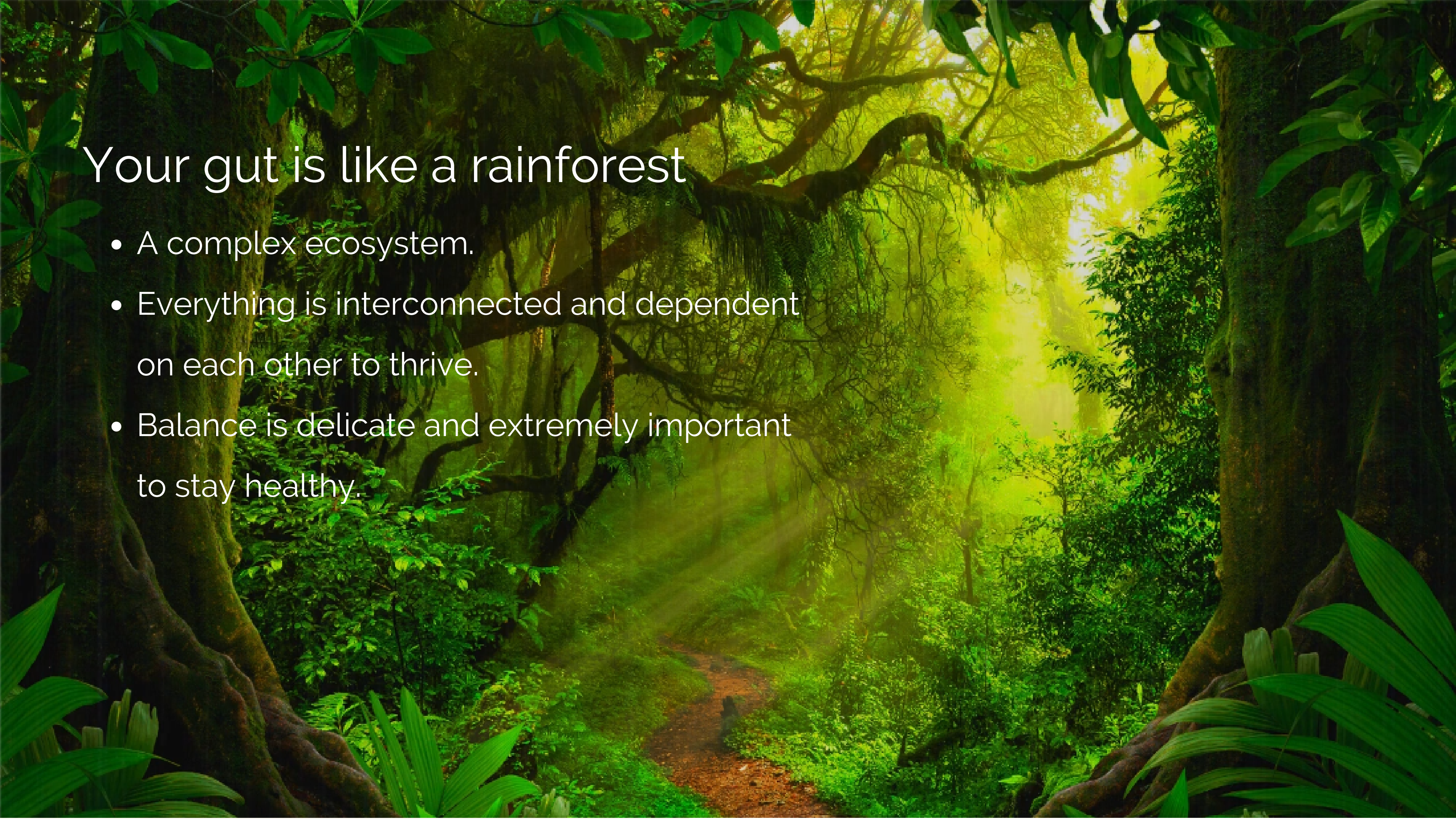
THE ROAD TO HEALTH

starts in your gut



Your gut is like a rainforest

- A complex ecosystem.
- Everything is interconnected and dependent on each other to thrive.
- Balance is delicate and extremely important to stay healthy.



What destroys balance?

Rainforest

- Fires and bombs kills everything in its path destroying the delicate balance.
- Harmful chemicals
- Pollution of water, soil and air
- Drought or floods - not enough food for everything in the ecosystem to flourish.

Gut

- Anti-biotics and other drugs, chemotherapy
- Some food elements e.g gluten and dairy
- Harmful chemicals in food and water, e.g. preservatives, toxins and pesticides
- Lack of micro-nutrient and fibre rich foods. Processed foods are lacking nutrient diversity and density.

Learn to understand “body language”

What does your body tell you?



Energised * Beautiful skin * Clear mind * Healthy *
Good quality sleep * Loving life



Low energy * Bloating * Foggy mind * Feeling weak
* Tired * In pain * Overwhelmed



70%

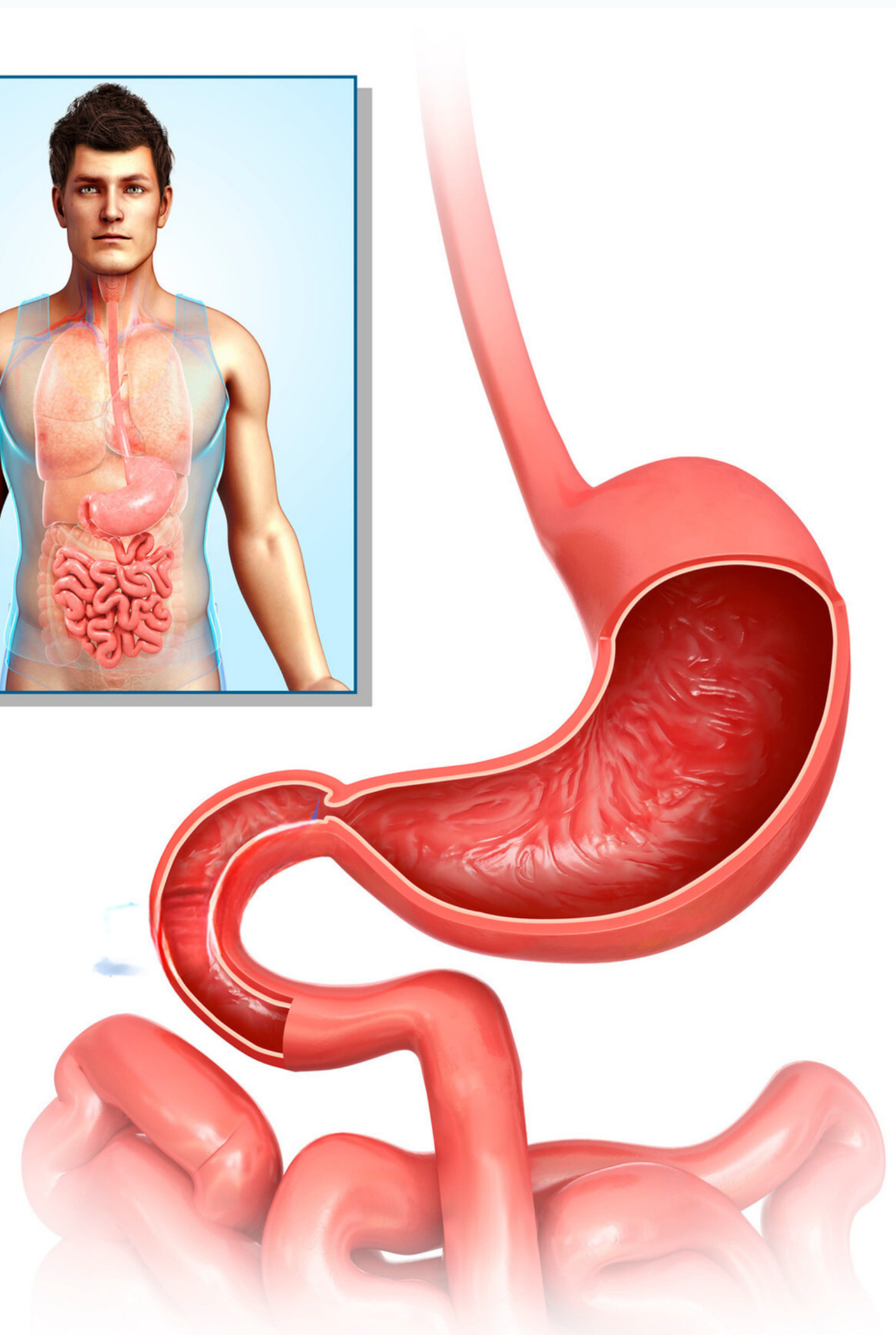
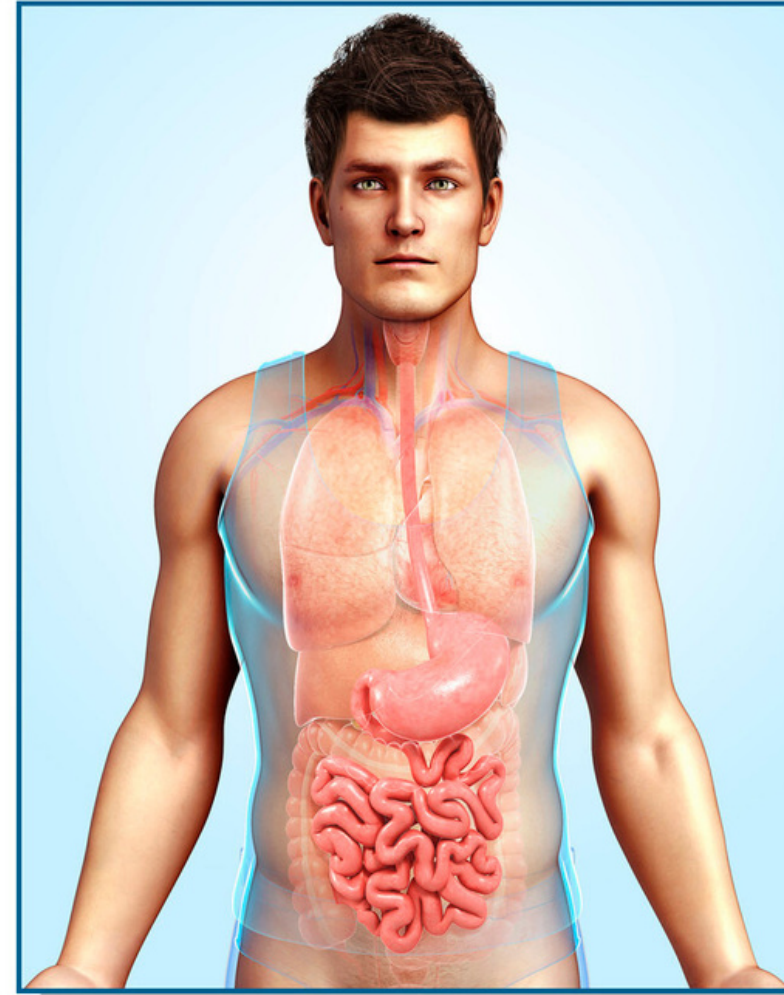
The donut paradox

"Your intestines are a tube.

It's 20 -25 feet (610-760cm) long, from your mouth to the other end. It's like a long stretched-out donut.

When we eat food, it's not yet in our body, it's in the "donut". It has to go through the walls of the donut (gut lining) to get into the bloodstream. Then your body is able to use the nutrients to create new cells like brain cells, muscle cells, etc."

– *dr Tom O'Bryan*





Your gut lining

The gut lining are covered by villi and microvilli.

It's some of the fastest-growing cells in your body. It regenerates about every seven days.

When the gut lining gets damaged (excessive permeability), bigger particles go through the gut lining into the bloodstream. That is where inflammation starts.

Rewrite your story _____



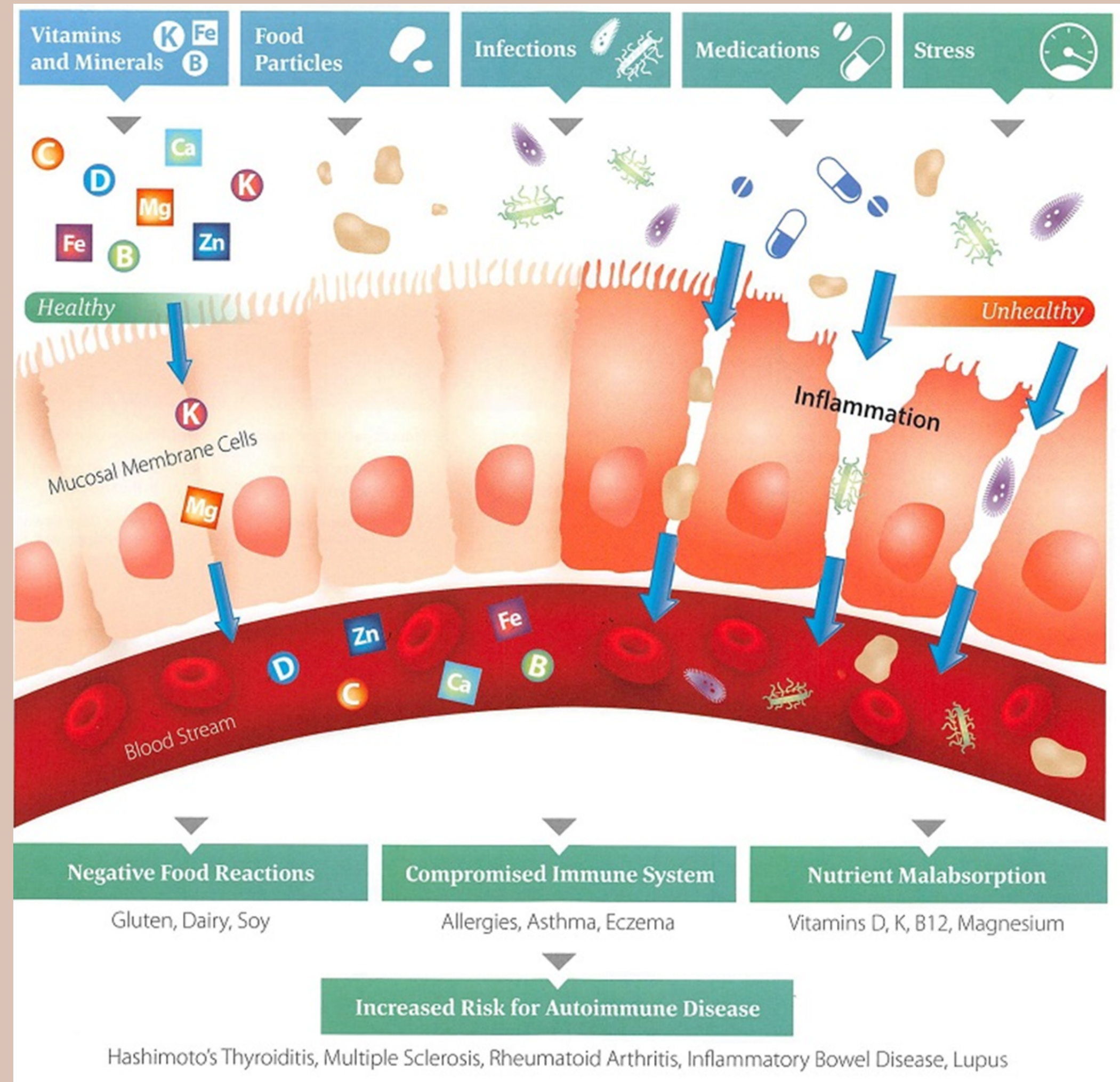


Leaky gut syndrome

Excessive permeability of the gut lining leads to leaking particles and toxins into the bloodstream that should not be there.

It leads to:

- Negative food reactions
- A compromised immune system
- Nutrient malabsorption
- Autoimmune disease



Symptoms of Leaky Gut

- Digestive issues (Bloating, flatulence, cramps, constipation, diarrhea, IBS, etc.)
- Food intolerances or food allergies
- Seasonal allergies or asthma
- Pain (Joint pain, headaches, abdomen, etc.)
- Skin issues (Eczema, acne, rosacea, psoriasis)
- Hormonal imbalances (Irregular periods, PMS, PCOS, etc.)
- Weight gain
- Thyroid conditions and fatigue
- Brain fog, difficulty concentrating, ADD, ADHD
- Mood swings, depression, anxiety, etc.





Auto immune disease

The fire on the inside

These occur when the immune system mistakenly attacks parts of the human body. There are over 100 autoimmune conditions, including the following most known chronic diseases.

- Rheumatoid arthritis
- Osteoarthritis
- Chron's disease
- Inflammatory Bowel Syndrome (IBS)
- Diabetes
- Lupus
- Multiple sclerosis
- Psoriasis
- Celiac disease
- Type 1 diabetes
- Hashimoto's thyroiditis

etc.

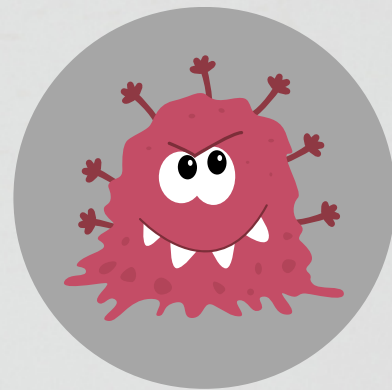


What causes Leaky Gut?

**Poor
nutrition**



**Bacterial
imbalance**



**Toxin
overload**



**Chronic
stress**



The path to healing your gut

1. REMOVE foods and factors that damage your gut
2. REPLACE “bad food” with good food
3. REPAIR with specific supplements
4. REBALANCE your lifestyle with a stress management plan

Rewrite your story _____



Step 1: Remove the gut irritants

Remove or restrict as far as possible:

- **Gluten**
- **Dairy**
- Preservatives
- Colourants
- Chemical additives in food
- Pesticides
- Toxins, e.g chloride, fluoride, etc
- Alcohol
- Household chemicals
- Other chemicals that can harm the gut, e.g in drugs, cosmetics, etc

If you don't smell or taste it, it does not mean it is not harmful to your body!



What is gluten?

Gluten is a structural protein naturally found in certain grains. The term "gluten" usually refers to the combination of prolamin and glutelin proteins that naturally occurs in many cereal grains and that can trigger celiac disease or other gut disrupting symptoms. Gluten makes up 75–85% of the total protein in bread wheat. Baked goods made of bread become fluffy and stretchy because of gluten.



Food that may contain gluten

Read the ingredients on the label!!

- Any food products containing wheat, e.g. bread, cereals
- Baked products, e.g. cookies, cake, croissants, tarts, etc.
- Some energy bars and similar snacks and sweets
- Pasta and cous-cous made from wheat
- Other grains, e.g. rye and barley
- Gravies, sauces, stuffings and crumbs
- Salad dressings and marinades, soy sauce
- Spices and food flavourants, e.g. Aromat
- Soups
- Processed meats
- Potato crisps and Dorito chips, etc. Read the label!

Wholefood gluten free alternatives

- Quinoa
- Brown and black rice
- Corn, maize and polenta
- Buckwheat
- Sorghum
- Teff
- Amaranth
- Millet
- Certified gluten-free oats
- Legumes: Chickpeas, lentils, beans
- Pasta made from legumes
- All fruit and vegetables (**excluding certain grains**)



Dairy free alternatives

- Almond milk
- Macadamia milk
- Oat milk (gluten-free certified)
- Rice milk
- Coconut milk
- Coconut cream
- Vegan cheese
- Soy or coconut yoghurt

Use sparingly. Less than 125ml/day



Step 2: Replace with gut-friendly foods

The simpler the food,
the healthier the food!

*'The evidence overwhelmingly supports a **whole-food, plant-based** diet as the **optimal** diet for human health and longevity. The more plant-based, the better'*

-Dr Alan Desmond

Gastroenterologist and General Physician

Rewrite your story _____



Gut friendly foods

- Salad is the main dish in summer
- Soup is the main dish in winter
- Freshly made smoothies and juices are easy to digest
- Fermented foods to feed gut bacteria
- Sprouts for optimal nutrition (e.g. lentil, broccoli, mung bean, chickpea, beetroot, etc.)



Focus on nutrient rich foods

Per calorie:

- High **nutrient density**
- High in **fibre**
- High nutrient **diversity**
- High in **anti-oxidants**
- High in **phyto-nutrients**



Leafy greens: Spinach, Kale, Herbs - basil, parsley, thyme, etc, Collard greens, bok choy, roman lettuce, etc.

Solid greens: Broccoli, leeks, cabbage, brussel sprouts, baby marrow, green beans, peas.

100



ALL THE COLOURS

Non-starchy vegetables: Tomatoes, mushrooms, onions, sweet peppers, carrots, parsnips, brinjals, beetroot, cauliflower, etc

50



LEGUMES

Chickpeas, lentils, butterbeans, red kidney beans, speckled beans, soy beans, etc

48



FRESH FRUIT

Apples, Apricots, Bananas, Berries, Citrus, Grapes, Kiwi, Mangoes, Paw-paw, Peaches, Pears, Pineapple, etc.

45



STARCHY VEGETABLES

Butternut, Corn, Potatoes, Sweet potatoes, Sweet corn, Pumpkin, Squash

35



WHOLE GRAINS

Brown rice, buckwheat, barley, oats, quinoa, millet, wild rice.

22



HEALTHY FATS: AVO, NUTS, SEEDS

Avocado, RAW almonds, cashews, walnuts, and other raw nuts, sunflower, pumpkin and sesame seeds, etc.

20



Step 3: Repair with supplements

- **Probiotics** helps replenish good bacteria and crowds out bad bacteria
- **Digestive enzymes** ensure that foods are fully digested, decreasing the chance that partially digested food particles and proteins are damaging the gut wall
- **L-Glutamine** is an essential amino acid supplement that is anti-inflammatory and necessary for the growth and repair of your intestinal lining.
- **Licorice Root** (DGL) is an adaptogenic herb that helps balance cortisol levels and improves acid production in the stomach. DGL supports the body's natural processes for maintaining the mucosal lining of the stomach and duodenum. This herb is especially beneficial if someone's leaky gut is being caused by emotional stress.
- **Quercetin** improve gut barrier function by sealing the gut because it supports creation of tight junction proteins. It also stabilizes mast cells and reduces the release of histamine, which is common in food intolerance.





Step 4: Rebalance your life

The gut-mood connection

Pro-active stress management

Learn how to live an unhurried life

...to be continued