FOOD AS MEDICINE: 5 STEPS TO BETTER DIGESTION!

SPONSORED BY: Black Vegetarian Society of Maryland
www.bvsmd.org

PRESENTED BY: TrueSelf TotalHealth
www.trueselftoalhealth.com
ABOUT YOUR PRESENTER
TONI ST. CLAIRE-FISH

Owner/CEO
TrueSelf Total Health

Certified Nutritional Endocrinology Coach and Educator
Certified Digestive Health Coach
Certified Insulin Resistance Coach
Certified Plant Based Nutrition Educator
Certified Raw Vegetarian Chef and Instructor
I am not a licensed practitioner, physician, dietician, nutritionist, nurse or medical professional. This document/course is informational only. Anything you learn here is to be utilized/taught/shared at your own risk. Antoinette (Toni) St. Clair, Health Coach (Functional Nutrition & Life) and Wellness Consultant claims no responsibility to any person or entity for any liability, loss, or damage caused or alleged to be caused directly or indirectly as a result of the use, application, or interpretation of the information presented, suggested or recommended. It is not intended as medical advice. I am not treating, curing, or diagnosing any condition or illness. If you have a condition that requires medical attention, I encourage you to make your own health care decisions based on your research and in partnership with a qualified health care practitioner.
WHAT YOU WILL LEARN

- Obvious and not so obvious signs of digestive distress
- The function of each organ in the digestive tract
- How these organs can malfunction
- Herbs and food that may support and heal these organs
- Simple steps to better digestion
OBVIOUS SIGNS YOUR DIGESTIVE SYSTEM Needs HELP

- Bloating
- Gas
- Flatulence
- Burping
- Pain
- Hemorrhoids
- Irritable bowel
OBVIOUS SIGNS YOUR DIGESTIVE SYSTEM NEEDS HELP

- Diarrhea
- Constipation
- Crohn’s
- Diverticulitis
- Colitis
- Heartburn
- Ulcers
NOT SO OBVIOUS SIGNS YOUR DIGESTIVE SYSTEM NEEDS HELP

- Acne
- Eczema
- Brain fog
- Fatigue
- Depression and anxiety
- ADD
- Headaches
- Hormone swings

© 2018 TrueSelf TotalHealth | www.trueselftotalhealth.com
NOT SO OBVIOUS SIGNS YOUR DIGESTIVE SYSTEM NEEDS HELP

- Thyroid imbalance
- Adrenal fatigue
- Blood sugar imbalance
- Allergies
- Autoimmune disease
- Frequent illness
- Asthma
- Joint pain
- Fibromyalgia

© 2018 TrueSelf TotalHealth | www.trueselftotalhealth.com
MOUTH

FUNCTION

Starts digestive process in your mouth when food is properly chewed.

MALFUNCTION

Loss of nutrient value when food is not chewed.
Poorly chewed food can lead to flatulence, indigestion, heartburn, gas, reflux, and IBS.
ESOPHAGUS

FUNCTION

Conduit for food and liquids that have been swallowed into the pharynx to reach the stomach.

MALFUNCTION

Inflammation
## HERBS & NUTRIENTS TO HEAL ACID REFLUX

<table>
<thead>
<tr>
<th>ALOE VERA JUICE</th>
<th>FENUGREEK</th>
</tr>
</thead>
<tbody>
<tr>
<td>APPLE CIDER VINEGAR</td>
<td>MARSHMALLOW</td>
</tr>
<tr>
<td>DEGLYCRRHIZANATED LICORICE (DGL)</td>
<td>SLIPPERY ELM</td>
</tr>
</tbody>
</table>
STOMACH

FUNCTION
Break down protein and separating minerals from their carriers to make them more readily absorbable.

MALFUNCTION
Too much stomach acid
Too little stomach acid
STOMACH

HERBS & NUTRIENTS TO HEAL THE STOMACH

<table>
<thead>
<tr>
<th>BITTERS</th>
<th>LEMON JUICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENZYMES: PEP SIN</td>
<td>APPLE CIDER VINEGAR</td>
</tr>
<tr>
<td>GLUTAMINE</td>
<td>HCL SUPPLEMENTATION</td>
</tr>
</tbody>
</table>
# LIVER & GALLBLADDER

## Function

<table>
<thead>
<tr>
<th>LIVER</th>
<th>GALLBLADDER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Filtering</td>
<td>Stores and Concentrates Bile</td>
</tr>
<tr>
<td>Fat Digestion</td>
<td>Secretes Bile</td>
</tr>
<tr>
<td>Metabolic</td>
<td>Secretes bicarbonate</td>
</tr>
</tbody>
</table>

## Malfunction

<table>
<thead>
<tr>
<th>LIVER</th>
<th>GALLBLADDER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fatty Liver, Cirrhosis</td>
<td>Gallstones</td>
</tr>
<tr>
<td>Hepatitis</td>
<td></td>
</tr>
</tbody>
</table>
**HERBS & NUTRIENTS TO HEAL THE LIVER**

<table>
<thead>
<tr>
<th>BITTERS TO STIMULATE BILE</th>
<th>LIPASE</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIVER CLEANSING HERBS: MILKTHISTLE, DANDELION, YELLOW DOCK, BURDOCK ROOT</td>
<td>LIVER STIMULATING HERBS: FENNEL, ANISE, CAYENNE</td>
</tr>
</tbody>
</table>

© 2020 TrueSelf TotalHealth | [www.trueselftotalhealth.com](http://www.trueselftotalhealth.com)
PANCREAS

FUNCTION

Two functions: Releases digestive juices or enzymes into the small intestines. An endocrine function that regulates blood sugar.

MALFUNCTION

Low pancreatic digestive enzymes
Low endocrine hormones
Pancreatitis

© 2020 TrueSelf TotalHealth I www.trueselftotalhealth.com
### HERBS & NUTRIENTS TO HEAL THE PANCREAS

<table>
<thead>
<tr>
<th>TURMERIC</th>
<th>GINGER</th>
</tr>
</thead>
<tbody>
<tr>
<td>DANDELION</td>
<td>MILK THISTLE</td>
</tr>
<tr>
<td>CILANTRO</td>
<td>PARSLEY</td>
</tr>
<tr>
<td>HOLY BASIL</td>
<td>CARDAMOM</td>
</tr>
</tbody>
</table>
SMALL INTESTINE

FUNCTION

- Digests and absorbs food
- Has 3 parts: Duodenum, Jejunum, Ileum

MALFUNCTION

Leaky gut and malabsorption
SIBO (Small Intestinal Bacterial Overgrowth)
IBD (Inflammatory Bowel Disease)
LARGE INTESTINE

FUNCTION

Absorbs water and salts from stool and stores wastes for evacuation.

MALFUNCTION

Diverticulitis
Ulcerative Colitis
IBD (Inflammatory Bowel Disease)
THE 5R PROCESS

- Relax
- Remove
- Replace
- Repair
- Rebalance
RELAX

▪ Slow Down!
▪ Chew, Chew, Chew!
▪ Check Out!

© 2020 TrueSelf TotalHealth | www.trueselftotalhealth.com
RELAX

- Slow Down!
- Chew, Chew, Chew!
- Check Out!

© 2020 TrueSelf TotalHealth | www.trueselftotalhealth.com
RELAX

- Slow Down!
- Chew, Chew, Chew!
- Check Out!

© 2020 TrueSelf TotalHealth | www.trueselftotalhealth.com
THE 5R PROCESS

- Relax
- Remove
- Replace
- Repair
- Rebalance
REMOVE THE TOP 3 FOODS THAT SLOW OR DAMAGE YOUR GUT

- Sugar and processed foods
- Trans and heated fats
- Allergens, especially gluten

© 2010 TrueSelf TotalHealth | www.trueselftotalhealth.com
THE 5R PROCESS

- Repair
- Remove
- Replace
- Repair
- Rebalance
THE TOP EVERYDAY FOODS THAT HEAL YOUR GUT

BRASSICAS
- Containing sulphoraphane, which has been shown to be a potent gut healer and detoxification inducer
- Includes broccoli, cabbage, cauliflower, kale, Brussels sprouts

CHICORY ROOT
- Contains inulin, a prebiotic that supports healthy gut flora and digestion

DANDELION
- Contains inulin, a prebiotic that supports healthy gut flora, bitters that help bile flow, and stomach acid production

BROCCOLI SPROUTS
- Especially good for enhancing detoxification and as an anti-cancer food

JERUSALEM ARTICHOKE
- Contains inulin, a prebiotic that supports healthy gut flora

CHIA SEED
- Muclage, intestinal broom, rich in anti-inflammatory essential fats

FLAX SEED
- Muclage, intestinal broom, rich in anti-inflammatory essential fats

CITRUS FRUIT PEELS
- Contains inulin, a prebiotic that supports healthy gut flora and supports detoxification

GARLIC
- Contains inulin, a prebiotic that supports healthy gut flora, anti-parasitic, antimicrobial

PUMPKIN SEEDS (RAW)
- Anti-parasitic, anti-inflammatory, supply zinc, which helps in the repair and regeneration process and immune system

ONION
- Contains inulin, a prebiotic that supports healthy gut flora, anti-parasitic, antimicrobial

SPROUTS
- Especially good for enhancing detoxification and as an anti-cancer food (broccoli, kale, cabbage, radish, mustard, etc.)

Green Leafy Vegetables and their juices
- Provide protein and nutrients to aid in leaky gut repair and detoxification

VIRGIN COCONUT OIL
- Anti-fungal, anti-viral, helps decrease candida overgrowth

BURDOCK
- Contains inulin, a prebiotic that supports healthy gut flora

© 2018 TrueSelf TotalHealth | www.trueselftotalhealth.com
THE 5R PROCESS

- Repair
- Remove
- Replace
- Repair
- Rebalance

© 2012 TrueSelf TotalHealth | www.trueselftotalhealth.com
FOODS AND HERBS THAT SOOTHE AND HEAL

What They Do

• Rebuild the mucous layer
• Reduce inflammation
• Lubricate the digestive tract
• Nourish body fluids and tissues

The List Includes:

• Chlorophyll – greens
• Probiotic and prebiotic foods
• Chia seed
• Flax seed
• Cinnamon
• Licorice
• Slippery elm
• Aloe vera gel
• Marshmallow
• Irish moss
• Chamomile
• Fenugreek
• Plantain
• Calendula
• Yarrow

© 2020 TrueSelf TotalHealth | www.trueselftotalhealth.com
TOP 5 GUT SOOTHING FOODS AND HERBS

Slippery elm

Aloe vera

Licorice root

Omega-3 rich foods

Probiotic and prebiotic rich foods

© 2020 TrueSelf TotalHealth I www.trueselftotalhealth.com
THE 5R PROCESS

- Repair
- Remove
- Replace
- Repair
- Rebalance

© 2018 TrueSelf TotalHealth | www.trueselftotalhealth.com
REBALANCE WITH PROBIOTICS

- Kim chee
- Sauerkraut
- Coconut kefir
- Seed yogurt
- Kombucha
- Rejuvalex
- Miso
- Supplements
HOW TO KNOW IF YOUR GUT IS CONTRIBUTING TO SYMPTOMS IN OTHER PARTS OF YOUR BODY

· Targeted questionnaires
· Blood testing
· Specialized testing
  · Lab tests
· Home tests

© 2020 TrueSelf TotalHealth | www.trueselftotalhealth.com
MINI CLEAN EATING PROGRAM WITH RECIPES!

1. RELAX
2. REMOVE
3. REPLACE
4. REPAIR
5. REBALANCE
THANK YOU FOR COMING!

TAKE CONTROL OF YOUR HEALTH NOW!!