



FOOD AS MEDICINE: 5 STEPS TO BETTER DIGESTION!

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ABOUT YOUR PRESENTER TONI ST. CLAIR-FISH

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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



DISCLAIMER

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WHATYOU 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



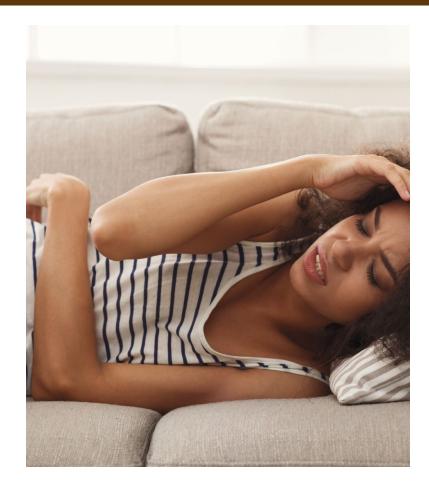
OBVIOUS SIGNS YOUR DIGESTIVE SYSTEM NEEDS HELP

- Diarrhea
- Constipation
- Crohn's
- Diverticulitis
- Colitis
- Heartburn
- Ulcers



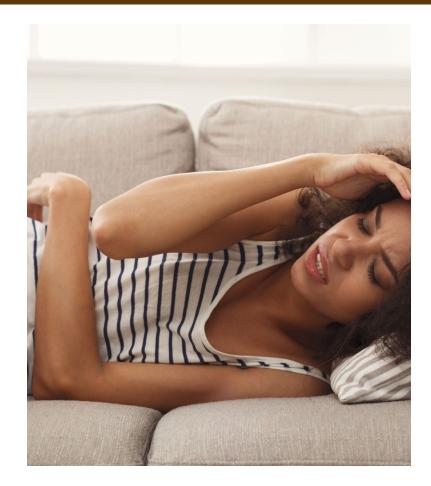
NOT SO OBVIOUS SIGNS YOUR DIGESTIVE SYSTEM NEEDS HELP

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



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



MOUTH

FUNCTION

Starts digestive process in your mouth when is food properly chewed

MALFUNCTION

Loss of nutrient value when food 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

ESOPHAGUS

HERBS & NUTRIENTS TO HEAL ACID REFLUX

ALOE VERA JUICE	FENUGREEK
APPLE CIDER VINEGAR	MARSHMALLOW
DEGLYCYRRHIZANATED LICORICE (DGL)	SLIPPERY ELM

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

BITTERS	LEMON JUICE
ENZYMES: PEPSIN	APPLE CIDER VINEGAR
GLUTAMINE	HCL SUPPLEMENTATION

LIVER & GALLBLADDER

FUNCTION

LIVER	GALLBLADDER
Blood Filtering	Stores and Concnetrates Bile
Fat Digestion	Secretes Bile
Metabolic	Secretes bicarbonate

MALFUNCTION

LIVER	GALLBLADDER
Fatty Liver , Cirrhosis	Gallstones
Hepatitis	

LIVER & GALLBLADDER

HERBS & NUTRIENTS TO HEAL THE LIVER

BITTERS TO S	TIMULATE BILE	LIPASE
LIVER CLEANS MILKTHISTLE YELLOW DOC ROOT	, DANDELION,	LIVER STIMULATING HERBS: FENNEL, ANISE, CAYENNE

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

PANCREAS

HERBS & NUTRIENTS TO HEAL THE PANCREAS

TURMERIC	GINGER
DANDELION	MILKTHISTLE
CILANTRO	PARSLEY
HOLY BASIL	CARDAMOM

SMALL INTESTINE

FUNCTION

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

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.

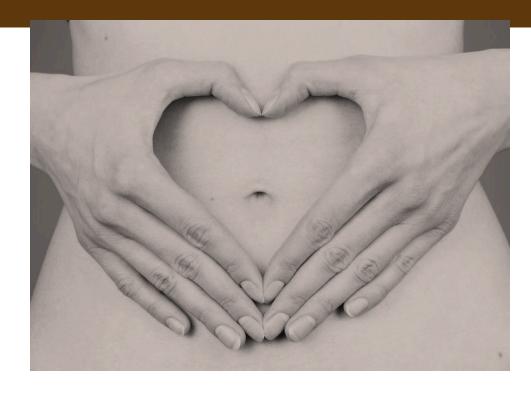
MALFUNCTION

Diverticulitis

Ulcerative Colitis

IBD (Inflammatory Bowel Disease)

THE 5R PROCESS



- •Relax
- Remove
- Replace
- Repair
- Rebalance





Slow Down!

Chew, Chew, Chew!

•Check Out!





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•Check Out!



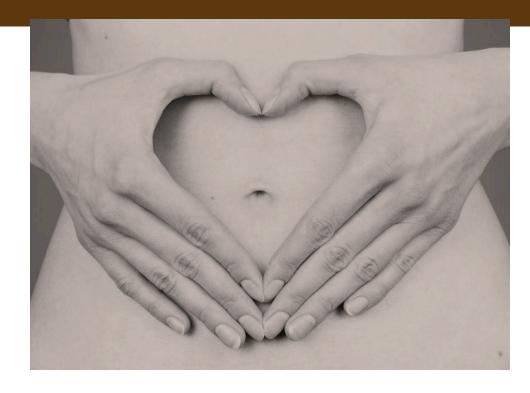


Slow Down!

Chew, Chew, Chew!

•Check Out!

THE 5R PROCESS



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REMOVE THE TOP 3 FOODS THAT SLOW OR DAMAGE YOUR GUT

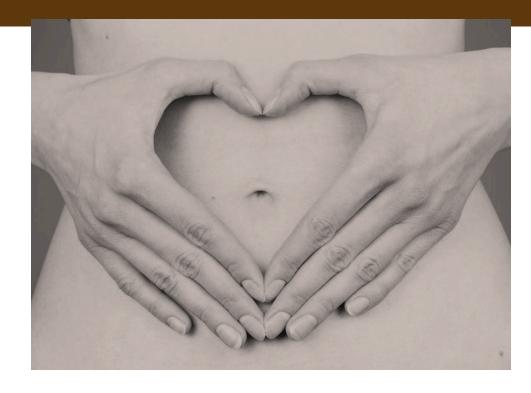


Sugar and processed foods

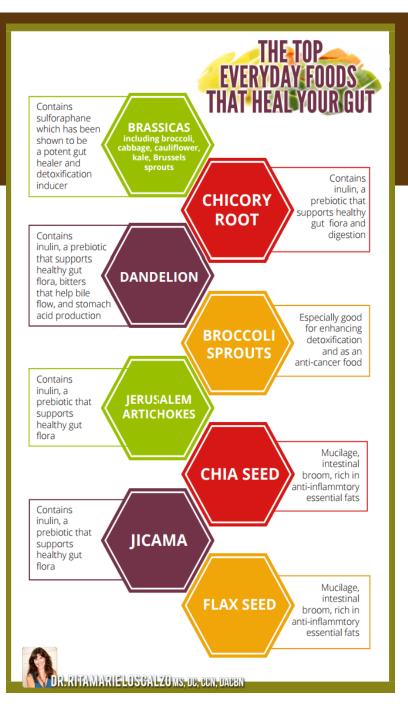
Trans and heated fats

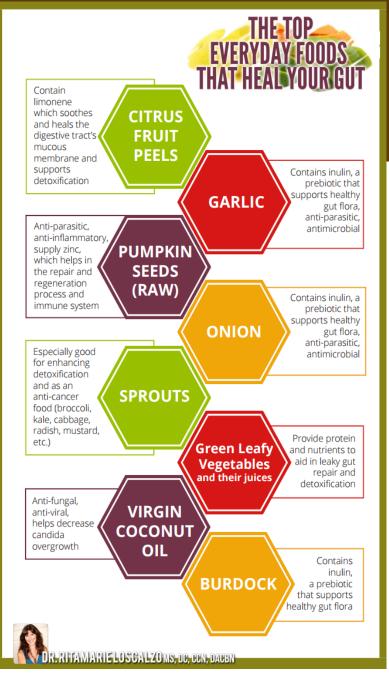
• Allergens, especially gluten

THE 5 R PROCESS

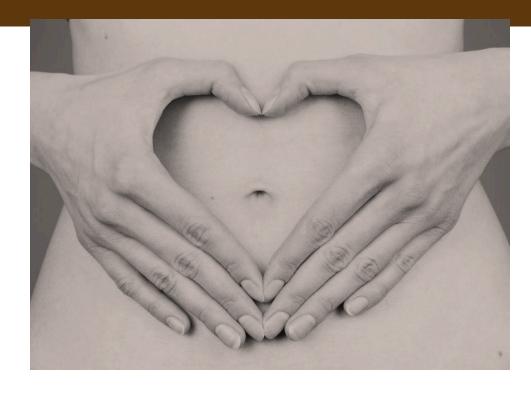


- Repair
- Remove
- Replace
- Repair
- Rebalance





THE 5 R PROCESS



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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:

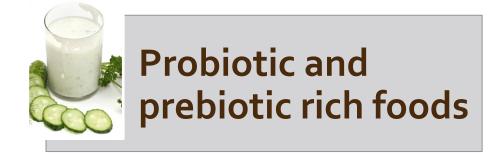
- Chlorophyll greens
- Probiotic and prebiotic foods
- Chia seed
- Flax seed
- Cinnamon
- Licorice
- Slippery elm
- Aloe vera gel
- Marshmallow
- Irish moss
- Chamomile
- Fenugreek
- Plantain
- Calendula
- Yarrow



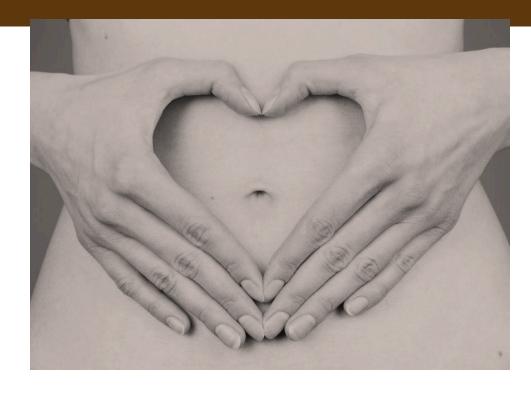


TOP 5 GUT SOOTHING FOODS AND HERBS





THE 5 R PROCESS



- Repair
- Remove
- Replace
- Repair
- Rebalance

REBALANCE WITH PROBIOTICS



- Kim chee
- Sauerkraut
- Coconut kefir
- Seed yogurt
- Kombucha
- Rejuvalec
- 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



3-DAY DETOX - DIGESTION RESET - JUMPSTART



MINI CLEAN EATING PROGRAM WITH RECIPES! 1. RELAX

- 2. REMOVE
- 3. REPLACE
- 4. REPAIR

5. REBALANCE

THANKYOU FOR COMING!





TAKE CONTROL OF YOUR HEALTH NOW!!