



TrueSelf
TotalHealth
life, in balance.



FOOD AS MEDICINE: 5 STEPS TO BETTER DIGESTION!

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www.bvsmd.org

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www.trueselftoalhealth.com

ABOUT YOUR PRESENTER

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DISCLAIMER

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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



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 STIMULATE BILE LIPASE	
LIVER CLEANSING HERBS: MILKTHISTLE, DANDELION, YELLOW DOCK, BURDOCK ROOT	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	MILK THISTLE
CILANTRO	PARSLEY
HOLY BASIL	CARDAMOM

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!

RELAX



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

RELAX



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

THE 5R PROCESS



- Relax
- **Remove**
- Replace
- Repair
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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 5R PROCESS



- Repair
- Remove
- **Replace**
- Repair
- Rebalance

THE TOP EVERYDAY FOODS THAT HEAL YOUR GUT

Contains
sulforaphane
which has been
shown to be
a potent gut
healer and
detoxification
inducer

BRASSICAS
including broccoli,
cabbage, cauliflower,
kale, Brussels
sprouts

**CHICORY
ROOT**

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

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

DANDELION

**BROCCOLI
SPROUTS**

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

Contains
inulin, a
prebiotic that
supports
healthy gut
flora

**JERUSALEM
ARTICHOKES**

CHIA SEED

Mucilage,
intestinal
broom, rich in
anti-inflammatory
essential fats

Contains
inulin, a
prebiotic that
supports
healthy gut
flora

JICAMA

FLAX SEED

Mucilage,
intestinal
broom, rich in
anti-inflammatory
essential fats



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THE TOP EVERYDAY FOODS THAT HEAL YOUR GUT

Contain
limonene
which soothes
and heals the
digestive tract's
mucous
membrane and
supports
detoxification

**CITRUS
FRUIT
PEELS**

GARLIC

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

Anti-parasitic,
anti-inflammatory,
supply zinc,
which helps in
the repair and
regeneration
process and
immune system

**PUMPKIN
SEEDS
(RAW)**

ONION

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

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

SPROUTS

**Green Leafy
Vegetables
and their juices**

Provide protein
and nutrients to
aid in leaky gut
repair and
detoxification

Anti-fungal,
anti-viral,
helps decrease
candida
overgrowth

**VIRGIN
COCONUT
OIL**

BURDOCK

Contains
inulin,
a prebiotic
that supports
healthy gut flora



DR. RIFFA MARIE LOSCALZO MS, DC, CCN, DABCN

THE 5R PROCESS



- Repair
- Remove
- Replace
- **Repair**
- Rebalance

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



Slippery elm



Aloe vera



Licorice root



**Omega-3 rich
foods**



**Probiotic and
prebiotic rich foods**

THE 5R 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

THANK YOU FOR COMING!



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TAKE CONTROL OF YOUR HEALTH NOW!!