



#### FOOD AS MEDICINE: 5 STEPS TO BETTER DIGESTION!

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

> PRESENTED BY: TrueSelfTotalHealth www.trueselftoalhealth.com

### ABOUT YOUR PRESENTER TONI ST. CLAIR-FISH

#### Owner/CEO

#### **TrueSelf TotalHealth**

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



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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



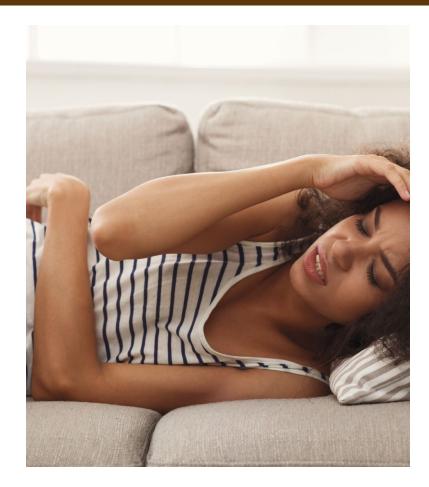
## **OBVIOUS** SIGNS YOUR DIGESTIVE SYSTEM NEEDS HELP

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



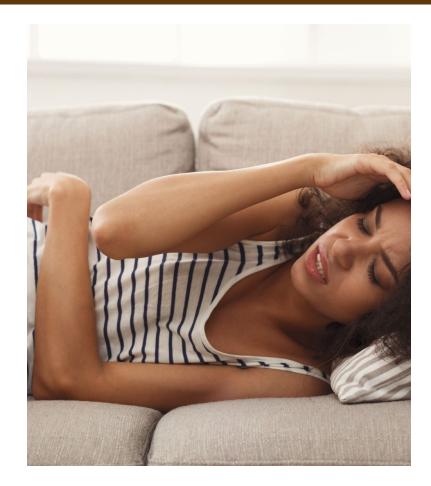
## NOT SO OBVIOUS SIGNS YOUR DIGESTIVE SYSTEM NEEDS HELP

- 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.

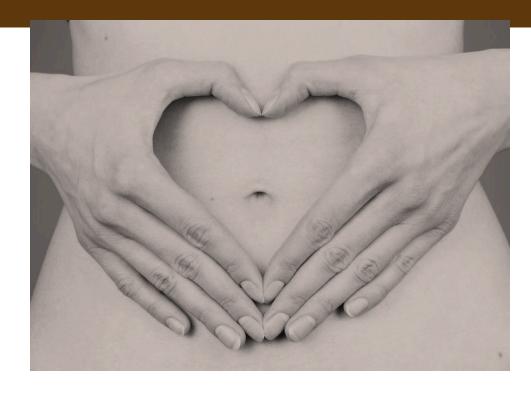
#### MALFUNCTION

Diverticulitis

**Ulcerative Colitis** 

IBD (Inflammatory Bowel Disease)

## THE 5R PROCESS



- •Relax
- Remove
- Replace
- Repair
- Rebalance





## Slow Down!

## Chew, Chew, Chew!

•Check Out!





## Slow Down!

## •Chew, Chew, Chew!

•Check Out!



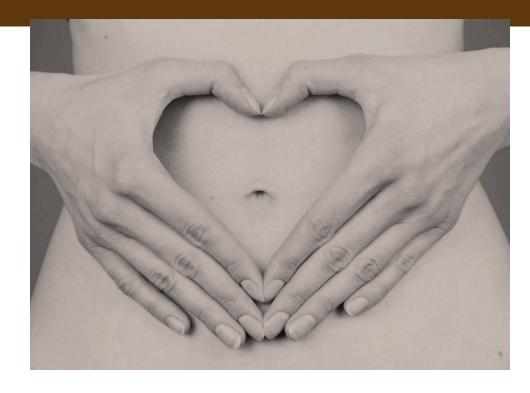


## Slow Down!

## Chew, Chew, Chew!

•Check Out!

## THE 5R PROCESS



- Relax
- Remove
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## REMOVE THE TOP 3 FOODS THAT SLOW OR DAMAGE YOUR GUT

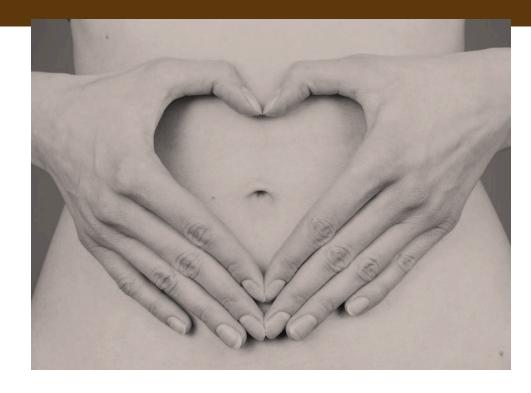


### Sugar and processed foods

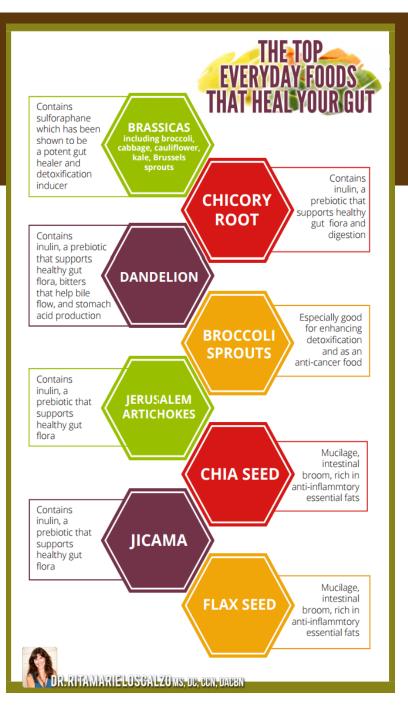
Trans and heated fats

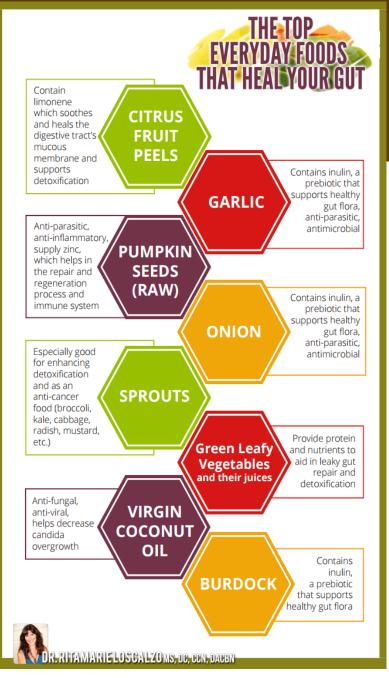
## • Allergens, especially gluten

## THE 5 R PROCESS

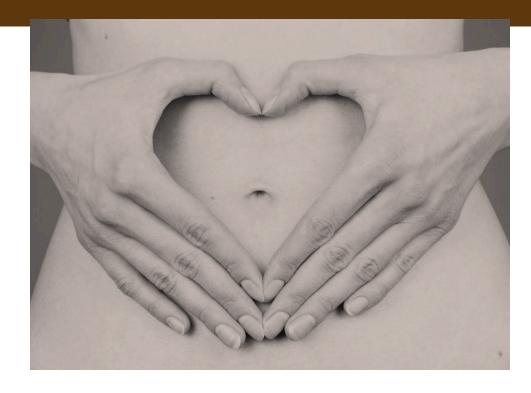


- Repair
- Remove
- Replace
- Repair
- Rebalance





## THE 5 R PROCESS



- 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:

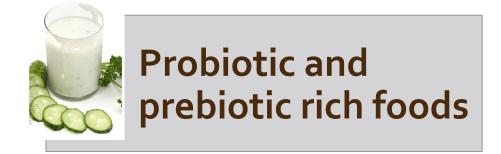
- Chlorophyll greens
- Probiotic and prebiotic foods
- Chia seed
- Flax seed
- Cinnamon
- Licorice
- Slippery elm
- Aloe vera gel
- Marshmallow
- Irish moss
- Chamomile
- Fenugreek
- Plantain
- Calendula
- Yarrow



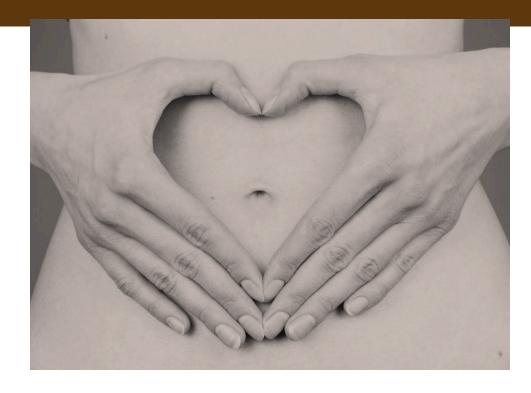


## TOP 5 GUT SOOTHING FOODS AND HERBS





## 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!!