

Natural Healing Express Weekly

Column 324 Six Essential Keys to Outstanding Health, Part 3 – Your Gut and Super Nutrition

How are you all enjoying this series so far? As a recap, we are involved in a six-part series regarding the Essential Keys to Outstanding Health. We have recently discussed Parts 1 and 2, Creating Emotional Mastery and Cleansing Your Body. This week, we will move into Addressing the Health of Your Gut and Super Nutrition.

Before we get too far into this, I want to send out a personal note of Congratulations to all our area's graduates! May the world be your oyster and I hope that you achieve all your hopes and dreams!

And, a special congratulations to our own Jacob who graduated from Lena Winslow yesterday and who will graduate from Highland Community College next weekend! You are well on your way! Love you!

And to TJ, Noah, Viola, Asa, Kenny and our dear Trevor – you guys are rock stars! It's been our pleasure to be a small part of your lives. Congratulations to you and your families!

So, back to Gut Health!

Your overall health and vitality does rely heavily on the health of your gut. Sorry, but all those clichés you have heard in the past are essentially true. You are what you eat. The gastrointestinal system begins in the mouth and ends, well, you know,,,,,where it comes out. The Energy Medicine triangle is the liver, intestines and pancreas. I also add in the gall bladder. We could spend column after column discussing exactly how your gut works but let's summarize. Microbiome comprises microorganisms – the bacteria, fungi, protozoa and viruses, that live inside and on your body. Your body contains ten times as many microbiome cells as human cells. And the microbiome influences the human cells – in either a positive or a negative way, so depending on the healthy microbiome, or lack thereof, your body will function according to the actions of human cells as influenced by the microbiome. Thus, the healthier the microbiome in the gut, the healthier you are!

So, what are the causes of an unhealthy gut? Poor Diet and Nutrition is number one. Followed by Food Sensitivities, infections and Malabsorption, stomach acid imbalances, overuse of Pharmaceutical Drugs, Lack of exercise and STRESS!

One of the primary issues regarding again is a bacterial imbalance called Dysbiosis. This is widespread in the US today. It is an overgrowth of pathogenic or parasitic microorganisms. The primary causes of dysbiosis are the over use of antibiotics and other pharmaceuticals, poor diet, excess consumption of alcohol, mercury toxicity and exposure to pesticides and other environmental toxins.

One of the most common end results of dysbiosis is Candidiasis. This is the overgrowth of yeast in the body. The resulting symptoms are flatulence, indigestion, depression, anxiety, irritability, PMS, migraine, mood swings, vaginal infections and brain fog.

So, with all of this, what in the heck can we do to make our gut healthier? CUT AND PASTE ALERT

HEALTH GUT TIPS

1. Don't Skip Breakfast – your pancreatic enzymes are at Peak during Morning Hours
2. Finish Dinner no later than 8pm –pancreatic enzymes are at their lowest then
3. Create Meals that are 70/80 percent alkaline, 20/30 percent acidic.
4. Limit your protein intake to 50 grams unless you are under vigorous activity
5. Balance your meals to 40 percent protein, 40 percent complex carbs and 20 percent healthy fat
6. Increase fresh fruit and vegetables
7. Consume alcohol and coffee sparingly
8. Add in essential fatty acid foods such as fresh water fish – salmon, cod, mackerel, sardines.
9. Add one tablespoon of extra virgin olive oil or flaxseed daily.
10. Avoid cooking foods at high temperatures – it destroys healthy enzymes
11. Eat fruits by themselves 30 minutes before meals or two hours after.
12. Use food combining to greatly improve digestion and assimilation of vital nutrients

13. Avoid artificial sweeteners. Period.
14. Drink at least 8 glasses of filtered or great bottled water daily.
15. Cut down on your total carb intake daily.
16. Take a minute before each meal to give thanks.
17. Add in helpful supplements such as enzymes, probiotics and herbs such as anti-inflammatory workhorses such as chamomile. Astringents heal bleeding in the GI tract. Bitters improve digestion. Carminatives such as peppermint, spearmint prevent and relieve gas and bloating.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural

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