



Workshop Session #1 Action Step Guide:
How to Identify & Heal Common Gut
Issues in Women Over 50

with Dr. Jillian Teta



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Workshop Session #1 Action Step Guide: How to Identify & Heal Common Gut Issues in Women Over 50 with Dr. Jillian Teta

The following are suggested action steps from Dr. Jillian Teta's Heal Your Gut Workshop Session. I suggest that you print this guide and have it handy while you listen to her workshop session so you can learn more about the details of the suggested steps. To track your progress, check off each step as you complete it.

Listen to What Your Body is Telling You

There are both obvious and not-so-obvious signs that your digestive system is not working properly. Use this list to trouble-shoot a potential digestive disorder:

- Bloating (in the upper GI area and/or below the belly button, which leads to appearing pregnant)
- Belching
- Heart palpitations or heart racing after eating
- Reflux
- Heartburn
- Sour stomach
- Feeling nauseous first thing in the morning
- Motility disruptions (i.e. not pooping at least once per day or pooping more than three times per day); non-
- Autoimmune diseases (80% of the immune system is in the GI tract)
- Skin disorders like rashes, itchiness, acne, eczema, psoriasis (the skin is a reflection of the gut)
- Headaches or migraines
- Bad breath
- Muscle and joint pain (as a result of food sensitivities or increased gut permeability)

Trouble-Shoot What Triggered Your Digestive Issues

Start by looking at your history. Which of the following main causes of digestive disorders relate to you?:

- Antibiotic and NSAID use
- Alcohol intake (heavy drinking is a major blow to the GI tract)
- Travel (it's easy to pick up parasites and bacteria from different parts of the world)
- Poor nutrition (eating refined grains and sugars)
- Stress (as women go through menopause the flexibility of our ability to handle stress suffers—we become more reactive to it)



Explore Food Sensitivities

If you've been struggling with a set of symptoms and let's say you've been to more than a few providers, and no one has been able to get to the root of it, and no one's addressed the digestive system, there's a pretty good chance the digestive system is involved. Then you want to explore food sensitivities and eating for your symptoms.

A food sensitivity is when your immune system reacts to the foods you're eating and targets them as foreign invaders. You can be eating a perfectly healthy diet, but if you're eating foods you're sensitive to this will breakdown your gut lining and open the gate for a whole host of other health problems.

A food sensitivity test usually looks at 90-150 things that the lab will measure antibodies for. You're usually looking for one of three things: 1. One or two foods to come up really strong, 2. Six or more to come up mild to moderate, 3. Or a combination of those two things. It's not that it's diagnostic, but the results can be used to create an elimination challenge diet with gut restoration.

You can order a LEAP Food Sensitivity Test through a Functional Medicine Doctor or a Certified Integrative Medicine Health Coach. If you're interested in learning more, email me at Melissa@BetterBeyond50.com.

Do an "Elimination Challenge Diet"

The results of your food sensitivity test can be used to create an elimination challenge diet with gut restoration. So, for example, if you had 20 foods show up, it's not that you have 20 food sensitivities or allergies—what's more likely going on is that there's an issue at the interface of the immune system and the food that you're eating. And that interface is the small intestine. This can be used as a loose measure of leaky gut or increased intestinal permeability because what it's saying is that the immune system is reacting to everything that it should not be.

For the foods that have a higher reactivity (.25 or higher) do a 4-6 week elimination of those foods. Because the question is do you really have a sensitivity to these foods or are they showing up on these tests because of other factors in your digestive system?

You want to do an elimination challenge with gut restoration to create a clean slate and get the digestive system in good condition from which to challenge these foods back in your system in a very systematic and strategic way. Food sensitivity testing can be used to help you figure out where to begin with food elimination.

Sensitivities can come and go and change throughout the course of someone's life. Food sensitives can keep you in a chronic state of not feeling well.



Elimination Challenge Diet cont.

While doing an elimination of the foods you're sensitive to, as part of a gut restoration plan, you might add digestive enzymes, acid, probiotics, and fermented foods. In addition, you want to take steps to help with second brain function like destressing the gut.

And once symptoms have improved by 75-85% you can then challenge the food back in. Then you get a very clear idea of which foods are creating a reaction in your body or not and pinpoint what's going on.

When reintroducing foods, you only add one food back in your diet at a time. For example, let's say wheat showed up on your test. For one day, you would eat 2-3 servings of wheat in the purest form like plain cream of wheat or plain pasta. Then wait 72 hours (three days). If by the fourth or fifth day you haven't had a reaction that would be a "negative challenge" –you pass that challenge.

You need to wait 72 hours because that's how long IgG reactions can take to manifest. (The immune system is creating complexes with the antigen of the wheat and this can take days to be made and get into the blood stream.)

It can be tricky trying to identify food sensitivities just by trying to recall what you've eaten because there can be a three-day delay, so using the food sensitivity testing *with* the elimination challenge diet can be valuable.

NOTE: At Better Beyond 50, we walk you through how to do an elimination diet, as part of the BB50 30-Day Reset. As a BB50 member you get free access to this program. You can learn more about this by clicking on the "30-Day Reset" tab in your Member Area, then selecting "Week 2 - Gut Health, Nutrition & Your Metabolic Type.

Here's the direct link:

<https://betterbeyond50.com/member/bb50-members-30-day-reset-week-2/>

Explore the Need for Digestive Enzymes & Acid Supplements

If you're eating the best, healthiest diet and you're still struggling, you may need to take digestive enzymes and acid supplements. If you don't have enough acid and enzymes to break down your foods, the food becomes fermentable, which causes gas. It also becomes more provocative to the immune system because the compounds aren't broken down, which means they won't be absorbed through the lining appropriately. If you already have an issue with your lining like with leaky gut where the lining is inflamed, your absorption is going to be impaired.



If You Have an Autoimmune Disease AVOID Gluten

In many people with autoimmune disease eating gluten can be an issue, even if you don't notice it. Research shows people with autoimmune conditions should NOT eat gluten.

Manage Your Stress

Chronic stress worsens all digestive symptoms like irritable bowel disease, IBS, reflux etc. If you have a digestive problem stress will make it worse—it will increase frequency and severity of symptoms.

Because of the gut-brain relationship and because of the relationship between the second brain (that lives in our gut) and the brain in our heads, over time, with chronic stress in someone who DOESN'T have already have digestive disorders, it begins to affect our ability to make stomach acid and produce pancreatic enzymes, and it interferes with the second brain in terms of motility.

Waking up in the middle of the night with heart racing, having diarrhea, and heartburn can all be effects of chronic stress. The stress in your head will create stress in your gut.

Here are Dr. Jillian's top 4 tools to combat chronic stress:

1. Daily walk for 15 minutes. Go walk outside and “sense drench” (engage all senses what you see, hear, feel etc.) Research in Japan shows that “forest bathing” (walking in the woods) creates a buffer against the negative effects of the stress hormone, cortisol, on our brain. It helps decrease your stress response and modulate your second brain. If you struggle with constipation, remember, movement equals movement! Going for a stroll helps move your bowels.

NOTE: At Better Beyond 50, we teach you how to create a simple, customized exercise plan right from home as part of the BB50 30-Day Reset. As a BB50 member you get free access to this program. You can learn more about this by clicking on the “30-Day Reset” tab in your Member Area, then selecting “Week 4 – Bones, Joints & Your Physical Health.”

Here's the direct link:

<https://betterbeyond50.com/member/bb50-members-30-day-reset-week-4/>

2. Get enough sleep! Figuring out cause of sleep disruption and sticking to a sleep/wake cycle is huge.



NOTE: At Better Beyond 50, we teach you how to trouble-shoot your sleep challenges and develop healthy bedtime rituals as part of the BB50 30-Day Reset. As a BB50 member you get free access to this program. You can learn more about this by clicking on the “30-Day Reset” tab in your Member Area, then selecting “Week 3 – Stress, Sleep & Your Hormonal Balance.”

Here’s the direct link:

<https://betterbeyond50.com/member/bb50-members-30-day-reset-week-3/>

3. Become aware of your negative belief systems and thought patterns and where you place your focus. Bring your negative belief systems to light, challenge them and rewrite the narratives around them.

NOTE: At Better Beyond 50, we teach you how to change the “story” you’re telling yourself and STOP the cycle of negative, sabotaging self-talk as part of the BB50 30-Day Reset. As a BB50 member you get free access to this program. You can learn more about this by clicking on the “30-Day Reset” tab in your Member Area, then selecting “Week 1 – Clarity, Focus & Your Emotional Health.”

Here’s the direct link:

<https://betterbeyond50.com/member/bb50-members-30-day-reset-week-1/>

4. A good herb for stress reduction is encapsulated lavender oil. It’s especially good for motility disorders like IBS, constipated, waking up feeling nauseous (a sign of nervous system dysfunction). It’s also good for anxiety and depression.

If You’ve Experienced Trauma, Get the Right Help

For people who’ve experienced adverse childhood events or trauma need to deal with them in an in-depth, self-directed way. Even if things have been done to us, it is still our responsibility to decide how we move forward.

NOTE: Dr. Keesha Ewers (one of our other gut health presenters) offers a beautiful program to help women break free from the emotional shackles than can result from trauma. Her program is called *You Unbroken*. As a special bonus for joining the Heal Your Gut Workshop you have FREE access to this amazing program.

Here’s the direct link to access the program:

<https://ut271.isrefer.com/go/bb50/melissak/>

Follow These 5 Steps to Balance Your Microbiome

1. To keep the microbiome balanced eat plenty of veggies and fruits that you can tolerate. Green tea and honey are rich in pre-biotics, which are fiber that feed the beneficial bacteria in the gut.



2. Use antibiotics judiciously—only take it if it's actual necessary. If you have a diagnosed bacterial infection, get a Culture and Sensitivity (CNS) Test, which helps determine which antibiotic is going to work the best for you instead of giving you a random one that may not work.

3. Get in the dirt (garden) and touch your pets.

4. Eat fermented foods. Yogurt and kefir (if you can tolerate dairy), sauerkraut, kimchi, apple cider vinegar, real pickles. These foods have probiotics in them.

5. Take a probiotic. Especially with a long history of antibiotic use.

Follow These 3 Steps to Choose the Right Probiotic

1. Make sure they're *just* probiotics (no added enzymes or pre-biotics.)

2. You want to take probiotics that mimic the bacteria in the GI tract. The two most dominant species are *Lactobacillus* and *Bifidobacterium*, so find one that is rich in those strains.

3. Take at least 20 billion CFUs.

Take Heed to Dr. Jillian's Final Takeaways

1. We have more control over how we feel than we think we do. We too easily give up our power, and the best way to return to our power is to go for the morning walk!

2. When you eat, chew your food really well.

3. Be brave enough to deal with your stuff. We all have stuff and you're not alone in your struggles.