



Workshop Session #3 Action Step Guide:
The Hidden Link Between Autoimmune
Disease & Leaky Gut

with Dr. Keesha Ewers



Copyright © 2017, Forward Fitness 360, LLC d/b/a/ Better Beyond 50

All rights reserved. No portion of this book may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for his or her own personal use. This book may not be reproduced in any form without the written permission of the publisher, except by a reviewer who wishes to quote brief passages in connection with a review written for inclusion in a magazine, newspaper or website and has written approval prior to publishing.

BetterBeyond50.com

Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this program were developed by the author and are to be used as an adjunct to improve health, fitness, and reduce stress. The recommendations are not intended as diagnosis, prescription, or treatment for any disease, and it is not intended as a substitute for regular medical care or the advice of a physician. No claims or warranties of any kind are made as to the effectiveness of any advice or activities provided by the program.

This program may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in this program.

The author holds numerous health, fitness, and nutrition certifications, and has been painstaking in her research, but she is not a licensed health care practitioner. She is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices and supplements described herein.



Workshop Session #3 Action Step Guide: The Hidden Link Between Autoimmune Disease & Leaky Gut with Dr. Keesha Ewers

The following are suggested action steps from Dr. Keesha Ewer'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.

Be Mindful of the Stressors That Damage Your Gut Lining

Being under chronic stress, eating pesticides and GMOS and taking prescription medications like the oral contraceptive pill, antibiotics, or non-steroidal anti-inflammatory drugs can all break apart the one cell layer thick lining of the gut, creating "leaky gut." When this happens, partially digested food particles can leak through the gut wall, which is not supposed to happen. The gut is supposed to be impermeable, but now it's becoming permeable.

Pay Attention to the Signs of Leaky Gut

There are many telltale signs and symptoms of leaky gut and it can look different for a lot of different people. Signs the gut could be imbalanced are recurrent vaginal yeast infections, bladder pain (that's not a UTI), interstitial cystitis and bloating.

When you have leaky gut you can have a whole host of immune issues so you get sick frequently, feel tired, have brain fog and you'll have a hormone imbalance. A lot of times people think they have a thyroid problem because they're cold, their hair is falling out, they're gaining weight, when in fact they have leaky gut related issues. A lot of things will mask or look like certain diseases, when it's really intestinal permeability (leaky gut).

How to Test for Leaky Gut

When testing for leaky gut, Dr. Keesha looks for inflammatory symptoms like rashes, joint pain, swelling, edema or puffiness in the ankles and feet, hormone imbalance, hair loss, weight gain or loss, diarrhea, constipation, bloating, gas, and abdominal pain/cramping. When you have these symptoms it's a good idea to do a food sensitivity test to pinpoint which foods your immune system is going after. When you have a list of foods you're sensitive to—that are showing up in IgG testing—then you have leaky gut. If you have a known autoimmune disease you have leaky gut.

There's a few different ways your immune system will show up: There's IgG and IgA. When you're testing for allergies (usually a skin prick test) you're looking for IgG. When you have a food allergy you'll react within 20 minutes to two hours.



When you have an IgG food sensitivity or intolerance it can take four days to show up from the time that you're exposed, so you can't figure it out on your own.

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.

Change Your Diet to Heal Leaky Gut

If you have leaky gut, then you have a string of foods you're reactive to. They're not food allergies, but sensitives because you're hyper-immune. It's a good idea to start with a food sensitivity test to pinpoint which foods you're reacting to. While you're waiting for the results to come in, start by removing these key foods (because they're common ones, particularly for Hashimoto's and other autoimmune diseases like rheumatoid arthritis and MS): Gluten and all grains, sugar (including fruit, honey and maple syrup), soy, corn, all processed food, caffeine, and alcohol. Eat whole foods instead like clean proteins, 9-12 cups of a rainbow variety of vegetables per day, and eat healthy variety of fats like flax seeds, chia seeds, avocado, coconut oil, and walnut oil.

Then ask yourself, *how do I feel changing my diet in this way?* Did I have a 50% reduction in symptoms, 80% reduction or 100% reduction? i.e. did your migraines go down in severity and frequency or are they gone? You're benchmarking your symptoms of your suffering.

Food sensitivities are like cockroaches: where's there's one there are many. Gluten is not the entire solution, and that's why you don't feel better just taking out gluten. Keep in mind that Gluten free products are not any healthier than regular bread. Because the gluten is replaced with sugar. Processed gluten free foods are not going to make you feel better.

NOTE: At Better Beyond 50, we walk you through how to do an elimination diet and identify foods that are triggering inflammation, 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/>

Understand the Role that Stress & Trauma Play in Your Gut & Immune Health

Stress and trauma set the stage for autoimmune disease in adulthood. When your body feels like it's not in a safe environment, all the hormones responsible for resting, digesting and reproduction all go away as the bodily functions for fight or flight show up—your heart rate goes up, your blood pressure goes up, your digestive system gets



turned down. Cortisol, a stress hormone, gets release from your adrenal glands. So if you're always feeling stressed and cortisol is constantly being released into your body, the cortisol begins to break down the gut wall. (Your body isn't designed to have stress hormones being released all the time.)

When we're young and we start that fight or flight system early, then it's a longer period of time that our bodies are releasing high levels of cortisol. You become imprinted with a pattern of behavior for *hypervigilance*. So if it felt like you were in danger when you were very young, and now you're looking for that constantly, you're hypervigilant—your immune system will follow. If you have a hypervigilant mind, you will have a hypervigilant immune system, which will start to randomly attack things that shouldn't be attacked.

There are two forms of trauma that impact the gut and your overall health: “Capital T trauma” is sexual, physical, verbal and emotional abuse. “Lower case t trauma” will be the things that are the constant stressors. ”

Keep in mind the perfectionism is a stressor. If you're a perfectionist and your task list is always growing instead of reducing and you're feeling overwhelmed, your brain changes and it shows that you feel stress all the time. And this is the same as a brain with post-traumatic stress disorder (PTSD).

Change Your Perception of Stress

The problem with stress isn't about the fact that you're stressed—it's how you *perceive* your stress. It's not accurate to say “you just need to reduce your stress.” You don't just throw away the part that's causing the stress. You have to deal with how you're reacting to it.

There are often things in your life that you can't control. If you have a need for control you're always going to be stressed. You need to change your perception of stress.

To learn the key steps to manage the stressors contributing to your leaky gut, read Dr. Keesha's book: *Solving the Autoimmune Puzzle*. It's a workbook style book that gives you prompts. And if you're having a hard time with an exercise, for example, she recommends that you work with a trained therapist, someone that knows how to do trauma release—someone that's trained in brain spotting or eye movement desensitization reprogramming (EMDR) or clinical hypnotherapy—therapy that will help you rewire your brain.

Click here to download your FREE copy of Dr. Keesha's book:
<https://www.drkeesha.com/healthybones>



Watch Your Language

Women are nurturers and we're set up to remember our hurts—we're wired to remember our trauma from the past, our hurts, the people that have hurt us. The problem is, if we Velcro onto these hurts and hold them really close, and we're always looking to be hurt, we're sending cortisol out into our systems all the time.

You want to watch how you speak to yourself. You're nurturing to everyone else in your world—would you speak to the people you care for in the same way you speak to yourself? That's how you can tell if there's a disconnect between how you treat yourself and how you treat others.

Relax Your Mind to Relax Your Gut

You hold tension in your gut and that's why you become constipated or you have diarrhea—all of your stress is held in your gut. Find where you feel your emotions in your body. Learn how to breath into your body so that it allows your gut to relax and it releases that tension. As long as that gut feels tight, your gut feels the impulse to run or fight. Even if your mind says you're calm.

Every five minutes that you're upset, it takes eight hours for your body to recover.

If someone has an autoimmune disease or gut issue and they say they don't feel stressed, they're bodies are actually getting the message that they're stressed and this means they're disconnected from their heads. You have to unite the mind and body before you can get better.

Put Yourself at the TOP of Your Task List

The well that you draw from to serve other people has to be full, which means it has to be filled from inside of you. No one else can fill it. Otherwise, the well is dry and you can't give to anyone else. You must put yourself at the top of your task list by checking in with yourself—how do I speak to myself, especially when I make a mistake or if I'm behind on something.