



Workshop Session #3 Key Summary Bullet Points:  
The Hidden Link Between Autoimmune Disease &  
Leaky Gut

with Dr. Keesha Ewers



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## **Workshop Session #3 Key Summary Bullet Points: The Hidden Link Between Autoimmune Disease & Leaky Gut**

**1:25** Leaky gut (a.k.a. intestinal permeability) is when the one cell layer thick lining in your gut wall has started to break apart. This lining is to protect our intestinal tract.

**1:45** Being under stress, eating pesticides and GMOS and taking prescription medications like the oral contraceptive pill, antibiotics, or non-steroidal anti-inflammatory drugs all break apart that one cell layer thick lining.

**2:05** When this happens, partially digested food particles can leak through the gut wall, which is not supposed to happen. It's supposed to be impermeable, but now it's becoming permeable.

**2:17** Your immune system—that's supposed to attack anything that's not you—begins to go after those food particles.

**2:26** A lot of people think that gluten is the “big bad guy” for autoimmune disease or inflammatory problems, but this is not completely accurate. Gluten IS a huge player because the molecule is very large. But even if you're eating broccoli every day your immune system will even go after broccoli.

**3:09** If you have intestinal permeability or leaky gut, your immune system attacks whatever it's seeing a lot of—even healthy foods. If you're eating a lot of Dorito's then corn will show up on your sensitivity test, if you're eating a lot of broccoli then broccoli can show up.

**3:31** This can lead to an autoimmune problem. Autoimmune means that you're attacking yourself. Your immune system has turned on you.

**3:45** Autoimmune disease is like an archer with a bow and arrow who is shooting arrows at a target. The target tissue or the target that the arrows are going after is going to be what is called the autoimmune disease or how it is labeled. If it's a thyroid issue, it will be Hashimoto's or Graves Disease. If it's a joint issue, it will be rheumatoid arthritis. If it's a central nervous system or brain issue, it can be Multiple Sclerosis etc.

**4:15** Often in Western Medicine we'll pay attention to only to the target not the bow and the arrow and the archer. What we really need to be doing is getting the archer to stop shooting arrows. That's what the immune system is doing.

**4:30** If your immune system keeps going after your food, it becomes hypervigilant. It's becoming too ramped up, so it starts to attack you and that results in an autoimmune disease.



**4:45** We have over 145 known autoimmune diseases and a lot of diseases are now being reclassified as autoimmune like osteoporosis, diabetes types 1, 2 and 3. (Number 3 is now known as Alzheimer's.)

**5:00** Autoimmune disease starts with inflammation. It starts with the immune system going after things you can actually control, if you think about the archer with the bow and the arrow instead of just the target.

**5:30** Eczema, psoriasis, Hashimoto's, MS, Raynaud's Disease, Myasthenia Gravis, Rheumatoid Arthritis are autoimmune diseases diagnosed 10 times more in women than in men.

**5:58** Women are diagnosed with 80% of the autoimmune diseases that we know of.

**6:15** The four corners of solving your autoimmune puzzle: leaky gut, early childhood trauma, toxic exposure and body's ability to get rid of toxins, and genetics.

**7:00** It's inaccurate to think that just because one of your relatives had a disease that you're going to have it too.

**7:30** There are many telltale signs and symptoms of leaky gut and it can look different for a lot of different people.

**8:02** When the cells of the gut wall start to pull apart, you get fecal material caught in between the spaces like you do when you get food in your teeth. This buildup of fecal material becomes an environment for bad bugs to live in. Things like yeast, parasites, and bacteria that don't belong there.

**8:30** When you think about symptoms of leaky gut you have to think about who's living in your intestinal lining.

**8:34** When you have a lot of "good bugs" or a microbiome that has a diverse and healthy ecosystem, you'll have a whole different set of symptoms than if you have dysbiosis or a sick ecosystem.

**8:50** Signs the gut could be imbalanced: Recurrent vaginal yeast infections, bladder pain (that's not a UTI), interstitial cystitis and bloating.

**9:31** 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.

**10:02** A lot of things will mask or look like certain diseases, when it's really intestinal permeability (leaky gut).



**10:15** 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, abdominal pain/cramping.

**10:48** 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.

**11:02** When you have a list of foods you're sensitive to—that are showing up in IgG testing—then you have leaky gut.

**11:12** If you have a known autoimmune disease you have leaky gut.

**11:15** 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.

**11:40** When you have a food allergy you'll react within 20 minutes to two hours.

**11:48** 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.

**12:30** You need to test for IgG sensitivities because it's a signal of what your immune system is doing and it's a sign you have leaky gut.

**13:25** How 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.

**14:25** 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.)

**14:37** 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.

**15:11** 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.

**15:45** Dietary changes to heal leaky gut: Test don't guess. 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. Start with a food sensitivity test, and 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.

**18:50** 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.

**19:18** 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.

**19:20** 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.

**20:24** To learn the key steps to reduce the stress 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.

**20:57** A lot of people ask about using Emotional Freedom Technique (EFT) or "tapping." It's great for getting you out of an emotionally flood situation, but it doesn't do anything to get rid of the root part of your trigger—all it does it get you out of the frying pan and calmed down.

**21:31** What you really need to learn is that you're not a child anymore and that you're not powerless and that you're an adult. You have a choice about how you're rewiring and reprogramming your brain. And swapping out beliefs that don't serve you that you brought forward from childhood. This is how you move from victim to vital.

**22:02** Two forms of trauma: "Capital T trauma" is sexual, physical, verbal and emotional abuse. "Lower case t trauma" will be the things that are the constant stressors. "

**22:17** 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).



**22:37** It 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.

**23:10** 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.

**23:55** Watch your language. Women are nurturers and we have brains that are set up to multitask. 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.

**24:42** 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.

**24:50** 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.

**25:10** 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.

**25:28** 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.

**25:50** "What's in your head goes to your bed."

**26:31** 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.

**26:45** 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.

**27:00** As long as that gut feels tight, your gut feels the impulse to run or fight. Even if your mind says you're calm.

**27:10** Every five minutes that you're upset, it takes eight hours for your body to recover.

**27:17** 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.



**27:38** The gut is a huge messenger of what's going on. We have a hundred trillion bugs that affect how our genetics express themselves—they affect our mood, weight... they affect everything.

**27:58** We have to have a healthy gut to have a happy life.