



HealthyBodyHealthyLife  
with *Melissa Koerner*

## Total Transformation Module 2 – Part 6: Is Your Digestive System Healthy?

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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### Why is Good Digestion Important?

- **80%** of your immune health is in your digestive tract.
- Digestive health impacts our bodies ability to **fight** infections, **prevent** sickness, and **maintain** healthy body fat and weight.
- Digestion is the process of converting foods to **usable** energy for variety of **life-sustaining** processes.
- Optimal health is **not** just about eating the right foods, in the right proportions for your body.
  - It's also about how **healthy** your digestion is and how **efficiently** your body processes the foods you eat.

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## 3 Common Causes of Poor Digestion

- **Wrong Diet**—Processed foods, conventional dairy products, fruit juice, hydrogenated fats, tap water, caffeine, drug use (recreational and medical drugs), *hidden* food sensitivities, and imbalanced meals.
- **Dehydration**—Leads to poor saliva production, which contains enzymes to properly breakdown foods for further digestion in the stomach and intestines; when you're dehydrated your body scavenges water from vital organs, drawing from the mucus membrane in the stomach and small and large intestine; this leads to ulcers and constipation.
- **Stress**—Disrupts digestion by activating the *sympathetic nervous system* (SNS) and releasing cortisol, which in excess, damages the gut lining.

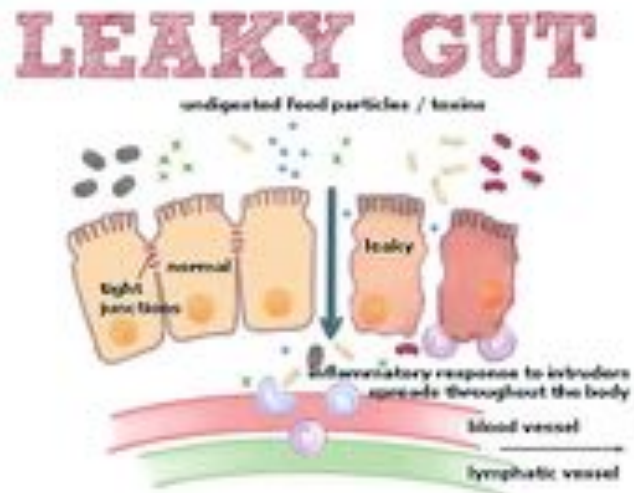
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## 2 Common (But Hidden) Gut Disorders

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## What is Leaky Gut?

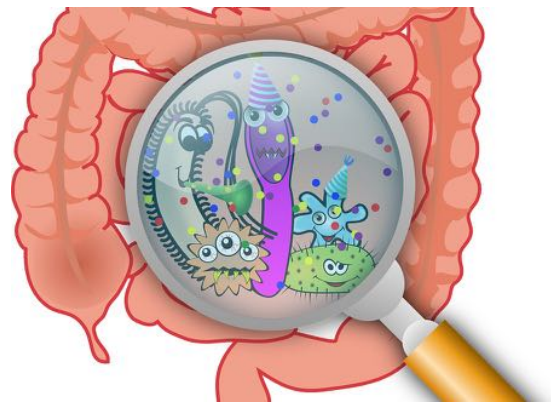
- Leaky gut is also known as “**increased intestinal permeability.**”
- It’s when the junctions of the gut wall **separate** and toxins, bacteria, viruses, fungi, parasites and even food particles can “**leak**” through the intestinal wall.



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## What is Dysbiosis?

- Dysbiosis is an **imbalance** in your gut flora.
- Caused by **too few** beneficial bacteria and an **overgrowth** of bad bacteria, yeast, and/or parasites.



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How do you know if you have **leaky gut** and/or **dysbiosis**?

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## Signs of Digestive Dysfunction

### Obvious signs...

- Gas
- Bloating
- Cramping
- Burping
- Reflux
- Nausea
- Abdominal distension
- Diarrhea and/or constipation

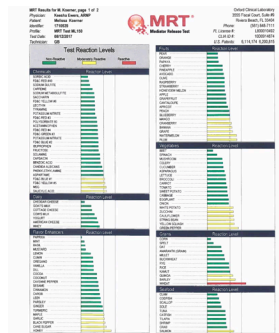
### Not so obvious signs...

- Headaches
- Brain fog, anxiety or depression
- Chronic fatigue or low energy
- Constant hunger & cravings
- Muscle and joint aches
- Sugar cravings
- Food sensitivities
- Skin conditions
- Weight gain

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## Functional Lab Tests

- **Test don't guess!**
- **Food Sensitivity Testing** can be used to assess leaky gut.
- **Stool Testing** can be used to assess the prevalence of parasites, yeast and/or bacterial overgrowth.
- You can learn more about these forms of testing during your **bonus coaching call** or by setting up a **complimentary consultation** at [melissa@healthybodyhealthylife.com](mailto:melissa@healthybodyhealthylife.com)



**BioHealth Quality First**  
LABORATORY

**GI Screen with H. pylori Antigen**  
for Melissa Keener Accession #T110766

17000 Sandstone Blvd #100, Torrance, CA 90505  
Tel: 570-280-0722 (24 hours) | www.biohealth.com

Authorizing Clinician: Patient: Collected Received Reported  
Melissa Keener  
487 Forest Lane Road  
Palmdale, WA 91368

**GI Screen with H. pylori Antigen (#40310)**

Microscopy	Sample 1	Sample 2	Sample 3
Chlamydia	No Chlamydia Found	No Chlamydia Found	No Chlamydia Found
Cryptosporidium	No Cryptosporidium Found	No Cryptosporidium Found	No Cryptosporidium Found
Giardia lamblia	No Giardia lamblia Found	No Giardia lamblia Found	No Giardia lamblia Found
Yeast	No yeast found	No yeast found	No yeast found

**Antigens**

**Cryptosporidium parvum** NOT DETECTED  
**Giardia lamblia** NOT DETECTED  
**Helicobacter pylori** NOT DETECTED

**Cultures**

Bacteria	Yeast
Clostridium spp.	None
Enterobacter spp.	None
Escherichia coli	None
Staphylococcus spp.	None
Streptococcus spp.	None
Other Bacteria spp.	None

**Occult Blood**

Result: NOT DETECTED

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## How to Evaluate Your Bowel Movements

- You should pass about **12 inches** of stools per day—that means:
  - One **12-incher**
  - Two **6-inchers**
  - Three **4-inchers** etc.
- After a bowel movement you should feel sense of **complete evacuation**—like your bowels are **empty**.
- Staying **“regular”** and having **clean bowels** is key to maintaining a healthy weight and optimal health.

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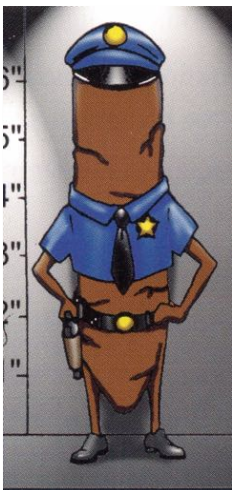
## The Poopie Policeman and Line-up of Bowel Bandits



Image used with permission from *How to Eat, Move and Be Healthy* © 2004 Paul Chek

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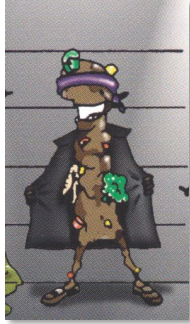
## The Poopie Policeman: A Healthy Bowel Movement



- It's **well shaped** and **consistent** in contour.
- It passes **easily** and **pleasurably**.
- It's **light brown** in color.
- It smells **natural**, almost **earthy**—not foul.
- It doesn't require **multiple** flushes.

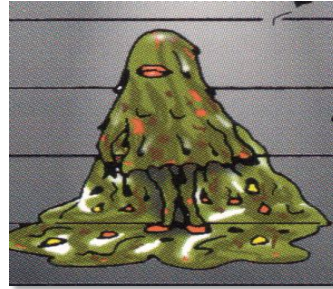
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## The Flasher



- Gives you peek at **undigested** food particles in your stools.
- This is **not** normal—it's a sign of **food intolerance** or an **inflammatory** disorder.

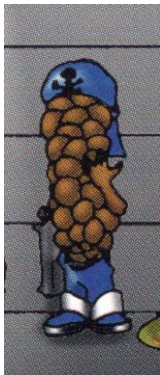
## Diarrhella



- Body's attempt at **detoxification**.
- If you fluctuate between **constipation** and **diarrhea** more than once per month something isn't right with your diet.

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## Pellet Man



- Resembles **rabbit** or **sheep** manure.
- Indicates **altered** states between peristalsis and dehydration.

## The Body Builder



- **Large** and **hard** to pass.
- Comes from eating **dehydrated** and **processed foods** like protein bars and shakes.

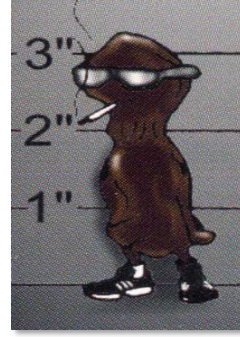
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## Olympic Swimmer



## Mr. Sinker "n" Stinker



- **Lighter** in color, due to high content of **undigested** fat.
- **Difficult** to flush.
- May indicate **deficiency** in bile, which breaks down fats.
- Appears after:
  - Eating **processed** foods
  - Being in a **toxic** environment
  - Taking **medical** drugs
- **VERY STINKY!**

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**Next Up...**

**Module 2 – Part 7:**  
**How to Use Your Success Journal**

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