



HealthyBodyHealthyLife
with *Melissa Koerner*

Total Transformation Module 5 – Part 5: How to Flatten Your Tummy Naturally

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

1

The Dreaded “Paunch” Belly

- *Visceroptosis* is a **common** condition especially among women.
- When the organs **drop** from their ideal position.
 - viscera = organs, ptosis = drooping
- It happens when the body’s natural girdle, *the transverse abdominus* (TVA), becomes **defective** and can no longer properly **support** the internal organs so they **drop** from their optimal position.

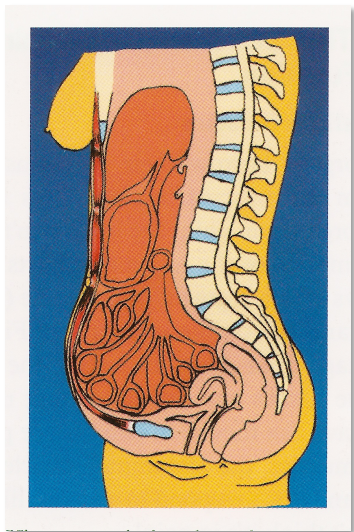
2

The Dreaded “Paunch” Belly

- Constipation can cause the large transverse colon (middle part of large intestine) to become **enlarged** and **heavy**.
- If the abdominal wall is not able to provide adequate **support**, the colon, liver and stomach begin to **droop**.
- This puts **pressure** on the digestive tract, uterus and bladder, which can lead to menstrual **pain**, **incontinence** and **prostate issues** in men.

3

Visceroptosis



4

Diet and Lifestyle Factors Impacting Your Abs

- Eating foods that you're **intolerant** or **sensitive** to will trigger **inflammation** in the digestive tract, causing abdominal wall **dysfunction** and leading to a **paunch belly**.
- Inflammation of digestive organs causes the abdominal muscles to **weaken** and be **non-responsive** to exercise.
- Other causes of **inflammation** in the organs are stress, alcohol, medical drugs and food additives and colorings.
- Some holistic-minded health professionals suspect eating **irradiated** foods and **microwaved** foods can also cause inflammation.

5

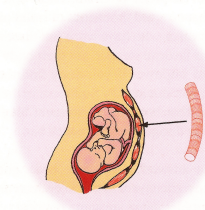
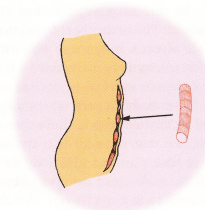
Crunches Don't Burn Belly Fat

- You can not **"spot reduce"** with exercise.
- In other words, exercising muscles in a specific body region will **not** reduce the fat there.
- Floor crunches are **not** a good exercise as they lead to **muscle imbalances** between the neck muscles relative to the abdominals muscles, which contributes to a forward head and increased risk of injury.
- **Stability ball** crunches are much more effective because they allow for a **full range** of motion.

6

Flattening Your Tummy After Pregnancy

- Most women have **distended** abdominal muscles years after having children.
- A woman's abdominal muscles go through a **lengthening** process during pregnancy.
- As the fetus grows there's an **increased stretch** placed on the abdominal wall from inside.
- This stretch force causes the body to add functional units called *sarcomeres* to abdominal muscles making them **longer**.



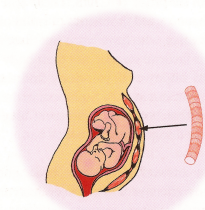
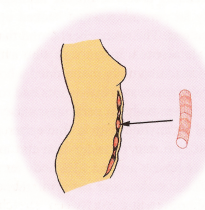
Reference: *How to Eat, Move and Be Healthy* by Paul Chek

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

7

Flattening Your Tummy After Pregnancy

- After pregnancy, the stretch force is **reduced** and the sarcomeres reduce in number.
- Normally, the muscles should return to their **normal** length.
- But a few factors can **prevent** this natural rebounding process:
 - Becoming pregnant again **too soon**.
 - Gaining **excessive** weight.
 - Having a **C-section**.



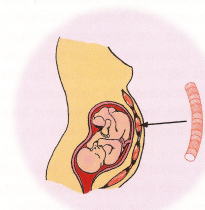
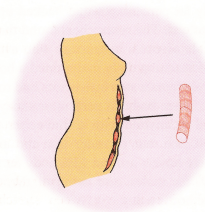
Reference: *How to Eat, Move and Be Healthy* by Paul Chek

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

8

Flattening Your Tummy After Pregnancy

- If a woman gets pregnant again **before** her body has restored itself to normal muscle length/tension ratio, posture and body weight, it's likely that with each additional child her body **won't** remember what it should be like.
- Women bearing more than two children in a **two-year** period or less often have a **higher** chance of abdominal wall **dysfunction**.



Reference: *How to Eat, Move and Be Healthy* by Paul Chek

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

9

Potential Problems with C-Sections

- In some women **back pain** can develop 3-6 months after a C-Section.
- When a doctor cuts through the abdominal wall the muscles can be **wounded**.
- There are three layers of muscle that make up the abdominal wall; when they're sewn back together, **scarring** results which can leave adhesions causing **dysfunction** in the abdominal wall.
- When there's scarring and adhesions the muscle fibers and individual layers of muscle lose their ability to **slide** across one another smoothly.
- This results in pain and the **inhibition** or **weakness** in the abdominal muscles.

10

Potential Problems with C-Sections

- Women then learn to **avoid** contracting these painful muscles and develop **poor** muscle recruitment patterns.
- This **destabilizes** the back and ultimately the entire body.

Reference: *How to Eat, Move and Be Healthy* by Paul Chek

11

6 Key Steps to Flatten Your Tummy Naturally

1. Eat balanced meals for your **Metabolic Nutritional Type**. (Module 2)
2. Eat **high-quality** food. (Module 2)
3. Drink **50%** of your body weight in ounces of pure water every day. (Module 2)
4. Avoid foods you're **intolerant** or **sensitive** to. (Module 2)
5. Manage your **stress** and heal unresolved trauma. (Module 3)
6. Assess your core function and perform **restorative core** exercises. (See Module 5 Part 6 How to Complete Your DIY Fitness Assessment.)

12

Next Up...

**Module 5 – Part 6:
How to Complete Your
DIY Fitness Assessment**