



21-Day Belly Fat Detox Coaching and Q&A Call #3

With Nutrition & Fitness Coach Melissa Koerner

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Here's the Plan

- Share your **wins** from the week
- Why **good** digestion is SO important
 - The 3 common causes of **poor** digestion and what you can **do** about them.
 - The 2 most common gut **disorders** and how to **identify** if you're experiencing them.
 - How to **evaluate** your bowel movements and **why** this is important. (I promise, this one will be **FUN** to talk about!)
- **Q&A**

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Your **mindset** is **THE MOST important** part of your success!

If your head is **NOT** in the game **100%** you **WON'T** be successful.

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Thoughts Create Feelings
Feelings Create Actions
Actions Create Results

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THE EMOTIONAL SCALE
WWW.DANAWILDE.COM

Negative emotions (i.e. feeling stressed) **BLOCK** the part of your brain that allows you to:

- Think creatively
- Be productive
- Problem solve/ see creative solutions and possibilities
- Plan & execute (meal planning, food prep, grocery shopping, having healthy choices ready at all times, making healthy choices consistently)
- When you feel negative these things go to the wayside and they don't become a priority.

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THE EMOTIONAL SCALE
WWW.DANAWILDE.COM

- You must **FEEL GOOD** to make **GOOD**, healthy choices.
- This is why developing healthy eating habits **STARTS** with getting in the **RIGHT** mindset!
- Feel good first, then take action!

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THE EMOTIONAL SCALE

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4 Steps to Shift Your Thinking & Move UP the Emotional Scale:

1. Become **AWARE** of what you're thinking and talking about.
2. **DECIDE** if you want to keep matching that story?
3. Tell a **NEW** story in way that makes you FEEL GOOD! (Remember to use the word **BUT**.)
4. Really **FEEL** the positive emotion. (**FEELING GOOD** allows you to use your **BEST** brain to make **BETTER** choices, take **BETTER** action and get **BETTER** results.

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Share Your Wins!

Your Key to Success...

Focus on the **GAINS not the **GAPS****

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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.

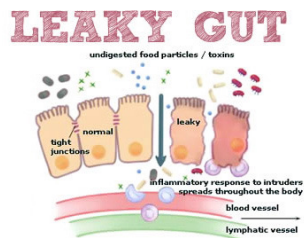
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2 Common (But Hidden) Gut Disorders

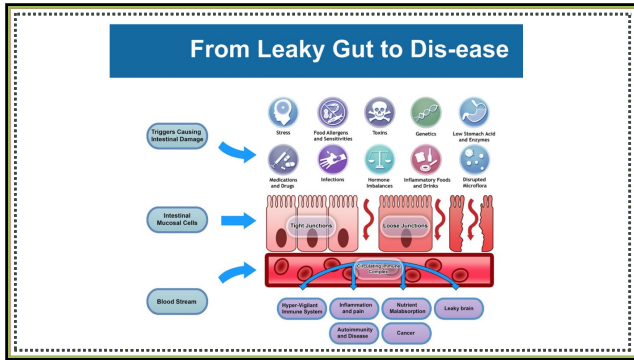
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What is Leaky Gut?

- 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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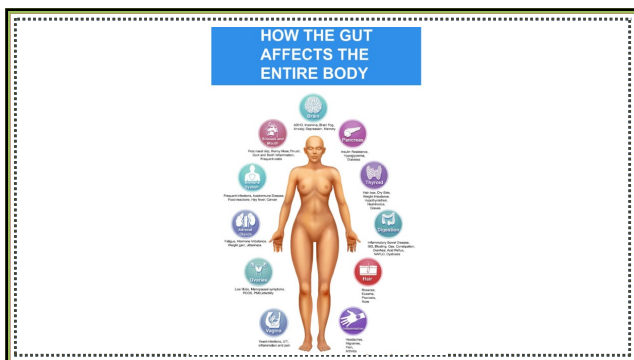


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What is Dysbiosis?

- 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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Functional Lab Tests

- Stool testing can be used to assess the prevalence of parasites, yeast and/or bacterial overgrowth.
- Consult with a Functional or Integrative Medical Doctor



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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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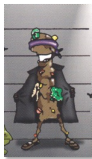
The Poopie Policeman: A Healthy Bowel Movement



- 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



Diarrhella



- 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.
- 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




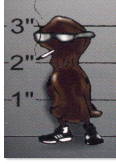
The Body Builder



- Resembles **rabbit** or **sheep** manure.
- Indicates **altered** states between peristalsis and dehydration.
- **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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Week 3 Action Step:

- Pay attention to your bowel movements over the next week.
 - What do you notice?
 - Track your observations in your journal.
 - Times, color, size, shape

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Q&A Time!



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