

# **Gas, Bloating and Poop**

Get your guts right!

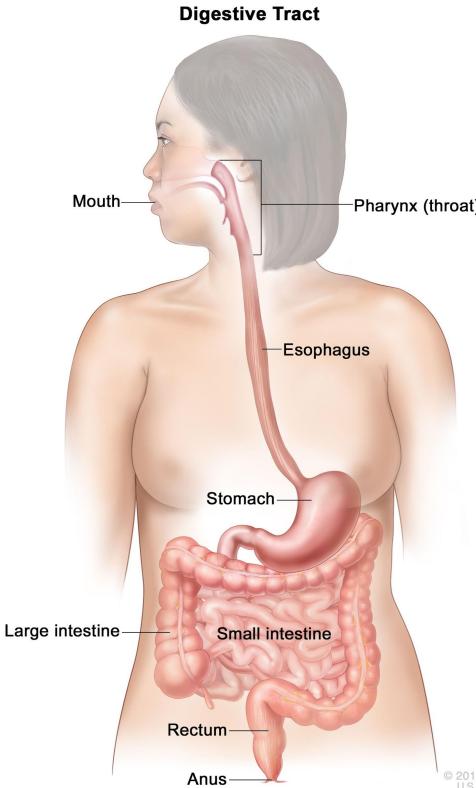
Presented by Jennifer Ide  
BIE Practitioner & Holistic Nutritionist

## **Disclaimer**

The content presented in this webinar is for educational purposes only. The information is not to prevent, diagnose, treat or cure any medical condition or disease. Nor does it replace the advice from a licensed physician.

# Digestion

**Digestion** is the process of breaking food down to make nutrients available in order to be used for energy, growth and repair.



# What does good digestion feel like?

Painless (no headaches, heartburn, stomach aches, bloating etc.)

Normal gas levels

Appearance of stool (well formed, brown, smooth, no undigested foods, not floating)

Regular and frequent bowel movements that are effortless

Good level of energy

**Bristol Stool Chart**

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. <b>Entirely Liquid</b>

# What is the microbiome?

The **microbiome** is the summation of all the microbes in the gut.

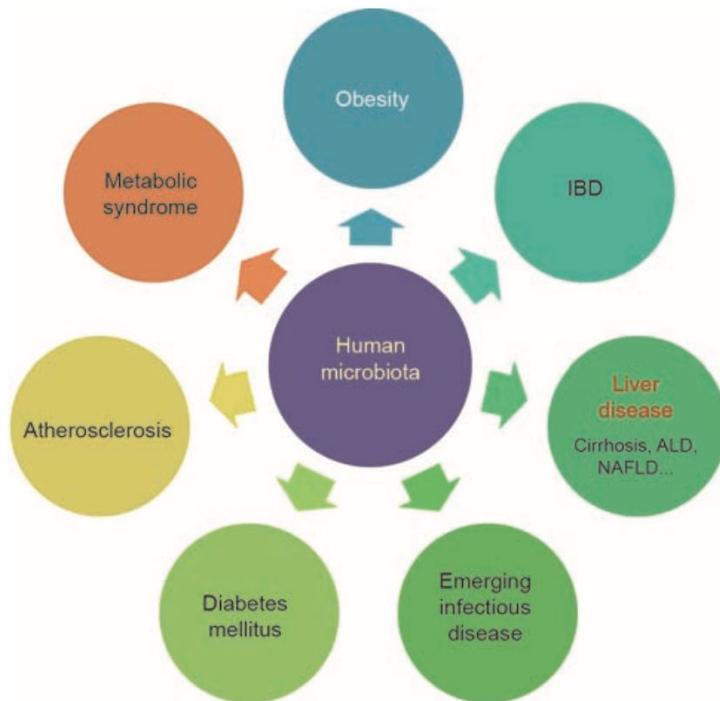
What do the good little critters do?

- food breakdown and nutrient extraction
- Produce vitamins like B<sub>12</sub> and K2
- Influences appetite and gut motility
- Provides protection against pathogens
- Keeps integrity of the intestinal lining



# What is the microbiome?

The microbiome regulates the risk of developing various diseases.



Wang, B. et al. (2017). The Human Microbiota in Health and Disease. *Engineering*. 3, 71-82.

# Tip #1 - Up your intake of greens

Probiotics in your microbiome need to be fed (**prebiotics**)

Greens are a great food for probiotics (sulfoquinovose)

Contains fiber which helps move stools along the GI tract

Loaded with vitamins and minerals



# Tip #1: Up your intake of greens

## GREENS

High in vitamins (A, B, C and K), minerals (calcium and magnesium), and fiber

Artichokes	Chard	Mint
Arugula	Chives	Mustard greens
Asparagus	Cilantro	Okra
Basil	Collard greens	Parsley (curly and Italian)
Bean sprouts	Dandelion leaves	Radish leaves
Beet leaves	Dill	Rapini
Bok choy	Endives	Scallions
Broccoli	Green beans	Snow peas
Brussels sprouts	Green peas	Spinach
Cabbage	Kale (baby, adult, red, green, black)	Turnip greens
Celery	Lettuce (not iceberg)	Zucchini

## Tip #2 - Chew your food a lot

Increases both the mechanical and chemical breakdown of food

Increases saliva production

Decreases the workload for the rest of your GI tract

Increased nutrient availability

Slows down your eating



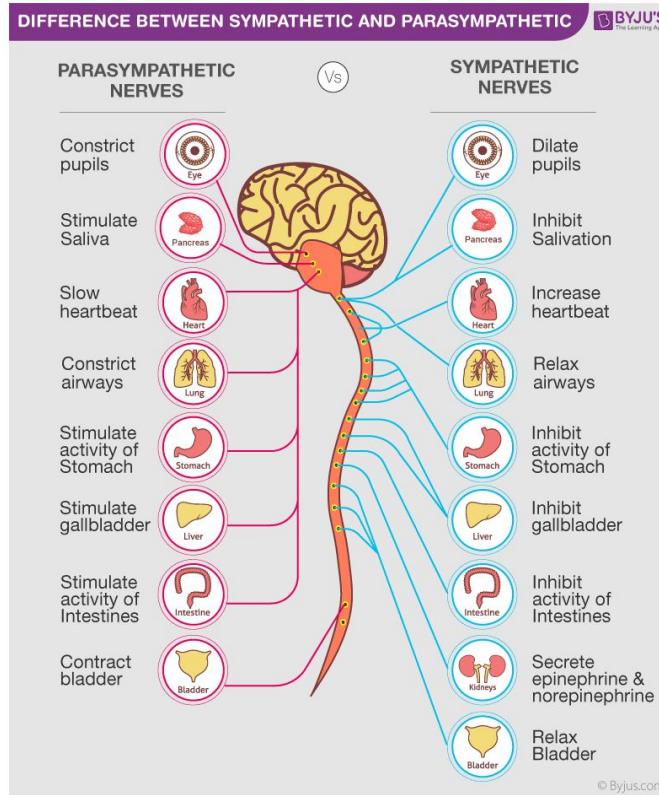
## Tip #3: Practice hara hachi bu

“Eating until you are 80% full”

- Eating until the moment you feel a slight amount of pressure in stomach
- Portion out ~two thirds of what your regular serving size is



# Tip #4 - Get into “rest and digest” mode



Activate your **parasympathetic nervous system** (“rest and digest”) by increasing the activity of your vagus nerve

- Humming
- Singing
- Rinsing face with cold water
- Deep breathing (exhalation is longer than inhalation)

# **Tip #5: Identify problematic foods with BIE**

BioEnergetic Intolerance Elimination

**Purpose:** to identify and normalize the body to substances that the body does not properly recognize.

**Step 1:** Identification

**Step 2:** Imprinting

# How does BIE work?

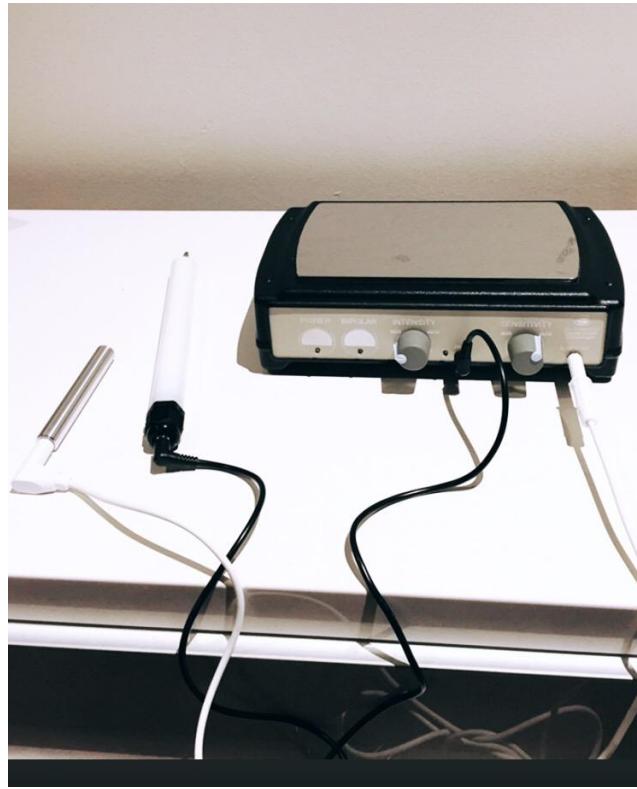
## Step 1: Identification

- Muscle testing

## Step 2: Imprinting

- Patent device that directs frequencies of substances onto 16 acupuncture points (no needles are used)

# BIE unit



# What BIE looks like



# How do intolerances get created?

1. Under a state of stress, body is exposed to a substance
2. Negative association is made
3. Substance is now identified as “harmful”
4. Upon future exposure, body “blocks” and “rejects” substance
5. Symptoms arise

# 5 ways to optimize your digestion today!

1. Up the intake of greens
2. Chew A LOT
3. Practice hara hachi bu
4. Get into “rest and digest” mode
5. Identify problematic foods using BIE

# Let's connect!

You can find me on

**My website:** [www.holisticskinartisan.com](http://www.holisticskinartisan.com)

**Clinic website**  : [www.darowellness.com](http://www.darowellness.com)

 : jenniferide

 : Jennifer Ide

*Book your complimentary 15 minute meet-and-greet with me!*

***Clinic phone number: 416-214-9251***