

# Symptoms of maldigestion or malabsorption

- Fatigue
- Weight gain or weight loss resistance
- Brain fog
- Muscle stiffness or joint pain
- Irritability
- Depression
- Anxiety
- Dry skin or hair, hair loss
- Acne
- Feeling cold or cold hands and feet
- Headaches
- Constipation
- Gas and bloating
- Allergies
- Lack of focus
- Autoimmune disease
- Hormone imbalance

# FOOD for THOUGHT

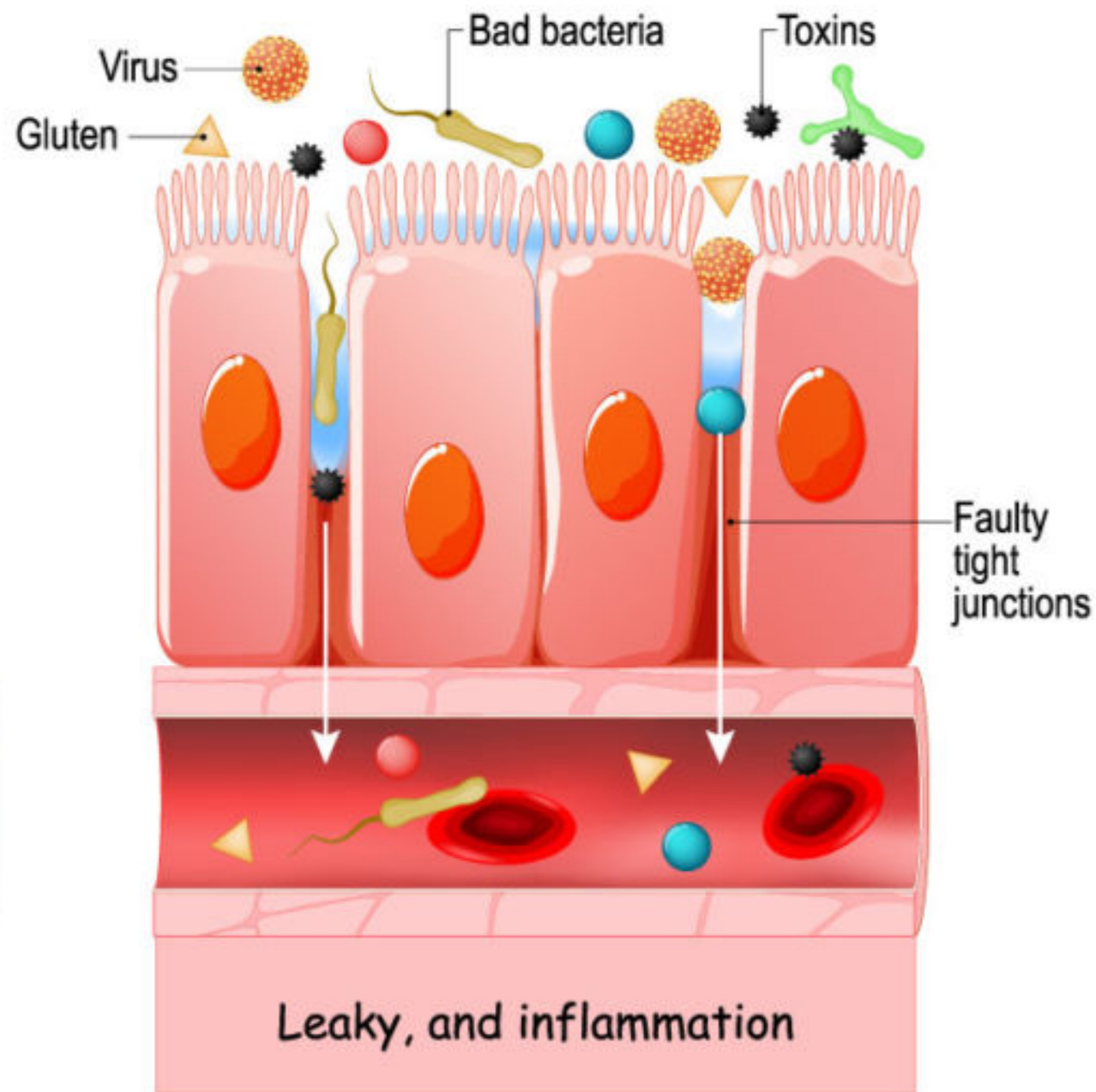
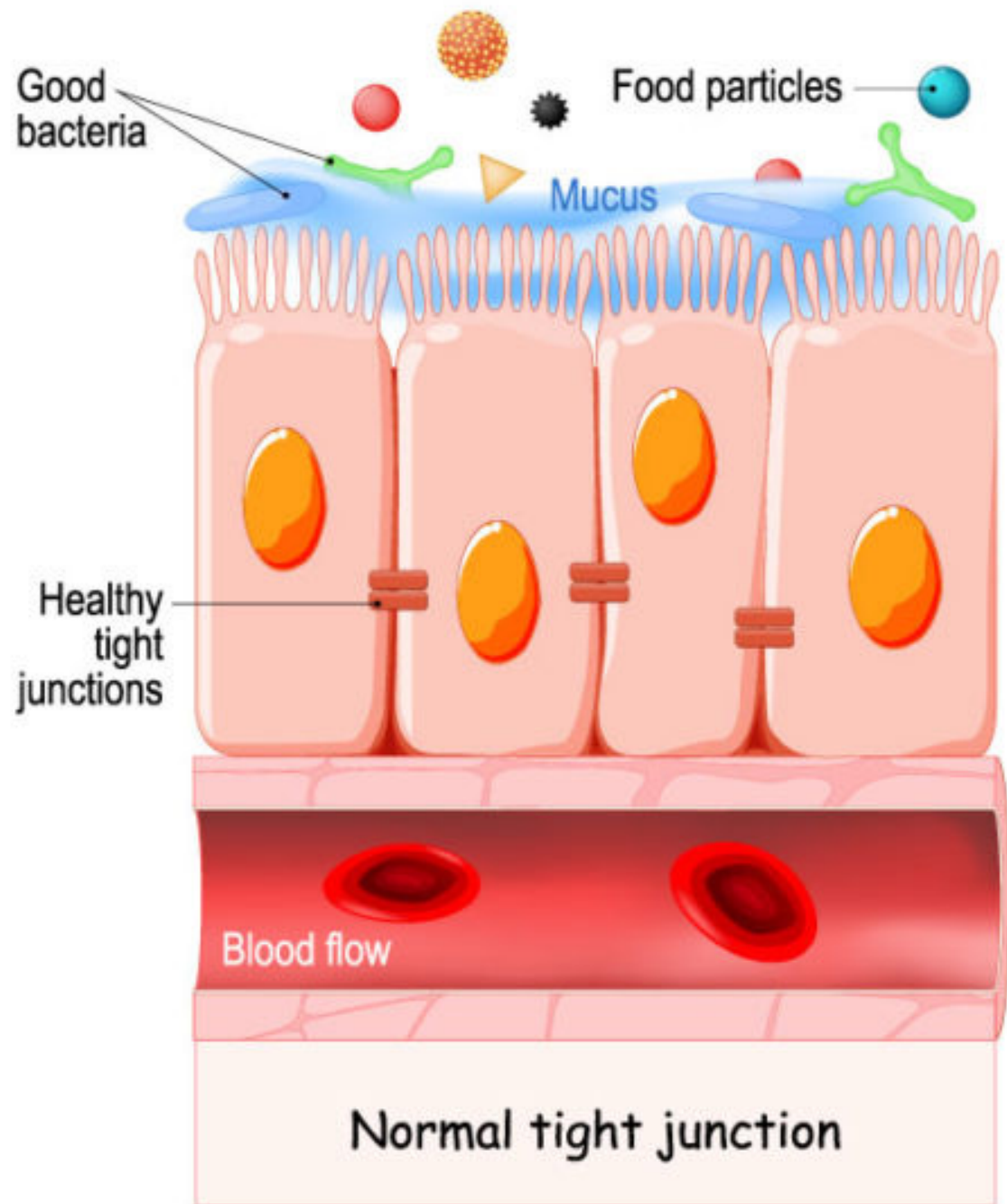
You are not just what you eat; you are what you eat, digest, absorb, convert, get past the cell membrane and excrete (or not)



# Our Gut Microbiome

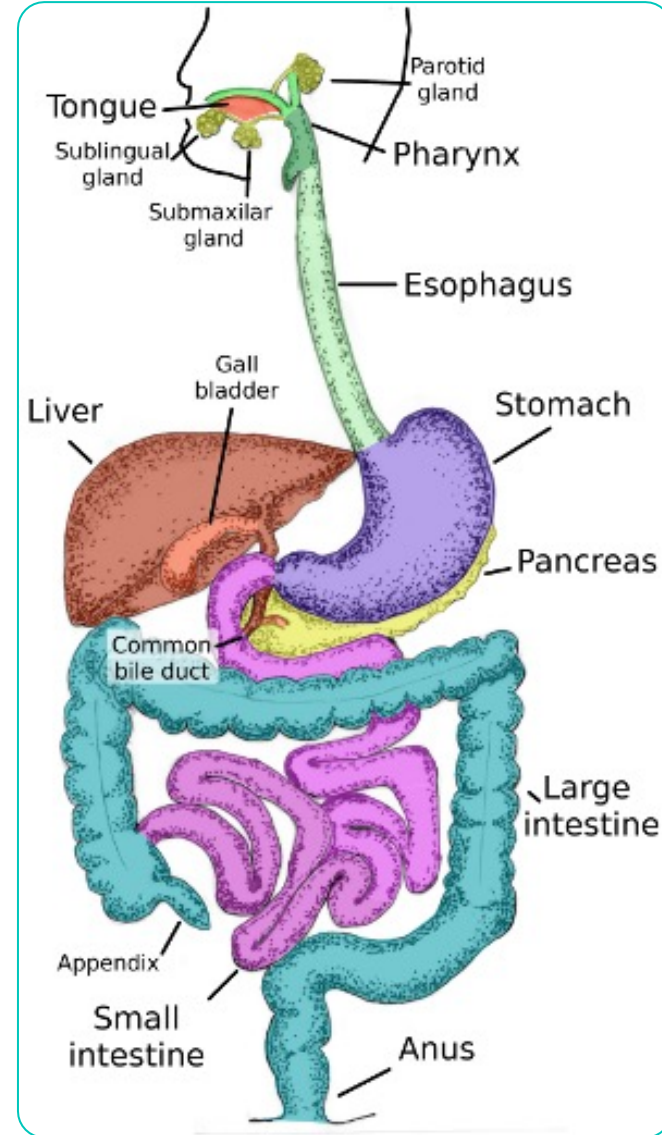
- A Playground
  - guarded by a diversity of microbial friends. Bacteria, viruses, fungi, parasites, worms.
  - Competition keeps peace on the playground
  - overgrowths can be protective
- Our biochemistry is regulated by their behavior. They help make hormones, neurotransmitters, vitamins
  - An entry way for essential nutrition that fuels every cell in the body
- An exit path for waste and toxins
- 70% of our immune system resides in the gut
- Gut and brain are connected by vagus nerve, with 90% nerve fibers going from the gut to the brain ("gut instinct")







# Our Digestive Tract



A petri dish is shown in the center of the image, containing several 3D models of coronavirus particles. The particles are spherical with a yellowish-brown core and a blue outer shell covered in numerous small, dark, spike-like protrusions. The petri dish is white and has a slight shadow on the surface below it. The background is a solid dark gray.

# Digestion and Absorption Gone Wrong



# Digestion and Absorption Begins in the Brain

**Rest and Digest**  
vs  
**Fight or Flight**

**In the Brain**

**Stress**

**Thoughts**

## Stressors

Lack of sleep  
Mental / Emotional  
Food sensitivities  
Vitamin D deficiency  
Toxicity  
Microbial overgrowths  
High blood sugar  
Sedentary lifestyle  
Pesticides, glyphosate  
Negative self-talk  
Endocrine disruptors...

Nutrient  
Deficiency



Reduced  
digestion

Hormone  
disruption

Immune  
suppression

Weight  
Loss  
resistance

Sleep  
dysregulation

Adrenal excess  
or insufficiency

Irregular  
motility



# Impaired in the Mouth

- Impaired by rushing or distraction
- Poor chewing
- Low saliva production
  - dehydration, insufficient electrolytes
  - some drugs (antihistamines, beta blockers, anticholinergics)
  - very low estrogen (low body fat, Menopause?!)
  - Sjorgrens
- Mouth breathing
- Mouthwash or antibacterial toothpaste
- Silver fillings



# Impaired in the Stomach

- Impaired by what does or does not happen in the mouth
- Eating in a stressed or rushed state
- Drinking copious liquids during meals
- Medications (acid blockers, Ibuprofen)
- Overgrowth of H. Pylori
- Allergy, asthma
- Hypothyroid
- Low adrenal function





# Low stomach acid

- Creates digestive discomfort such as bloating, belching, early satiety, gas
- Can cause acid reflux, GERD
- Impairs protein digestion – how do you feel after eating protein?
- Impairs mineral absorption



# Impaired in the Small Intestine

Impaired by what  
does or does not  
happen upstream

Impaired by stress  
or lack of sleep

Microbial  
imbalance  
overgrowth

Low digestive  
enzymes

Poor bile function  
(Do you have your  
gallbladder? Fatty  
liver? Low protein  
diet, high estrogen)

Food allergies or  
sensitivities

Medications (oral  
birth control,  
NSAID's, steroids,  
statins)

Thinning or  
damage to lining of  
gut (e.g. celiac)

Hypothyroid

Low adrenal  
function



# Impaired in the Large Intestine

- Impaired by what does or does not happen upstream
- Food grazing
- Low fiber diet
- High dietary sugar and/or chemicals
- Toxins
- Neuropathy
- Diarrhea
- Constipation
- Antibiotic use or consumption of animals that have been given AB
- Diverticulitis

# Absorption Caveats





Microbes make a difference – Your choices matter!

# What impairs absorption?



BAD EATING HYGIENE



MICROBIAL IMBALANCE



NUTRIENTS WORK IN A SYMPHONY  
- AMINO ACIDS AND MINERALS COMPETE FOR ABSORPTION  
- B6 NEEDS B2, POTASSIUM NEEDS MAGNESIUM, A & D  
FORM OF SUPPLEMENTS

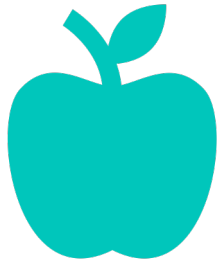


HEALTHY CELL MEMBRANES  
- HIGH BLOOD SUGAR  
- INFLAMMATORY FATS  
- ADEQUATE STRESS HORMONES



CELIAC, IBS, CROHN'S..

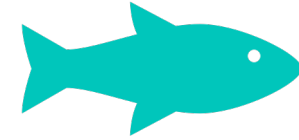




Need specific nutrients



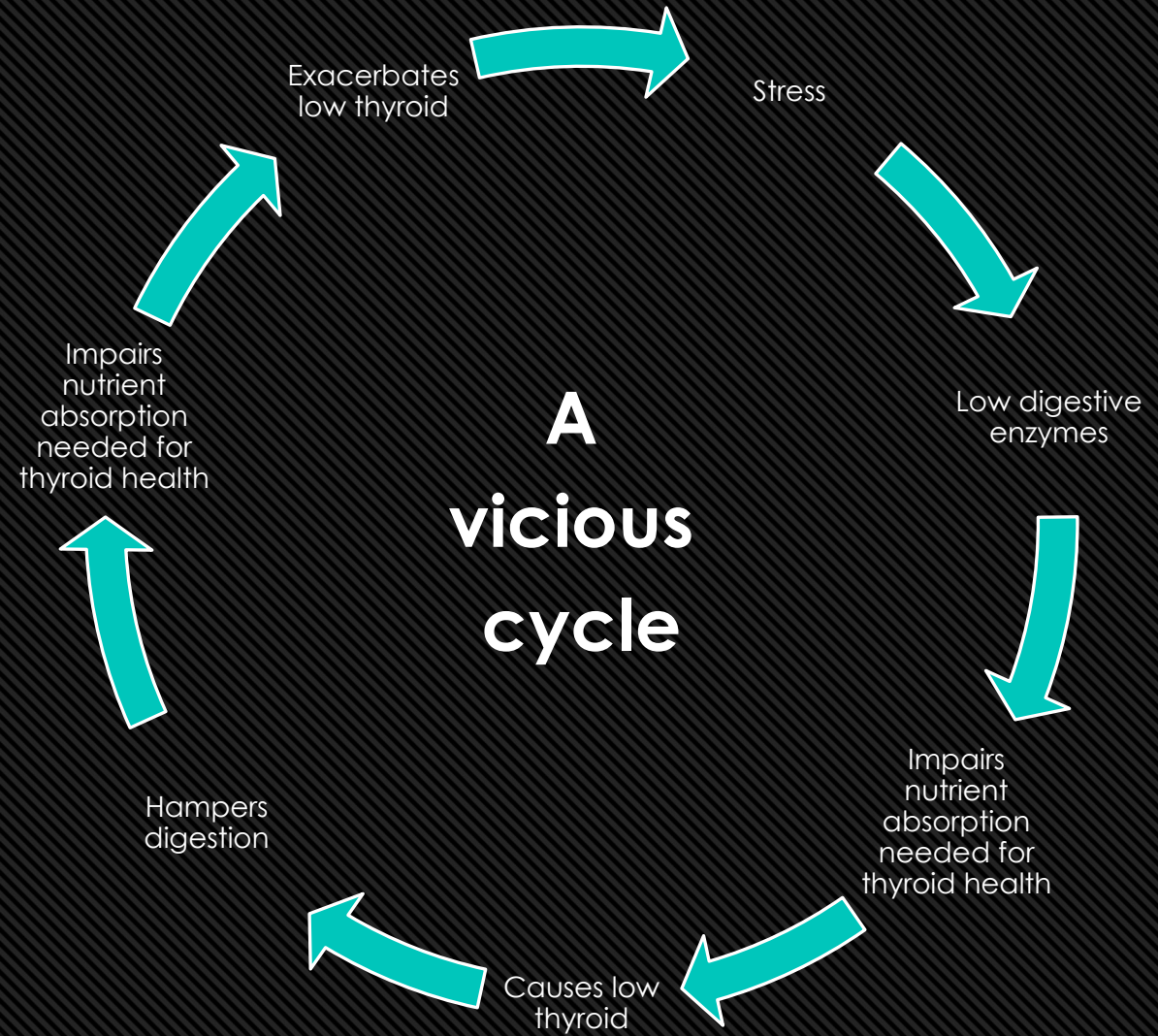
Balanced hormone  
- Cortisol, thyroid, Insulin



Omega 3's

**Conversion**


# Hypothyroid





# Excretion and the importance of bowel movements

Bowel movements are how we get rid of waste e.g. what's left after absorbing nutrients from food, hormones, toxins..



Should be  
1-3x/day

fully  
formed

Sinks to the  
bottom

# What does your stool look like



## **Type 1 - Constipation**

Separate hard lumps, like nuts (hard to pass)



## **Type 2 - Mild constipation**

Sausage-shaped but lumpy



## **Type 3 - Normal**

Like a sausage, but with cracks on the surface



## **Type 4 - Normal**

Like a sausage or a snake, smooth and soft



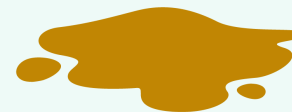
## **Type 5 - Lacking fibre**

Soft blobs with clear-cut edges (passed easily)



## **Type 6 - Mild diarrhoea**

Fluffy pieces with ragged edges, a mushy stool



## **Type 7 - Severe diarrhoea**

Watery, no solid pieces (entirely liquid)



# Causes of Dysmotility

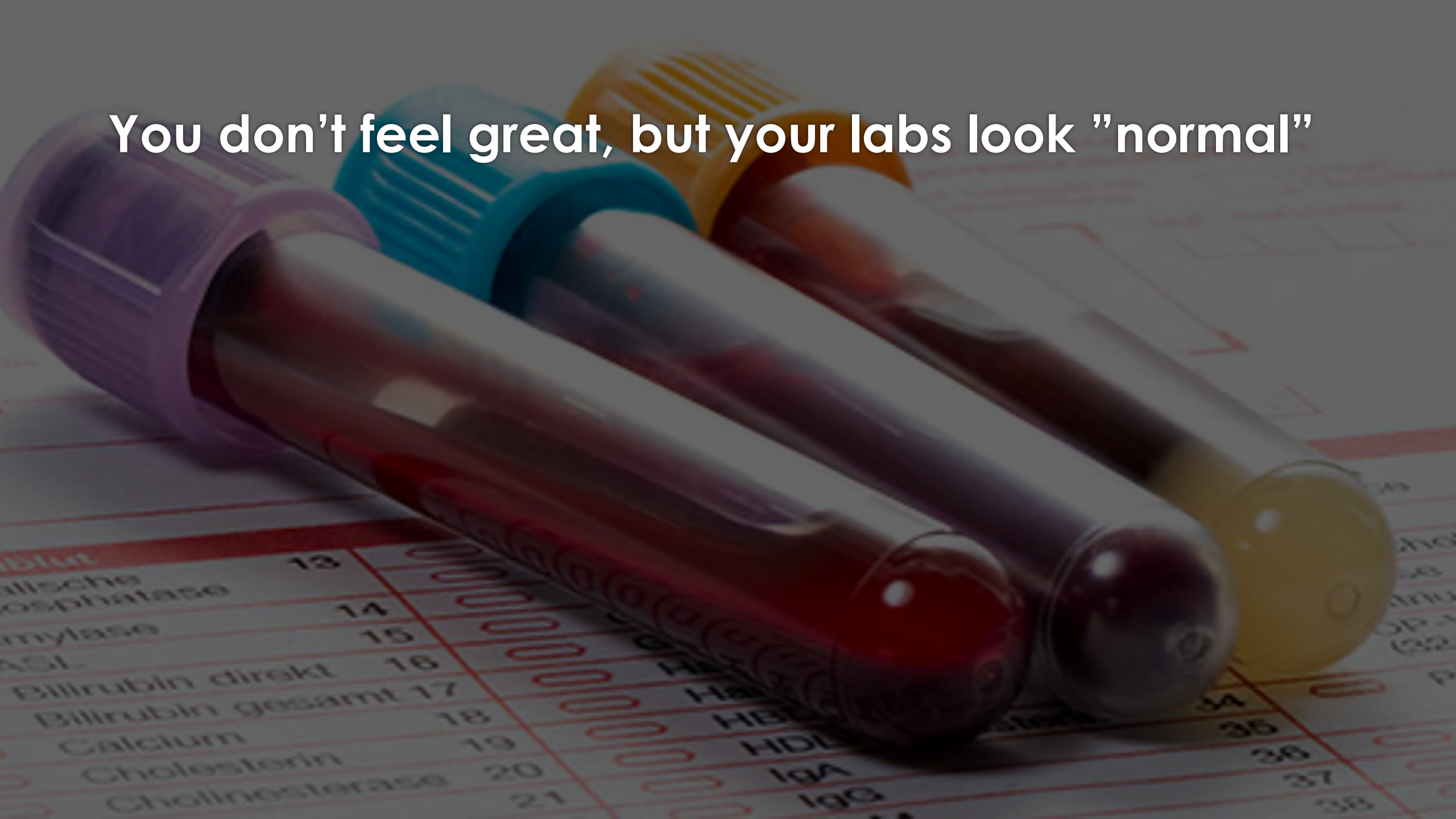
## Constipation

- Dehydration
- Magnesium deficiency
- Hypothyroid
- Excessive vitamin D or calcium
- Insulin resistance
- Stress
- Low serotonin
- SIBO
- Insufficient fiber or fat
- Excessive progesterone
- Medications

## Diarrhea or loose stool

- Food sensitivity
- Dysbiosis
- Stress
- Lactose intolerance
- Excessive magnesium or vitamin C
- Zinc deficiency
- High sugar intake
- Alcohol

**You don't feel great, but your labs look "normal"**



Blut	13	
alkalische Phosphatase	14	
Amylase	15	
ASL	16	
Bilirubin direkt	17	
Bilirubin gesamt	18	
Calcium	19	
Cholesterin	20	
Cholinesterase	21	
Hb		
HbA1c		
HbE		
HDL		
IgA		
IgG		



# Peri-menopause

- Ages ~40-50
- Gives us a good 10 years of so to change our habits
- Stress effects our hormones  
- “The Body keeps the Score”
- Toxic burdens begin to add up





We Can Do It

So, what can  
we do about it?





# Maximize

- ⦿ Put in what is needed for a unique person
- ⦿ Raw materials your body needs to function and heal
- ⦿ Oxygen, clean water, vitamins, minerals, antioxidants, adequate protein, healthy fats
- ⦿ Belief that the therapy one is choosing will be effective
- ⦿ Breastfeeding



# Minimize

Take out what's harmful for a unique person



```
graph TD; A[Take out what's harmful for a unique person] --> B[Non-nutrient dense foods]; B --> C[Toxins, infections, allergens, stress and trauma]; C --> D[Limiting beliefs, fear and negative expectations]; D --> E[Caesarean sections];
```

Non-nutrient dense foods

Toxins, infections, allergens, stress and trauma

Limiting beliefs, fear and negative expectations

Caesarean sections



# Prioritize



Create an environment for healing for your unique self



Sleep, rest, laughter, stress reduction



Movement, exercise, stretching, breathwork



Meaningful relationships



Mindfulness, positive expectations



# Ways to Optimize Nutrition

- Sleep is critical
  - Sleep hygiene, daily sunshine, epsom salt baths, , consistent sleep/wake schedule, CPAP if needed
- Adequate thyroid function, stress reduction and self care
- Nose breathing, oxygen
- Hydration AND electrolytes (including salt)
- Daily, "normal" bowel movements
  - eliminate constipation and diarrhea
- Eating hygiene
  - Chew your food 30-40x/bite
  - Don't drink excessive liquids during meals; hydrate between meals
  - Relax. Don't eat during a stressful conversation or in a stressed environment
  - Sip on some lemon water throughout meals
  - avoid excessively large meals
- Low glycemic, high fiber diet
  - Aim mostly for meat, veggies, berries, citrus, nuts and seeds



# Ways to Optimize Nutrition

- Consume QUALITY protein with every meal
  - Grass-fed beef, organic poultry, wild-caught salmon, game meat, liver
- Eat a large variety of ORGANIC vegetables and fruits
  - The Dirty Dozen – EWG.org
- Fasting
- Avoid sugar, processed foods and artificial ingredients (sucralose, preservatives, colors/dye..)
- Healthy fats
  - olives/oil, avocado/oil, coconut/oil
  - nuts and seeds – brazil nuts, almonds, pumpkin seeds, sunflower seeds
  - Avoid inflammatory oils e.g. canola, sunflower, safflower, hydrogenated, trans fats
- Best way to eat grains and nuts – soaked, sprouted, cooked and cooled (rice, potatoes)
- Daily movement, exercise, sweating
- Expose yourself to nature, animals, dirt
- Great relationships, forgiveness



# Ways to Optimize Nutrition

- Avoid toxins
  - in food, water, air, your thoughts, violence, abuse, personal hygiene products, cleaning products
- Avoid antibiotics, antifungals, NSAID's, antacids or acid-suppressing medication, steroids, antihistamines
- Avoid Endocrine disrupting chemicals
  - EWG.org
- Avoid excessive cleanliness, hand sanitizers



A hand holding a glowing lightbulb against a bokeh background. The lightbulb is illuminated, casting a warm yellow glow. The background is dark with out-of-focus green and blue light spots. The text 'The Power is yours!' is overlaid in white.

# The Power is yours!

# THANK YOU



Live Better

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