

**Guided Nutrition Program****DIGESTIVE HEALTH**

1. **Share your WINS** \_\_\_\_\_

2. **Review Previous Session Goals and Food Log**

How did it work for you? Energy level? Cravings?

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3. **Past Sessions – Any questions or concerns?**

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**Handouts**

- ☐ Digestive Symptoms & Diseases
- ☐ Leaky Gut Syndrome
- ☐ What Damages your Digestive System?
- ☐ Foods for Good Digestive Health

**Additional Handouts**

- ☐ Kale Chips
- ☐ Naturally Fermented Salsa

**Exercise**

- ☐ Improve Digestion Goal Worksheet

**Recommendations for Next Session:**

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## Digestive Symptoms & Diseases

*“All Disease Begins in The Gut” - Hippocrates*

Abdominal Pain • Cramping • Bloating • Diarrhea  
Constipation • Gas • Belly Fat



Irritable Bowel Syndrome

Diverticulitis

Acid Reflux

Ulcerative Colitis

Leaky Gut Syndrome

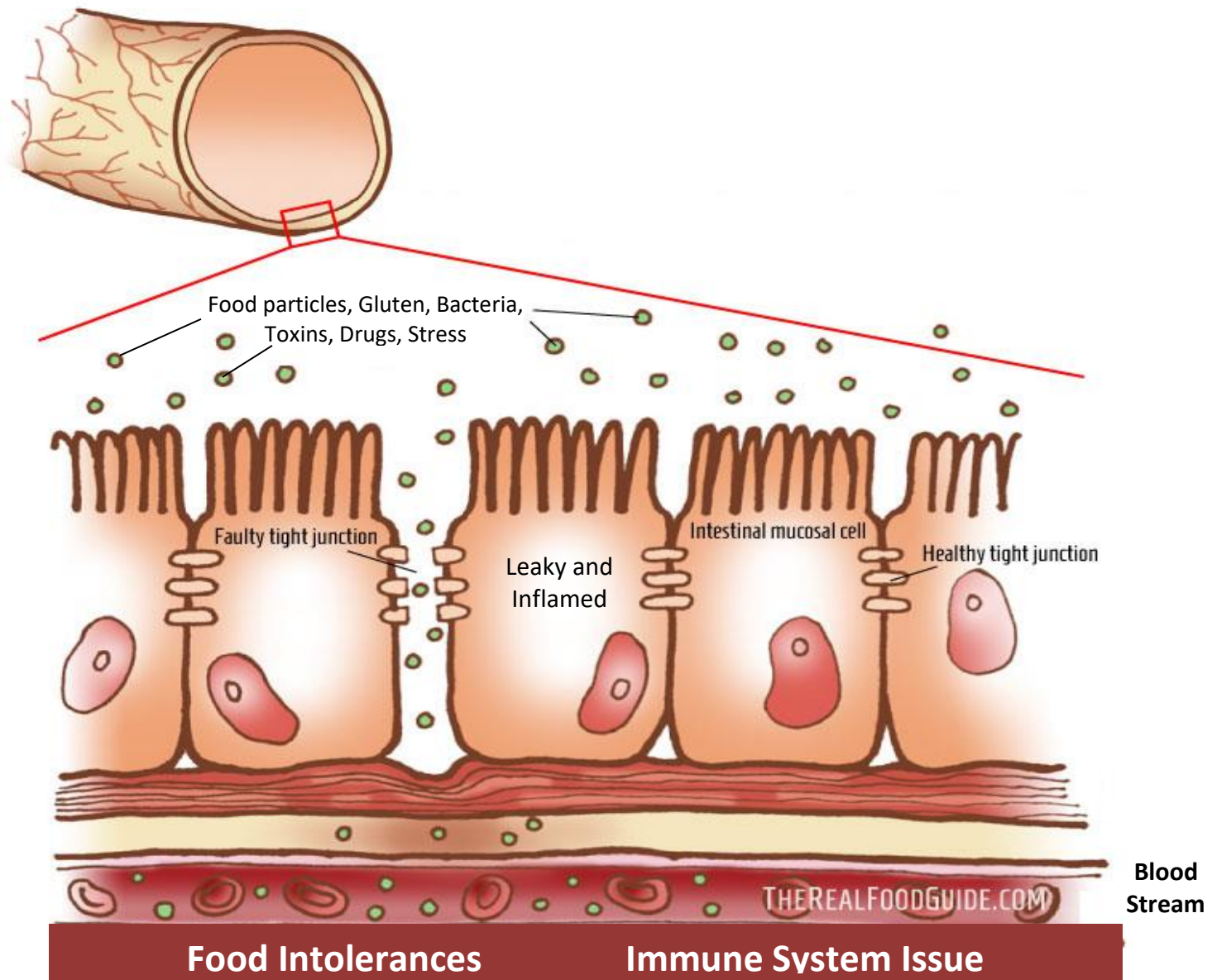
Lactose Intolerance

Ulcers

Celiac Disease

Crohn's Disease

# Leaky Gut Syndrome



## What Damages your Intestinal Tract?



Sugar

Fast Foods

Processed foods

Preservatives

Food Chemicals



Alcohol

Bad fats

Antacids

Aspirin

Ibuprofen



Antibiotics

Medications



## Foods for Good Digestive Health

Did you know that 70 - 80% of your immune system is in your digestive tract? It is the **core** of your overall health!

The digestive tract is important for filtering out toxins, manufacturing vitamins and producing the hormone serotonin which helps improve your moods

Balance intestinal flora by adding “good bacteria” with **Fermented Foods**

- Plain Yogurt (organic, full fat, no added sugar)
- Coconut yogurt\* (may have added sugars)
- Aged Cheese
- Sauerkraut
- Fermented Pickles (not vinegar-made)
- Kimchi
- Plain Kefir, Kefir Water
- Kombucha

\*Raw, unfiltered apple cider vinegar

Repair intestinal lining and “feed the good bacteria” with **Fiber-rich Foods**

- Asparagus
- Romaine lettuce
- Apples
- Strawberries
- Cucumbers
- Tomatoes
- Broccoli
- Kale
- Jicama
- Wild Rice
- Almonds

## KALE CHIPS

1 HEAD KALE  
2 TABLESPOONS OLIVE OIL  
SEA SALT, FOR SPRINKLING

PREHEAT OVEN TO 350°. LINE A NON-INSULATED COOKIE SHEET WITH PARCHMENT PAPER.

WITH A KNIFE OR KITCHEN SHEARS CAREFULLY REMOVE THE LEAVES FROM THE THICK STEMS AND TEAR INTO BITE SIZE PIECES.

WASH AND THOROUGHLY DRY KALE WITH A SALAD SPINNER OR BY HAND.

TOSS KALE WITH OLIVE OIL AND SALT. LAY ON BAKING SHEET.

BAKE UNTIL THE EDGES ARE BROWN BUT NOT BURNT, 8-15 MIN

\*CAN SPRINKLE WITH PARMESAN, GARLIC POWDER, CHILI FLAKES, PAPRIKA OR CAYENNE PEPPER OR ANY OTHER SPICE.

## Naturally Fermented Salsa

1 medium onion, diced

2 large tomatoes, diced

1 medium green pepper, diced

1-2 jalapenos, diced

1 garlic clove, minced

½ cup fresh cilantro

Lime juice to taste

2 tsp sea salt

Mix all ingredients and place in a glass jar with a tight lid, airlock lid, or coffee filter secured with a rubber band (mason jar works well). Press down slightly to release some of the liquid to the top. Ideally, the vegetables should be submerged under the liquid. Add a bit of water if needed.

Ferment for 2+ days at room temperature

Once the fermentation period is complete, the salsa can be removed to a storage container and stored in refrigerator.

Makes approximately 1 quart.

# Improve Digestion Goal Worksheet

## Add Fermented and Fiber Foods

Goals:

Strategy:

1.)	1.)
2.)	2.)
3.)	3.)