HEALTHY GUT FOR LIFE

All disease starts in the gut
All health starts in the gut

KNOW HOW IT WORKS
KNOW HOW TO HEAL

"My people perish for lack of knowledge" Hosea 4:6

Gut Health is the key to:

WEIGHT LOSS
METABOLIC HEALTH
ENERGY PRODUCTION
STRONG IMMUNE SYSTEM
HORMONE BALANCE
RADIANT SKIN, HAIR & NAILS
& MENTAL HEALTH

WEIGHT LOSS

AN UNHEALTHY MICROBIOME LEADS TO:

- Disrupted appetite hormones
  leptin & ghrelin & GLP1 (fullness, hunger, blood sugar)
- Overproduction of Insulin & Cortisol
  hang on to and deposit stubborn fat
- Metabolic Slowdown
- Unhealthy Gene Expression
- Leaky Gut, Overreactive Immune System, Auto Immune Conditions, and Systemic Inflammation and Fat Creation and Storage by DEFAULT

METABOLIC HEALTH – blood sugar / insulin / cancer
ENERGY PRODUCTION – B vitamins, ETC, ATP, SCFA's, underlying infections
IMMUNITY – 70 to 80 % of your immune system is in the gut, live blood analysis, unhealthy gut leads to pathogen creation and spreading, oregano experience
HORMONES – the gut makes and manages many hormones (serotonin, estrogen, GLP1, etc)
SKIN HEALTH – external skin is the reflection of the internal skin, skin is a detox pathway
MENTAL HEALTH – 90% of serotonin is made in the gut, dysbiosis can cause/contribute to brain fog, anxiety, depression, schizophrenia – GUT-BRAIN AXIS

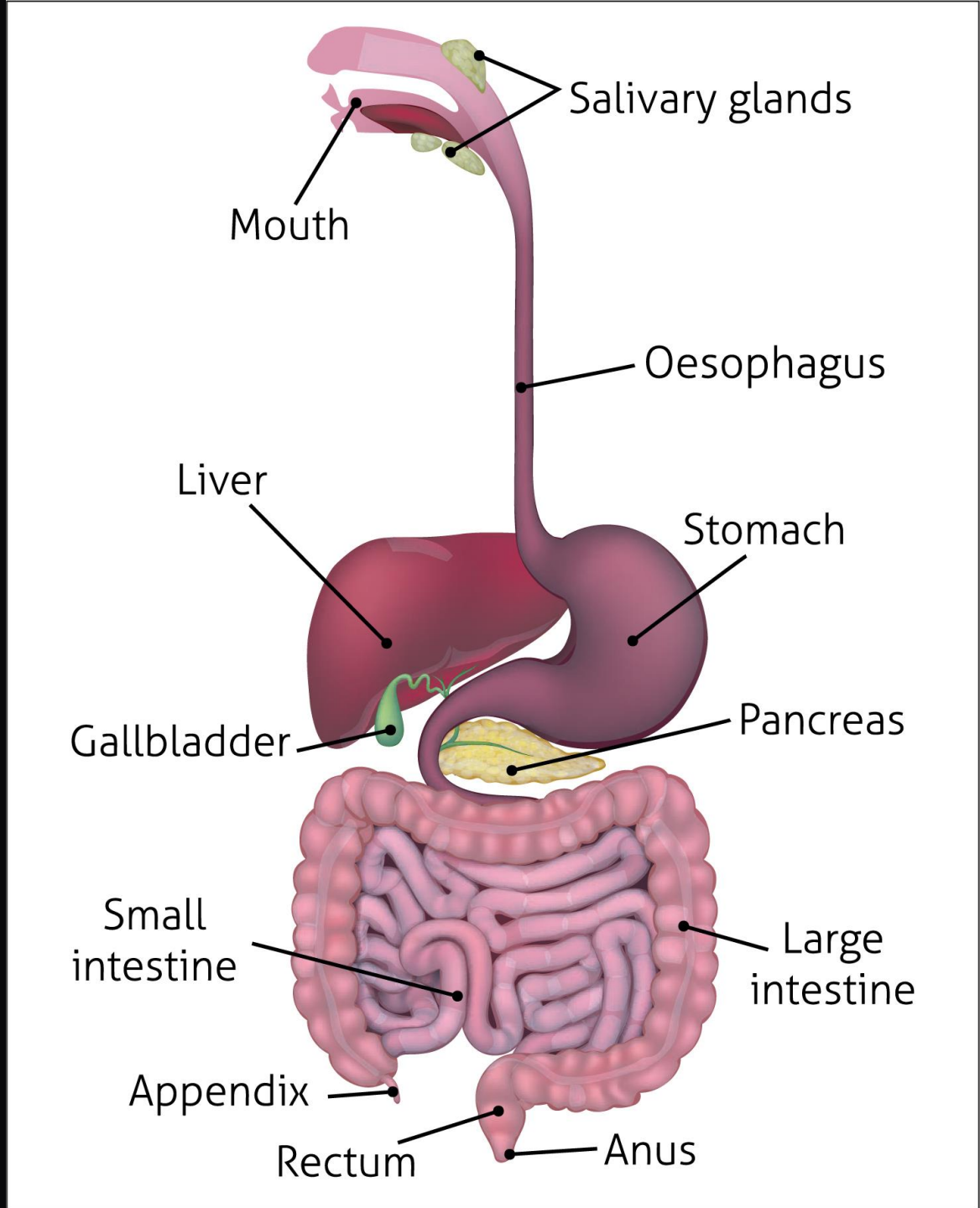
RIDAURA'S STUDY

- 4 pairs of twins, 1 thin 1 obese, same genes, different microbiomes
- Fecal transplants to germ-free mice with no microbiome
- Obese microbiome transplant mice became obese
- Lean microbiome transplant mice stayed lean
- We share our bacteria – especially with those closest to us
- Lean mice helped mice with obese transplant stay lean
- Obese mice did not cause lean mice to become obese
- Microbiome's extraordinary power to transform your metabolism
- Unhealthy microbiome almost guarantees weight gain
- Healthy microbiome sets you up for an ideal and healthy weight

Let’s take a little journey . . .

THE MOUTH

- Digestion starts in the mouth
- No teeth in stomach
- Drink your food and chew your drinks
- Enzymes released in the mouth with enough chewing





5 CHOICES AT THE MOUTH

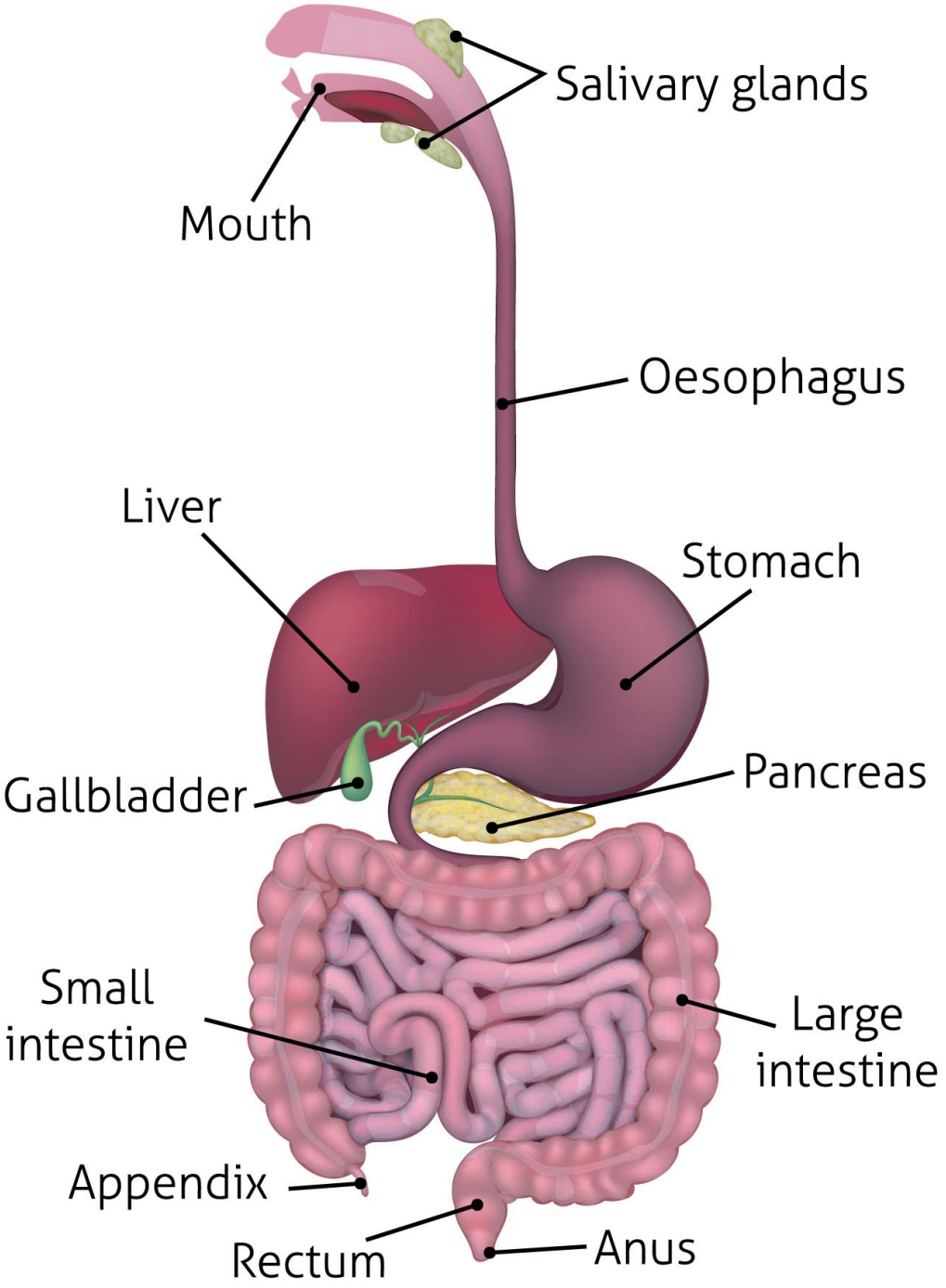
- What goes in
- How much goes in
- How long it stays in mouth
- How often does it go in
- Mindset when it goes in

The food God has made for my body is good and I am thankful for it (1 Timothy 4:4-5). The body God has given me is wonderfully made to utilize this nutrition and I am thankful for it (Psalm 139:14).

Give thanks, pick the fork up, put the fork down, chew a lot and breathe. Repeat.

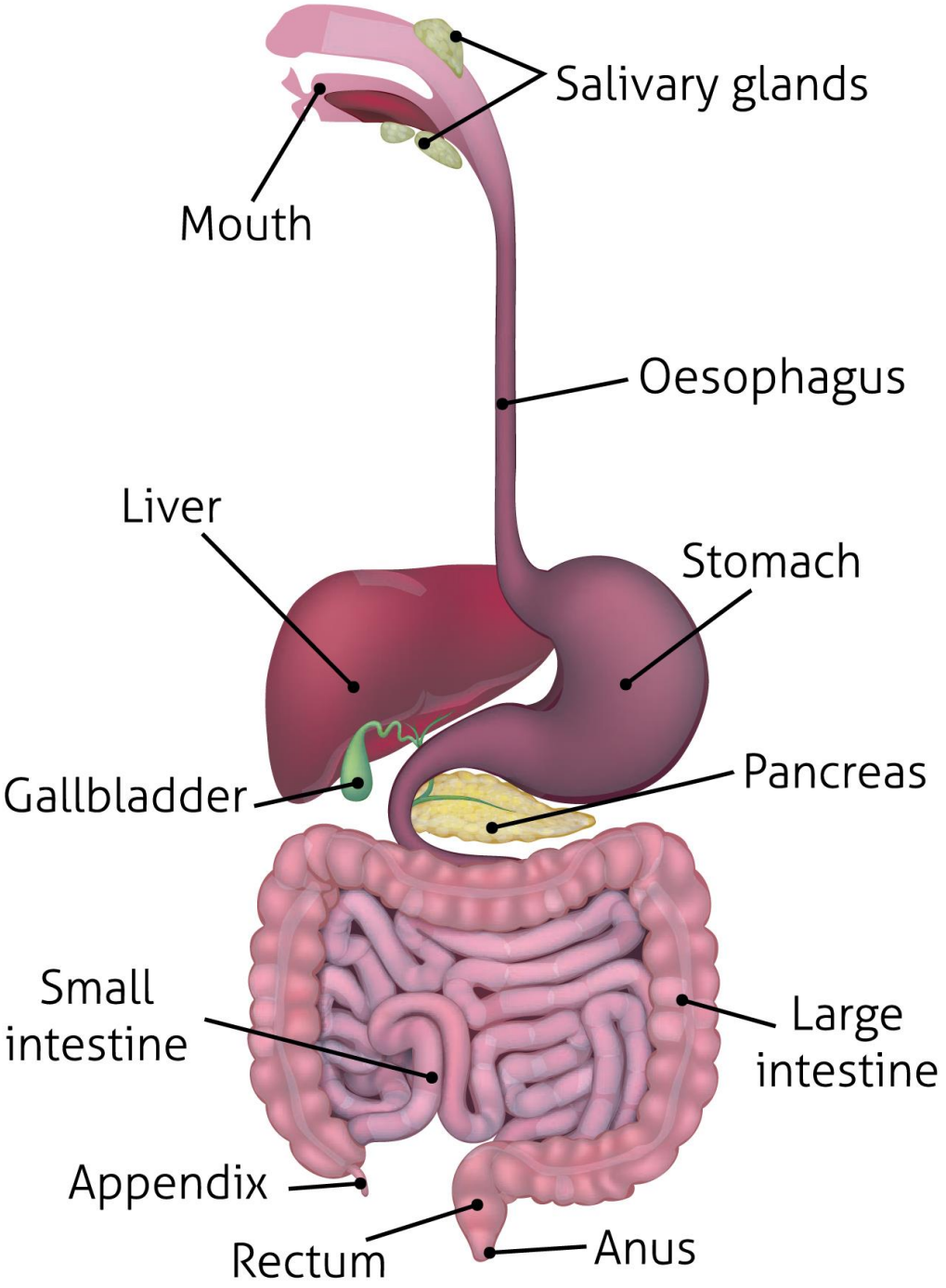
THE STOMACH

- The stomach is a highly acid environment: 1 to 3 pH
- Strong stomach acid is needed for:
  - proper breakdown of nutrients
  - activation of enzymes like pepsin
  - to signal stomach emptying
  - kill pathogens in meal
  - maintain microbiome balance
- To test your stomach acid, put a quarter teaspoon of baking soda in four ounces of cold water. Drink it on an empty stomach. Then time how long it takes you to burp. If it takes longer than three to five minutes, you don't have enough stomach acid.



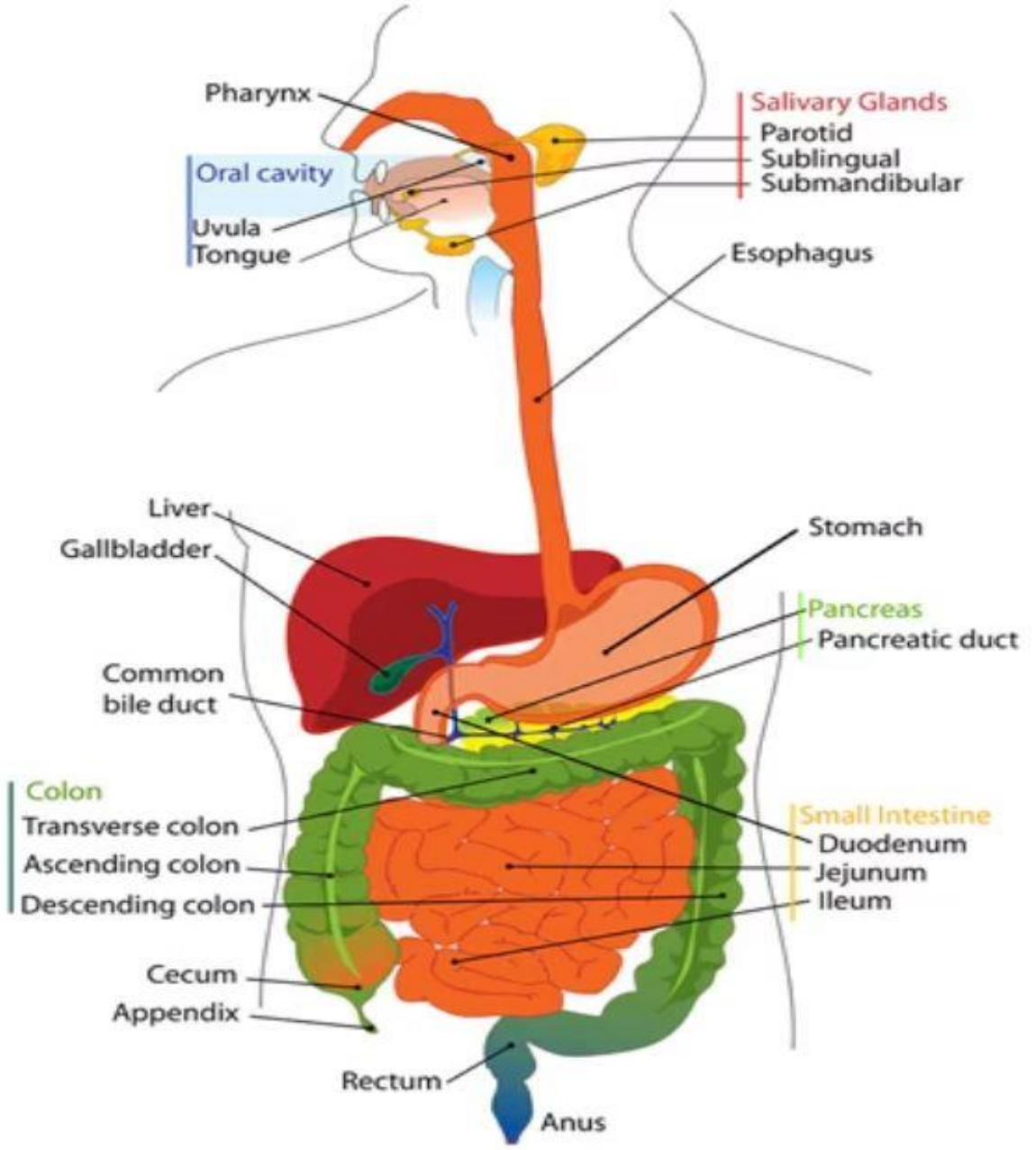
SIGNS OF LOW STOMACH ACID

- heartburn
- constipation
- indigestion
- improper breakdown of nutrients
- leaky gut
- nausea after taking supplements
- food allergies
- nutritional deficiency: B12, iron, etc.
- rosacea, dermatitis, and skin issues
- dysbiosis - low HCL allows for overgrowth of bad microbes in the gut
- gas right after meals, belching, bloating
- excessive gas in upper part of intestine
- excessive fullness after eating



CAUSES OF LOW HCL

- antibiotics
- proton pump inhibitors
- antacids
- imbalanced microbiome
- chronic stress
- alcohol
- caffeine
- nicotine
- hypothyroidism



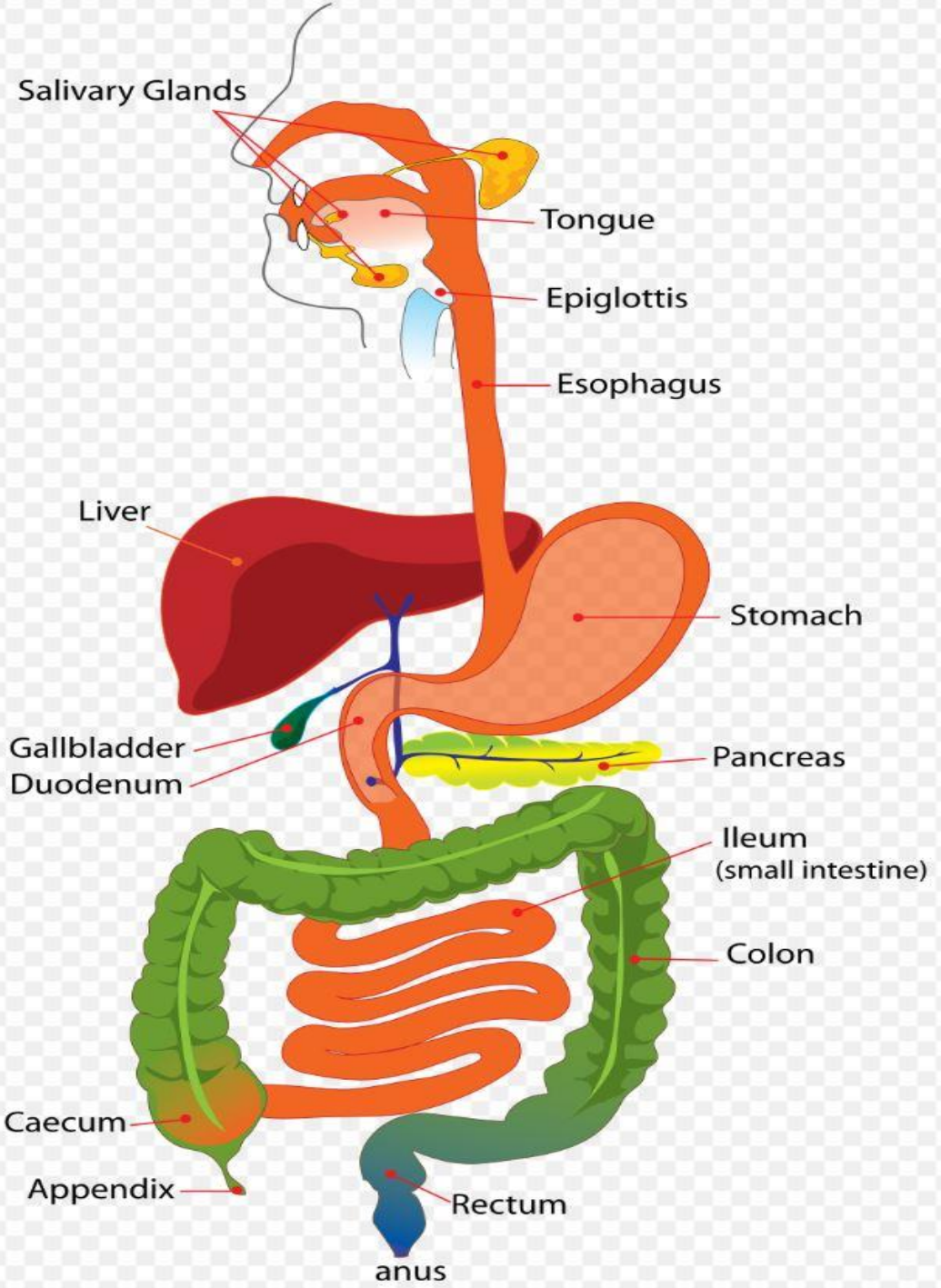
HEARTBURN

- Most have heartburn or GERD because of too little stomach acid.
- Antacids help in the short term but make the situation much worse in the long run: nutritional deficiencies, imbalance microbiome and all the dysfunction that accompany both of those issues.
- Antacids will make your gut more sluggish and further imbalance your microbiome.
- If not enough stomach acid and enzymes to break down food, the body tries to reject the food and push it back up.
- Food that is not broken down properly and is dumped into intestines causes a cascade of major issues over time.
- Lower esophageal sphincter and magnesium deficiency



LIVER, GALLBLADDER, PANCREAS, APPENDIX

- Liver makes bile
- Gallbladder stores & delivers bile
- Pancreas releases digestive enzymes and bicarbonate
- Duodenum – duo entry
- Nutrients and toxins absorb through the intestinal lining, and gets filtered by liver before being carried into body systems.
- Appendix excretes antibacterial substance into large intestine



LIVER, TOXINS, ACID & FAT

- Liver gets overwhelmed with toxins, acid and fat
- When body is overly toxic, body makes and holds on to fat so toxins can be stored in fat
- When body is overly acidic, body makes and holds on to fat so acid can be stored in fat
- When you lose weight w/o dealing with these underlying issues, your blood and detox organs get overrun with toxins and acid
- When you lose weight too fast, liver gets plugged up with fat/cholesterol stones

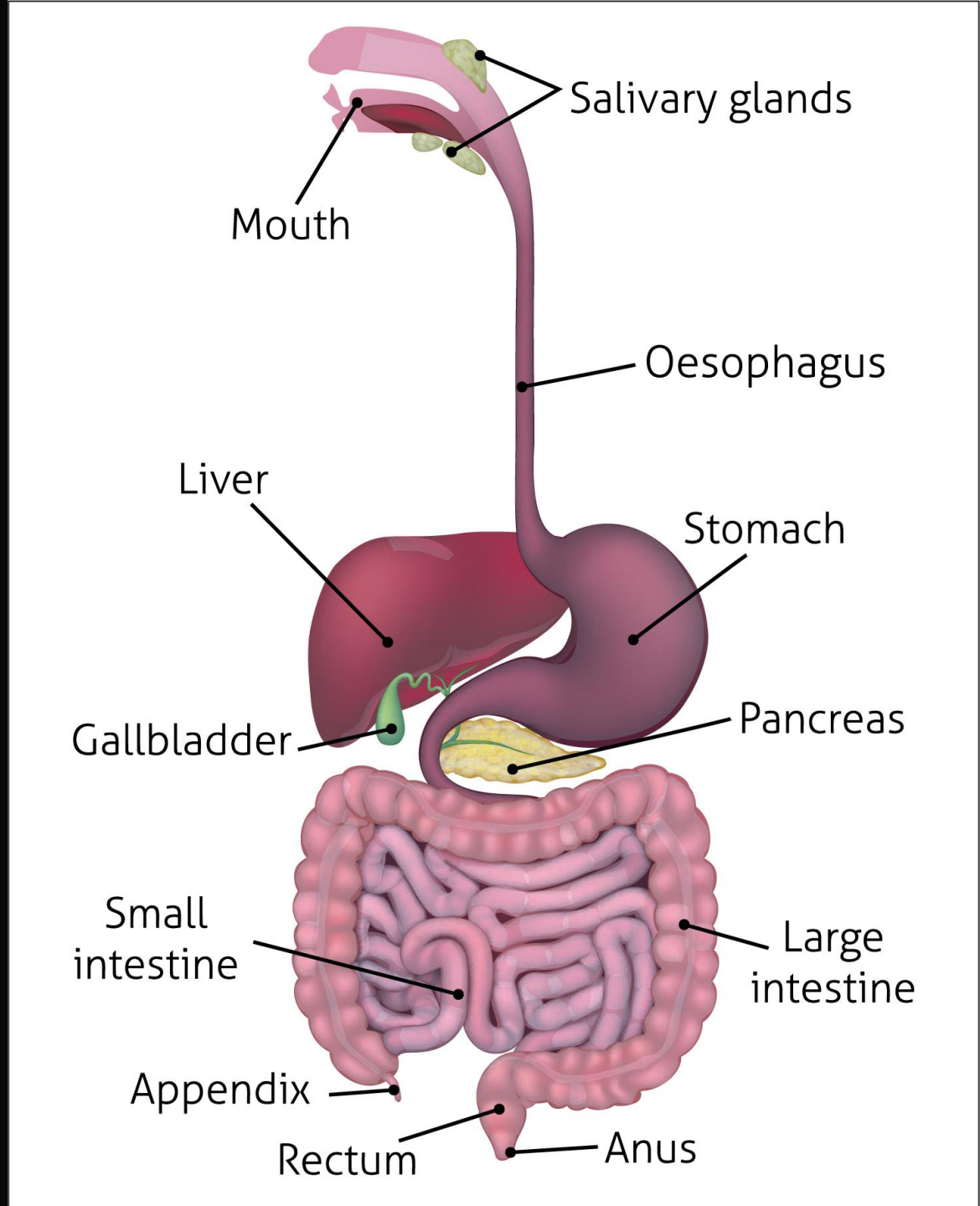
LIVER, KIDNEY & PANCREAS

FATTY LIVER, KIDNEY DISEASE & DIABETES ARE EXASPERATED BY MAGNESIUM DEFICIENCY

- Liver converts excess sugar in the blood to fat and stores in liver, among other reasons the liver makes fat . . . LOL
- Kidneys stop working after liver is plugged up which causes fat to go in feet which causes neuropathy
- Magnesium aids the liver, kidneys and pancreas
- Choline signals liver to dump fat
- Choline cannot be made with magnesium deficiency and elevated cortisol levels
- Magnesium glycinate (glycine) also helps body get out of fight or flight so it can make choline

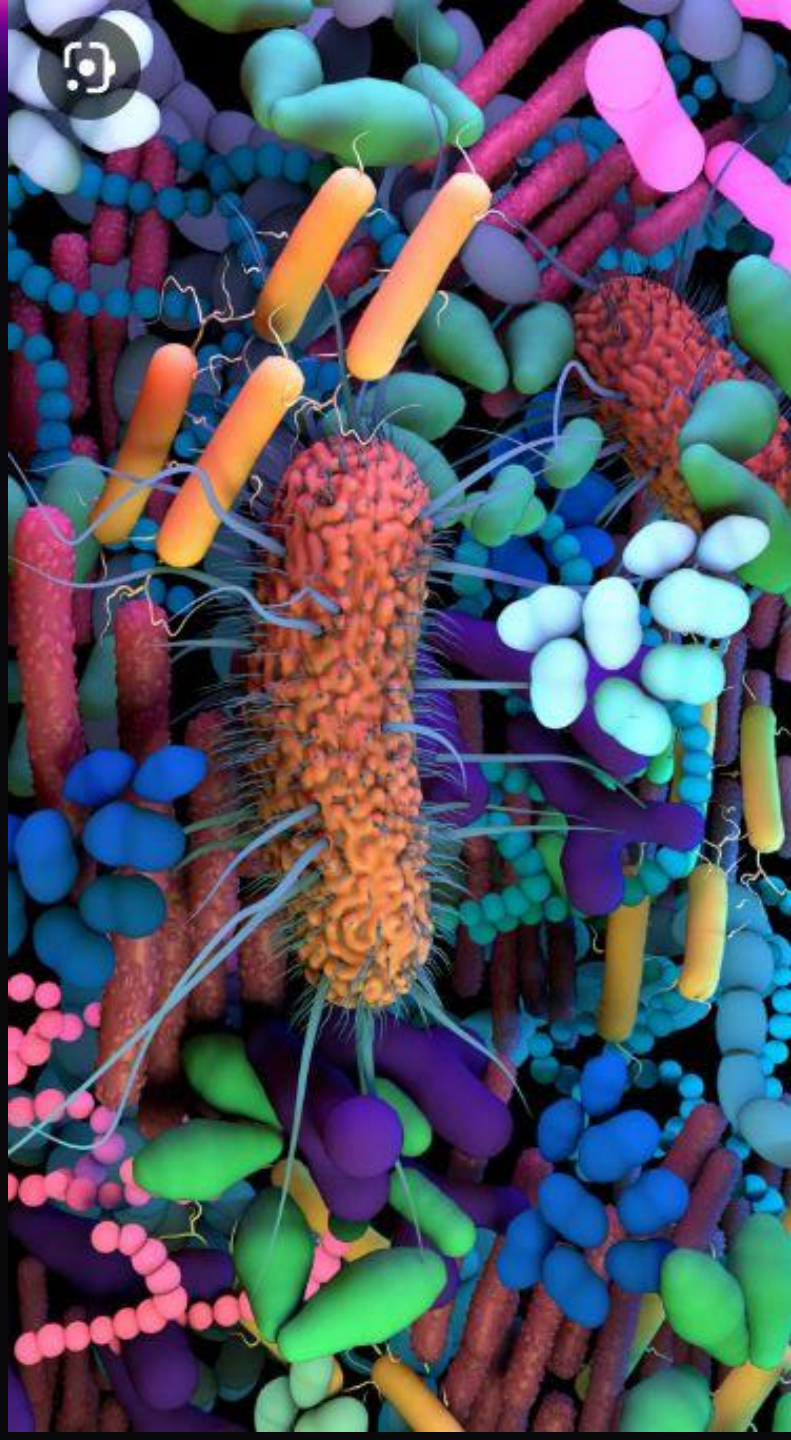
INTESTINES

- Small intestine first, large second?
- Expanded understanding, expanded health benefits
- Food needs to be broken down before entering small intestine
- Large intestine removes water
- Stools are 30% waste, 30% microbes, & 30% undigested food
- Constipation – too big, too slow, holding it, wrong food, low bile
- Diarrhea – too big, too fast, too watery, too dangerous



INTESTINES

- 30 feet long
- Where all the miracles happen
- Where all the bugs live good / bad
- Where dysbiosis occurs
- Gut infections of parasites, yeast, candida fungus, pathogenic bacteria are at the root of many health issues today
- Colonoscopy / endoscopy
- Where they can’t see
- Why parasite footage uncommon?
- Stool tests miss them too
- 60% plus have pathogenic parasite infection

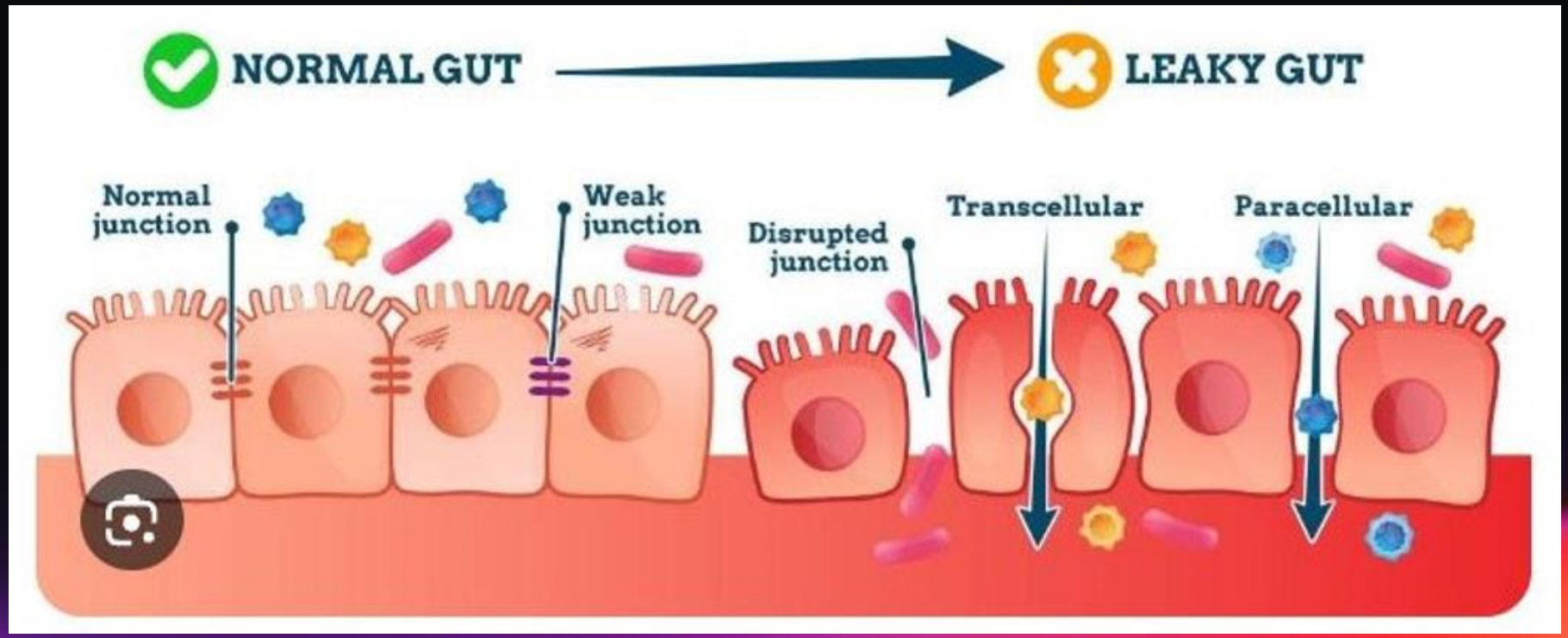


LEAKY GUT

- Healthy gut lining allows nutrients through and blocks toxins and pathogens from entering the blood stream.
- Leaky gut is when the gut lining gets damaged and the wrong things get through into the blood stream: toxins, pathogens, gmo’s, triggering foods.
- Many things in our modern diet, lifestyle and environment erode away the intestinal lining which is only one-cell thick.
- LEAKY GUT leads to:
  - toxic overload, poor nutrient absorption and deficiencies
  - overwhelmed immune system, overreactive immune system, and auto-immune conditions (arthritis, crohns, etc)
  - chronic inflammation, elevated cortisol and insulin levels
  - obesity, weight gain, fat creation and fat storage
  - dysbiosis, hormone imbalance, fatigue, mental issues, skin issues, etc

Contributors to LEAKY GUT

- Poor digestion: food not getting broken down enough for system to handle properly, low HCL, low enzymes, wrong balance of bugs
- Stress on system: mental/emotional, and stress from toxic chemicals in food and drugs and environment



MICROBIOME IMBALANCE

- An extremely diverse microbiome consisting of trillions of microorganisms is necessary for human life and all the health benefits we've discussed.
- Microbiologists are seeing "a disappearing microbiome."
- Beneficial microbes like Bifidobacterium and Lactobacillus are becoming extinct in the western gut.
- And pathogenic microbes like bacteria, parasites, fungus, yeast, candida, e coli are thriving, blooming and proliferating through the entire length of the GI tract and then into organs and tissues.
- Why is **DYSBIOSIS** so rampant?

MICROBIOME IMBALANCE

- The internal and external environment is to blame.
- We live in artificial, sanitized environments of cement, paint and plastics.
- Our vegetables are grown and animals killed for us, so we don’t get soil, blood, or germs under our fingernails.
- Instead of fermented food, it’s refrigerated.
- Instead of raw food, it’s cooked.
- Instead of food the way God made it, it’s the way man “fixed” it.
- Instead of eating simple meals less often, we are overloaded with mass amount and varieties of substances every waking hour.
- Instead of plant-based and herbal remedies, it’s toxic petro-based meds.
- We ingest exorbitant amounts of antibiotics in scripts and foods, which pave the way for the takeover and colonization of bad microbes.

MICROBIOME WRECKERS

- Antibiotics (unless medically necessary – make way for the overgrowth of unhealthy microbes – how do they fatten livestock?)
- NSAIDs (burden liver, promote dysbiosis, damage gut cells, cause long term inflammation)
- Statin drugs (alter gut microbiota balance, metabolism and bacterial gene function)
- Proton pump inhibitors/antacids (HCL needed for digestion, nutrient absorption, gut balance)
- Hand sanitizer (unless absolutely necessary – we need to be exposed to germs to some extent)
- Chlorine (kills gut bacteria, promotes dysbiosis – ideally filter drinking and shower water)
- Excessive unrelenting stress (queues your body to elevate cortisol and insulin levels and store fat)

STRESS

- Stress is a major cause of weight gain.
- Ancestors hunted and gathered and farmed . . .
- Human body designed to store fat in stressful situations when food is scarce.
- Today we have constant stress and constant food.
- Excess stress raises cortisol, which tells your body to hold onto every bit of fat no matter how little or much you eat or how much you exercise.
- Excess stress compromises gut integrity and contributes to leaky gut, which causes more internal stress creating a vicious cycle.
- Stress includes: internal stress (like infection), external stress (like wifi radiation), physical stress (like lack of sleep), and mental/emotional stress (like family and relational issues).
- “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God” Philippians 4:6
- Gratitude and anxiety cannot be in your mind at the same time

MICROBIOME WRECKERS

- Environmental toxins (eat organic, breathe clean air, use natural household and beauty products – damage endocrine system and overload liver, which further reduce ability to process fat)
- GMOs (cause chronic inflammation, overactive immune, auto-immune – in foods, drugs, vaccines)
- Preservatives, colorings, chemical additives (gut cannot assimilate, utilize or remove effectively)
- Heavy metals like mercury in fish, non-stick pans, tooth filling (damage brain, gut, detox pathways)
- Meat raised in an unhealthy manner like inhumane practices and with antibiotics and hormones

MICROBIOME WRECKERS

- Ultra processed foods, sugar & refined carbs (feed bad bugs, spike blood sugar, inflammation and fat production)
- Trans & hydrogenated fats (cell walls needs healthy fats – unhealthy fats make unhealthy cell walls and inhibit cells from taking in nutrients and removing toxins properly – causing altered DNA)
- Dairy, Eggs, Soy, Gluten, Refined Sugar and Carbohydrates – remove for at least two weeks. Once microbiome is balanced, can add back in slowly. Maintain 70 to 90% compliance for optimal long-term health.

GOOD NEWS

- It’s not your fault
- Feel validated that it’s incredibly difficult in today’s world
- The gut can heal relatively quickly with the right pieces in place
- You only have to change one thing

BAD NEWS

- The world is set up against you . . . to kill, steal and destroy (John 10:10)
- The one thing you have to change: EVERYTHING

MORE GOOD NEWS

- The habits in the health challenge help immensely!
- Keep it simple . . . one habit at a time
- God made our bodies resilient and able to heal!
- God has provided us simple & natural solutions!
- It’s hard at first but it gets easier.
- Short term pain . . . long term gain.

4 Rs of Gut Restoration

- *REMOVE*
- *REPLACE*
- *REINOCULATE*
- *REPAIR*

REMOVE

- Unhealthy microorganisms
- Unhealthy toxins and acid
- Unhealthy weight
- Unhealthy food & microbiome wreckers

REMOVE SUPPLEMENTS

REMOVE UNHEALTHY MICROBES
VP Vital Detox, CFB Parasite Free, VYHP Travel Support,
CFB Nano Silver

REMOVE TOXINS & ACID
VP Vital Detox, GH Liver Health, CFB Toxin Detox, VYHP Liver Complex,
CFB Green 85, PPN Cell Power

COLON ELIMINATION SUPPORT
VYHP Colon Clean, VP Vital Lax, GH Oxy-Powder

REMOVE UNHEALTHY WEIGHT
VYHP Magnesium Glycinate, NF Phosphatidyl Choline, SN BerberTrim

REMOVE TIPS

5 DAY LIVER CLEANSE SUPPORT

- 1/2 ounce olive oil
- 1/2 ounce lemon juice
- Pinch cayenne pepper
- Five mornings before you eat or drink anything

SEE DETOX FLYERS IN STORE

Everything in the Health Challenge Helps!

REPLACE

- HCL
- Enzymes
- Depleted Nutrition

REPLACE SUPPLEMENTS

REPLACE HCL
SOL Betaine HCL w Pepsin 250 mg

REPLACE ENZYMES
VYHP Enzyme Complex

REPLACE DEPLETED NUTRITION
SOL Liposomal Multivitamin, VYHP Vit D + K, VYHP B Complex, SOL Vit C, NF Omega 3, CFB Green 85, VYHP Multi Mineral or Shilajit

Support HCL w DIET & LIFESTYLE

- Prior to meals: apple cider vinegar, ginger, lemon, or cayenne.
- Reduce/eliminate processed sugars and carbs.
- Avoid drinking with meals. Water and other drinks dilute the stomach acid. Stop drinking half-hour before & 1.5 hours after.
- Try to drink all your water away from meals.
- Eat a piece of fruit after a meal instead of drinking fluid.
- Carbonated beverages neutralize stomach acid to. Do not drink with meals. Reduce or remove all together until gut health improves.

REINOCULATE

- Probiotics supplements
- Prebiotics supplements
- Probiotic superfoods
- Prebiotic superfoods

REINOCULATE SUPPLEMENTS

REINOCULATE PROBIOTIC & PREBIOTIC SUPPLEMENTS
VP Vital Flora, CFB Probiotics (soil based), VP Vital Fiber (don’t start with fiber if constipated)

REINOCULATE PROBIOTIC & PREBIOTIC SUPERFOODS
PROBIOTIC: yogurt (low sugar like Siggi’s or homemade), sauerkraut, fermented vegetables, kombucha (low sugar),
PREBIOTIC: radishes (all types), leeks, onions, carrots, artichokes, garlic, asparagus, tomato, pomegranates
HEALTHY FATS: nuts and nut butters, seeds and seed butters, flax and flax oil, sunflower seed oil, olive oil
ALKALINE PRODUCING FOODS: see flyer in store

REPAIR

- Supplements and foods to heal the gut lining
- Anti-inflammatory supplements and foods
- Lifestyle habits

REPAIR SUPPLEMENTS

REPAIR & ANTI-INFLAMMATORY SUPPLEMENTS

VP Vital Gut Renew, GH Turmeric, TN CuraMed

REPAIR TIPS

- Rest the digestive system. The gut heals during rest. Digesting take lots of energy. Plant foods take less energy. Vegetable juices take less.
- Learn about different types of fasting. Intermittent, water, juice, and Daniel Fasts, 7 Day Reset
- TRE – Time Restricted Eating. THE IDEAL: Twice per day five to six hours apart (8 - 9 am and 2 – 3 pm). Digestive system ramps up in the morning and then slows down by the evening.
- Will I get enough nutrients? You will likely get more nutrients because your body will be able to digest, absorb and utilize nutrients better.
- If this is unrealistic, try to shorten eating window to 9-10 am to 5-6 pm.
- Fasted meals count as full meal points in VYHC

MEDICAL ADVICE DISCLAIMER

I am not a doctor. The information presented in this talk are for your information purposes only. No material in this presentation is intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen and never disregard professional medical advice or delay in seeking it because of something you have in this presentation.

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John
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