



# Healthy Weight, Mojo, Immunity, and Digestion

## *What a Balanced GUT Offers*

By Morning: Spirit: Wolf-D.R.M

Healthy digestion and weight start out - or stall out - in the gut. The gut, or the gastrointestinal (GI) tract, is the microbiosphere that provides the metabolism for digesting nutrients. And because every disease is ultimately a nutritional deficiency, the ability to digest nutrients is the basis for health, as is weight gain or loss. The microbes in the GI tract regulate everything from metabolism to immunity to mood. The balance of friendly microbes, or probiotic microbes, can make the difference between feeling tired or full of energy; thinking clearly or having a head full of foggy thoughts; being susceptible to every pathogen that comes along or having great immunity to disease; and whether or not you gain or lose weight.



There are up to 10 times more microbacteria in our GI tract than cells in our bodies - and we have 77 trillion body cells. 70 percent of the immune system is in the gut, and 98 percent of our DNA is in the gut bacteria. This bacterium governs digestive metabolism, as well as dietary, mental, and emotional imbalance, which means that when metabolism slows down harmful pathogens increase and results in weight gain and immune weakness. This is especially true for people with frugal metabolism - those who use every calorie - making it much easier for them to gain weight. Therefore balancing gut microbes, getting rid of toxins, and supplying higher nutrition results in weight loss and higher immunity.

Generally established during the first two years of life, gut microbes are shaped by food, fluids, touch, antibiotic use, vaccines, stress, and environmental factors. Old school thinking was that once microbial factors were established we couldn't change them, but science now agrees with nature and recognizes that dietary changes, and stress reduction, along with probiotic and enzyme supplements, can reestablish GI tract balance. This means that chronic indigestion, irregularity, IBS, Candida, colitis, and Crone's disease, all of which are intestinal imbalances, can be a thing of the past. It also means that unexplained weight gain and immune compromise may be remedied by rebalancing the probiotic gut microbes.

Even if you consider yourself a healthy eater, seemingly benign habits, such as cow's milk cheese, apples, green tea, radishes, blueberries, and orange juice can upset the

microbial gut balance and reduce digestive efficiency. To achieve belly bliss, weight-loss, super immunity, and healthy mojo, read on to uncover the 7 common pitfalls that may be messing with your GI tract habitat.

# 1

*The Problem*

## **Eating Enzyme Deficient Foods**

Enzymes are found in fresh, natural food. They give food's nutrients the ability to be digested, and provide specific energy necessary for life. Foods that are canned, bagged, jarred, boxed, and commercially packaged are over processed, having had their native nutrients removed, altered, or deadened and their enzymes stripped. Bleached, enriched, preserved, refined, and flavored foods are also enzyme-less and offer no probiotic factors from which to build GI tract microbes in the stomach, intestines and colon, leading to indigestion, bowel irregularity, chronic fatigue, bloating, gas, headaches, and back aches.

*The Remedy*

## **Eat Enzyme Rich Foods**

A return to fresh, organic, unrefined foods for at least 60% of the total dietary intake restores energy, GI tract resources, and nutrient absorption and utilization. Each of us is born with an enzyme potential, which is quickly exhausted when not replenished from living food as a dietary source. The highest quality foods have a combination of enzymes, organic and accessible nutrients, and offer life force factors that boost organ, bone, and muscle functions; co-factors with fatty acids for building hormones; and provide prebiotic elements that balance digestive micro flora and fauna that comprise probiotic activity.



Foods from the Peak Frequency Food list are the highest in enzymes, fiber, nutrients, and living agents capable of supporting life at maximum efficiency and highest consciousness - all via the digestive system. With a focus on avocados, extra virgin olive oil, raspberries, papaya, horseradish, kidney beans, red potatoes, cilantro, Real Salt®, and thyme as daily foods microbial gut health is a welcome relief.

# 2

*The Problem*

## **Eating a Low-Fiber Diet**

The consistent foods we eat determine the type of bacteria in the gut. Processed foods, such as refined flour, fruit juice, enriched bread and pastry, excess animal protein, and cooked fruits and vegetables with fiber, but no enzymes and nutrients and dead fiber, create critical shortages in gut microbes and bowel blockage. The fact is we eat less than half the fiber we did 150 years ago, and today have double the disease rate. With increasingly fewer microbes and less fiber and nutrition beneficial bacteria die and harmful pathogens increase and begin to produce sensitivity, overreaction to certain foods, and allergies.

### *The Remedy*

## **Eat a High Fiber Diet**

Eating a variety of fiber-rich foods helps fuel friendly bacterial strains in the gut. A 2010 study that compared gut microbes of young children in Western Europe to those in Burkina Faso, West Africa showed there was over double the amount of beneficial bacteria that protect against pathogenic bacteria associated with cellulose breakdown in the African kids eating high fiber tubers. The European kids lacked the protective bacteria. *Science* journal published a study in 2011 showing that switching to a high-fiber diet can change gut bacteria within 24 hours.



The high-fiber foods that foster the most effective gut micro bacteria are root vegetables, fresh fruits, and grains that contain digestion-resistant starches such as inulin and FOS (fructo-oligosaccharides). High fiber foods that sponsor the highest pre and probiotics are mango, fennel, red beets, yams, almonds, broccoli, asparagus, artichokes, jicama, cauliflower, red onion, leeks, elephant garlic, ginger, barley, brown and wild rice, mushrooms, and organic non-GMO corn. We need the services of both 1) insoluble fiber (doesn't break down) such as fennel, mango, and corn to scrape and clean walls of the GI tract, and 2) soluble fiber (breaks down) such as almonds, elephant garlic, and kidney beans to keep bowels moving.



### *The Problem*

## **Neglecting Water Intake**

The quality, amount, and additives to water that are consumed daily establish the productivity and effectiveness of probiotic microbes. Many believe that consuming black and green teas, fruit juice, sports and energy drinks, coffee, soda, designer water, and even alcohol are adequate fluid to sustain digestive and cellular health, however many studies indicate this is not the case. Just 4% dehydration can lead to pathogen susceptibility, and 10% dehydration can lead to cellular disease and death.

### *The Remedy*

## **Consuming Ample Water**

The body requires a minimum of 64 ounces, or 8-eight ounces glasses of pure, unprocessed, high quality water in order to carry out its metabolic function. Each cell floats in cellular fluid that must be loaded up with oxygen, enzymes, nutrients, and other vital factors that sustain the quality of life. When the quality of the cellular fluid is established with pure water, and loaded up with high quality nutrients, each cell will receive the resources it needs to function at high capacity. This is never truer than in the GI tract, where each cell of the villi, cilia, and connective tissue must make and sustain all the microbes that enable nutrient availability to every other body cell - from blood to immune cells, to organs, bones, muscles, skin and brain. So drink plenty of high



quality water, in addition to or in place of all the other fluids you consume, and don't make your cells float in the sewage that produces malnutrition, starvation, oxygen deprivation, and cellular damage.



*The Problem*

## **Overlooking Allergy Causing Foods**

With less nutrition comes the inability to digest certain foods, and undigested foods rot and putrefy, causing allergies. More than half the population, for instance, has lost the ability to digest milk and grains, largely due to manipulation of their natural properties. Cow's milk proteins are virtually indigestible for humans, while unaltered gluten from grain requires healthy fats and B-complex vitamins to be digested under ideal conditions, but with the poor quality of nutrition available commercially, over half of Americans cannot digest gluten - a high value protein that carries massive



amounts of minerals. If you're having trouble sleeping at night and you drink alcohol in the evening, you might just be allergic. Intolerable foods can produce allergic reactions such as constipation, bloating, acid reflux, diarrhea, eczema, congestion, acne, inflammation, and sleeping problems.

*The Remedy*

## **Eliminate Problem Foods for 10-14 days**

Cut out all animal dairy, except maybe Goat and Sheep, and try milk from coconuts, almonds, cashews, or brown rice for a week or two. If symptoms go away then you'll know you have sensitivity. Add in goat or sheep dairy and see if you have the same reactions as you did with cow dairy. The same is true for wheat and other glutinous foods - try going without them and see if your

## **Gut-Friendly Supplements**

### **PROBIOTICS**

Use probiotic supplements to help populate your GI tract with beneficial bacteria, especially when unfriendly bacteria have taken over. Use Catie's Whole Foods Pro-Flora (15 billion microbes from 16 strains) at [EnergyEssentials.com](http://EnergyEssentials.com) or SolaRay Multi-dophilus (20 billion) or Rainbow Light ProBioActive 1B after meals to increase digestion, reduce anxiety, and clear up skin.

### **FIBER**

Choose a ground psyllium husk supplement, powder or capsules, without fillers or artificial colors, sweeteners, or flavors to keep bowels moving along. If that's not enough, try BlessedHerbs.com for their Digestive Stimulator that contains both fiber and herbs that gently and effectively activate colon peristalsis.

### **DIGESTIVE ENZYMES**

Along with probiotics, taking extra enzymes can help with food allergies and sensitivities. Choose a plant derived combination of protease, lactase, sucrase, bromelain, papain, and the host of other missing enzymes that may be problematic in your system. Because enzymes help you digest foods nutrients, you'll look, feel, and think better with more energy using Digestive Enzymes from Shop Peak at [peakfrequencyhealth.com](http://peakfrequencyhealth.com)

### **THYME**

Herbs are nature's first medicine, and thyme repairs damage in the pancreas, which governs all aspects of digestion, including enzyme and insulin production. If H-pylori, acidity, gas, bloating, ulcers, fatigue, or susceptibility to bacterial infections is your problem, then thyme extract, tea, or capsules is your answer from [peakfrequencyhealth.com/ShopPeak](http://peakfrequencyhealth.com/ShopPeak).

### **TURMERIC**

This potent antioxidant is the herb that combats chronic inflammation and contains curcumin, a powerful cancer fighting agent, especially in the colon. Choose a supplement that lists a bioavailability-enhancing agent to improve absorption of the active ingredient such as Life Extension Super Bio-Curcumin.

problems reduce or go away. Replace glutinous grains with buckwheat, millet, amaranth, and possibly brown rice. Another problem fix may be eliminating refined sugar, such as what is found in soda, ketchup, muffins, energy bars, and breakfast cereal. Eliminating your regular brands and trying less processed, enriched, and sweetened products may be the answer or you.



*The Problem*

## **Over-Eating, Especially at Night**

The quality of food we eat is equally as important as the quantity. We tend to over-eat when we're stressed, bored, emotionally upset, when hormones are off, digestion recedes, and when we're trying to stay awake. Our stomachs are relatively small; about the size of our fist hand. Overfilling it, especially with foods that are hard to digest, fried, and enzyme-less, then laying down and trying to sleep can cause delayed emptying, excess stomach acids, heart burn, bloating, abdominal or back pain, liver problems, and poor sleep. Digestion naturally slows down at night, thus it's best to make the gradual shift to smaller portions of food with lower sugar and higher enzymes between 6 and 7, and not eat past 8 p.m. Overeating during the day causes excessive stomach acid production, especially if the food has not been chewed adequately (15-30 chews per bite is best), which can induce ulcers and grow H-pylori bacteria in the stomach. Excess stomach acids can cause a loss of friendly bacteria in the intestines, acid reflux, bloating, gas, diarrhea, or constipation.



*The Remedy*

## **Eat More Mini-Meals And Head-off Stress**

To keep metabolism high, blood sugar low, digestion optimal, and energy supply stable try eating five nutrient dense mini-meals throughout the day. If you do eat a large meal, make it in the middle of the day, rather than at night, and the same goes for eating out. Skipping meals during the day makes us hungrier at night, so plan the day with small snacks like raw cashews or red grapes between mini-meals to combat excessive hunger at night. To counteract emotional eating, try taking a walk, playing with animals, or doing a physical activity. The antidote for stress eating is to meditate daily; or perform 15 minutes of muscle stretching exercise, like yoga or Tai Chi; or participate in passionate activities that'll absorb your attention; any of which will improve insulin binding and reception, lower blood pressure, reduce mental stress, and minimize relationship and emotional upset.

## **Get a Move-On to Get a Movement**



If elimination is stuck, try moving your body to stimulate peristalsis - the muscle contraction of colon walls that keep the bulky fibers and waste of food passing through. If you're not moving, neither are your bowels. Try running, trampoline jumping, aerobic exercises, and the twisting poses of yoga. The more you move your body, the more momentum your metabolism and digestion will replicate.



*The Problem*  
**Indulging Your  
Sweet Tooth**



The average American eats 153 pounds per year of refined sugar, which can lead to obesity, diabetes, acidity and bacterial imbalances in the gut, infection susceptibility, and low-grade inflammation that's linked to many major diseases. It's easy to have a blind spot when it comes to indulging our sweet tooth, that craving can be difficult to say no to. Because refined sugar hides in so many processed food items, like ketchup and fruit juice, it's easy to get excesses that produce gut microbe imbalances, such as an overgrowth of Candida yeast that produce acne, fatigue, trouble concentrating, mental fatigue, and vaginal yeast infections. Refined sugar is equally as addictive as cocaine, causing spikes and drops in blood sugar, fatigue, shakes, and headaches when you don't get some. When it comes to hormones, excess sugar changes the way they are used in the body; the pancreas is overworked producing excess insulin to get sugar out of the blood stream, leaving it exhausted to produce digestive enzymes, resulting in indigestion, hypoglycemia, diabetes, insulin resistance, and chronic fatigue.

*The Remedy*

**Get Smart About  
Cravings & Minerals**

Most sugar cravings are a result of mineral deficiency from dietary intake and digestive disorders (so eating more sugar creates a vicious cycle). Cravings for something sweet can also mean you need more sweetness in your life, like a more gratifying job, meaning to life, or fulfilling relationship. Awareness of refined sugar and healthy, sweet alternatives is paramount in order to make a change in sugar consumption. It takes a week for the stimulation in the brain to reset to natural levels after the artificial stimulation of refined sugar, so the switch to fruits that contain fiber, nutrients, and natural sugar, such as Sucanat® or raw honey, won't cause brain and blood stimulation, or insulin resistance. Eating more naturally sweet foods, like pine nuts, sunflower seeds, and berries, provides proteins, nutrients, good fats, and a long lasting satisfaction missing from refined sugar. Uptake of refined sugar is faster and more excessive in the blood stream, so if you do indulge, take extra vitamin C, which scavenges sugar excesses out of blood and puts it to work in the arteries and organs.

Don't use artificial sweeteners, which throw off metabolism, decrease energy, and produce malnutrition, obesity, and diabetes and brain tumor risk. Instead, if you have sugar sensitivities, choose xylitol or whole leaf stevia, which are sweet but are not metabolized like sugar.

**Lower Blood  
Sugar Naturally**



The myriad elements of nature provide endless ways for us to head-off hypoglycemia, insulin resistance, and diabetes. For instance, raw greens daily, such as arugula, increase bile and lower blood sugar. Just 300 mg of vitamin C has been clinically shown to reduce insulin use by 5 units, and 600 mg lowers use by 8. Cinnamon increases sugar usage, instead of storage, and Banaba leaf, a tropical plant, moves blood sugar out of vessels into other body fluids. Try *Glucose Adjusting*, an herbal combination from Peak Frequency® Plant Therapy, to significantly lower blood sugar at [www.ineedherbs.com](http://www.ineedherbs.com)



*The Problem*

## **Using Rx Drugs & Toxic Cleaning Products**



NSAID's (non-steroidal anti-inflammatory drugs) such as aspirin, ibuprofen, and anti-acids can damage the GI tract lining, leading to leaky gut and irritable bowels. NSAID's also stress the liver and kidneys, as well as prevent vitamin C uptake. Proton pump inhibitors block stomach acid so effectively their long term use prevents the digestion of food. Taking a round of antibiotics upsets bacterial balance in the gut, which need to be rebalanced by establishing good bacterial microbes. Anti-depressants, America's most widely prescribed drugs, have been linked with weight gain and digestive problems such as diarrhea and constipation in some people. Finally, many bleach, grease cutting, air-freshening, and stain removing cleaning products contain direct contact and air-borne antibacterial agents, as well as nerve numbing chemicals that paralyze, poison, or kill microbes in sinuses, appendix, stomach and gut.

*The Remedy*

## **Replace Rx, OTC Drugs with alternatives, & use Non-Toxic Cleaning Products**

Make a list of all the prescription (Rx) and over-the-counter (OTC) drugs you take, and discuss with your health care provider whether any of them may be negatively affecting your digestive health. In many cases, lifestyle changes and the use of safe and natural alternatives are very effective. Aspirin may be replaced by White Willow Bark (Bayer's first aspirin) - 6 drops of Peak Frequency® Plant Therapy *White Willow* extract replaces 91 mg, and 15 drops replaces 360 mg as a blood thinner ([www.ineedherbs.com](http://www.ineedherbs.com)). To replace anti-acids, try drinking 1 cup water with 1/4 tsp Real Salt® before meals to prime digestion, or 1/2 cup water with 1/2 tsp baking soda after meals to head-off acid reflux. To relieve chronic pain - massage therapy, acupuncture, and anti-inflammatory supplements such as *Turmeric*, *Ginger*, and *Thyme* are all backed by initial research. New research about "gut-brain" connection shows gut bacterial balance affects brain function and chemistry, and that consuming probiotics may help relieve anxiety and depression, especially when accompanied by eating raw cashews that contain natural serotonin, and supplementing with herbs such as *Noni*, *Kava-Kava*, or *Passion Flower* ([www.ineedherbs.com](http://www.ineedherbs.com)). Regular exercise, meditation, and omega-3 supplements can also improve symptoms.

Instead of using toxic and bacteria killing chemical cleaning agents, try using eco and gut-friendly cleaning products that are non-toxic to the environment and to your gut, nerves, and hormones. Brands such as Bio-Kleen, EcoPlanet, and Method perform equally as well as harsh chemical products, and are safe for animals, the environment and humans. Or try making your own - [26 Nontoxic Products for DIY Cleaning](#).

### **Clean Up the Environment and Your Gut**

Become mindful of toxic chemicals in foods and cleaning products that negatively affect digestion and nature's eco-system. Safely dispose of noxious bleach, air fresheners, and de-greasers and use healthy and eco-friendly natural products like tea tree oil, thyme tea, and food grade hydrogen peroxide that cut grease, stains, and odor without hurting you, your animals, or the environment.