



KAREN MARTEL NUTRITION

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WEIGHT LOSS HACK

#4

Correct Digestive Issues

OVERVIEW

Correcting underlying gut infections can greatly improve the state of your gut. Healthy gut translates into having a healthy metabolism, less inflammation, improved moods and weight loss.

SIGNS AND SYMPTOMS

- HEARTBURN
- BLOATING
- CONSTIPATION
- DIARHEA
- CRAMPS
- OVERUSE OF ANTIBIOTICS
- HIGH AMOUNTS OF STRESS

THE HACK

- **TEST DON'T GUESS**

Gut infections can be tricky to diagnose. The most common gut infections are: candida, h-pylori, small intestinal bacteria overgrowth and parasites. You can get your doctor to run a test for h-pylori and some parasitic infections. Candida, SIBO and some other parasites can be tested through a functional medicine practitioner.



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

The 4 R's in gut health. I recommend working with a health practitioner on this as it can be quite complex.

Here is an overview of the 4 R's.

1/ R = Remove the foods that are causing inflammation and creating an environment for bacteria, parasites and candida to thrive. This may differ for everybody, but the first step requires the removal of the most common digestion irritants, and they are gluten, dairy, soy and processed foods, this is to work out if food is the primary trigger, or a contributing factor to your digestion problems. As well you want to take certain antimicrobials to kill off the pathogens. See below for supplement suggestions.

2/ R = Replace the nutrients that are required for digestion to take place. This includes improving stomach acid with Betaine HCL and Pepsin, because without enough stomach acid your food (especially protein) is not going to digest efficiently which can cause bloating, gas and reflux (plus absorption of important vitamins like B12). The stomach acid is also important to kill pathogens that come into our body through the food we eat, and insufficient stomach acid will create an environment for bacteria and candida infections to thrive.

3/ R = Repair the damage that has been done! Just by removing certain foods and replacing the nutrients for many people this means their symptoms have greatly improved but it is still important to address the inflammation and repair the damage which has been done. See below for supplement suggestions.

4/ R = Reinoculate the good bacteria! Once you have identified the triggers, eliminated any infections and addressed the inflammation then it's time to improve the health of the gut bacteria.



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SUPPLEMENT SUGGESTIONS

- Anti-microbials- taking an array of antimicrobials will help kill off the pathogens. Some common ones are berberine, wormwood, black cumin, garlic, cloves, cinnamon, wormwood. Best to work with a practitioner for this.
- Digestive Enzymes -natural substances needed by the body to help break down and digest food. It is used when the pancreas cannot make or does not release enough digestive enzymes into the gut.
- Betaine HCL with Pepsin- designed to support the stomach's digestive capacity for individuals lacking sufficient stomach acid.
- L-Glutamine- helps repair leaky gut after you have gotten rid of the infection.
- Aloe Vera- helps soothe the digestive tract.
- Slippery Elm- Slippery elm bark is a demulcent. This means that it is capable of soothing the lining of the stomach and intestines and reducing irritation. Demulcents are sometimes referred to as mucoprotective agents.
- Probiotics-either from a quality supplement or regular consumption of fermented products.
- Formulas- GI Microb X and GI Revive by Designs for Health.



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BIGGEST TAKEAWAY

Digestion has a huge impact on our ability to lose weight for multiple reasons. First intervention should always be your food. Following a paleo or ketogenic diet is always recommended as a first line defense against digestive issues. If your symptoms persist, it is key to work with a qualified health practitioner like me when it comes to addressing chronic digestive issues.



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