

CELLULAR



HEALTH INC.

GUT HEALTH = GOOD HEALTH TIPS & TECHNIQUES

By Jackie Latimer

"We Are What We: Ingest, Digest, Absorb, And Eliminate"

MOUTH

Drink Your Foods" & "Chew Your Liquids"

Chew Your Food 32 Times Before You Swallow"

Make Meal Time A Happy Time. - Don't Eat When Under Stress Or Upset.

Eat and Do Nothing Else! -Don't Eat While You Work, Read, Watch TV, Stand Up, or Multitask.

Licence Plate Summary

*Sit Down! Slow Down! Clear Your Mind! Eat In A Happy State! and Chew Your Food!

STOMACH

Things That Decrease Stomach Function.

Eating on the run on the go

Not sitting down to eat

Not chewing your food into a liquid paste

Drinking liquids with meals

Over Eating

To much processed, dead, fast foods

Stomach Enzyme Deficiency

Lack of Raw, live, enzyme rich food

Stress, Emotionally Eating

What can't you stomach in life?



Other Things To Improve Stomach Function

Apple Cider Vinegar or Lemon

Digestive Enzymes

Sauerkraut and Fermented Foods

Swedish Bitters

Red Wine

Goat Whey,

Celery, Strawberries, Okra (Sodium Rich Foods)

Food Combining

More Alkalizing Foods, Less Acid Forming Foods

Don't Drink Liquids With Meals

Awareness - Emotionally how are you digesting Life? Whats Too Much To Stomach?

SMALL INTESTINE

*Psyllium Fiber

*Ground Flaxseed

*High Fiber Foods

*High water content foods = Eat more raw fruit and Vegetables

* Increase Whole Foods.

*Decrease or avoid the processed, dead, gluey, fast foods . . .

Omega 3-6-9 Oils for Lubrication

Chlorophyll - soothes and heals the gut wall

Digestive Enzymes - pancreatic enzymes

L- Glutamine - helps heal the lining of the gut wall (Leaky Gut Syndrome)

Awareness how are you receiving-absorbing life?



LARGE INTESTINE

Drink half your body weight in ounces of purified water daily
Poop Regularly – If we eat 3 meals per day, it's healthy to have 3 BM's per day
Help the mouth, stomach & small intestine to function.
Drink 1/2 your body weight in ounces of purified water.
Take psyllium or ground flax 1 or 2 X per day.
Listen to the call of Nature "Go when you gotta Go!"
Be Bowel Conscious! Aim for the Ultimate B.M.
Be like Bob Dylan – The answer is blowing in the wind.
Do a colon cleanse 1 or 2 times per year.
Eat a diet high in fruit and veggies (less Glue-bread, pasta).
Acidophilus (friendly bacteria) Or Fermented Foods.
Take bowel herbs to help things move.
Learn to "Let Go" Emotionally, make room for the new!
Exercise – get things moving – Yoga –Rebounding!
Belly Breathing & Abdominal Massage.

Cleanse Your Way To Good Gut Health!

Fiber, Water

Fasting, Mono diet, Elimination Diet

Herbal Cleanses, Colon Hydrotherapy, Sweats, Steams, Saunas

Cleanse Your Mind and Emotions

Take Time For Good Gut Health!

Write Down & Do 1, 2, 3 Things To improve Your Gut Health!!

Thank You! Happy Digesting, Absorbing and Eliminating!!