

Healing Chronic Cases - Assessment 1 Digestive

Chronic Cases Assessment 1 - Digestion You can use the Digestive Assessment on its own along with the Emotions panel and the Flower Essence panel. You can also use it in conjunction with the GI Hormones and the Helpful Probiotics. There is real value in working on the digestion for anywhere from 1-6 sessions! It is a big deal and you will get great results. One thing to keep in mind is that learning as much as you can about wellness practices for the digestive system is highly beneficial. The combination of good wellness lifestyle and multiple sessions of biofeedback is what I experience as getting the very best results.

Review each one of these and also use this as a helpful reference for items that come up for your client.

Gallbladder congestion - Gallbladder secretes bile. This helps with fat digestion. The clearing of the bile, which originally comes from the liver and is stored in the gallbladder is important as many toxins exit the liver via the gallbladder.

Leaky gut - When the tight junctions that keep food in the intestines (and not in the bloodstream) open due to stress or toxic exposures, proteins from food can migrate to the bloodstream causing an over reaction from the immune system. Leaky gut is of primary importance to resolve. Meditation, mindfulness, stress reduction are all helpful. 2 helpful supplements I have found include Restore (a brand of humic plant matter) and the amino acid L-Glutamine.

Microbiome disruption - If the gut microbiome is disrupted due to past antibiotics or through the low consumption of plant foods, including leafy greens, garlic, leek and onions and other vegetables, then this frequency may appear. Be sure to include many prebiotics (green leafy vegetables, onions, garlic, leek, dandelion greens) or a full spectrum probiotic (such as Klaire Labs Ther-biotic Complete). Anyone who has become bloated due to a probiotic may want to try a soil based organism version (Prescript Assist is one brand to consider). It is likely that if you take one round of antibiotics, you should work on repairing the gut flora for the next 6 months!

Consuming food sensitivities - Consuming foods that one is sensitive to will result in leaky gut, inflammation and very likely improperly digested food. Use the "Sensitivities" panel to test for foods to be avoided (or use one of the food allergy custom libraries available on my website).

Pancreatic enzyme support needed - Undigested food is one of the biggest contributors to chronic conditions including cancer. Help the client understand that eating without distractions is important, chewing food completely leaves less work for the enzymes to complete. Bitters, such as Gentian (either in capsule form or liquid tincture), is one that will help to prime the pump for proper release from the pancreas. If these lifestyle changes are implemented but no change is seen on your biofeedback readings, then consider digestive enzymes. One I recommend is Premier Digest by Premier Research Labs. Taking plant-based enzymes in my experience can be a good wellness practice. Many people over the age of 40 truly need some pancreatic support under the best of circumstances.

Digestive fire low- In Western terms, this means low hydrochloric acid. Use some of the recommendations listed under Pancreatic Enzyme support to assist, particularly bitters. HCl production requires zinc, so be sure that is a supported mineral.

Insulin sensitivity affecting - This is really a blood sugar issue, but it is interrelated with the gut. Focus on meals consumed in the earlier part of the day, preferably ending by 6-8pm in the evening. Blood sugar processing is more efficient in the earlier part of the day than the later part of the day. Consider removing

refined sugar from any part of the diet as it suppresses the entire immune response for up to 2 hours. 2-4 pounds of fresh cooked/raw vegetables each day along with starchy vegetables, rice, potatoes and sweet potatoes, with no oil and low consumption of nuts and nut butters will result in healthy blood sugar. Meat and dairy cause spikes in insulin production contrary to what various popular and business focused "health experts" would like you to believe.

Undigested food in system - This is one of the major contributors to leaky gut, inflammation and the development of chronic conditions including cancer. You may need to ask questions to determine why. Do they overeat? Do they binge? Do they not take the time to chew their food or to relax and only eat rather than multi task.

Low Secretory IgA - This is the immune system in your gut. Secretory IgA is a very important immune system protector at the gut mucosa level. Just one stressful event, a slam of the brakes behind a car on the freeway, can cause a 24 hour decrease in Secretory IgA levels. Best way to rebuild is through meditation, Qi Gong, yoga or even long walks - 60 minutes or more each day - if in nature than even better.

Mycotoxin exposure in food - Mycotoxins can be high in coffee, brazil nuts, wheat and other grains stored in silos, peanut butter and cashews. These mycotoxins can cause various immune stresses in the body. Something as benign appearing as peanuts, when mycotoxin (aflatoxin) is present is known to cause cancer of the liver. Though it would have to be a high and consistent exposure, consider it is creating some type of stress at low levels.

Casein intolerant - casein is just purely indigestible for most people. Though many people believe that it is the lactose in dairy that is the issue casein is a very tough protein to digest. Think of Elmer's glue and its sticky nature. This is how casein is in our digestive system. Remember, than undigested food is one of the contributors to chronic illness like cancer as mundane as it may seem. For vegans who are consuming vegan forms of cheese, use caution as the Tofutti brands and others use casein (yes!) in some of their "vegan" cheeses.

Gluten intolerant - Gluten is a protein that many people appear to have a food sensitivity too. This means it causes some disturbance in their regular patterns of good digestion. It could mean a blood sugar imbalance, bloating, allergic response or the development of leaky gut. It has even been associated with the development of autoimmune reactions. It turns out that the gluten protein may be mistaken by the body for thyroid tissue or brain tissue! This can then result in the body attacking itself in this area. The removal of gluten, particularly if it comes up for the person in testing, may be one of the most powerful things that we can do to relieve this burden on the body. I've noticed that gluten is usually in some kind of processed food. Learn - and teach others - to eat unprocessed foods. When you are beginning, this may seem perplexing! Check out Chef AJ's website, eatunprocessed.com. She is focused on weight loss, but has explained this information and what to do in wonderful detail.

Proteolytic enzyme support needed - This could be needed because of a tumor, and perhaps one that is known or one that is unknown! Proteolytic enzymes help to break down excess protein, such as fibrin, which can be good for the heart, or protein that might make up a tumor, either malignant or benign. We think of any kind of build up - a tumor, a cyst, a fibroid, as being a sign that the body is not clearing waste efficiently enough. This could be due to pancreatic insufficiency, poor eating habits or making poor choices when choosing food. Consuming Proteolytic enzymes may be helpful for people with cancer to begin to break down these proteins. Typically, the consumption of the enzymes will be in very high numbers. Look for enzymes with serrapeptase. Arthur Andrews Medical is one brand that contains serrapeptase that I have found to be reputable.

Methylation factors needed - Methylation is a series of biochemical process in the body. Sometimes, there are genetic mutations that cause problems in this area. Other times, people do not consume the proper nutrition to support these pathways. Some of the more important components include B12, folate and

trimethylglycine. A good source of trimethylglycine is beets. Consider steamed beets, beet kvaas or even beet powder.

GMO exposure affecting - GMO from foods like corn can change the gut health possibly for a lifetime due to changes in the microbiome. However, GMO foods at best do not appear to support optimal gut function. Use foods, fruits and vegetables that are clearly marked, "Organic" and "Non-GMO verified". Since wheat, soy and corn are among the foods that have been heavily cultivated as GMO, it might be best to avoid these foods completely or have occasionally. This is because it is possible for GMO seeds to drift onto other land (organic) that could go undetected.

Vagus nerve dysfunction - The vagus nerve is the longest nerve in the body. It goes from the brain all the way down to connect with the entire digestive system. The vagus nerve helps to regulate good digestion and absorption. Sometimes, through excess stress or toxicity, the vagus nerve function may be less than optimal. Use this frequency, along with recommendations for relaxation, deep breathing and meditation to help the person to heal the vagus nerve issue.

Sympathetic dominance - Feeling very stressed or overwhelmed could result in staying more in the "fight or flight" state of being than the "rest and digest" state. If this is the case, digestion will be complete. This is because when the body is in survival mode ("I must run away!") the body does not produce much pancreatic enzymes or hydrochloric acid! Again, meditation, journaling, deep breathing and more will all be instrumental as well as using this frequency for your client. Another adjunct that will be helpful is having your client view the fractal images from the Water Harmonizing program for 3 minutes either before or during your session with them!

Low HCl - suboptimal levels of hydrochloric acid can result from excessive stress in one's life, doing other things while eating that are distracting, overworking or having poor sleep quality. Consuming coffee can also suppress HCl levels. When HCl is low, the protein in particular does not digest well. Undigested food contributes to inflammation and chronic health issues. Low HCl also means that chronic infections can make their way into the body because they are unaffected by the weak stomach acid, which usually eliminates these infections. Use Gentian bitters before a meal to help to revitalize the stomach acid. Wise Woman Herbals or Urban Moonshine are great resources for these bitters.

Colonic congestion - not releasing or not having a complete bowel movement can result in congestion in the colon. This can lead to autointoxication. This process means that toxins that were meant to be released are now circulating in the bloodstream. To avoid colonic congestion, be sure to get walks in daily, eat 2-4 pounds of vegetables, drink 1-2 liters of fresh spring or purified water. Use a Squatty Potty or wedges as a way to create a squatting position on the toilet.

Small Intestinal Bacterial Overgrowth - This is an imbalance of bacteria in the small intestine. It appears to come from a previous food poisoning experience and an infection that never fully cleared. It also appears to occur in people with sluggish gall bladder issues. SIBO is a big topic and may require a doctor's intervention. Sometimes, SIBO will clear up by adopting good digestive practices. If nothing else, use the frequency and make them aware of good digestive practices.

Reflux - many people have no idea they even have reflux. Others will experience a burning after eating in the sternal area. People seek acid blockers to remedy this situation, which typically makes the situation worse. The reason for this is because the root cause is low stomach acid, not excess acid. Low stomach acid leads to very slow digestion of the food in the stomach, leading to putrefaction or fermentation and leading to the production of organic acids. Consider reflux to be associated with low HCl.

Motility imbalance- If people have anxiety or other disruptions of the nervous system, the motility of the digestive system will be out of balance. Good motility, which is another work for movement, helps the body to digest, assimilate and eliminate food from the system. A disruption can be typically changed back to some stress on the nervous system.

Nervous system needs support - Good gut function is dependent on good nervous system function. Consider daily walks, kava kava, B-Vitamins, meditation and exercise all as good ways to support the nervous system.

Gallbladder bile flow low - Regularly taking in some form of cholagogue is a good health practice. An example would be 7-14 days of dandelion root tea or tincture. This helps the gallbladder to better product bile. Bile is needed for good fat digestion.

Pancreatic insufficiency - The pancreas could be insufficient in producing enzymes due to lifestyle habits. Slowing down and taking time to eat and chew food is crucial. Eating the primary meals during day/sunlight hours can also help. Consuming bitters, like gentian, will also help. With aging and a lifetime of consuming primarily cooked food, by age 40 or 50 many people will find that they need to supplement with digestive enzymes. A dependable digestive enzyme is Premier Digest, by Premier Research Labs.

Prebiotic intake low- increase fruits and vegetables. Use more leek, onions, green leafy vegetables, dandelion greens, mushrooms and the widest variety of vegetables you are able to incorporate into your food plan as possible! Prebiotics act as food for healthy gut flora. Healthy bowel movements are in part due to the production of this healthy gut bacteria, sometimes very evident that all this is happening after a good meal of these type prebiotic foods (slightly bloated belly in the evening, not to discomfort, good elimination in the morning)/

Past effects of antibiotics- Antibiotics have a powerful negative influence on the gut microbiome. It is so disruptive that it is recommended to take a good probiotic about 6 months after just 1 round of antibiotics. I have found that my patients who experienced taking many antibiotics as a child or early in life are often still trying to heal their gut well into adulthood.

Prebiotic Intake low - One of the best solutions for digestive health is to increase the consumption of prebiotic foods. Some of the best are artichoke, leek, garlic and onions. These are amazing foods for the gut microbiota and will significantly help to improve elimination as well. However, any leafy greens, vegetables and fruits will also contribute to a healthy gut bacterial composition.

Proteolytic enzyme support needed - Proteolytics help to assist in the reduction of inflammation. They may also assist the body in the reduction of metabolic waste. The enzyme system of the body is part of the "clean-up" system. When you fast for one day, the body turns from the energy consuming activity of digesting food to cleaning the body and improving immune function. So, what is the effect then of taking proteolytics? The goal is to give your body an extra edge in the process of healing through the consumption of enzymes.

Reflux - Often when you get this frequency, you will find that the person may say that they don't experience reflux at this time. If this is the case, then

SIBO - Small Intestinal Bacterial Overgrowth - This is an overgrowth of bacteria in the intestines. It is a good thing to note. However, the ultimate meaning is probably that they need to clean up their digestion and their liver overall. It turns out that everyone who has some sort of gut imbalance or microbiome imbalance very likely has some type of SIBO.

Sympathetic dominance - sympathetic dominance means that the person is more in "fight or flight" than "rest or digest". It means the person may be under some type of stress or they may simply not be taking the time necessary to relax before a meal. A certain time is needed before a meal and after to produce digestive enzymes and other activities in order to have productive digestion. It is great to remind your client to relax and dedicate the time to just eating the meal and perhaps a gentle walk after a meal is among the best for good nutritional assimilation.

Undigested food in system - it turns out that undigested food in the system is one of the most toxic things we can have in our system! Knowing that your client is having this go on is important! What is it that they are not doing correctly that they have such incomplete digestion. Are they eating in excess? Do they chew their food completely? Do they perhaps need to try digestive bitters or digestive enzymes? These are important questions to ask! Definitely include this frequency in your harmonizing when appropriate.

Vagus nerve dysfunction - The vagus nerve is the longest in the body. It goes from the brain and gives nerve supply to the digestive system. If your client is in a state of stress, it is possible that the vagus nerve will not work properly. In fact, it has a dual or bidirectional function. When the person is in a stressed state, it will naturally decrease the natural functions of the digestive system. This is because the body's natural survival system indicates that when one is running away from danger, it is better to send blood and power to the muscles than to the stomach! Alternatively, when we relax, smell delicious food as it is being prepared etc, we will increase the digestive function innervation from the vagus nerve. In turn, we will produce more stomach acid, have better gut motility and improve digestive juices. A slow functioning vagus nerve delays gastric emptying and as such contributes to poor overall digestion!