

What does Leaky Gut have to do with weight gain?!

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Who am I?

- Doctor of Chiropractic -NYCC
- MS in Exercise Science w/ Concentration in Human Performance-Ithaca College
- BS in Psychology & Health and Wellness from SUNY Buffalo
- Former Strength and Conditioning Coach
- 10+ years of Academic Research
 - Psychology/Sport Psychology
 - Exercise Science/Human Performanc
 - Biomechanics
- Certifications in Whole Foods Nutrition



What are we talking about today?

- The Gut
- How that relates to weight gain
- Solutions



*It All Starts In
The Gut*

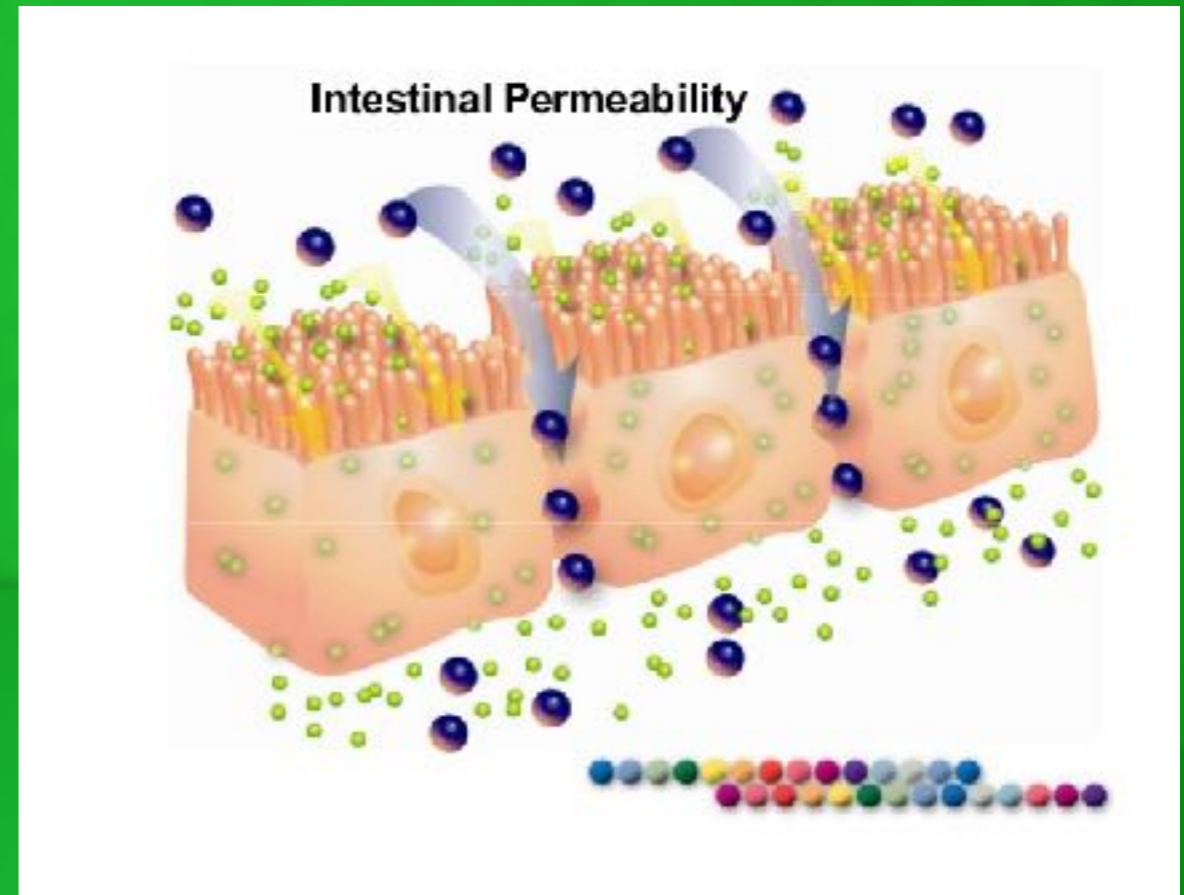


Intestinal Permeability...

AKA: *"Leaky Gut"*



- The layer of cells that provide a protective barrier from the toxic products in the bowel gets worn away
- Now the body is able to absorb the toxic byproducts and bacteria from the intestines
- This whole phenomenon is called Intestinal Permeability OR LEAKY GUT



You May have Leaky Gut If....

- Any and All Autoimmune Conditions
- Allergies
- Skin Disorders
- IBS/Crohns/UC
- Excessive Gas/Bloating/Cramps
- Incomplete Elimination
- Metabolic Syndrome
- Obesity
- Yeast Infections
- UTI's
- Joint Pain
- Sluggishness
- Headaches
- BRAIN FOG
- Liver Disease



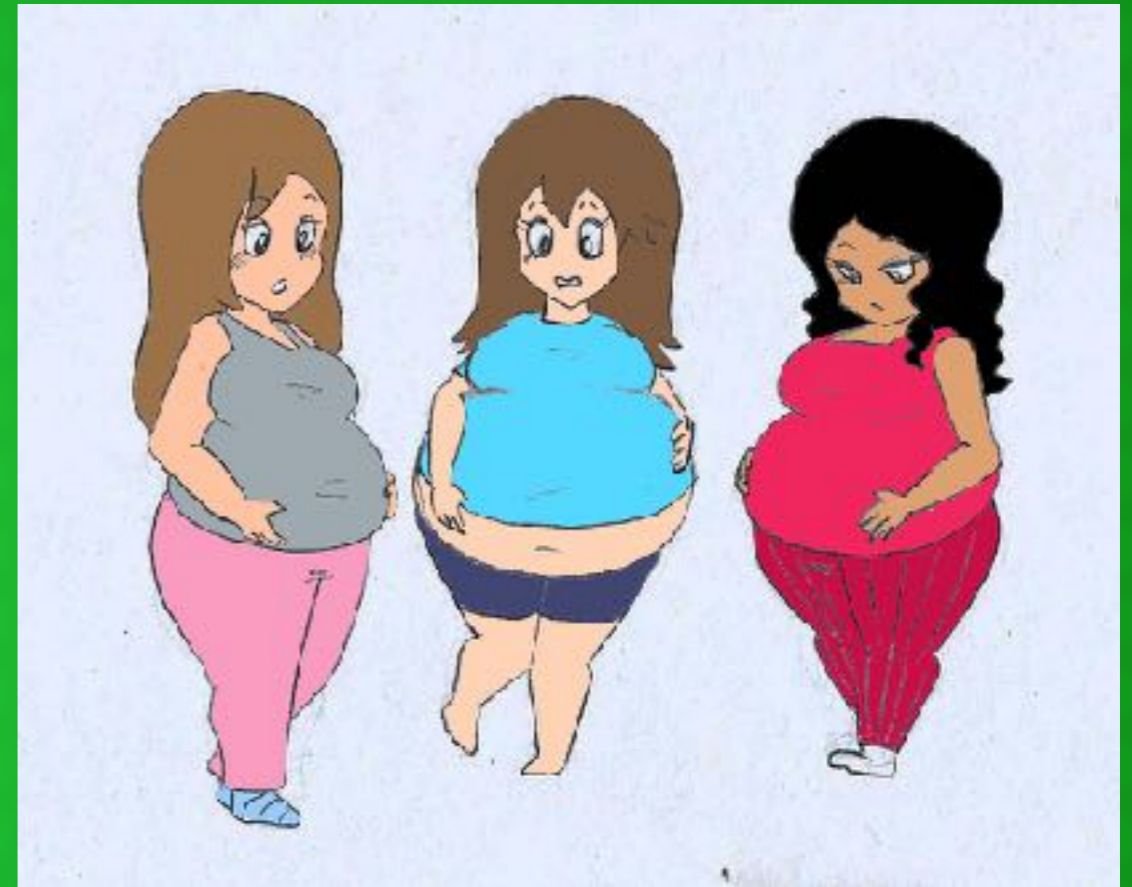
What causes Intestinal Permeability?

- Changes in Gut Flora*****
- Sugars/High Fructose Corn Syrup
- Salt
- Preservatives/Food Additives
 - Emulsifiers**
 - OLESTRA
 - LIGHT Versions of Potato Chips/Pringles Etc.
- POP/EDC**
- Nanoparticles
- Organic Solvents
- Nutrient Deficiencies
- Alcohol
- **Gluten****



What Happens the Gut Leaks?

- **WEIGHT GAIN!**
- **TOO MUCH GOING ON**
 - So body Stores Fat and preserves energy to deal with this chaos



http://fc01.deviantart.net/fs70/f/2013/293/b/c/three_way_weight_gain_2_5_by_fattytoon-d6r989j.jpg

What does Intestinal Permeability Cause?

- INFLAMMATION
- OXIDATIVE STRESS
- DIS-EASE
- Malabsorption: Nutritional Deficiencies (Vicious Cycle)
- Bloating..Autoimmune
- Do you see the Cycle?



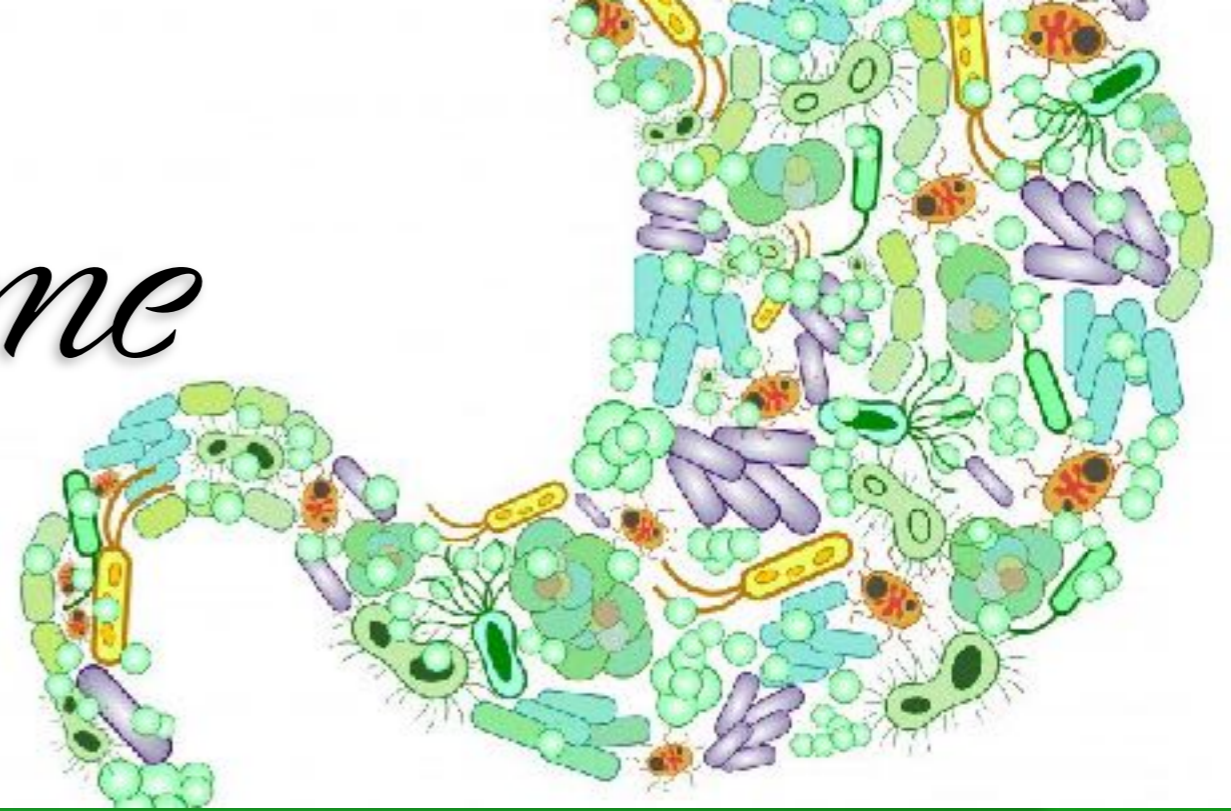
<http://media-cache-ec0.pinimg.com/736x/1e/d0/8c/1ed08c17b626bd9c260080fb1e410126.jpg>



*Let's Go Back to the
Microbiome or "Gut Flora"*



The Microbiome



- Fancy word for all the bacteria and microscopic organisms in your whole body
- There are *ALOT* of them (up to 100 Trillion organisms!)
- They dictate many aspects of health
- **MAJORITY** Live in the Colon (**GLUT FLORA**)



What does the Gut Flora Do?

<http://7bigspoons.com/wp-content/uploads/2013/01/gut-bacteria-extracting-all-the-juice-out-of-food.png> ©

Helps Break Down and eliminate Medications and Other Toxins

Ferments indigestible food so they can be eliminated or absorbed

Makes and absorbs Critical Nutrients

Competes with Bad Bacteria to efficiently remove them

Strengthens Intestinal Barriers

Stimulates and regulates the immune system

Manages Bile Acid for regulation of Cholesterol, Fats, and metabolism



Diseases Related to Altered Gut Bacteria

- Kidney Diseases
- Cardiovascular Disease
- Neurological Diseases
 - MS, Alzheimers
- Allergies
- Autoimmune Conditions
 - Lupus, Rheumatoid Arthritis, AIDS
- Metabolic Syndrome
- Diabetes
- Fatty Liver
- Thyroid Diseases
- Chrohns/UC



What happens when the Bacteria Change?

- SLOWS Metabolism
 - Byproducts of bacteria tell your body theres no need to use fat as a fuel source
- Turns calories into fat***
- Changes Brain Signals
 - Your brain tells you to keep eating and hibernate via hormones



Other Health Consequences...

● INTESTINAL PERMEABILITY-EEK!

- “Leaky Gut”***
- So how we went in a circle there?



<https://pharmafactz.com/wp-content/uploads/2014/12/pharmacology-of-inflammatory-bowel-disease.jpg>



What Alters Gut Bacteria?

- DIET*
- Chemical Toxins
 - POPs/EDC/
Pesticides
- Artificial Sweeteners
- Antibiotics
- Certain Medications
- Genetics/Epigenetics
- Exposures as infant
- Alcohol



But I eat SO healthy! And Exercise!
Doesn't Matter



<http://clipground.com/images/shoulder-shrug-clipart-11.jpg>



We all ate like crap at some point in our lives



Or partied in College...



<https://media.giphy.com/media/3oKIPxgBSJ9A0JPnZC/giphy.gif>



The past Haunts Us Today!



<https://media.tenor.co/images/1f42aa0619bbeccc308f6018abc16b58/raw>



Is it reversible?

YES!

<http://images.freeimages.com/images/premium/previews/2689/26891534-cartoon-yes-word.jpg>



But it doesn't happen overnight



You have to tackle it from the
inside out with a

WHOLE BODY APPROACH

<http://images.freeimages.com/images/premium/previews/2689/26891534-cartoon-yes-word.jpg>



Which can take time!!!

- Weight loss is a bit slow in the beginning
- Waiting can be frustrating
- GI System can go through ups and downs in the beginning
- Basically, there's an adjustment period



Pros To Whole Health Approach

- FEEL BETTER
- Have More Energy
- Healthier Skin
- Recover Faster From Workouts
- Strengthen Your Immune System
- Transition Through the Seasons Much Easier
- Your joints will feel freer
- LOSE WEIGHT
 - By decreasing Inflammation
 - By Improving metabolism



<https://media.giphy.com/media/l2JJOiGM3FWi9L2JW/giphy.gif>



SO WHAT ARE WE
GOING TO ACTUALLY
ADDRESS??????

<http://images.freeimages.com/images/premium/previews/2689/26891534-cartoon-yes-word.jpg>



GUT INTEGRITY/INFLAMMATION/SLEEP/DIET

****Antioxidants****

MICROBIOME

Digestive Enzymes/Probiotics

Citrus/Oolong Tea/Green Tea Extract

CRAVINGS

Male/Female Differences

Hormones
Genetics Disorders
Specific Nutritional
deficiencies

Other
Diseases





Sleep

- Hugely Important!
- Enough of good quality sleep is incredibly important
 - rule out sleep apnea
 - consistent sleep habits
 - Just do it



Beware of "Rapid Weight Loss Schemes"

- A lot of programs promise rapid weight loss
- Unless the program has a heavy focus on HEALING, you are sending your body into distress
- MEANING:
 - MORE WEIGHT GAIN LATER
 - GREATER DIFFICULTY IN LOSING WEIGHT



Does diet really matter?

- Most definitely!
- But let's stop worrying about food in the context of "carbs" and "macros" and total calories etc.
- You'll go mad
- TRY to minimize or reduce intake of foods with preservatives, additives & High fructose Corn Syrup** for now.



Where do you Start?

- ③ ANTIOXIDANTS
- ③ DIGESTIVE ENZYMES
- ③ PROBIOTICS



Overview of Weight Loss Solution

Antioxidant Therapy

- HEAL DAMAGE
- Reduce Inflammation
- Minimize/Neutralize oxidative stress



<http://www.antioxidants-make-you-healthy.com/images/auntieoxidant.jpg>

Probiotic Therapy

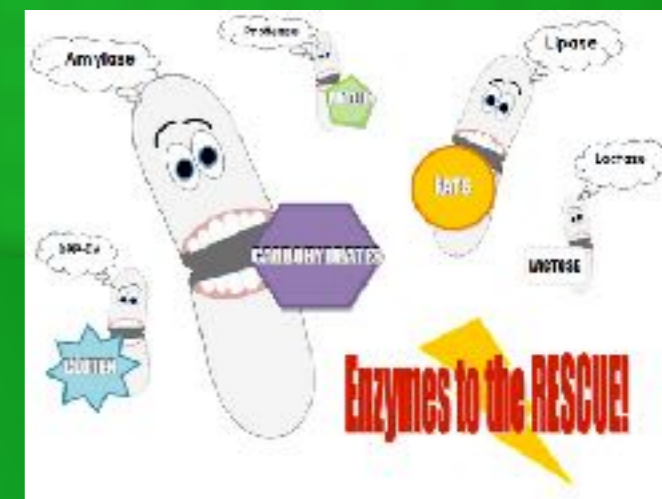
- Restore bacteria in the gut so they can do its job



<http://fdn.return2health.net/articles/wp-content/uploads/Untitled-17.jpg>

Digestive Enzymes

- Improve breakdown of foods to have more nutrients available



<https://nutritioneducationwithkelli.files.wordpress.com/2015/06/enzyme-photo.jpg>

*Appetite Suppressants/Metabolism Boosters



Antioxidant Therapy: Biggest Bang for Your Buck

- Antioxidant Definition:
 - Chemical constituents or properties of colorful fruits and vegetables that can eliminate the chemicals produced as a result of oxidative stress.
- Tremendous amount of money and time goes into researching antioxidants
- New drugs are trying to be developed based on synthesized version of the “phytonutrients”
- Studies on Obesity show an antioxidant DEFICIENCY



Antioxidant Therapy Con't

- PROBLEM: single antioxidants are not absorbed as well and can sometimes even be toxic at high doses
- SOLUTION: give in whole food form for optimal absorption and use by the body



So, what should I get?



NingXia Red Antioxidant Drink

Ingredients:

- COMPREHENSIVE Antioxidant drink made from multiple super fruit juices
 - Wolfberry* Puree
 - Blueberry Juice Concentrate
 - Plum Juice Concentrate
 - Cherry Juice Concentrate
 - Aronia Juice concentrate
 - Pomegranate Juice Concentrate
- Other Therapeutic Ingredients
 - Grape Seed Extract
 - Orange Essential Oil
 - Lemon Essential Oil
 - Yuzu Essential Oil
 - Tangerine essential Oil



1-2 Month Supply: \$170.00



Life-9 Probiotics

- DIVERSITY IS KEY

- If a probiotic has one strain, it may help temporarily but does nothing for re-establishing a diverse population of bacteria

- High Count and Diversity to Start off!

- Life-9:

- 9 Strains

- 17 Billion Organisms

- Contains Bacteria Known to be depleted in Obesity

- Stable, Quality Product



Digestive Enzymes-Essentialzyme-4

- Must contain more than one type of enzyme
- Essentialzyme-4
 - Multi-spectrum enzyme complex
 - Aids digestion of fats, proteins, fiber, and carbohydrates commonly found in modern processed diet.
 - Two capsules that are released at separate times allowing for optimal nutrient absorption
- Help break down foods to make it easier to absorb crucial nutrients



Metabolism Boosters

- Ningxia NITRO
- Green Tea Extract**
- Citrus Products
- HIIT Training



• Ingredients:

- D-Ribose
- Green tea extract
- Mulberry leaf extract
- Korean ginseng extract
- Choline
- Proprietary Nitro Alert™ oil blend: Vanilla planifolia
Chocolate oil
Yerba mate oil
Spearmint oil
Peppermint oil
Nutmeg oil
Black Pepper oil
Wolfberry seed oil
- Nitro juice blend concentrate:
(Cherry, Kiwi, Blueberry, Acerola, Billberry, Black currant, Raspberry, Strawberry, Cranberry)

Ning Xia Nitro



Let's Review

- NingXia Red
 - AM + PM (2-4oz/day Depending on Individual)
- Enzymes
 - 2x/day With meals
- Probiotic
 - 1x/day Before Bed
- NITRO
 - Metabolism Boosting Supplements
 - Additional Appetite Suppressants



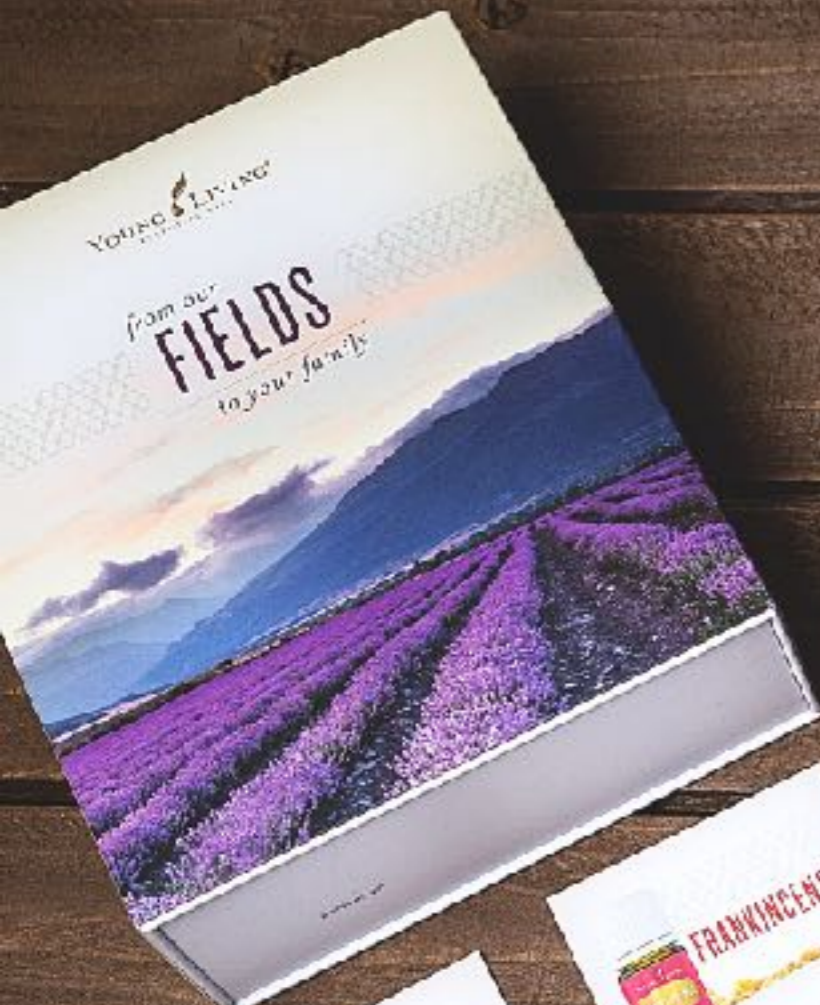
\$251.75



Additional Benefits

- A Stress Away Essential Oil Blend
- Toxin Free All Purpose Cleaner Sample
- Sample Cards of Lavender, Lemon, Peppermint, Peace & Calming, and Thieves Essential Oils+Sample Bottles
- A Magazine with recipes and tips on how to use Essential Oils





FREE BOTTLE OF BASIL VITALITY ESSENTIAL OIL

- ✓ Add to your favorite dishes in place of basil
- ✓ Use a TINY bit, a little goes a long way!



YOUNG LIVING[®]
ESSENTIAL OILS

BASIL VITALITY™

- Fresh, herbaceous taste
- Flavorful substitute for dried or fresh basil
- Add to salad dressings and marinades

YOUNG LIVING[®]
BASIL
Vitality™
100% Pure, Therapeutic-Grade
Essential Oil Supplement
0.17 fl oz (5 ml)

The image shows a promotional graphic for Young Living Basil Vitality Essential Oil. It features a dark green background with a white banner at the top containing the product name. Below the banner, there are three bullet points describing the product's benefits. To the right, there is a small glass bottle with a white cap and a white label that matches the product name and volume. A stylized illustration of basil leaves is positioned behind the bottle.



• FREE BAG OF STRESS AWAY BATH BOMBS

- Made without colorants, synthetic preservatives, parabens, or animal-derived ingredients
- Mineral rich formula and skin loving ingredients!
- Fun and relaxing leaving you skin feeling soft, smooth, and moisturized



Additional Benefits

- Access to exclusive Wellthy Livin' FAMILY group for support along the way
- A good way to keep in touch with how things are going
- A place to ask questions/ share testimonials, vent about struggles



*Order Today until 4/30 & Get Entered
to Win this Wellness Basket!*

\$400!!!



Winner Announced 5/1

How To Order

- www.hesterhealth.com/gettingstarted
- FOLLOW INSTRUCTIONS
- Message me with questions 🤗



Want more of the action?!

- RECIPES, HEALTH TIPS, MORE CLASSES, ENCOURAGEMENT, FINNICK
- FOLLOW ME:
 - INSTAGRAM: @lisalhester
 - FACEBOOK: @hesterhealth



*Thank
You!*

