

# TRUST YOUR GUT

Have you ever noticed those people who look super lean from head to toe, but have a weird little pot belly? You've been told in the past that it's a beer gut right? So what if they don't drink beer? Chances are it could be to do with their digestive health.

**EVERY WEEK MORE** and more magic pills are turning up on our shelves. There will be at least 25 new protein drinks out this year. What about the new vitamin waters? Will I be able to walk on water if I drink one of those a day?

People have forgotten about focusing on a healthy nutrition and lifestyle regime. Do you know what it's like to feel 100 per cent healthy? For many of us the answer is 'no' because we probably haven't been 100 per cent for years! These days, being healthy is misunderstood. People think it consists of splashing out on a truckload of vitamins and pills, trying the latest exercise tool that will come and go within six months and drinking protein shakes.

Health is all about taking responsibility for all areas of your life. So what does eating healthy mean to you? Here's my opinion on what being healthy means:

**1** If it is white, don't eat it! The four white devils are white flour, white sugar, white salt and pasteurised and homogenised milk



> **“Once your healthy gut foundation is established, there are other areas that can be improved, such as your digestive health, hormones, adrenal glands and amino acids.”**

products. If dairy is a necessity and you can't get hold of raw dairy, choose Certified Organic as your second choice. For those who are lactose sensitive, use full fat cream, which is very low in lactose and high in fat.

**2** If you can't pronounce a word on a label, do not eat it. Your liver will thank you for not doing so!

**3** Fruit juice is sugar water! Don't drink it. Small quantities of freshly squeezed juice may be ok as an occasional treat.

**4** The longer the shelf life, the more harmful it is likely to be to your body!

**5** Choose products and meats in this order:

- + Certified Organic produce and free range meats
- + Organic Produce and organic meat
- + Locally Farmed produce and locally farmed free range meat
- + Commercial produce and commercial hormone-free meat
- + Commercial meat.

**6** Always season foods and water with 100 per cent unprocessed sea salt. The best is Celtic, followed by sea salt from New Zealand because there are less heavy metal toxicity there.

**7** Use this formula to calculate the correct daily water consumption for you:

**Your body weight (in kilograms) x .033 = the amount of water (in litres) you should be drinking each day.**

For example an 80kg man should drink at least 2.64 litres per day (calculated: 80 x 0.033= 2.6). Keep in mind there are no substitutes for water; not tea, not juice, not beer, nothing! And always buy top selling brands such as Evian, Fiji, Trinity and Volvic because they sell the fastest and, therefore, have the least exposure to plastic bottles. The most health-giving waters will have a hardness factor of 170 mg/L or greater and a Total Dissolved Solids (TDS) of 300 or greater. Adding a pinch of sea salt to water is recommended to replace electrolytes. Additionally, it will harden otherwise good but soft waters, and will significantly increase the TDS.

**8** Follow the 80/20 rule. If you live right 80 per cent of the time, you can absorb the other 20 per cent of not so perfect living.

**9** Get to bed by 10pm and sleep until 6am minimum, every day. This is because:

- + the body (physical) repairs itself from 10pm to 2pm.
- + the mind (mental) repairs itself from 2am to 6am.



## HEAL YOUR GUT

For optimal gut health, heed the guidelines and follow a Gut Healing Program like the one below. This program should be followed for a minimum of four weeks.

- + Eliminate caffeine, alcohol, refined sugars and processed foods and bad fats from your diet, as they all irritate and create inflammation in the gut.
- + Remove foods that you know you are sensitive to; it's worth getting a food intolerance test to find out for sure.
- + Restore probiotics daily, by using a lactobacillus acidophilus/ bifidus supplement.
- + Repair your system with healthy fats, such as fish oils and nut oils.
- + Eat whole foods that are unprocessed, lightly cooked and organic wherever possible.
- + Avoid antibiotics and non-steroidal anti-inflammatory drugs, such as ibuprofen, aspirin and Tylenol.
- + Be aware that many other medications affect the GI tract (i.e., osteoporosis medications, anti-depressants, acid reduction medications).
- + Repair your system with herbs such as garlic, aloe vera, oil of oregano, turmeric and fish oils. You now have the healthy, natural tools to help rekindle your health.

It may take a bit of time to repair the damage that has been done over the years, so you need to be patient and realise that this is a long term project, not something that will be fixed overnight.

Depending on how toxic your body is you might experience a number of reactions to changing your diet; this could include some weight gain, weight loss, enhanced mood, increased energy and /or greater vitality. The thing to remember is that even if we eat all the right foods and take high-end supplements, if we have a gut dysfunction (e.g., low SIgA, parasites, fungus, bacteria, Dysbiosis), then what we consume will not produce the benefits we seek.

To request a copy of 'Waste not, want not', a previously published article about digestive health, email [editor@fitnessfirst.com.au](mailto:editor@fitnessfirst.com.au)

### BLAKE WORRALL-THOMPSON

Blake has worked in an elite personal training studio in London along with owning and running his own boot camp and holding management roles within Fitness First. He is the director and owner of Raw Solutions, an international mentoring and coaching program for those in the health and fitness industry looking to get the edge over others in the industry. Along with being the director and owner of Ministry of Wellbeing, a corporate health and fitness program aimed at improving companies' productivity and health, Blake is a regular contributor to a number of publications and is also the author of the best selling book Switched on Health and Wellbeing Professionals. Blake can be contacted via [www.rawsolutions.com.au](http://www.rawsolutions.com.au)