

THE DIGESTIVE SYSTEM: THE MISSING LINK TO ACHIEVING GREAT RESULTS

By Eleanor Campbell
Founder of EC Coaching & Training

“ *You are what you eat' is only partly true.
A more accurate way to describe it is 'you
are what you eat, digest, absorb and
don't excrete.*



- About 1 in 6 admissions to hospital are for the primary diagnosis of gastrointestinal disease
- 1 in 6 main surgical procedures carried out in a hospital are carried out on the digestive system
- Dyspepsia (describes pain or discomfort in the upper GI tract) symptoms typically affect between 20 and 40% of the UK population, depending on the diagnostic criteria used

1

The human digestive tract has as many neurons as the entire spinal cord

2

All neurotransmitters that have been found in the brain are also found in the digestive system

3

There are more bacteria in the gut than there are cells in the body – bacteria help you survive, synthesise vitamin K and metabolise food

4

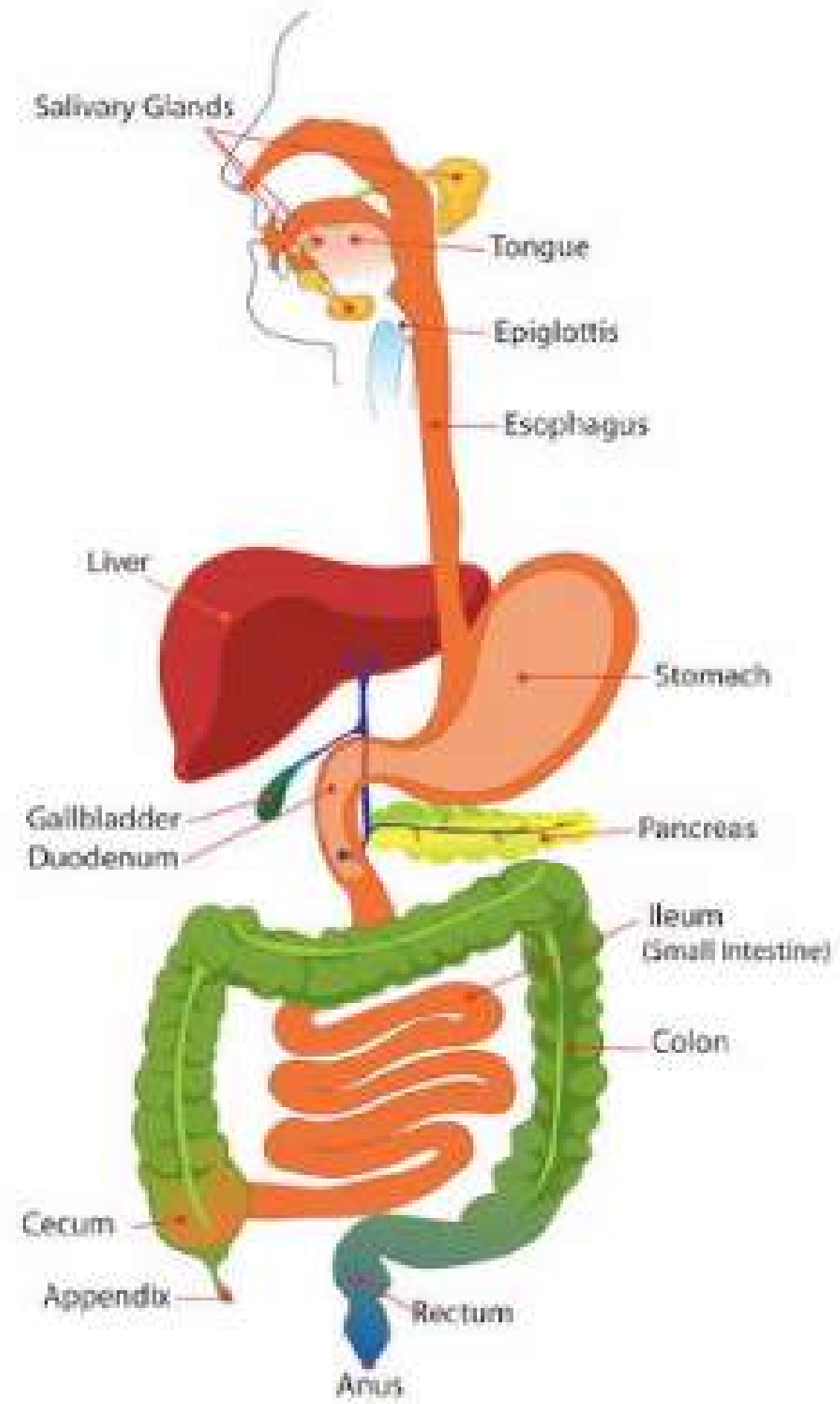
75% of the body's immunity is found in and around the digestive system

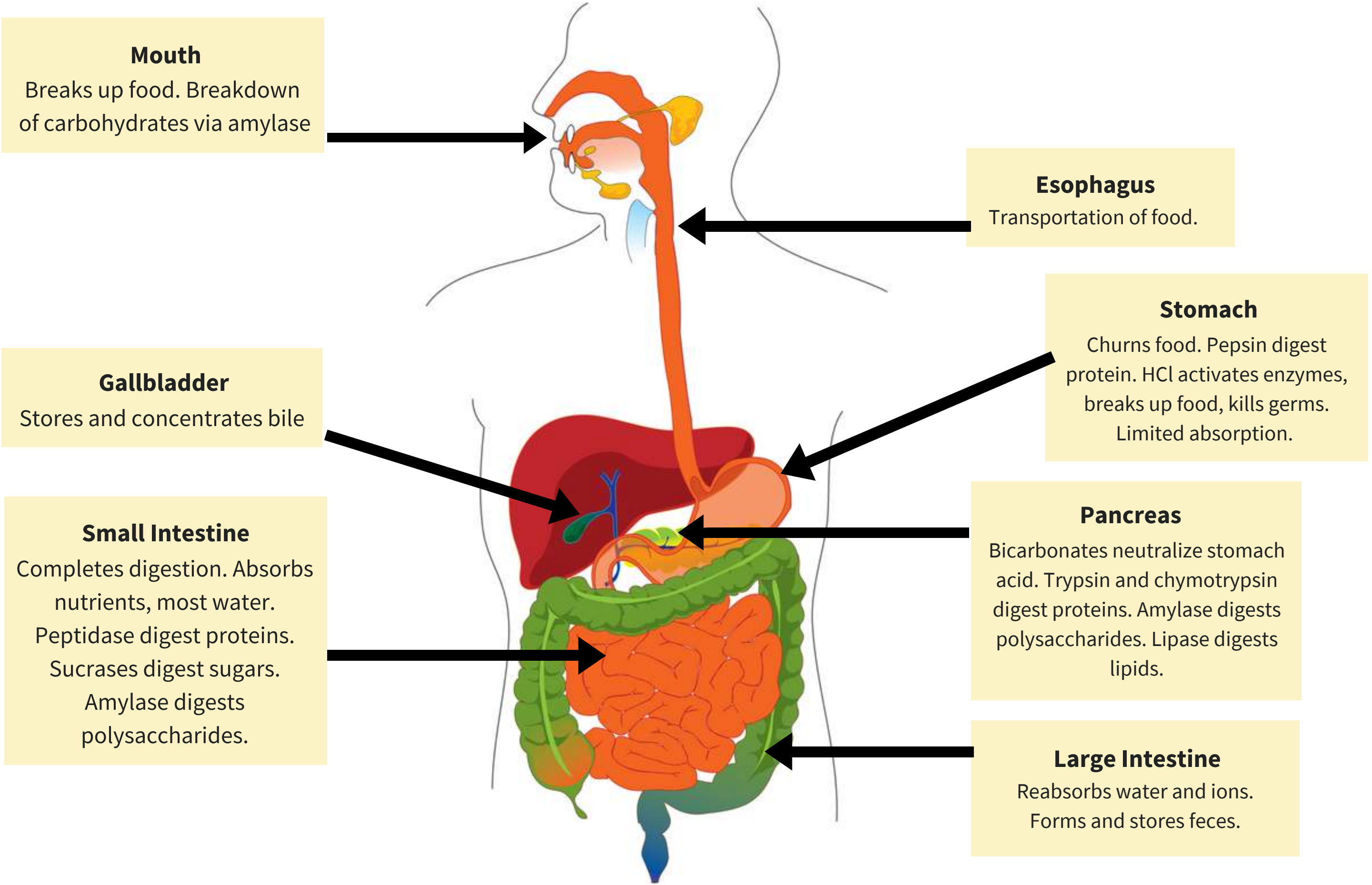
What is the digestive system & how does it function

The Digestive System

“

*Digestion process starts much sooner
than many people think.*





Mouth
Breaks up food. Breakdown of carbohydrates via amylase

Esophagus
Transportation of food.

Stomach
Churns food. Pepsin digest protein. HCl activates enzymes, breaks up food, kills germs. Limited absorption.

Gallbladder
Stores and concentrates bile

Pancreas
Bicarbonates neutralize stomach acid. Trypsin and chymotrypsin digest proteins. Amylase digests polysaccharides. Lipase digests lipids.

Small Intestine
Completes digestion. Absorbs nutrients, most water. Peptidase digest proteins. Sucrases digest sugars. Amylase digests polysaccharides.

Large Intestine
Reabsorbs water and ions. Forms and stores feces.

What can go wrong?

The Digestive System

WHAT CAN GO WRONG?

- We don't take time to chew our food
- Low stomach acid levels
- Deficiency in bile to emulsify fats
- Damage to villi or microvilli
- Deficiency in pancreatic enzymes
- Dysbiosis in the large intestine

An introduction to how to fix the digestive system

The Digestive System

AN INTRODUCTION TO HOW TO FIX THE DIGESTIVE SYSTEM

1

Remove

2

Replace

3

Repair

4

Re-inoculate



SUMMARY

The digestive system is extremely important to achieve optimal function whether day-to-day life or sports performance is considered.

People making the greatest improvements in health when they can:

- A** Digest food properly and
- B** Absorb nutrients into the body that will ensure various systems of the body can work optimally

FOOD ALLERGIES AND SENSITIVITIES

Body by Elle



Food allergies & sensitivities

The Digestive System & Gut Health

FOOD ALLERGIES & SENSITIVITIES

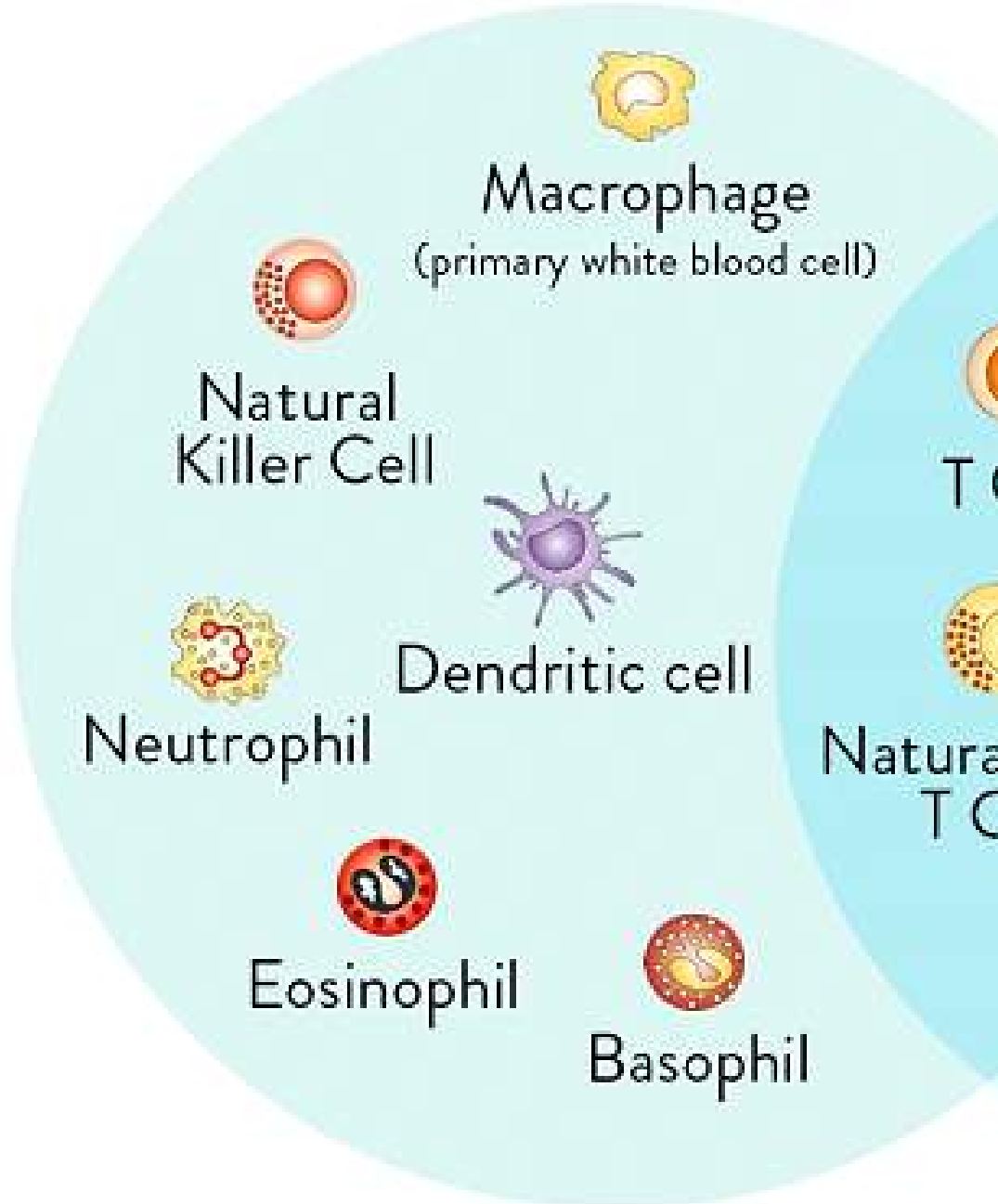
- The problematic food can set up a cascade of immune and chemical reactions
- It can cause an ongoing inflammatory reaction on the lining of the intestines
- The body will also not be fully absorbing the key nutrients
- Not everyone has an allergy or intolerance to foods
- Restriction is becoming a popular dieting trend

The immune response

Food Allergies & Sensitivities

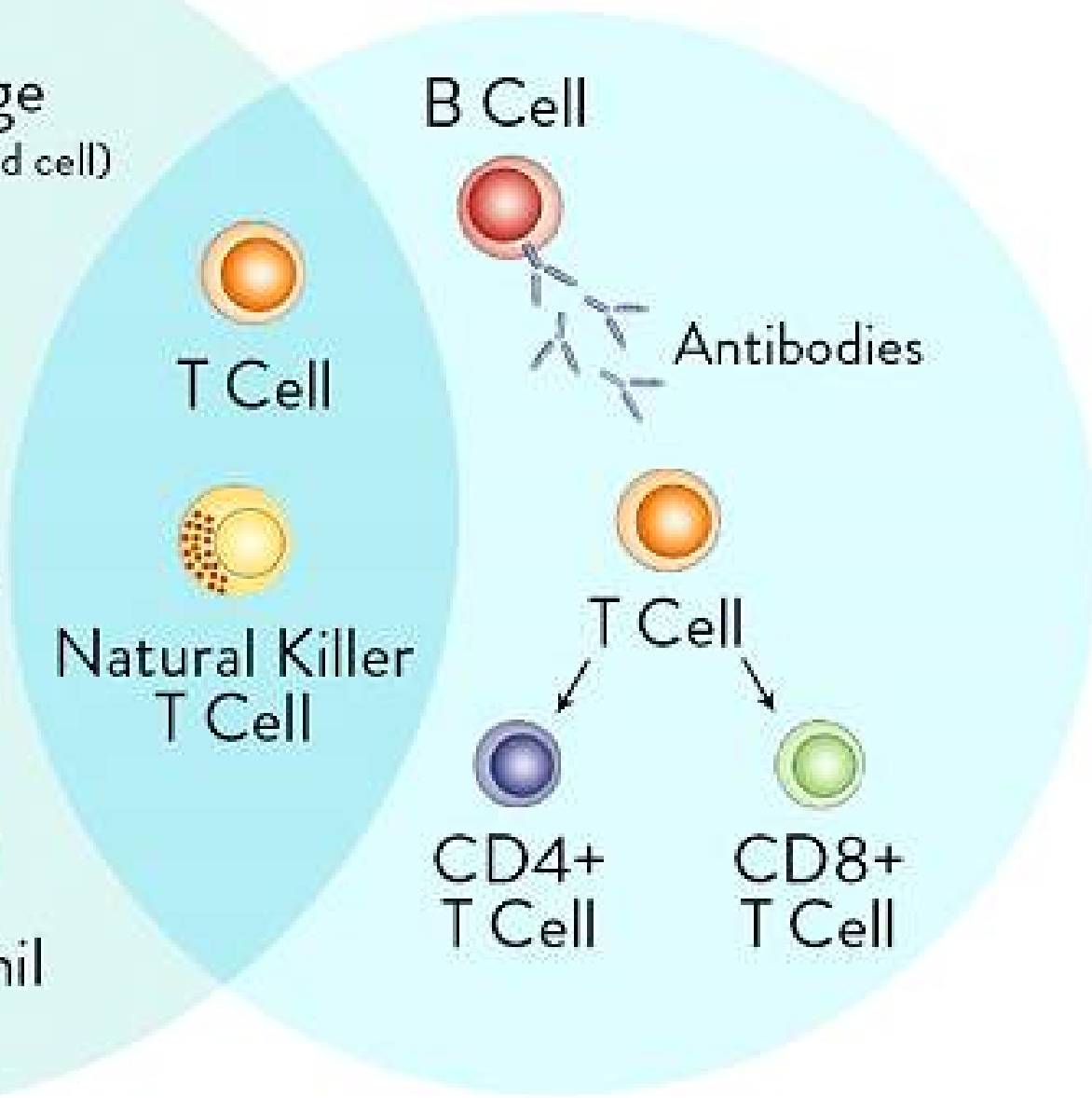
INNATE IMMUNITY

(rapid response)



ADAPTIVE IMMUNITY

(slow response)



Food intolerances

Food Allergies & Sensitivities

REACTION CAUSES

1

A HYPERPERMEABLE GUT (LEAKY GUT SYNDROME)

- Triggered by a number of things
- Source can typically be linked back to a number of lifestyle factors
- Stress can also be a trigger
- A diet low in fibre can play a significant role too
- Antibiotics and anti-inflammatory drugs will cause havoc on our gut and kill off good bacteria

REACTION CAUSES

2

A SLOW OR DEFICIENT DETOXIFICATION PATHWAY

- Primary factor used to remove toxins from the body
- Toxins remain in the body and cause an immune response to occur
- Detoxification enzyme deficiency

REACTION CAUSES

3

GENETIC PREDISPOSITION

- Some people are more likely to react to a particular food than others
- Can lead to a chronic activation of the innate immune system
- Inflammation can cause potential physical damage

Symptoms & responses

Food Allergies & Sensitivities

SYMPTOMS & RESPONSES



Fatigue



Irritable bowel syndrome (IBS)



Headaches



Inflammatory bowel disease (IBD)



Skin reactions



Respiratory disease



Weight gain

Finding the problem

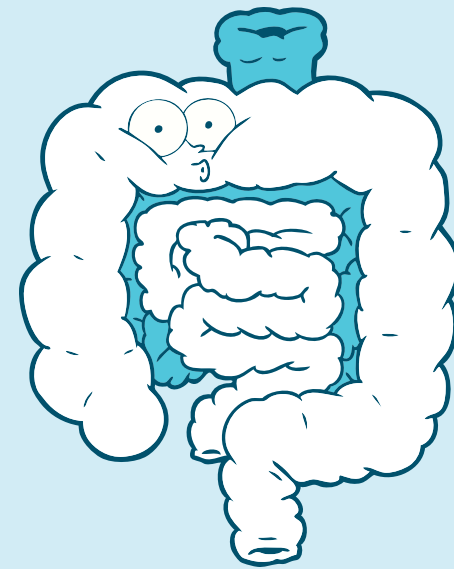
Food Allergies & Sensitivities

FINDING THE PROBLEM

- Elimination diet
- Food sensitivity testing
- Blood testing
- Standard allergy testing (skin, urine, hair)
- The Mediator Release Test (MRT)

PROTOCOLS AND SUPPLEMENTATIONS

Body by Elle



*THE DIGESTIVE SYSTEM
& GUT HEALTH*

Fixing the problems

Protocols & Supplementation

FIXING THE PROBLEMS

1

Remove

2

Replace



Betaine HCL

Betaine HCL

Protocols & Supplementation

MEASUREMENT RECORDER

- 1** Eat a small meal containing 20-30grams of protein.
- 2** Halfway through the meal consume 200mg HCL tablet.
- 3** Assess any changes in the body following this i.e.: heaviness, hotness, burning sensation or other GI distress.
- 4** If no change occurs, try 2 tablets at the following meal and assess again.
- 5** Keep increasing dosage with each meal until some discomfort or changes are noticed.
- 6** When this occurs, the ideal Betaine HCL dosage is 1pill less than the last dosage. This is when optimal dosage has been achieved by the client.
- 7** Stay on that dose until a burning feeling occurs again and reduce. Taking more is not helpful or needed.

FIXING THE PROBLEMS

1

Remove

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Betaine HCL



Digestive Enzymes

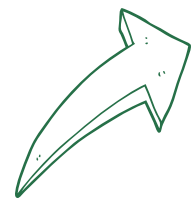
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Repair

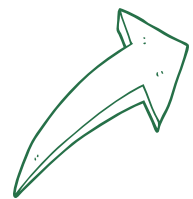
Repair

Protocols & Supplementation

IMMUNE RESPONSE

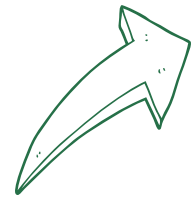


Ganoderma Lucidum - doses between 1.44g to 5.2g split throughout the day

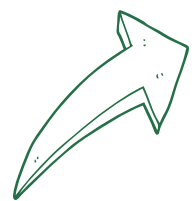


Holy Basil - 500mg of the leaf extract taken twice daily

FATIGUE

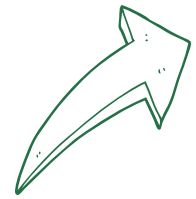


Rhodiola Rosea - 288-680mg ranges

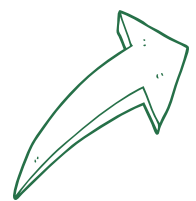


L-Carnitine - between 500-2000mg daily

INFLAMMATION

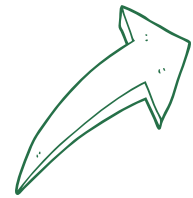


Ginger - 1-3g daily

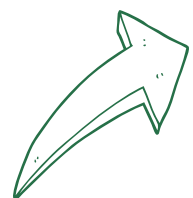


Curcumin - range of 80-500mg + black pepper for optimal absorption

ULCERATIVE COLITIS

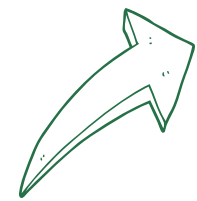


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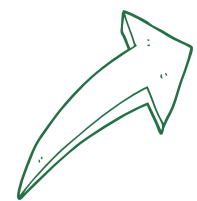


Andrographis paniculata - the oral dose is in the range of 2000-6000mg. With a root extract, 2000mg appears to be effective if the andrographolide content is around 30% or so

CROHN'S DISEASE

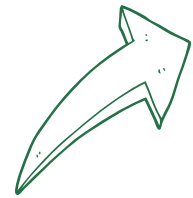


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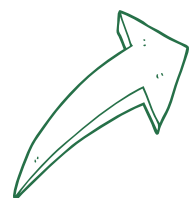


Glutamine – (L-glutamine) 5g or above, with a recommended upper limit of 14g or 0.75g/kg bodyweight

RESPIRATORY DISEASES

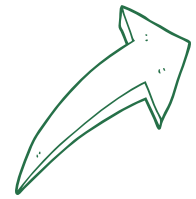


Magnesium - range from 200-450mg



Coleus Forskohlii - 500mg of a supplement containing 10% forskolin
in 2 doses

SKIN ISSUES



Green tea catechins, Bladderwrack and pycnogenol

FIXING THE PROBLEMS

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Betaine HCL



Digestive Enzymes

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Re-inoculate

- (3-4 weeks) of probiotics aiming for a multi-strain containing between 30-50 billion colony forming unit (CFU) daily
- A maintenance of 1-2 billion CFU daily following the full course