



Monthly Newsletter October 2010

Restore Your Gut in 3 Easy Steps

We are continually faced with great opportunities which are brilliantly disguised as unsolvable problems. Margaret Mead

- Feeling sluggish, slow, foggy and fatigued?
- Suffering from aches and pains?
- Confused with gaining weight despite the low calorie diet?
- Experiencing digestive problems such as constipation, bloating or stomach reflux?
- Frustrated with acne, moodiness and symptoms of PMS?

How can you concentrate with all that happening? HEY! If your health is not right, then NOTHING is!

Whether you are gaining weight despite your low calorie diet, suffering from allergies, or you just feel blah, unfocused and unmotivated, your body is clearly trying to tell you something... The question is, are you listening?

More often than not, we tend to ignore such symptoms and just blame them to 'aging" and "growing old", stress, living a fast paced life and not having enough time to eat and exercise. We pretty much learn to live with all these daily pains, aches and discomforts and seek to find some relief with over the counter medications as a "quick fix" that take away the discomforts without actually resolving the root cause. So many of these symptoms described above and many more that you can start recognizing, are directly affected by the health of your gut!

But Dina, the acne, the fatigue, my joint pains and my weight gain? Yes, Yes, Yes and Yes! what about my addiction to sugar? Yes, that too!

See all of these symptoms are underlying causes of excess toxicity, of an imbalance between the good and the bad bacteria that live in your gut indicating that your gut is not functioning the right way!

Toxicity itself is of great concern in our modern world. We are being toxically bombarded daily by both external and internal factors. Toxicity occurs when we ingest more than we can utilize or eliminate. (So more is not always better).



Externally we get exposed to toxins by breathing, ingesting them and by coming in contact with them through our clothes, cleaning supplies, food additives, preservatives and additives, pesticides and herbicides amongst hundreds of other sources.

- It is estimated that the average person carries approximately 700 toxins in their body.
- In fact an average American eats about 142 pounds of additives a year.
- More than 2000 new chemicals are manufactured every year that are used in our computers, autos, clothes, cleaners, foods and gadgets and Consider that many of these pollutants escape into our natural resources of air, soil, food and water.

The food you eat, the makeup you wear, the deodorant you use, the clothes you wear, the container you warm up your food in and the plastic bottle you drink water from can all contribute to that toxicity and further burden your body.

Internally our body also produces toxins through normal everyday functions. Our standard normal metabolic pathway and digestion is a normal healthy function in the body, which produces a lot of free radicals as a byproduct.

Processed foods such as refined flour products, meat, dairy, sugar actually one of the biggest sources of toxins, because of the daily consumption. They literally form a sticky plaque and adhere to the intestinal walls blocking the assimilation of nutrients and preventing proper elimination, which leads to increased toxicity. The body is literally overburdened, our organs are clogged and exhausted not being able to keep up with the waste.

The blockage of absorption of nutrition, the decreased efficiency of our organs to process the nutrition and the elimination process, as well as the dysbiosis in your gut, makes us sluggish and tired as well as constantly hungry since we are not getting the intended nutrition from our meals! So many things can go also go wrong from here... *(I will share all this with you on the teleclass so this newsletter doesn't get too long)*

Why should you care? Because, while you can temporarily pacify a headache or your PMS woes with Tylenol, stimulate your adrenals with a Grande Mocha Latte or treat your acne with a topical ointment, eventually you need to understand that this toxicity compromises your immune defenses contributing to many more life threatening and chronic symptoms and illness that we face today and we just accept as part of aging and part of life. Its been shown that nearly 90% of all Degenerative Disease begins in the digestive tract!

So the bottom line is that you need to take care of your GUT!

There is many ways you can do that. Here are the 3 biggie ones:



1. Eliminate foods that cause inflammation and damage your gut
2. Restore the healthy bacteria in your gut as well as the lining
3. Support the healthy bacteria and optimize your transit time with food!

You will be amazed at how many symptoms you will be able to say goodbye to and how you can easily double your energy, clear your skin and start looking years younger!

To your health,
Dina

*PS. If you want to learn more about how to heal your gut to balance your hormones, resolve your digestive discomfort, eliminate your sugar cravings and start balancing your weight, register for our Teleclass on October 21 “ **The 5 most outrageous truths behind detoxing and Weight Loss**”*