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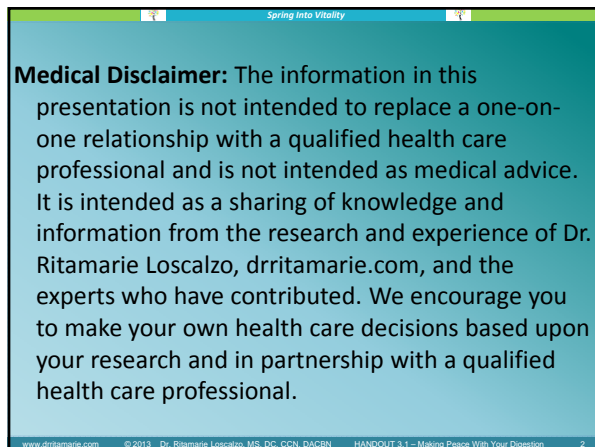
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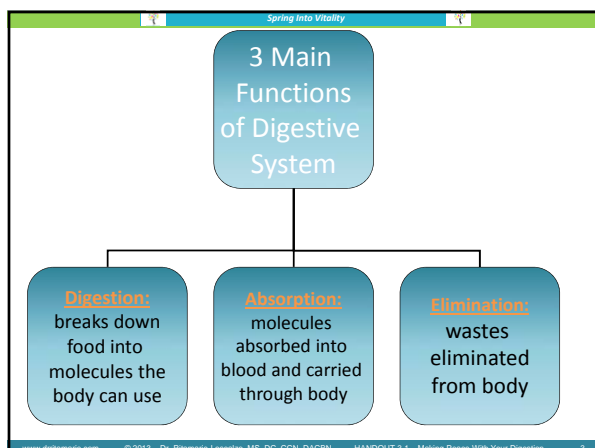
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Spring into Vitality

## The Psychology of Digestion

Digestion begins in your **HEAD** and **HEART**  
Not Your Gut!!!

- Impact of thoughts
- Fight/flight effects on digestion
- Relaxation effects on digestion
- Role of breathing on digestion
- Pre-meal ritual



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Spring into Vitality

## Pre-meal Ritual to Optimize Digestion and Absorption

- Stop
- Look
- Tune into your heart
- Breathe fully and deeply
- Feel sincere appreciation



You Need to **DO** this **EVERY** Time You Put Food  
into Your Body

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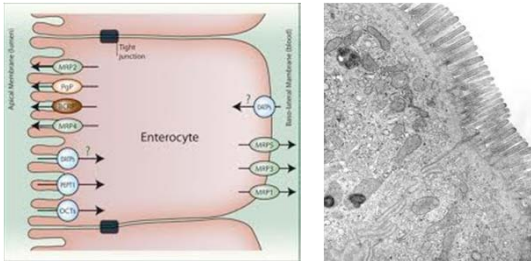
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Spring into Vitality

## Enterocyte

✓ Basic cells lining the small intestine and colon



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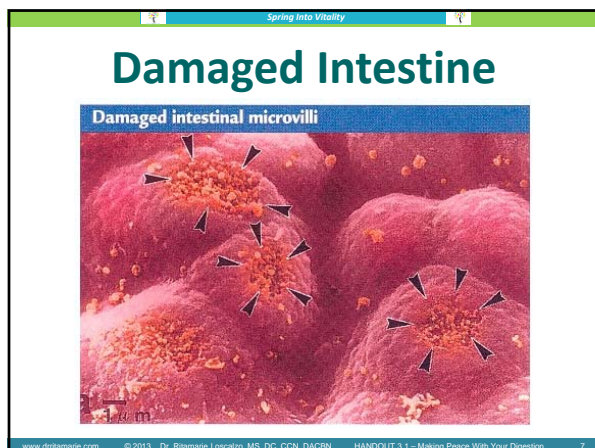
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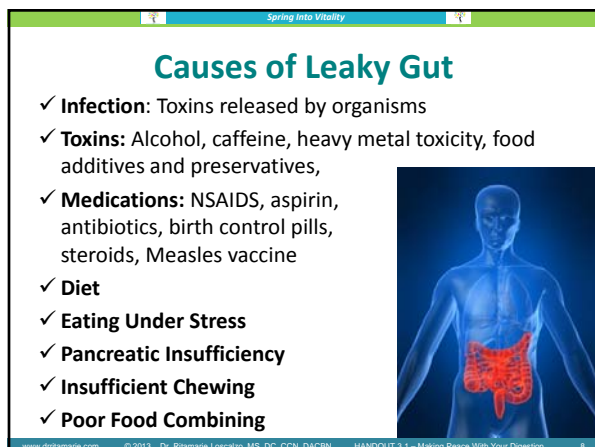
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### Gut Friendly Foods to Include Daily

- ✓ Green smoothie – at least 32 ounces
- ✓ Sea veggies
- ✓ Chlorella
- ✓ Probiotic containing foods
- ✓ Lots of greens
- ✓ Brassicas aka cruciferous vegetables
- ✓ Fruit should be eaten as part of green smoothie or along with a green leafy like lettuce or celery to prevent sudden rises in blood sugar and the potential to feed yeast
- ✓ Enzymes 1-2 with all meals except juice only or shake



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### Which Herbs And Foods Heal Which Gut Parts

- ✓ Licorice and slippery elm: stomach and intestinal lining
- ✓ Probiotics: large and small intestine
- ✓ Fiber: the whole tract
- ✓ Cabbage: stomach
- ✓ Chia and flax: small and large intestines
- ✓ Milk thistle seed: gall bladder
- ✓ Colon: fiber, water, short chain fatty acids that come from having good amounts of friendly bacteria – (probiotics, cultured foods, fiber, leafy veggies)



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### Secrets Of Clearing Out Candidiasis

- ✓ **Stop eating anything that creates sugar** in the gut - these critters love sugar including refined carbs and alcohol and even fruit juice.
- ✓ **Take something that 'kills' yeast** like grapefruit seed extract, oregano oil.
- ✓ **Take probiotics** to reseed the good friendly bacteria.
- ✓ **Take nutrients that heal** the lining of the gut, since the mycelia can damage the lining.

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**Mucilagenous Herbs and Foods**


**What they do:**

- ✓ Soothe the GI tract
- ✓ Rebuild the mucous layer
- ✓ Anti-inflammatory
- ✓ Lubricate the digestive tract
- ✓ Nourish body fluids and tissues

**Who they are:**

- ✓ Chia Seed
- ✓ Flax Seed
- ✓ Licorice
- ✓ Marshmallow
- ✓ Slippery Elm
- ✓ Comfrey
- ✓ Irish Moss
- ✓ Cinnamon
- ✓ Chamomile
- ✓ Fenugreek
- ✓ Jujube Dates
- ✓ Aloe Vera Gel
- ✓ Plantain
- ✓ Calendula
- ✓ Yarrow





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**Probiotics to Re-Inoculate Your Gut**



- ✓ Kim Chee
- ✓ Sauerkraut
- ✓ Coconut Kefir
- ✓ Seed Yogurt
- ✓ Kombucha
- ✓ Rejuvalec
- ✓ Miso
- ✓ Supplements

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**Gut Healing Porridge**

**Ingredients:**

- 2 tablespoons chia seed
- 1 teaspoon psyllium
- 1 tablespoon flax seed
- 16 ounces nut milk (i.e. sesame seed, coconut, almond or your choice) blended with 4 prunes and ½ cup blueberries

**Directions:**

1. Soak chia, psyllium, and flax seeds in ½ the nutmilk for several hours, ideally overnight.
2. Add remainder of nutmilk mixture and serve.

❖ *This porridge increases gut healing SCFAs (short chain fatty acids)*

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## NOTES



## **Low Glycemic Dessert Recipe Demo**

**NOTES:**



## NOTES





## Handout 3.4 – Blank Menu Planner

Date \_\_\_\_\_

<b>Breakfast</b>	
<b>Lunch</b>	
<b>Dinner</b>	



## NOTES

## Dr. Ritamarie's Daily Diet Checklist

<input checked="" type="checkbox"/>	Food	Quantity
	<b>Water</b>	Drink 1/2 your body weight in fluid ounces or more, depending on your activity level, degree of toxicity, and amount of high water content foods you consume.
	<b>Green Smoothie</b>	Drink at least 1 quart a day, preferably 64 ounces.
	<b>Dark Green Leafy Vegetables</b>	Ideally, eat 2 pounds a day. At the minimum, eat 3-4 cups per day. At least half should be uncooked for maximum benefit.
	<b>Cruciferous Vegetables</b>	Ideal: 3-4 cups daily. Minimum: 1-2 cups
	<b>Sea Vegetables</b>	1-2 teaspoons per day or 1-2 ounces a week
	<b>Rainbow Vegetable Salad</b>	1 large bowl of brightly colored mixed greens, oranges, reds, yellows. Use lots of green leafy vegetables like romaine, salad mix, other lettuces or spinach, along with sprouts - whatever is in season. Top with colorful vegetables, which can be lightly steamed or raw.
	<b>Beta Carotene and Vitamin C Rich Vegetables</b>	Carrots, red, orange and yellow bell peppers, squashes and tomatoes: 1-2 cups
	<b>Sulfur-Rich Foods</b>	Garlic, onions and daikon radish: 1-2 servings
	<b>Sprouts</b>	Sunflower greens, alfalfa, broccoli, fenugreek, clover and mung bean sprouts: 1 cup per day
	<b>Anti-inflammatory &amp; Immune Boosts</b>	Ginger, turmeric, basil, oregano, thyme, rosemary, cilantro: a handful a day or more
	<b>Blood Sugar Regulators</b>	Cinnamon, cardamom and nutmeg: 1/4 – 1 teaspoon
	<b>Fresh Fruit</b>	Large bowl of rainbow colored fruits or several whole fruits. Eat with greens to balance blood sugar.
	<b>Essential Fatty</b>	Flax, hemp, chia or pumpkin seeds or walnuts: 3-6 tablespoons

## Dr. Ritamarie's Daily Diet Checklist

<input checked="" type="checkbox"/>	Food	Quantity
	<b>Acid Rich Foods</b>	Blue Green Algae: 1-2 tablespoons Purslane: 1-2 cups
	<b>Probiotic and Prebiotic Containing Foods</b>	Sauerkraut, kim chee: 1/2 cup Miso: 2-3 tablespoons Seed yogurt, coconut kefir or rejuvalec: 1-2 cups Supplement with a minimum of 7 billion organisms per day. Prebiotic foods like Jerusalem artichoke and chicory can be helpful too.
<b>Optional Extras to Meet Additional Calorie Needs</b>		
	<b>Healthy Fat Rich Foods</b>	Raw nuts and seeds, avocado, coconut and olives: 1-4 tablespoons
	<b>Root Vegetables, Squashes, and Tubers</b>	Finely grated in salads or steamed - sweet potatoes, winter squash, pumpkin, rutabaga, turnips.
	<b>Legumes</b>	Sprouted raw or sprouted and cooked in water with vegetables added: 1-2 cups Lentils, mung beans, adzuki beans are most digestible and alkaline.
	<b>Gluten-Free Grains</b>	Sprouted or cooked - quinoa, millet, buckwheat, amaranth and teff: 1-2 cups

## Daily Activities Checklist

<input checked="" type="checkbox"/>	<b>Daily Activities</b>
	<b>Appreciation:</b> Find 3 things to appreciate before you get out of bed.
	<b>Set Your intentions for the Day:</b> Ask yourself these questions before you get up: How do I intend to show up in the world today? What do I intend to accomplish? What will I do today to uplift others?
	<b>Go Outside for 5 minutes:</b> Look in the direction of the sun, even if it's not quite light yet. This helps reset the circadian rhythm and is helpful for balancing your adrenals.
	<b>Cleansing Drink:</b> Start your day with a light cleansing drink to get your digestive tract working. 8-16 ounces of warm or room temperature water, ideally with a squeeze or more of lemon juice.
	<b>Green Smoothie:</b> Drink 32 ounces or more each day.
	<b>Sunshine:</b> Get 20 minutes per day or more, as weather allows, exposing as much of your body as weather and decency permits!
	<b>Fresh Air:</b> Go outside for at least 10 minutes a day whenever possible.
	<b>Fresh Air in Your Home:</b> Open your windows for at least 10 minutes a day. This allows the out-gassing from man-made materials and electronics to escape and decreases the risks of toxicity build-up.
	<b>Fun:</b> Schedule at least 5 minutes a day for a fun activity.
	<b>Relaxation Breaks:</b> Schedule at least 5 minutes every few hours to just step away from what you are doing and focus on your breathing and visualize you in your ideal body and environment. Deep abdominal breathing is important for optimal detoxification and hormone balance.
	<b>Enjoyable Movement (Exercise):</b> Make time each day for either a formal exercise program (i.e running, walking, weights, yoga) or informal – put on some music and dance, play tag with your kids, or anything else you find enjoyable that moves your body.
	<b>Omega 3 Fats:</b> Include servings each day of chia seeds, hemp seeds, flax seeds, pumpkin seeds, walnuts, blue green algae, and/or wild greens.

## Daily Activities Checklist

<input checked="" type="checkbox"/>	<b>Daily Activities</b>
	<b>Herbs, Super-foods and Supplements:</b> Use as determined for your unique needs.
	<b>Digestion Support:</b> Do some deep abdominal breathing before beginning meals, chew thoroughly, eat slowly, use probiotic foods or supplements and add digestive enzymes to hard to digest meals.
	<b>Balance Nutrient Intake:</b> Refer to “ <i>Daily Diet Checklist</i> ” for suggestions of what to include to cover your bases for nutrient needs.
	<b>Clear Your Mind for Sleep:</b> If you have a lot to do the next day and tend to stay awake thinking about it, keep a pad by the side of your bed and jot down a list of the things on your mind. This will allow you to let go and go to sleep more easily.
	<b>Appreciation:</b> End your day with appreciation - review your day and find at least 3 things that you can appreciate. Even the most challenging days have them. Looking for them shifts you into positive energy that leads to restorative and regenerative sleep.



## Energy Zappers and Energy Enhancers

### Energy Zapping Foods

- **Alcohol**
- **Caffeine:** coffee, black tea, soft drinks
- **Sugar and sweets:** includes molasses, artificial sweetener, and all forms of sugar except whole fresh fruit
- **Refined foods:** white flour, white rice, processed packaged foods (read the labels and learn to distinguish)
- **Unstable oils:** hydrogenated, trans-fats, all commercial oils (except extra virgin cold pressed olive, coconut oil, or macadamia oil)
- **Artificial colorings and flavorings**
- **Processed meats:** cold cuts, commercially raised animal products, and farmed fish
- **Dairy products**
- **Gluten**
- **Allergens:** All known and suspected allergens

### Energy Enhancing Foods

- **Dark green leafy vegetables:** 1 - 2 pounds a day (minimum 3 - 4 cups) – at least half should be raw\*
- **Rainbow vegetables:** a big bowl full
- **Root vegetables:** as desired for increased calories and staying power
- **Cruciferous vegetables:** 3 - 4 cups per day
- **Fresh ripe fruit:** 2 - 3 pieces per day
- **Omega-3 rich fats:** chia seeds, hemp seeds, pumpkin seeds, flax seeds (1 - 4 tablespoons per day)
- **Probiotic containing foods:** kim chi, sauerkraut, miso, non-dairy yogurt
- **Sea vegetables:** 1 - 2 ounces per week
- **Sulfur containing foods:** onions, garlic, cabbage
- **Water:** 1/2 your body weight in fluid ounces each day

\*1 - 2 quarts a day of green smoothie can cover a lot of these requirements.



## NOTES