

THE  
**GABRIEL**  
METHOD™



# Supporting your digestion during the Holidays? -Gabriel Method Nutrition

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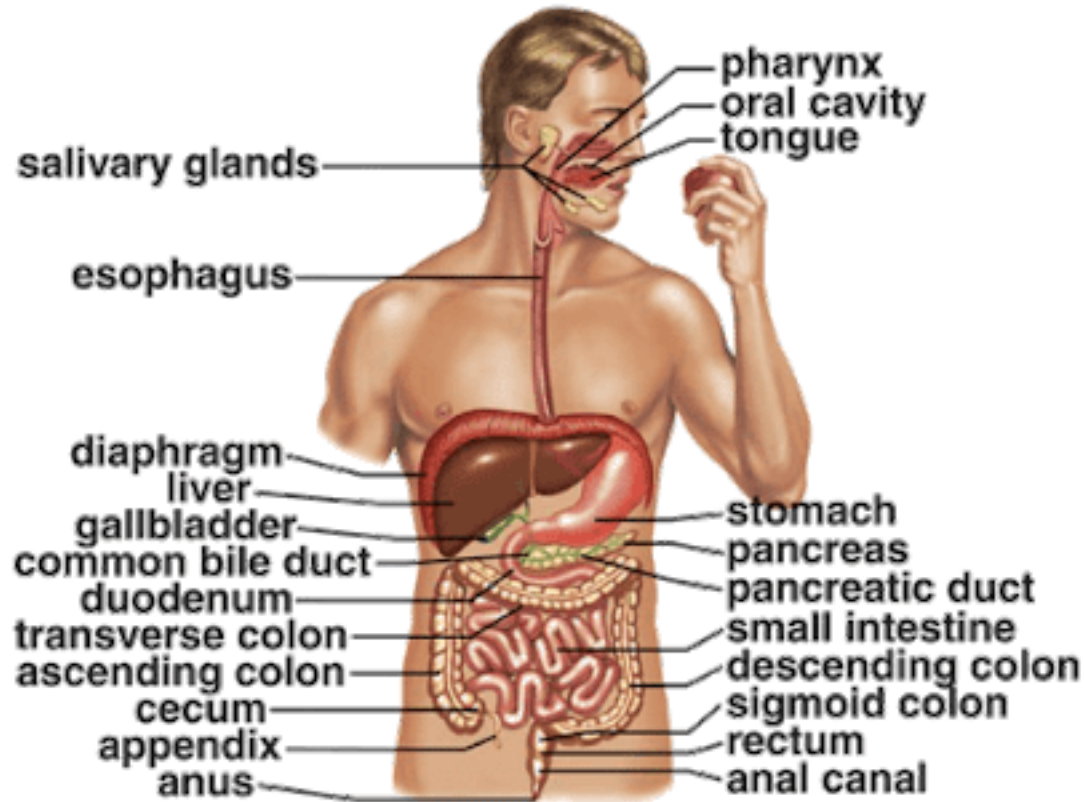
# Our Topic....

## **Supporting my digestion during the holidays.**

1. What to do if you overate?
2. How to enhance your digestion to support holiday stress?
3. How to tell my family I don't want to eat like they do, lovingly?

# The Core of Your Body~GUT

## Digestive system



# Your Gut Health

There are 500 species and 3 pounds of bacteria in your gut which form a HUGE chemical factory that help you...

~digest your food

~regulate hormones

~excrete toxins

~produce vitamins and other healing compounds that keep your gut and your body healthy.



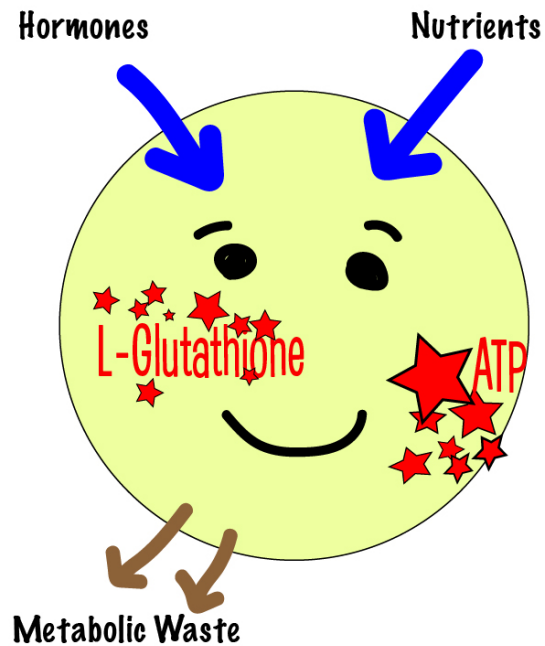
# What does stress do to your digestion?

- Inhibits the absorption of vitamins and minerals while suppressing digestion.
- Dilutes stomach acid
- Cause leaky gut
- Digestive issues: Constipation and diarrhea
- Heartburn
- Chronic dehydration in the gut and colon
- Most diseases originate in the gut

# How does a cell become inflamed?

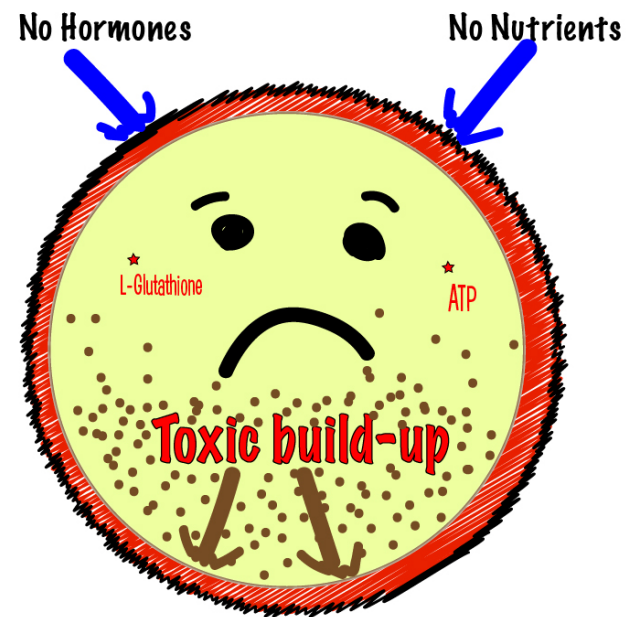
## Healthy cells:

- absorb nutrients
- eliminate waste
- have healthy levels of L-Glutathione and ATP



## Inflamed cells:

- cannot absorb nutrients
- cannot eliminate waste
- have low, unhealthy levels of L-Glutathione and ATP



# Focus on nourishing your mind...

- No more mental dieting!



# Focus on nourishing your body



# 3 Steps:



**FEEL**



**MEAL**



**HEAL**



# Foods that your gut may love!

- Apples
- Artichokes
- Avocados
- Bananas
- Beans
- Berries
- Broccoli
- Brussels sprouts
- Cabbage
- Celery
- Coconut (and foods made from it)
- Cucumbers
- Dandelion greens
- Figs
- Garlic
- Kale
- Lentils
- Nuts and seeds
- Olives and olive oil
- Onions
- Pumpkin
- Spinach
- Seeds, especially when sprouted
- Strawberries
- Naturally fermented sauerkraut
- Pickled vegetables (including organic pickles)
- Kimchi (the Korean version of fermented vegetables or fruit)
- Kefir (fermented milk—unsweetened only)
- Miso
- Tamari (the liquid from miso)
- Tempeh (fermented tofu cake)
- Unpasteurized apple cider vinegar

# Supplements...

- Digestive Enzymes
- Curcumin (the active component of turmeric)
- Probiotics
- Glutamine
- DGL
- Aloe Vera
- Magnesium
- Methylated B12
- Zinc
- Omega 3's!

# What are you not digesting in your life?

- WOAHH??
  - Giving your power away?
  - Not speaking up for yourself?
  - Not trusting your gut?
  - Feeling guilty for your choices.
- 
- Visualize of your cells smiling, healing, and functioning at their highest potential.



# If you overate...

- Physical: Warm water with lemon, ginger, or apple cider vinegar. Veggie juice, have a Vegan Meal to allow the body to catch up, Veggie soup or stir-fry.
  
- Emotional: Observe your emotions. Guilt doesn't heal. What can I do for my body to support it now? Intermittent Fast, hydrate, sleep, move, take a bath, talk to a friend and LOVE yourself.

# How do you know you are Eating Enough of the Big 3?

- Detoxification is happening: Quality Bowel Movements, Clear urine, Fat burning zone, Sugar is balanced, strong cravings are reduced, cells are oxygenated
- Nervous System is back to its **natural rhythm**. Sleeping through the night and waking up with energy. Noticing that your body is naturally hungry and you are not having blood sugar crashes.
- You should feel energetic, mental clarity, no bloating and calm, and NOT craving SUGAR, especially after meal times (this is success):)
- You are absorbing vitamins and minerals. If you do not break down your food properly in the stomach, it can ferment causing heartburn, gas, bloating, and other digestive issues.
- Your body is becoming less inflamed and your gut is healing.

