

MASTERCLASS

BLOATING, WEIGHT GAIN & LEAKY GUT:

How to Heal Your Gut Naturally



WITH CHRISTA ORECCHIO
& JAMES COLQUHOUN



The Digestive Pathway

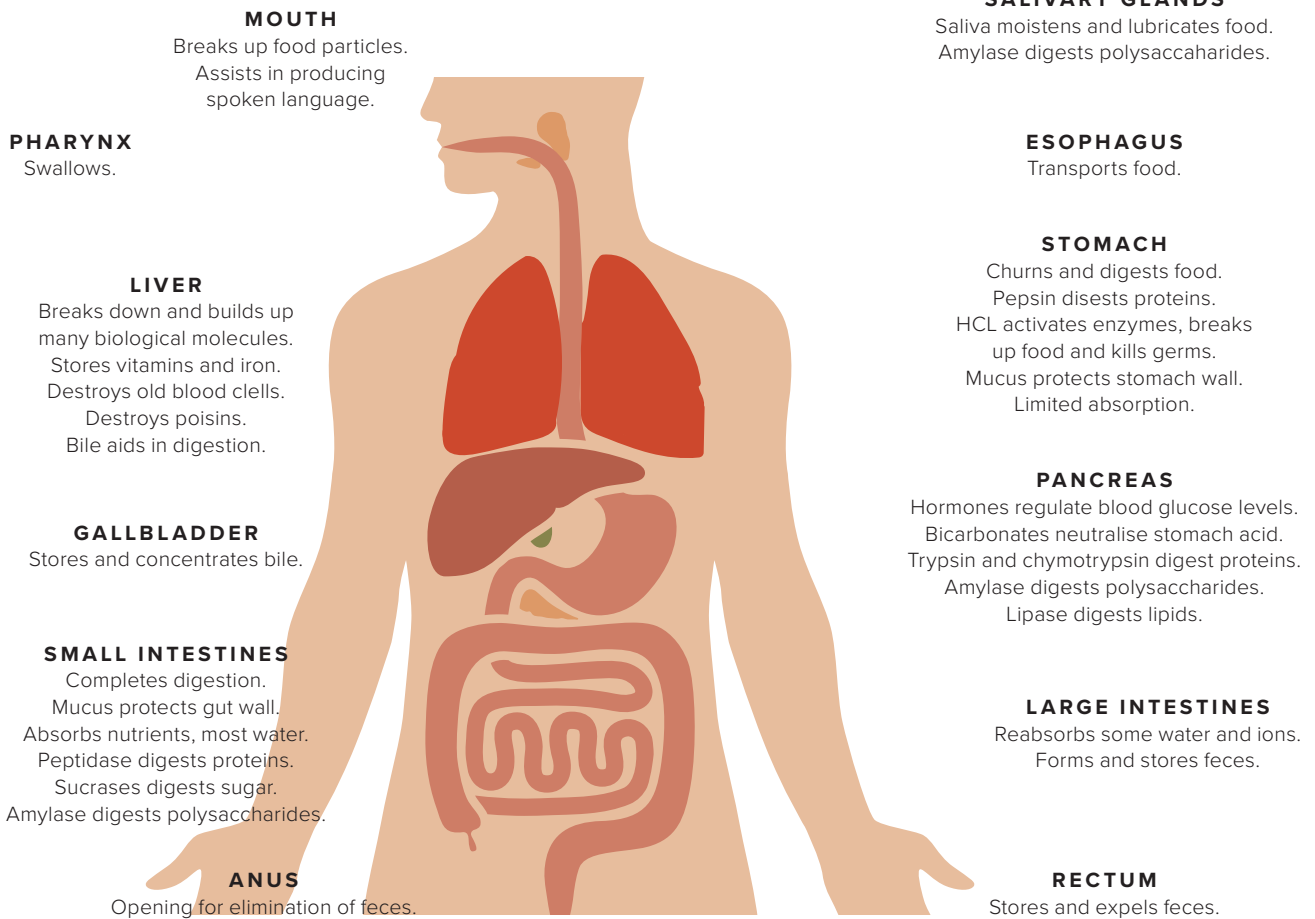


Diagram from the Food Matters Certification Program, Module 5: Healing the Gut Naturally.

“All disease begins in the gut” - Hippocrates

Q1. Why is it important to eat in a calm state?

Q2. Why do we need hydrochloric acid?

Q3. Fiber is important for?

Q4. What are the two types of fiber?

“We need to use fiber like a toothbrush for our insides.”

The Gut & Immunity

In this section, we will look at how the gut microbiome is linked to overall immunity.

Q5. What is a microbiome?

Q6. Why is the skin described as a powerful defender against pathogens and viruses?

Q7. What are some reasons for our microbiome being in dysbiosis?

Note: Dysbiosis is an imbalance between the types of organism present in a person’s natural microflora, especially that of the gut, thought to contribute to a range of conditions of ill health.

Symptoms of the gut being in dysbiosis:

Primary Symptoms	Secondary Symptoms
Bloating, irregular bowel movements.	Brain fog, memory issues, anxiety, depression, joint pain, insomnia, skin issues (psoriasis, eczema) liver issues, high cholesterol.

“It is interesting to note that a lot of autoimmune diseases begin in the gut.”

Q8. What are some causes of inflammation in the gut?

Q9. What is ‘Leaky Gut’?

“The gut is supposed to be our second skin. It acts as a barrier between the toxins and the rest of our organs.”

Q10. What are some key foods that upset the gut?

Q11. What are some healthier cooking methods instead of frying?

Our bodies need fat. Some great options to include fats in your diet are coconut oil, ghee, or olive oil on salad dressings - these are all preferable to classic pro-inflammatory oils.

“Live by this mantra: If you wouldn’t eat it, don’t put it on your body!”

Healing the Gut 101

In this section, we will look at ways to heal the gut.

Q12. What are Christa’s steps to healing the gut?

Check out page 11-12 for all of the recipes Christa mentions throughout this masterclass!

Biofilms

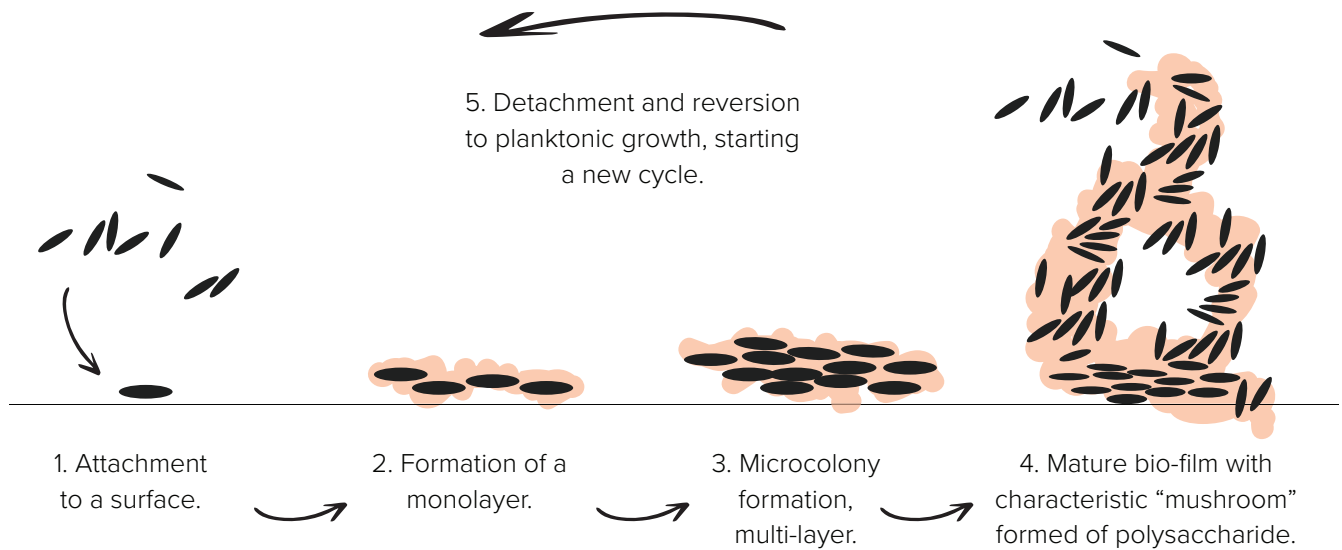


Diagram from the Food Matters Certification Program, Module 5: Healing the Gut Naturally.

Q13. What is diatomaceous earth?

Christa says, before you introduce ferments to your diet you need to 'till the soil'. Christa describes a combination of detoxification, using diatomaceous earth to scrape at the biofilms, bentonite clay to draw out the pathogens and herbs to reset the body.

Q14. How many different strains of probiotics do you need to rebuild the gut?

A Recap of Rebuilding the Gut

The steps to rebuilding the gut:

1. Get rid of the inflammation.
2. Purge the pathogen.
3. Re-establish the strains (introduction of probiotics).

"Fiber is the food for the bacteria."

Once you have healed the gut, purged it of pathogens, and introduced good bacteria, your body will manufacture new bacteria and regenerate itself.

Q15. What percentage of bacteria is neutral?

It's interesting to note that studies have shown you can influence the neutral bacteria to become pathogenic or symbiotic.

Q16. What are some supportive foods to help the healing and sealing of the gut?

In summary, to heal the gut we need to do the following...

- Eliminate foods and toxins that are aggravating the gut.
- Pathogenic purge.
- Introduce bacterial strains.
- Heal & seal the gut.

Q17. What are Christa's top foods for calming an inflamed gut?

More on Broth

Most people aren't healthy enough to consume raw foods. So if you're suffering with gut issues, it's probably best to consume cooked foods and incorporate a good quality bone broth.

Christa recommends: Chicken & Beef Broth

“You get the most collagen when you use chicken - but you have to use the feet.”

Some people may even consider a bone broth fast. It's best to chat directly with your health practitioner first, especially if you have other conditions that may not interact well with fasting.

Q18. What are some things to look for when purchasing bone broth from the store?

Christa's General Principles for Overall Gut Health

- Don't try and do everything at once.
- Choose 3 things to try this week, and change this next week.

What are 2-3 things you can try today, to start the gut healing process?

Now, before we wrap up this workshop, I want to bring back that dream day that you envisioned and wrote down at the beginning of this masterclass. What your life would look like without the symptoms you're currently suffering from. I want you to hold the vision again and write down 1 - 3 action items that you're going to do today that will get you closer to that dream day.

So you might decide that today you are going to...

Christa's Turmeric Ginger Lemonade

Prep & cook time: 20 minutes

Serves: 4

Ingredients:

- 4 cups water
- 1 teaspoon organic turmeric powder (or a 3-inch strip fresh turmeric root, peeled)
- 1 teaspoon organic ginger powder (or a 4-inch strip fresh ginger root, peeled)
- 1/4 teaspoon black pepper
- honey or dark-liquid stevia, to taste
- lemon slices, or the juice of a full lemon (to taste)

Method:

1. Put water into a small pot and bring to a boil on the stove. Make sure that the water has come to a full boil. Add turmeric and ginger to the boiling water and simmer for 8 to 10 minutes. This will extract the beneficial compounds from the turmeric and ginger.
2. Remove the pot from the stove. Strain the tea into a cup through a fine-mesh strainer to filter out the particles of turmeric and ginger.
3. Add sweetener and lemon to taste.

Christa's Cleansing Cilantro & Oregano Pesto

Prep time: 10 minutes

Serves: Makes about 1 cup

Ingredients:

- 1 bunch fresh cilantro, washed and dried, ends clipped
- 2 tablespoons fresh oregano
- 1 lime, juiced
- 3/4 cup extra virgin olive oil
- 1/3 cup pine nuts (optional)
- 2 cloves garlic, minced
- sea salt to taste

Method:

1. Blend all ingredients together. Use as a thicker salad dressing, a dip for vegetables, or as a topping for chicken or fish after it has been cooked.

Food as Medicine Note:

Oregano is the most powerful antifungal found in nature when it comes to overcoming candida and yeast overgrowth. Consuming it fresh is an excellent way to deliver a shot of healing to both your gut and immune system. Our pesto also contains garlic as your natural antiviral and antibacterial since we know pathogens live in colonies. The cilantro is present to help your body mobilize the heavy metals that invariably come with candida overgrowth, making this the best candida friendly recipe of all time!

Food Matters Restorative Broth

Restorative Vegetable or Bone Broth

A signature broth recipe of Food Matters, you'll find we use this in recipes throughout the book, and in our signature guided programs. This restorative broth recipe contains minerals for restoring acid-alkaline balance in the body and collagen for skin and cell regeneration. Broths are rich in healing properties to help improve digestion, support the immune system and enhance the appearance of our skin.

Serves: 6-8 portions

Prep time: 15 minutes

Cook time: 10 hours

Equipment: slow cooker or large pot

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 large onion, roughly chopped
- 6 celery stalks, roughly chopped
- 3 carrots, roughly chopped
- 4 cloves garlic, crushed
- 1 bay leaf
- 1 tablespoon mixed dried Italian herbs (thyme, rosemary, oregano, etc.)
- 2 tablespoons sea salt
- 1 teaspoon ground black pepper
- 1 teaspoon ground turmeric
- 1 tablespoon fresh ginger, grated
- 2 tablespoons apple cider vinegar
- 1 large chicken or chicken carcass (for chicken broth)
- 1 1/3 quarts (11 cups) of water

Method

1. In a large frying pan, pot, or slow cooker pot (if possible) add 1 tablespoon of extra virgin olive oil and saute the onion, celery, carrots and garlic over medium-high heat until they become fragrant and begin to soften.
2. Add the sauteed mix to the slow cooker along with bay leaf, dried herbs, sea salt, pepper, turmeric, ginger, and water.
3. If making chicken broth, place chicken carcass.
4. If you're making the vegetable broth, slow cook or simmer for 2-4 hours on low; and if you're making the chicken broth slow cook or simmer for 6-10 hours on low.
5. Strain the liquid. Allow to cool.
6. Divide the broth into small portions in freezer-safe jars or containers, store in the fridge if using immediately, or store in the freezer ready for when you need it.

Homemade Healing Spice Tea (CCF Tea)

Make it fresh daily to support digestion and detoxification.

Serves: 1

Prep & cook time: 5 minutes

Ingredients

- 1/4 teaspoon whole coriander seeds
- 1/4 teaspoon whole cumin seeds
- 1/4teaspoon whole fennel seeds
- 1 1/2 cups room temperature water
- Raw honey to taste

Method

1. Grind together coriander, cumin and fennel (CCF) seeds in a mortar and pestle or a coffee grinder.
2. Bring 1 1/2 cups of water to a boil without covering a saucepan. Add the ground CCF mixture. Reduce heat to low and let it simmer uncovered for 3-4 minutes to infuse flavors and nutritive properties.
3. Strain and let it cool completely before adding raw honey.

Option to pour over ice and add the juice of half a lime.

Answers

A1. The digestive process starts in the mouth. If you're stressed, this leads to not enough hydrochloric acid being produced which is required for digestion.

A2. To digest meat in the stomach.

A3. Helping the body eliminate waste.

A4. Soluble and insoluble.

A5. The collective set of microbes living in a specific community.

A6. The skin has its own microbiome that interacts with pathogens and viruses.

A7. Spraying of chemicals on crops, eating inflammatory foods, stress.

A8.

- Overconsumption of caffeine.
- Sugar (high fructose corn syrup).
- Alcohol.
- Stress.
- Consumption of genetically modified foods (corn and soy).
- Overconsumption of gluten (modern grains).
- Pesticides.
- Unnecessary antibiotics.

A9. A breakdown in the gut lining wall that allows unwanted substances, such as food particles to enter the bloodstream.

A10.

- 5 common food sensitivities: gluten, corn, soy, eggs, dairy.
- Genetically modified foods.
- Pro-inflammatory oils (canola oil).

A11. Baked, steamed, or broiled.

A12.

- Remove the offenders.
- Turmeric ginger lemonade.
- Lowering the inflammation set point.
- Purging the pathogens (one Broth Fast (starving the bad bacteria)).

A13. Diatomaceous earth is a type of powder made from the sediment of fossilized algae found in bodies of water. Because the cells of these algae were high in a compound called silica, the dried sediment produced from these fossils is also very high in silica.

A14. 11-13 different strains of probiotics to rebuild the gut.

A15. 20%.

A16.

- Slippery elm.
- Marshmallow root.
- Aloe vera.

A17.

- 2-3 ounces of aloe vera juice in the morning.
- Chamomile tea.
- Marshmallow root.
- Slippery elm.
- Deglycerized licorice.
- Cumin, coriander, and fennel tea (CCFT) - see page 11 for the recipe!
- Digestive enzymes.

A18.

- Whether the chicken/cow is pasture raised.
- How the product is preserved.



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