

**3 QUICK STRATEGIES TO IMPROVE
DIGESTION FOR BUSY MOMS WHO
SUFFER FROM GUT ISSUES AND WANT
BETTER LOOKING SKIN !**

Get to the Gut of It



It's Your Body, It's Your Health, It's Your Choice !

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"Love the Skin You're In"
Improving Gut Health !



Welcome!

Congratulations! If you have landed here, it lets me know how invested you are in your own health and longevity! This is the first step towards addressing the root cause of a gut problem like IBS that can manifest into skin problems, fatigue, brain fog, insomnia, to name a few. You deserve to have a vibrant, healthy, and happy lifestyle of your dreams! Whatever your health goals are, I have hopes that this guide may get you on a path to wellness. I am passionate about helping you live your healthiest, happiest, and most fulfilling life. You don't deserve to suffer ! If you need assistance or coaching, feel free to reach out and request a Strategy Assessment Call. To Your Best Health!

Warm regards,

Jim

3 Quick Strategies to improve digestion for busy moms who suffer from gut issues and want better looking skin !

1

PROPER DIET

2

DISCOVER FOOD SENSITIVITIES

3

QUICK DIY HOME TESTING

3 Quick Strategies to Improve Gut Function so that You Can Have Great Looking Skin !

1

Proper Diet

The Basic Beautiful Gut-Skin Premise: Are you a busy working mom, multi-tasking, to get it all done in a day? Need more hours in the day? Do you suffer from problematic skin? Are you starting to feel or look older than what you think you ought to be? Is your fast-lane lifestyle of chronic stress, poor food choices, exposure to overbounding toxicity in your foods, water, air, home, workplace, body care products, kitchenware, cosmetics, soaps, detergents you use, the blame for problematic skin problems that are caused by poor diet or digestive issues like Irritable Bowel Syndrome (IBS)?

Well, the plan to have beautiful radiant skin is to look at your diet, first and foremost. We need to get the diet right. You have to recognize that you have an outer skin and an inner skin (gut lining from your mouth to your anus). When you lose the integrity of the one cell membrane in your gut, the result can be any host of many bodily problems, to include all types of problematic skin.

Secondly, we need to minimize and eliminate our exposure to toxins that wreak havoc on this permeable gut lining affecting the microbiome. The secret again is to look inside for skin issues. We need to look at what we are feeding ourselves and how that is manifesting itself into good health or opening up our gut to infections and microbes that eventually begin to affect the brain, skin, emotions, as well as a whole host of other health issues.



When you experience eczema, dermatitis, psoriasis, or acne, you try to hide the outward expression of those conditions. Bad looking skin can be a stigma that wreaks havoc on your self-esteem. With all the stress in your life, sometimes you just don't have the time to properly take care of yourself. So what you typically do in most cases, is resort to applying make-up, lotions, creams, moisturizers, resorting to aesthetic injections, and using steroids topically to hide the problem. Although topicals may help, keep in mind that the skin is a protective barrier to keep things out. Any emollients applied to the skin should be USDA Organic Certified. The better and toxin-free your skincare products are, the greater chances to behold a more youthful skin you'll love.

The key: Your skin nutrition plan must include the best anti-inflammatory diet and adequate hydration that supports great looking skin from an inside out approach! We need to simply change some basic eating habits that uniquely support our gut for great looking skin. If your gut is not healthy, you will continue to suffer until the deepest root cause is addressed. So let's take a look at how to get started.

I'm sure you've heard of the saying that "Let food be thy medicine, and let medicine be thy food". However, it's also been said that "One man's treasure is another man's trash." So although broccoli may be good for some, it may not sit well with others. You might be fine with eating nightshades (for example: tomatoes, eggplants, peppers, potatoes, okra, Goji berries, tobacco), but may cause others skin problems or arthritis. Some people can consume cow's milk (homogenized and pasteurized), but others may be lactose intolerant. Some react to gluten, some do not. One size does not fit all. The point is that you may be experiencing the effects from certain food sensitivities, intolerances, or allergies. Therefore, you should be tested for food intolerances. That's what we will address in Step 2. In the meantime, you may be best served by resorting to an anti-inflammatory diet, autoimmune diet, microbiome diet, or Paleo diet until the real food culprits have been found and eliminated.



2

Discover Food Sensitivities

As mentioned before, not all good foods may cooperate with your microbiome. The microbiome may be out of balance. When diversity in the gut is lost or out of control, the whole microbial community is affected which creates a cascade of events that manifests itself in other areas of the body like the major organs and skin. To weed out the offending intolerable foods, a quick at home Food Sensitivity Test should be performed using a pulse oximeter or another way to measure your pulse rate. This puts you on the beginning path of determining what foods do not agree with you. Of course, you may have to go deeper, through a Functional Medicine approach, if you're still having issues. You will begin to eat only the least reactive foods that were discovered and progress from there in phases of reintroduction of more non-reactive foods.



AT HOME DIY TESTING



I recommend using a Pulse Oximeter, low cost on Amazon, or a blood pressure digital monitor that also measures resting pulse rate. How to use a Pulse Oximeter:

1. Record your resting heart rate in a relaxed un-stressed seated position using the pulse oximeter.
2. A normal pulse rate is approximately between 60-82 ppm.
3. Over the next 9-10 days, begin to test one food or beverage at a time. As an example, on the first day, test a citrus fruit. Place the food on your tongue and chew or roll it around your mouth for approximately 30 seconds, but do not swallow the food.
4. Next read the oximeter and observe what it does. If that particular food stresses you, your pulse rate will increase or decrease by 4 beats from your resting heart rate. This would suggest that you have a sensitivity to that food. The greater variation from your resting heart rate, the more toxic that food is to you.
5. If you experience a deviation of 4 beats up or down from your resting heart rate, spit the food out and rinse your mouth with water.
6. If there is no reaction and/or if you wait until your pulse rate returns to your resting heart rate, you may test the next citrus food on the same day. The next day, test your next food group, like nightshades. The next day, test some carbs, like corn, brown and white rice only. The next day, test your favorite nuts and seeds. The following day, test legumes/lentils like your favorite beans, peas, and lentils. The next day, test meat/eggs. The next day, test your favorite dairy foods. The next day, test your favorite fats and spices. The last day, test your favorite sodas, beverages, coffee, non-herbal teas, honey, maple syrup, sweetened sodas, and stevia.
7. If there are any inflammatory foods that you encounter, they should be eliminated for a good 60-90 days before reintroducing them. In the meantime, you may be well-served to stay on an anti-inflammatory diet.
8. For additional coaching, book a call for a complimentary 30-minute strategy call to determine if you are a good fit for an affordable Functional Medicine Approach.



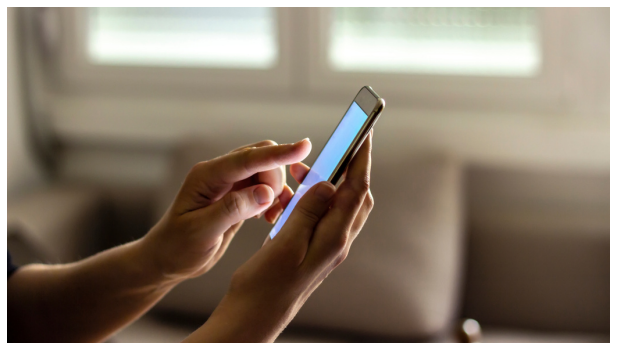
GET TO THE GUT OF IT

I hope that this E-book guide has been an inspiration and an initial stepping stone to think about getting to the deepest root cause of your health issue. Sometimes you have to look beyond the "pain beneath the pain"..... where is it all coming from? That's the unique perspective and approach that Functional Medicine and TCM can profoundly provide.

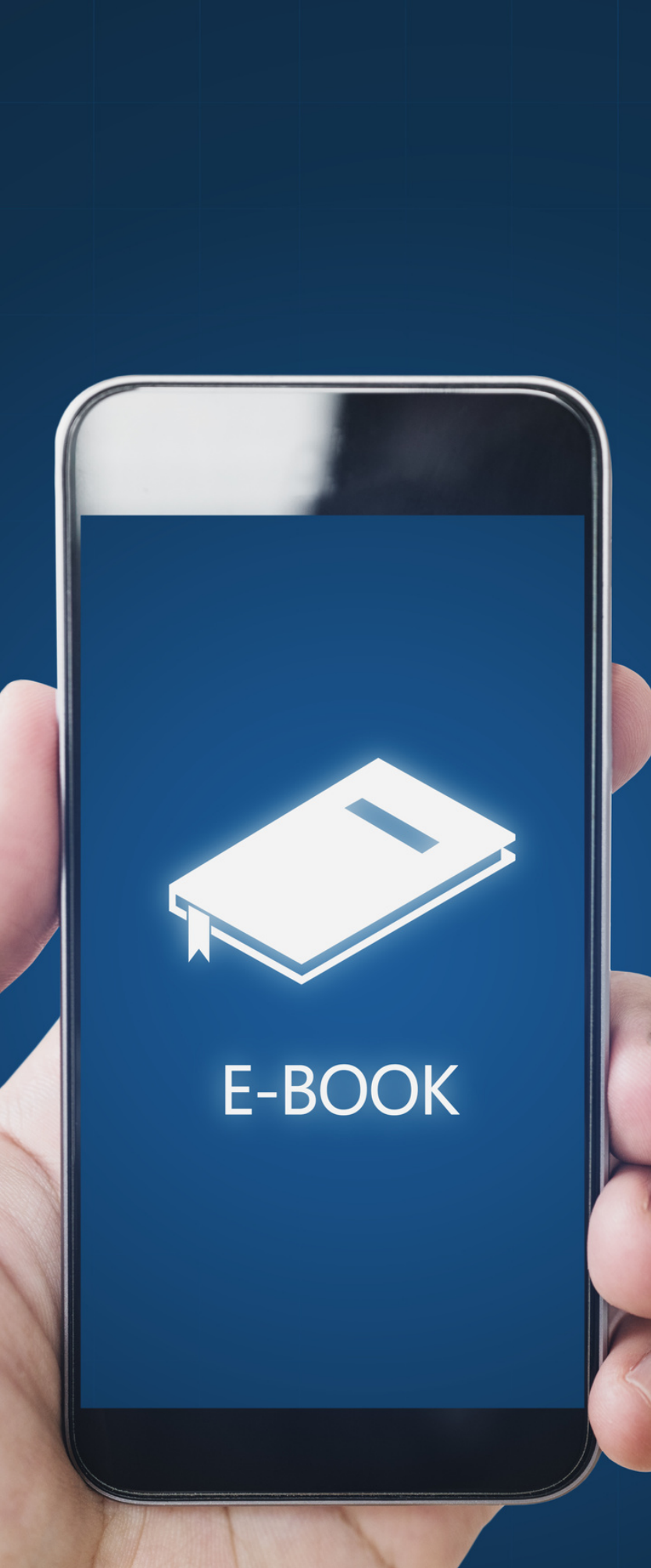
NEXT STEP

What I find most of my patients are struggling with is to solve their chronic pain and want to get started on improving their overall health. You may want to invest in my \$19 Mini Course to begin to fast-track your way to optimal health. If interested, click the link below to register.

**Yes, I want this!
Register !**



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GET TO THE GUT OF IT

DISCLAIMER

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