



5 Steps To A Fabulous

DIGESTION

5 WAYS TO JUMP START YOUR DIGESTION & REDUCE BELLY BLOAT FOREVER

Hi I'm Christine

My job is working with people who struggle to balance health with the rest of life's chaos, just like I've struggled in the past. I assist and guide busy clients who have forgotten, or perhaps have never learned, how to stay healthy and balanced.

I help them to holistically regain their balance by strengthening their digestive fire and reigniting their passions. Thereby helping set a strong foundation for a long life full of health and happiness.

DOES THIS SOUND LIKE YOU?

You set a deadline of tomorrow, or next week, or next year. But these deadlines keep passing. You silently promise yourself that you won't eat those certain foods again tomorrow, or maybe you'll make a goal to start your workouts again next week, but next week never comes. You have a really busy life, and maybe that life has gotten so busy that you take care of everybody else but yourself. ***Let me tell you, I get it!***

I'm not just talking about you here. So many people struggling with prioritizing their health. I'd be in the same boat if I didn't prioritize my health right along with everything else on my plate.

YOU'RE REGAINING CONTROL OF YOUR LIFE!

GET READY

My programs will cause your life to transform, and that means losing unwanted weight, glowing from the inside out, recharging your metabolism, balancing your hormones, ditching the belly bloat, and losing those unwanted toxins that keep you feeling tired.

You'll become happier and actually feel more alive, more alert, and have less health issues. You'll ignite the fire within you, and you will thrive! And, of course, with you in this position of strength and health, all those around you will be healthier, too.

EAT SIMPLE & EAT CLEAN.

You'll feel amazing, plus strip years off of how you look and feel. **I promise, and I know this to be true because it happened for me and so many of my clients.**

FACTS:

95% of your serotonin (the happy hormone) is manufactured in your digestive system.

80% of your immune system is manufactured in your digestive system.

Our focus is on strengthening this part of your body, the gateway to your health. You'll boost your immune system, lose weight with ease, feel less bloated, uncover hidden food allergies, and, most of all, **digest and assimilate with ease, which means looking and feeling fabulous!**

1. SLOW DOWN

Rushing to eat in order to squeeze in an errand, meet a deadline, get to an appointment is pointless. If you want your digestive system to heal, you need to slow down. Start the process with your eating. Stop and actually sit down when you eat. Your body needs you to be calm to actually digest. If you're nervous, your digestive system is in "fight or flight" mode. The digestive system can't work properly when it's stressed. Digestion is about transforming your food into fuel.

When we get stressed, tired, or even nervous, our digestion doesn't function properly, and certainly not optimally. It's so important to slow down so you can have more energy, and avoid indigestion, bloating, acid reflux, and gas.

Before you eat, try and remember to take a deep breath. Be grateful for the food you're about to eat, and also check in with your own body. Try and focus on being present in the moment and fully aware.

Don't shove the food in your mouth as you're running out the door or eat while standing at the counter as we've all done, myself included, more times than I care to remember. Be mindful.

Try this amazing exercise I learned during my time at nutrition school to develop your awareness and start to slow down.

- Sit in a relaxed, comfortable position. Breathe through your nose, and notice how the air is slightly cooler going in and slightly warmer going out.
- Place one hand over your heart and one hand over your belly.
- Feel your heart beating, and thank your heart for being there for you all day every day, pumping your blood and keeping you alive.
- Feel your belly, noticing the rise on the inhale and the fall on the exhale.
- Thank your belly for digesting all the food you eat.
- Sit silently with your eyes closed, and allow yourself to be completely present.
- When you feel ready, take a deep inhale and exhale, open your eyes, rise, and move back into your day.

AND REMEMBER: the calmer you are, the better you'll digest your food. Ironically, slowing down means a FASTER metabolism, and that leads directly to more weight-loss.

2.CHEW, CHEW, CHEW

Digestion begins in your mouth. Remember when you were little and your mother would tell you slow down and chew your food so that you wouldn't choke? That always annoyed me as a child, but she was making a great point.

When you don't chew your food well, it sets the stage for poor digestion. Poor digestion opens the door to let in the unwanted: weight gain, acne, poor sleep, hormonal issues, adrenal fatigue, constipation, IBS, low sex drive, mood swings, and food allergies, to name a few. Serious health issues are not far behind. Most importantly, when you don't digest properly your body can't transform your food into energy.

3.CHECK OUT!

Yes, you heard me. Put down the phone, blackberry, and iPad. Turn off the TV, sit down, and just enjoy the activity of eating. Give yourself some quiet time so you can de-stress and digest! I know life gets busy. I'm a full time mom, business owner, wife, athlete, and health coach. I get it. I know what it's like to be busy, constantly planning ahead for the next moment.

But living, and eating this way is causing you to be missing the present moment, and to be present is a true gift. If I don't give myself a little "check out time", I get tired, moody, gain weight, feel depressed, and have poor digestion.

Why? It's so simple: when the body is stressed, it can't digest, function properly, effectively transform food into energy, or perform all of its other jobs and metabolic processes.

**DIGESTION IS NOT JUST ABOUT DIGESTING THE FOOD
ON YOUR PLATE. IT IS ALSO ABOUT DIGESTING THE LIFE
YOU LIVE.**

Start by taking just one minute out of your day to breathe and think of anything that makes you happy.

4. GET CULTURED

Start adding a good quality probiotic to your daily routine. Incorporating cultured foods and drinks to your life, such as yogurt, miso, dairy or non-dairy kefir, kombucha, cultured vegetables, and other cultured foods are a great way to improve digestion and overall health. These foods have been around for centuries.

By adding these foods or another high-quality probiotic to your lifestyle, you will lose weight, assimilate your nutrients better, have clearer skin, better sleep, and decrease your body's inflammation. The Greek meaning of probiotic is 'for life'. So, give yourself the gift of a healthy life and get cultured.

BY DECREASING INFLAMMATION,
YOU PREVENT DISEASE.

BY DECREASING INFLAMMATION,
YOU LOSE WEIGHT.

REMEMBER...

95% OF YOUR SEROTONIN (THE HAPPY HORMONE)
IS MANUFACTURED IN YOUR DIGESTIVE SYSTEM.
80% OF YOUR IMMUNE SYSTEM IS LOCATED IN YOUR
DIGESTIVE SYSTEM.

DO YOU SEE WHY I SPECIALIZE IN
DIGESTIVE WELLNESS & DETOX?
HEALTHY DIGESTION IS THE KEY TO YOUR
HAPPINESS AND YOUR HEALTH!

5. STAY HYDRATED

Make sure you're drinking plenty of water. I like to add flavor to my water so I don't get bored. This not only makes it tasty, but also enhances digestion if you choose the right additions. My favorites are fresh lemon juice, fresh lime juice, cranberry concentrate, ginger slices, grapefruit, and fresh mint leaves.

YOU JUST LEARNED HOW TO
ADD MORE ENERGY TO YOUR LIFE
IN 5 SIMPLE STEPS!

I WANT TO GIVE YOU SOME OF MY FAVORITE DRINKS,
SMOOTHIES, AND RECIPES.

THE POWER OF FOOD & DIGESTION

In order to lose weight, look fabulous, and feel amazing, we need to eat the "right foods". Yes, you actually need to eat more to lose weight. But finding the "right" type of more is key. Your body needs food for fuel, but it also needs that food to be the right fuel for your unique body.

In my practice, I focus on helping you find the foods that either serve as fuel for the body or create inflammation in the body. When you eat inflammatory foods, you may experience bloating, acid reflux, headaches, sinus issues, weight gain, arthritis, skin problems, and disease, to name a few. I'm in the business of disease prevention and finding the right foods will help you do just that.

DAILY DRINKS TO ALKALIZE AND GET RID OF THE BLOAT

A SIMPLE DAY IN THE LIFE OF CLEAN EATER
SHOULD INCLUDE THESE DRINKS:

UPON WAKING, DRINK A LEMON ELIXIR

2 cups warm or room temperature water
Juice from 1 lemon
1 Tablespoon Bragg's raw apple cider vinegar
Pinch of cinnamon and 1 teaspoon raw honey OR a couple drops of stevia
(use stevia if you are on a yeast cleansing diet or low sugar diet)

Stimulates digestion, releases toxins from the liver, and jumpstarts
your digestive enzymes

BEFORE BED, DRINK A CHLOROPHYLL DRINK TO ALKALIZE

1 Tablespoon chlorophyll in 100ml of water
Juice from 1 lemon

DON'T HAVE A JUICER? NO PROBLEM. TRY THE CHLOROPHYLL DRINK.

In my own life, I've come to love anti-inflammatory foods because I want to feel good. I eat chlorophyll rich foods daily. You may be wondering what chlorophyll is and why I've been sneaking this amazing superfood into my children's drinks since they were born.

Chlorophyll is an amazing cleanser, blood nourisher, detoxifier, and a superfood. Chlorophyll can actually build red blood cells, remove heavy metals from the body, eliminate bad breath, and improve digestion. In addition, it's a prebiotic, because it creates the proper garden in your belly for good bacteria to thrive.

Chlorophyll is found in all leafy greens, but my favorites include kale, collard greens, parsley, cilantro, and spinach. I juice daily, which has been amazing for healing my own digestion and personal health problems. My clients experience drastic improvements in energy when they starting incorporation Chlorophyll rich juices and foods in their diet.

MY FAVORITE SIMPLE JUICE RECIPE

A SIMPLE GREEN TONIC

- 1 cucumber
- 5 celery stalks
- 1 apple, cored
- 3 kale leaves
- Handful of parsley + cilantro
- Juice of 1 lemon

Juice the fruit and veggies, and then stir in lemon juice

NUTRIENT-DENSE SMOOTHIES

BLACKBERRY CINNAMON

- 1 cup frozen berries
- 1 cup water or dairy free milk
- 1/4 avocado
- 1 tablespoon flax meal
- 1 handful of spinach
- Dash of cinnamon
- Stevia to taste (optional)

CHOCOLATE BLISS SMOOTHIE

- 1 cup dairy free milk
- 1 frozen banana
- 2 cups of spinach
- 2 scoops of chocolate protein powder
- 1 tablespoon almond butter
- Dash of cinnamon

