

GUT HEALTH - HOW TO DEBLOAT  
TRAINING  
By Ashley Crooks Fitness & Dr Nicole Rivera

Watch the full training here:

[https://zoom.us/rec/play/upcoc7\\_6\\_zo3TtOR4gSDA\\_UqW9TsKf2sgSQf-fUNyxyzWnVXYVqiMOBANLdH7t4LOEfDfwlrq16rt3r6?continueMode=true](https://zoom.us/rec/play/upcoc7_6_zo3TtOR4gSDA_UqW9TsKf2sgSQf-fUNyxyzWnVXYVqiMOBANLdH7t4LOEfDfwlrq16rt3r6?continueMode=true)

## NOTES:

- What is Gut Health? Second largest organ in the body - Heartburn, IBS, Bloating, indigestion etc etc.... It can include any of those symptoms and can be mild such as reflux or extreme with stomach pains
- Why would you want to care about Gut health? Mentally, emotionally & hormonally and what we don't realise that up to 95% of your feel good hormone is made in the gut!

> If you don't have a healthy gut you could be affected by low mood or even immune conditions

- **Bloating what to do?**

> A lot of the food on the market is filled with crap.... How it is processed and how it is transported to us

> Packaged foods, fast foods - A lot of them are chemical based

> One thing to keep in mind - If your gonna eat them, bloating is a symptom your going to have (for most)

> Those eating 'real food' - From nature you have to look at how they are getting to you - Nowadays 'real food' is sprayed with chemicals to make them grow bigger OR how they are kept to transport over to you in your store

> This builds up bad bacteria - One example of this showing up is eating beans the so called 'fart food' (which actually isn't true) if you experience a lot of gas after these food chances are you have bad bacteria buildup in your gut

> The probiotics go down and the bad bacteria go up when you have pesticides

### **Candida (Fungus):**

> We all think we have the symptoms of candida, super relatable symptoms

> We have all been on antibiotics - These are all made from a fungus

> If fungus has the amazing use of being an antibacterial

> Why would we fear something such as Candida?

> So the so called symptoms from Candida could actually be of other symptoms such as pesticides, mercury build up etc...

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**FOOD:**

> Having variety of food - Mixing it up

> Don't always consume the same things

> Gluten: Docu series on Netflix called 'cooked' - episode called 'Air'

If you are making bread you are not meant to be using yeast, it should be left to ferment but because were in such a fast paced time - Bread needs to be produced quicker (People don't want to wait 4 days for there bread to ferment) They then use Yeast to speed this process up

> This is something to keep in mind because it's not about taking out food it's about finding a BETTER QUALITY of the food (That's why people will opt for bread like sourdough)

> Gluten is not all created equal - Its not something to over do but if your doing it in sourdough form it's already pre broken down making it easier to digest

**FAST PACED LIFESTYLE:**

- Fight or flight mode
- Making it harder to digest food in this mode
- The more we run on the adrenaline & cortisol - Melatonin normally aims to balance this out
- This being out of balance not only is gonna screw your sleep but also Melatonin detoxifies the brain and the body
- So if Melatonin is always suppress - You won't be detoxing properly

**Fasting & Gut Health:**

- Shows ways of removing waste & 'resetting' your body
- 3rd day your body goes through atrophy - This is breaking down of cells (bad cells) and also produces stem cells (new cells)
- A reset of your system - at least 3days to get maximum benefit
- Research by Valter Longo
- You have to also realise that if your blood sugar is low - this might do more harm than good, so don't just jump into a fast without someone monitoring you & if it's best for you
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**Supplementation for Gut Health:**

If your going to pick up supplements you want them to be produced correctly & be worth the investments: Some recommendations

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- Probiotics - we need to make sure they are coming from a quality source and are not damaged when they come to you -
- Chlorella - Want it to say 'broken cell wall' - Company using practicing practices "Energybits" - Gut cleanse & blood purifier
- Designs for health - Digestzymes
- Constipation - (Right sided rib cage pain, breaking down fat problems) -Supplement Oxbile or LGB