

Perfect Digestion

H o l i s t i c S o l u t i o n s f o r
O p t i m a l D i g e s t i v e F u n c t i o n

Perfect Digestion: 28 Gut-Reset

Whether you have uncomfortable gas, chronic bloating, insatiable hunger, sugar cravings, constipation, IBS, or energy and mood issues that seemingly related to food, in this guide, you will find out some very simple things you can do to fix them. For a definite solution to overcoming your digestive trouble once and for all, you can jump right to my comprehensive, online course Perfect Digestion.

Before we begin with the steps, you first need to build some relationship with your digestive system. Let's talk about what happens digestion goes wrong, how it works and what it is...

What is the Digestive System?

In short, your digestive system is a complex system of vital organs, hundreds of trillions of bacteria, acids, and enzymes, all interconnected with your nervous system that have the dual purpose of keeping your body clean (detoxification) and nurturing your cells and giving you energy (digestion and metabolization).

Your digestive system is incredibly linked to your overall health as you will learn, so when we talk about digestive health, we're essentially talking about overall health – this is why we will have a holistic approach.

The basic organs that make up your digestive system are: mouth, esophagus, stomach, small intestine, liver/gallbladder, pancreas, large intestine/colon. Though seemingly separate, these organs are actually one massive, interconnected tube from mouth to anus.

They are neither connected or separate, they are interconnected, meaning each one of these organs has a purpose but works together. In my online course, you'll learn about them in-depth, how they work, what happens when they fail and how to care for them. For the sake of brevity, we'll skip those parts for the meantime.

What Happens When Your Digestion Goes Wrong

Very simple things go wrong when your digestion malfunctions, they are the common symptoms of poor digestive function such as; constipation, acid reflux, diarrhea, bloating, abdominal cramping, etc.

However, much more can go wrong when your digestion breaks. For example, 80% of your immune system lies just behind your digestive tract in your lymph. It is protected by some 4 pounds of probiotic bacteria, which also have a large role in digestion and immunity, as well as hormone production, neurotransmitter production, nutrient transmutation and so much more.

If your gut-lining is damaged or your probiotic bacteria compromised, this precious barrier becomes penetrated, and all sorts of problem start. One of the first things you might experience is food intolerances, even to foods you would otherwise digest. This is because as your gut become permeated, your immune system becomes overactive as it sees undigested food particles in your blood stream. Overtime, if this is not fixed, the body becomes highly inflamed.

Something to know is that the human gut is very much alive; it houses 4 pounds of living organisms. To be exact, over 500 species of bacteria live in your digestive tract, which form a giant ecosystem. It's jobs are many; it helps you to digest food, assimilate nutrients, regulate hormones, excrete toxins, and produce vitamins and even produce immune cells your body healthy.

If that microbiome is out of balance; meaning there is more pathogens than there is probiotics, then a bacterial imbalance called gut "dysbiosis" is the result, and the cascade of digestive problems and disease begins. You might experience things like bloating, cramping, bad gas, acne, severe skin problems, allergies, sinus infections or worse.

However, the problems are not just physical; your gut is intimately tied to your brain and mood too.

This is called the brain-gut connection; you can learn much about it in the book "[Patient Heal Thy Self](#)".

The gut-brain connection is developed in the womb during embryogenesis. During this period, a collection of tissue referred to as the 'neural crest' is produced and then divides into two parts during fetal development. One part becomes the central nervous system, and the other becomes the enteric nervous system. You could say that the enteric nervous system is "brain in your gut". It has the job of producing major neurotransmitters like serotonin, dopamine, glutamate, norepinephrine and nitric oxide. In the beginning stages, these "minds" develop simultaneously and independently of one another.

Later in development, the two nervous systems become intimately connected through a neural cable refereed to as the the "vagus nerve," the longest of all cranial nerves. The vagus nerve goes from the brain stem through the organs in the neck and core and finally terminates in the abdomen. Through the stimulation of the vagus nerve, our second brain is stimulated. This is the "gut-brain" connection.

You've likely experienced this system for yourself however, it is the reason:

- You get butterflies in your stomach
- You get stomach aches when your nervous

- Why antidepressants cause digestive problems, and why digestive problems can make you feel depressed
- Why overeating makes you feel less stressed
- Why stress makes you want to eat more or not eat at all
- Why food intolerances and gut inflammation can cause make you irritable, angry, or even cause cognitive disorders

Perhaps the most important aspect of digestion is the health of your liver. Our gut does more than digest food, it also rids the body of toxins produced as through digestion and metabolization, and any other form of toxicity. This is a job left up to the liver. In short, your liver filters everything you come into contact with 24/7. If it, or any part of your gut is not functioning properly, your body becomes backed up with toxins and this causes massive inflammation and disease.

To put it to perspective, the liver:

- Cleans the blood
- Manufactures proteins and blood-clotting agents
- Manufactures cholesterol
- Stores glycogen, fats and proteins
- Converts fats and proteins to carbohydrates and lactic acid to glucose, transforms galactose (milk sugar) into glucose
- Digests foods, produces digestive enzymes and bile
- Extracts ammonia from amino acids (proteins), converts ammonia to urea
- Stores fat soluble vitamins A, D, K2
- Converts adipose fat into ketone bodies
- Neutralizes pharmaceuticals, alcohol and all toxins
- Produces interferon, your body's natural germ killer
- And so much more...

Just imagine all the harm that could come from your liver becoming backed up with toxicity and failing? It's called the LIVER, for a reason...we need it to live.

However, most practitioners, doctors and nutritionists will tell you that your digestive problems are due to just "eating too much" or something of the sorts; completely overlooking the health of your liver and other glands. If there is anything to take from this, it is that your entire body is very connected, so if you want a healthy digestive system, you need a healthy mind and body over all.

In order to do that, you're going to have to really dig into the specific anatomy and physiology of your body as a whole; learn what your organs are, what they do, how the bacteria in your body work, how your hormonal system works, etc, etc. You'll even have to learn about how emotions and stress effect your digestive system. That is if you are having digestive trouble, if not, you are likely doing

everything correct very intuitively and naturally. That is very good. However, I suspect if you are reading this, you are not and you might have an interest in re-learning what we all once knew very intuitively and naturally.

While this short guide will not explain everything in the world about the subject of health and digestion, I have focused and narrowed the topic down to the primary, influential factors in your digestive health. I'm going to give you a few very simple, yet profound things you can do to fix these issues. Let's get started...

THE GUT-RESET PROTOCOL:

- PHASE 1: Preparation, 1-2 Weeks
- PHASE 2: Initial Cleanse, 3 Days
- PHASE 3: Deep Cleanse, 3 Days
- PHASE 4: Reintroduction, 1-2 Weeks

PHASE 1: PREPARING YOUR BODY

This protocol is divided into steps, this way it is easier to implement and you can take it gradient by gradient, rather than all at once. Also, working in this fashion is necessary for success; there is a cycle of action to everything, this is specifically the necessary cycle for detoxification. To receive the most health and detoxification benefits, ease into the protocol by warming up with 1-2 weeks of a basic, whole foods diet that is generally simple.

The importance of this phase is to primarily balance your hormones and blood sugar to prepare you for deeper cleanser. It is also important for not taking on everything at once and overwhelming you or your body. Rather than focusing on sudden dietary shifts, we are going to be focusing on simply removing any obvious toxic food or other toxic substances from your diet and life, while keeping the diet relatively natural and normal. The eating plan includes unprocessed foods that are nutrient-rich, will not exacerbate an inflammatory condition, and are not commonly allergenic.

Listed below:

Phase 1 Foods:

- Cooked Land Vegetables (ALL vegetables aside from starchy potatoes; winter squashes are okay)
- Fermented foods (coconut kefir, raw cultured butter, kimchi, sauerkraut, etc)
- Organic, pastured animal & fish proteins: wild-caught fish, pastured fowl, grass-fed meat (beef, lamb, buffalo, wild-game) and eggs if you tolerate them

- Low-glycemic fruits: Granny Smith Apples, blueberries
- Herbal teas: especially pau d'arco, reishi, chaga, schizandra and gynostemma

Foods to Avoid Throughout all Phases of the Reset:

- All processed and industrial *junk* foods
- Any food to which you have a known allergy
- Industrial Dairy & Even Raw for now: milk, cheeses, yogurt and creams
- All gluten-containing foods, especially conventional non-fermented: wheat, barley, rye, oats, spelt, etc
- All sugars and high-glycemic fruits: refined sugar of any sort, including pastries, baked goods, ice creams, bananas, papaya, pineapple, oranges, etc
- Tomatoes, tomato sauces
- Legumes: corn, beans, soy, peanuts
- Commercial Spices and Dressing: Although spices make food more interesting, the bland taste actually leeches out toxicity from a Chinese medicine perspective. Clinically, bland is the least irritating to the digestive system.
- Phytate & Lectins: nuts, seeds, legumes, potatoes, eggplant, peppers
- Alcohol and Caffeine: This includes coffee and black tea.
- Soy or Soy Products, especially non-fermented: soy milk, tofu, and soy oil
- Polyunsaturated, vegetable oils: peanut, vegetable, canola, etc

Detox Your House

Keep in mind, toxicity comes in many other forms aside from nutrition. There is toxicity chemically, environmentally, electromagnetically, thermally, and most of them are right in your home. For example, many popular skin care products have hidden estrogens in them, as well as heavy metals, harmful BPA, and a variety of carcinogenic compounds which will dampen results, so be sure to read labels carefully.

Just to give you an idea of what goes into most commercial skincare and personal hygiene products, have a look at this list of common ingredients, plus side effects, in conventional personal care products:

- **Artificial colors:** FD and C Red 1, 4 D and C 1-4
causes: urinary bladder polyps, weak adrenals
- BHA (butylated hydroxyanisole) & BHT (butylated hydroxytoluene)
causes: asthma attacks, birth defects, endocrine disruption, cancer, dermatitis, fatigue, liver stress, rashes
- **DMDM hyantoin**
causes: birth defects, immune system disruption, infertility, irritant to eyes,

- skin and lungs
- **Formaldehyde Releasing Preservatives:** 2-bromo-2-nitropane-1, 3-diol, diazolidinyl urea, DMD M hydantoin, quarternium 15
causes: cancer, chest pain, dizziness, headaches, lung irritation, skin irritation, weak immunity
- **Diazolidinyl Urea & Imidazolidinyl Urea**
causes: cancer and contact dermatitis
- **Isopropyl Alcohol**
causes: brown spotting, skin dehydration, premature aging of skin
- **Mineral Oil**
causes: allergies, cancer, damages skin barrier system, prevents elimination of toxins through skin, skin irritation
- **PCBs, Benzene, Chromium**
causes: birth defects, cancer and infertility
- **Petroleum Distillates**
causes: cancer and organ system toxicity
- **Polyethylene Glycol (PEGs)**
causes: sperm abnormality, birth defects, liver and nose cancer, infertility, hormonal irregularities, reproductive problems, skin irritation
- Propylene Glycol (1, 2-propanediol)
causes: acne, birth defects, carcinogens, gut disturbances, headaches, kidney damage, liver dysfunction, nausea, neurotoxicity, skin irritation
- **SLS (sodium lauryl sulfate), SLE (sodium laureth sulfate), ALS (ammonium lauryl sulfate)**
causes: carcinogenic, damages skin, liver, lungs, heart, eyes and immune system, hair loss, DNA mutation
- **Heavy Metals (titanium, zirconium, benzalkonium, bismuth, antimony, barium, aluminum, tin, and chromium)**
causes: Alzheimer's disease, attention deficit, birth defects, breast cancer, cancer, neurological disorders.
- **Triclosan**
causes: fetal development delay, infertility, low thyroid function, lower IQ in offspring, miscarriage
- TEA (triethanolamine), DEA (diethanolamine), MEA (monoethanolamine)
causes: anemia, cancer, kidney dysfunction, nerve damage

This is just a small list of the thousands of new chemical additives that have been incorporated into our modern world. I haven't even included food additives, chemicals present in carpet, flooring, cabinets, air, water and clothes, which contain a surprising amount of harmful toxins.

While you may not necessarily be able to re-floor your entire home currently, most of these things you can rid yourself of completely free of cost. All you have to do is actually quit buying commercial products, swap your soaps, shampoos, conditioners, lotions, and serums for a basic organic castile soap and apple cider

vinegar, and some coconut oil.

As far as the rest goes, if you do not have the funds for supplements, no worries, more importantly is that you remove as much harmful, toxic substances as possible. After all, the word de-tox, literally means to come off poisons, it is not a necessity to take supplemental aid; however, the addition of the a few quality and appropriate supplements will make things much easier and speed up the healing process.

For high-quality supplement aid, I suggest the [BODY ECOLOGY "BE CLEAN" KIT](#). It includes the only supplements that are worth buying and taking; ones that support detoxification, digestion and immunity.

It includes:

- Vitality SuperGreens-1 drink/day
- LivAmend-1-3 capsules morning and evening
- Assist SI- 2 capsules, 3/day
- Coconut Water Kefir- 1-2 oz., 3 times/day

Putting all of this together, a sample day of eating on phase 1 would look something like:

- Breakfast: 1 Liter spring water, followed by two pasture-raised eggs with real salt, a side of sauerkraut and sliced avocado, 30 minutes after water.
- Mid-day Snack: 8 oz coconut kefir with 100% pure cranberry juice, some fresh berries and sprouted almonds.
- Lunch: A green smoothie consisting of raw coconut water, a handful of spring greens, some celery stalks, dandelion leaves, half an avocado, EFA oil, lemon juice and Vitality SuperGreens.
- Between Meals: 1 Liter of spring water
- Dinner: Before 7 pm, some cauliflower rice with ghee and sea salt, 4 oz of wild salmon, and soaked, cooked wild rice.

PHASE 2: INITIAL CLEANSE

In this phase, your blood sugar and hormones should feel really stable and strong. Your body and mind should be better equipped to begin a deeper cleanse, which will involve lightening up your meals and incorporating more detoxifying herbs and foods. This portion of the cleanse will greatly reduce the burden on your digestive tract, further decrease your toxic intake and begin to really turn on the detoxification process. This phase is best for at least 3 days.

Phase 2 Foods:

- Land and sea veggies (all vegetables, and lots of them!)
- Vegetable soups and broths (you can have bone broth during this phase, just no meat or eggs for 3 days)
- Vegetable or green smoothies (i.e. water, romaine, green apple, celery, avocado, greens powder)
- Fermented foods
- Healthy fats: avocado, stone crushed olive oil, grass-fed ghee and coconut oil to serve with veggies
- Low-glycemic fruits: green apples, blueberries, pomegranates, etc.
- Herbal Teas: An herbal tea that is not stimulating and is an excellent way to reduce inflammation. To boot, it is anti-fungal and antimicrobial.

Tulsi: Also called holy basil, tulsi helps to regulate blood sugar. When mixed with peppermint, it can ease the detoxification process.

Other helpful herbal teas: Tonics made from [Reishi](#), [Astragalus](#), [Ashwaganda](#), [Chaga](#), [Turkey Tail](#) and other medicinal tonic herbs that aid the immune system, balance the system and provide energy. They are considered immunomodulators and adaptogens, meaning they help your immune system modulate to meet demand (stimulating it when needed, or down regulating it when overactive). An adaptogen helps your nervous system better adapt to stress. Making these tonics is a great way to feel energized and satisfied while cleansing. They are also going to help curb the side effects of any stress. Lastly, they are highly nutrient-rich so just a few teaspoons of these can pack as much or more nutrition than some meals. I highly recommend them. Plus, mixing them can be quite fun. Here's an example of what you can do with these herbs while supporting your detox. You can make some pretty delicious recipes!

PHASE 3: DEEP CLEANSE

The 3 day "fast" portion of the cleanse. This will give you the highest level of cellular detoxification and allow your system to balance.

Phase 3 Foods:

- Body Ecology Lemonade (recipe below): Sip every 10-15 minutes throughout the day. This is essential to maintain blood sugar levels.
- Enjoy herbal teas, drink as desired.
- Bone broth and veggie/seaweed broths
- INCREASE THE NUMBER OF VITALITY SUPERGREENS DRINKS TO 3-5 DRINKS/DAY.

BODY ECOLOGY LEMONADE RECIPE:

In Chinese medicine, the taste of the liver is sour. Lemons are alkalizing, and due to their sour nature, they have a wonderful detoxifying effect on the liver. This lemonade provides a wonderful detoxifying effect on the liver. Lemons are alkalizing to the body and stimulate digestive enzymes to flush out damaging free radicals!

Lemons stimulate the production of digestive enzymes and are also full of vitamin C and antioxidants, which help to flush free radicals from the body. Although similar to the Master Cleanse, Body Ecology Lemonade does NOT have any cayenne pepper because it can actually irritate the digestive tract. It also does not have maple syrup, which can contain too much sugar.

In the morning, make 1-2 gallons. You will need:

- Lemons
- Water
- [Body Ecology Stevia](#)

To make: proportion of water to lemons is based on preference. When adding the juice of the lemon to water, be sure to include the pulp. Choose organic lemons. Add just enough stevia to balance the tartness of the lemons.

To make things easier, you can utilize the products in **[THE BODY ECOLOGY CLEANSE KIT](#)**. You can also just make all of your own food, purchase any herbs bulk or even forage them. The kit includes:

- [Vitality SuperGreens](#): With 200:1 Aloe Extract, fiber, beneficial microflora, and easily digestible and bio- available nutrients, this blend is fantastic as a cornerstone of the cleanse. Glutamine, in a peptide-bonded form called Glutimmune, is one of the principle elements and is the preferred fuel source for the small intestine. It has been shown to support the regeneration and repair of the intestinal lining. Research has also found that glutamine increases the number of cells in the small intestine, the number of villi on those cells, and the height of the villi. Therefore, it can help to heal permeability and reduce inflammation of the intestinal lining that has been linked with food sensitivity. Supplementing Vitality SuperGreens while restricting the diet or during a gentle cleanse is especially effective. This is because any foods that may cause irritation have been removed. All focus goes to healing the gastrointestinal tract and supporting the body's ability to regenerate itself, while removing toxins that may slow the process down.
- [LivAmend](#): This formula is especially supportive to the liver and gallbladder, increasing detoxification and releasing some of the burden placed on these organs during a cleanse. If you do not take this, then utilize plenty of bitter foods such as beets, radishes, dandelions, or the herbs milk thistle and turmeric.

- [Assist SI Enzymes](#): Taking enzymes will help with the detoxification process by breaking apart cellular debris and cleansing the blood. If you do not use enzymes, then eat plenty of fermented vegetables daily and consume raw apple cider vinegar.
- [Ancient Earth Minerals](#): Minerals are essential when going through a period of cleansing. They can literally carry toxins out of the system and neutralize toxicities that have built up over time. A full spectrum of minerals is essential for complete balance. Some minerals, like chromium, help balance blood sugar during the fast. Take 3 capsules, morning and evening.
- [CocoBiotic](#): A great source of potassium and naturally hydrating, this probiotic beverage is known for its kidney-cleansing properties. Friendly microflora will help to pull toxins out of the body and rebuild the inner ecosystem. You can also make your own, as I show you how to do in my course PERFECT DIGESTION.
- [Stevia](#): Known to help with fatigue, balance blood sugar and blood pressure, regulate digestion, and assist in weight loss. Use in greens drinks and Body Ecology Lemonade.

PHASE 4: REINTRODUCTION

In this phase, you are slowly returning to Phase 1 really, which is really nothing more than a healthy, whole foods diet. Ideally, you would stay in this phase indefinitely, with some variations according to your body type and personal taste of course. Here you will gradually incorporate foods back into the system. For 3 days, you will be on Phase 2 foods before moving back into Phase 1 Foods.

Phase 4 Foods (First 3 Days After Cleanse):

- Land and sea veggies
- Fermented foods
- Low-glycemic fruits: Granny Smith Apples, blueberries
- Herbal teas & broths

Days Following:

- Land and sea veggies
- Fermented foods
- Organic animal proteins: fish, chicken, grass-fed meat, pastured eggs and raw grass-fed fermented dairy if you tolerate it.
- Low-glycemic fruits: Granny Smith Apples, blueberries
- Grain-like Seeds: quinoa, millet, amaranth, buckwheat (ALWAYS SOAKED)

- or FERMENTED)
- Herbal teas
- REDUCE THE NUMBER OF VITALITY SUPERGREENS DRINKS TO 1 DRINK/DAY.

With your enhanced immune system, your body will continue to detoxify at its own pace.

OTHER TIPS FOR THE DETOXIFICATION PROCESS

- Move, stretch, and breathe: Movement can supplement the liver, unwind stagnant qi, and, because the skin is one major pathway of elimination, also help release toxins. In Chinese medicine, the element of spring is wood. Just like wood, we need the opportunity to grow and follow a natural progression of movement through emotions and experiences. If we deprive ourselves of this, we may become angry, depressed, or stressed. These emotions can affect the liver. Spring is the perfect time to begin learning meditation or practice deep breathing.
- When deciding to do any kind of cleanse, it is important to pay attention to blood sugar levels. Rollercoaster blood sugar levels can stress the adrenals. If you are hypoglycemic, you will want to simplify your diet, although not cut out food completely as this can cause more harm than good.
- If you get sleepy after eating you may not be regulating insulin, check your blood sugar levels and make adjustments to your diet and support your liver with herbs.
- A short 3-day fast is one step that can help with insulin resistance. Doing several installments of a detoxifying diet, sometimes several weeks long, is the best way to approach healing insulin resistance, and it is important to remember that removing sugary, high carbohydrate foods is more of a lifestyle change than a diet. Many people report feeling lighter and having more energy during the detox period. Modern diet and food that is overly processed and inundated with sweeteners, as well as sporadic, on-the-go eating habits that are typically in large portions, are factors that are responsible for insulin resistant cells. A gentle fast can rebalance how your body handles sugar. When doing such a fast, it is absolutely necessary to keep blood sugar stable by sipping on Body Ecology Lemonade. Remember, in terms of a healthy body it is much more important on what you can take out than what you put in. This is why a detox is so effective. Yes, all these supplements aid the detoxification process; especially if the body is already overburdened, but they are only effective because they help you remove and replace the bad.

- Work on managing your mental and emotional stress. Stress is the primary cause of digestive problems. Your digestive system is run by your autonomic nervous system, when you are in any state of stress, it shuts off. The best thing you could do for your health and gut is to remove unnecessary stress. Mental and emotional stress are usually the highest, so you may need to work a skilled cognitive processing practitioner, spiritual guide or highly skilled therapist. In my course **[PERFECT DIGESTION](#)**, I offer very valuable tools for handling stress that I learned from my spiritual guide over the past 4 years. I highly suggest checking it out. However, for a few tips on stress, know this...what you resist persist. The more you fight a negative thought or emotion, the more it hangs around. The first step to ending stress mentally and emotionally is to find out what you are fighting. Is it an idea, a thought, an intention, a goal, or an emotion? Then, find out why you are fighting it (what do you have against it?) and at the very least, allow yourself to think or feel whatever it is – don't fight it. This is very elementary advice, I get into greater detail in my course because it is a rather in-depth topic. However, it is ultimately very simple, all stress is a conflict, it is at basic, "force, counter-force". So two opposing forces. The way to end a conflict is to end the force from one side or another. For example, if you are feeling angry, but are trying to stop yourself from feeling angry, that is two forces in opposition. Let yourself be angry and the stress dissolves. For basic stress tips, get better sleep, go for more walks, eat better, detox your body, exercise daily but not too much, take up yoga (especially yoga for the mind, try kundalini), and in eternally, stop *wanting* and JUST DO.
- Eat in a relaxed environment. One of the major causes of digestive problems is poor chewing, often caused by underlying stress and anxiousness around eating. In general, you need to be in a relaxed, parasympathetic (non-suffering), stress-free state to secrete digestive fluids. The best way to do this is to eat in good company, around people you love, ideally outside or in an aesthetically pleasing environment. Never eat while stressed, trying to work or multi-task.
- Lastly, always check with your functional practitioner to determine if a cleanse is best for you!

I adapted these principles from my comprehensive course **[Perfect Digestion](#)** to make this free guide. If you have found value in this information and want to learn more about gut-health, digestion, nutrition, detoxification and achieving optimal health through holistic lifestyle practices then check out my course **[Perfect Digestion](#)**.

Best of health, Nick