

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, this guide will help to correct them and restore balance. Before we begin, it will be helpful to understand a bit more about your digestive system. Let's talk about what your digestive system is, how it works and what happens when things go wrong...

What is the Digestive System?

The digestive system is a complex system that is made up of vital organs, all which have the primary goal of breaking down your food to then be metabolized and turned into energy. The vital digestive organs are ruled by the hormones secreted from endocrine glands (the thyroid, pituitary, adrenals, etc), which signal the organs move, secrete digestive acids and enzymes, and perform their duties.

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.

How The Digestive System Works

The digestive system is innervated through its connections with the central nervous system (CNS) and by the enteric nervous system (ENS) within the wall of the gastrointestinal tract. The ENS works in concert with CNS as command centers and with neural pathways that pass through sympathetic nervous system to control digestive function. There is bidirectional flow of information between the ENS and CNS and between the ENS and sympathetic nervous system. The connections between the ENS and CNS are carried by the vagus and pelvic nerves and sympathetic pathways. [1](#)

The enteric nervous system is in charge of involuntary actions of digestion such as intestinal reflexes/movement, stomach acid and enzyme secretion, blood flow, etc. In other words, these are activities that the body does on their own, without your thought or effect. In contrast, there are some things that we have voluntary control over, such as defecation, which can be exerted through pelvic connections. But for the most part, the digestive system is something that more or less runs on autopilot – *your only job is to get out of its way.*

In order to allow digestion to happen, the nervous system needs to be in a **parasympathetic** state, meaning it is relaxed and free of stress and suffering. However, if your body is in stress, the **sympathetic** nervous system activates, which triggers the activation of the pituitary and adrenals, shutting off digestive

function. This is a helpful, survival mechanism of the body to preserve energy. If the body is in a perceived state of stress, it inhibits digestion to preserve energy because digestion requires a great deal of energy. However, if the body is in a chronic state of stress, digestion becomes impaired and disease sets in.

What Happens When Your Digestion Goes Wrong

A lot of things tend to go wrong when digestion malfunctions, including but not limited to, bloat, constipation, acid reflux, diarrhea, abdominal cramping, etc.

Nearly every digestive symptom starts with the inability to breakdown food efficiently in the stomach. When the body is stressed, the nervous system tells the thyroid to down regulate, this results in a decreased production of HCL (stomach acid) and digestive enzymes. Low stomach acid and enzyme production results in partially digested food. Poorly digested food in the stomach is then sent to the small intestine where it is "fermented" by bacteria, leading to bacterial overgrowth in the small intestine (SIBO). As bacteria ferment partially broken down food in the small intestine they produce inflammatory metabolites known as *lipopolysaccharides* or *endotoxins*. These endotoxins cause inflammation and damage to the gut lining, leading to leaky gut. Once the gut becomes leaky, food particles and endotoxin can enter the blood stream and cause a host of stressful effects, triggering autoimmune and inflammatory reactions. From this point, a vicious cycle tends to set in. The inflammation from endotoxin causes an increase in stress hormones cortisol, estrogen and serotonin, all which further suppress thyroid function, which only further slows down digestion. In fact, it is well established that hypothyroidism is associated with altered gastrointestinal motility, which is one of the dominant risk factors for development of a small intestinal bacterial overgrowth (SIBO), bloat, constipation, IBS other gut issues. [2](#)

The problems don't stop there either, much more can go wrong when your digestion stops working right. 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 problems 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 becomes 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. Its jobs are many; it helps you to digest food, assimilate nutrients, regulate hormones, excrete toxins, and produce vitamins and even produce immune cells to keep 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 [HERE](#).

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, glutamate, norepinephrine and nitric oxide. When the intestines are compromised they tend to overproduce these stress substances, leading to inflammation and IBD. 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 referred to as 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 has 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 no 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
- Produced 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 or 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 interested 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.

Phase 1 Foods:

- Well-Cooked Vegetables (ALL vegetables but keep starches to a minimum)
- Organic, pastured animal & and shell-fish proteins: wild-caught fish, pastured fowl, grass-fed meat (beef, lamb, buffalo, wild-game) and eggs if you tolerate them
- Pastured eggs
- Pasture-raised, organic dairy
- Organic, ripe fruits: all fruits are okay but keep bananas and other tryptophan-rich fruits to a minimum
- Raw carrot salad (grated carrot, with MCT/coconut oil, salt and vinegar)
- 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 (includes fast food)
- Any food to which you have a known allergy
- Industrial Dairy (grass-fed, organic dairy is okay for those who tolerate it. I suggest quality dairy to keep an optimal calcium:phosphate balance for good thyroid function. If you cannot digest dairy, this indicates SIBO and can be corrected overtime with the Perfect Digestion course).
- All gluten-containing foods, especially conventional non-fermented: wheat, barley, rye, oats, spelt, 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
- Soy or Soy Products, especially non-fermented: soy milk, tofu, and soy oil
- Polyunsaturated fats and oils: vegetable, peanut, canola, safflower, sunflower, hemp, flax oils, etc. (as discussed in the [Perfect Thyroid course](#), these oils inhibit thyroid hormone production in numerous ways, which will contribute to sluggish digestive function).

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:

- [HCL by Thorne](#) (stomach assist support for those with chronic bloat and

hypothyroidism)

- [Vitamin D/K2](#) by Throne (hormone support)
- [Gelatin/Collagen](#)
- [L-Theanine](#) (400-1000 mg reduces cortisol)
- [KSM66 Ashwagandha](#) (reduces cortisol and improves thyroid)

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

- Breakfast: 1 pint fresh squeezed orange juice with two pasture-raised eggs (cooked white, soft yolk) with real salt, 1 cup organic coffee with grass-fed cream and organic raw cane sugar.
- Mid-day Snack: Carrot Salad (1-2 shredded carrots with MCT oil, salt and vinegar) This is a staple for the cleanse as it helps to reduce endotoxin, estrogen and serotonin by cleansing the bowels).
- Lunch: Oyster-stew (well-cooked white potatoes blended with grass-fed heavy cream, salt, well-cooked mushrooms and 2 packets of smoked oysters)
- Between Meals: 1 cup organic coffee with ½ cup organic, grass-fed milk, and maple syrup or Bone Broth with added Gelatin
- Dinner: Before 7 pm, Well-cooked white rice with ghee and sea salt, and 4 oz of grass-fed steak or roast.

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:

- Non-starchy vegetables (well-cooked, not raw)
- Meat stock, soups and bone broths
- Gelatin and Collagen
- Eggs
- Grass-fed meat (beef, lamb, veal, goat, etc. minimize white meat which is high in PUFAs)
- Healthy fats: coconut oil, butter, ghee, unfiltered olive oil, tallow, and lard oil to serve with veggies

- Organic, ripe fruits: except for banana and high tryptophan fruit
- 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.

PHASE 3: DEEP CLEANSE

The 3 day "fast" portion of the cleanse but is more appropriately a "digestive rest". The difference is that by still consuming bone broth and fruit juices you will still supply the body with necessary protein and glucose for liver function and the conversion of thyroid hormone into its active form. Unlike a traditional fast, you will avoid depleting liver glycogen that would otherwise slow your thyroid and stimulate the adrenals. However, by avoiding soluble fibers, starch and solid foods, you will give your intestines a break, which will help heal any intestinal inflammation.

Phase 3 Foods:

- Fresh squeezed, ripe orange juice and other fresh juices (pineapple, tangerine, watermelon, etc.)
- Bone broths and Meat stock with added collagen and gelatin
- Gel-O (heat up 2 cups of fresh, pure juice like orange, pineapple or grape and mix together with 6 scoops of [grass-fed gelatin](#) and make a gut-healing, stress reducing "Jell-o")
- Aloe Smoothies: Blend fresh coconut water (or harmless harvest) with the inner gel of a fresh aloe leaf.

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.

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, this is a strong indication of very high cortisol levels and free fatty acids. Taking herbs like KSM66-Ashwagandha and consuming plenty of fruit will help to lower cortisol levels and restore blood sugar levels.
- If you get sleepy after eating you may not be regulating insulin, which is a sign of again elevated free fatty acids and cortisol, which impair the transport of insulin and glucose into the cell. This is a sign of liver impairment (a liver that cannot hold onto glycogen), hypothyroidism and high stress. You may want to consider taking a Thyroid supplement like NaturThroid or enrolling in the [Perfect Thyroid Course](#).
- 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 seek help from your functional practitioner.

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](#)**.