

DIGEST YOUR WAY TO BETTER HEALTH



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Problems with Poor Digestion

There are ways to assess problems with digestion other than, or in addition to, food sensitivity testing. Above all else, I assess symptoms and dietary habits. A basic concept, yet one not likely to be addressed in the doctor's office. History is also something I take a look at. Chronic stress makes chemical changes within the system that cause a wide range of symptoms. Removal of gallbladders spurs an array of problems namely constipation, intolerance towards fat consumption and skin issues. The lack of bile flow, that was, before the removal stored in the gall bladder reduces bowel movements causing toxicity.

Indigestion may be caused by either too much (hyperchlorohydrria) or too little (hypochlorohydrria) stomach acid. Many people have excess acidity, or hyperchlorohydrria, caused either by a the consumption of too much protein (primarily), fat and sugar, or by the ingestion of acidifying supplements such as betaine HCl and other acidifying digestive aids, and by other problems, such as acute asthma, diabetes, nephritis, and dehydration. If not caused by over consumption of the above, a mineral deficiency is the case, either way providing liquid minerals, the proper digestive aid enzyme formula and dietary guidelines will restore the imbalances.

When it comes to hiatal hernia, gastritis, esophageal reflux, and ulcers is a long-standing problem usually beginning with fat intolerance (difficulty digesting fats and the resulting gallbladder symptoms). Such symptoms include an array of which you may experience, and certainly know of someone who is plagued with frequent burping or sour taste in the mouth or nausea and/or pain under the right rib cage after eating, intolerance of fats or spicy foods, regurgitation of foods after meals which is worse when lying down and constipation with light colored stools. Many of these people will develop gallstones, but long before they know they have them, some of these symptoms will occur. The constant burping and the continued eating of fats and other foods that irritate the gallbladder can lead to a hiatal hernia. Literally, the person burps his stomach into his esophagus. Prolonged inattention to this without enzyme and dietary therapy can progress to gastric reflux (GERD).

As you can see, good digestion is the basis of good health!

Finding good food and digesting it are two separate issues.

Make an appointment for an assessment and possible testing to get started on a specific diet tailored to your needs.

One simple test performed in-office at the time of your appointment is your zinc status. Zinc plays a vital roll in the production of enzymes our body manufactures. It is a common deficiency and essential for the restoration of digestion! Zinc is a trace mineral essential for healthy cell division, as well as, DNA and protein synthesis, night vision, sexual maturation, fertility and reproduction, immunity, taste and appetite and so much more! There are 100 human enzyme systems that require an adequate level of zinc for proper function.

Irritable bowel syndrome (IBS) is a chronic condition of the digestive system being the most commonly diagnosed gastrointestinal condition. Abdominal pain with alternating bowel changes from diarrhea to constipation. There is an enzyme formula that addresses IBS, however I must straight out of the shoot tell you the main trigger! On the large, the cause is by bad fats - that's right, eliminate French fries, donuts, and bakery goods made with hydrogenated oils and other foods that sneak it in and you will improve greatly.

Those diagnosed with IBS are more likely to suffer from anxiety, depression, stress and physical ailments. The neurotransmitter serotonin, commonly thought of as the main mood-regulating neurotransmitter, is secretory, sensory and functions in the gastrointestinal tract rather than the central nervous system. Within the lumen of the intestine, serotonin triggers nausea and vomiting as well as altering motility which can result in diarrhea or constipation.

How to heal the imbalance of this neurotransmitter? Heal the gut with broth:

Mineral Broth

There are several reasons for making a mineral broth, also known as a bone broth. First of all, bone broths are a classic folk remedy when sick (aka "chicken soup"). Second, they can be used as a bone-building regime. Finally, bone broths are frequently used as a stock for seasoning dishes such as rice or casseroles, stews, soups and sauces.

In recent research regarding broths, they found that a two-stage broth is ideal.

The first stage, which is the first two days of simmering, is ideal for a healing broth. It contains components of the marrow which stimulates immune function, as well as the minerals, fats and proteins needed to nourish the body during healing. When you have an illness, much of the body's energy is devoted to immune function. If you eat, that energy is re-directed to digestion instead, slowing immune function. Ideally, when sick, you shouldn't eat, so as to not detract from immune function. But supplying essential nutrients to assist the immune system is desired. Broths satisfy both of these requirements -- the nutrients needed for immune function, but no digestive burden. Mineral broths are commonly used for the treatment of a cold, flu and other disorders such as digestive, joint, lung, skin, blood and muscle problems (such as leg cramps). It is a valuable food remedy for many ailments.

The second stage, which is the third and fourth day of simmering, is best for bone-building. The simmered bones have softened enough over the first 2 days of simmering that more calcium and other minerals are extracted, providing a mineral-rich broth. The fats in the broth are a necessary part (do not skim it off) as fats are needed to pull calcium into the bones. Broths provide a readily available form of calcium, other minerals and co-factors that help to rebuild bones in the case of osteoporosis or fracture, as well as for building teeth.

Recipes to Soothe the Stomach

Mono diets are great

1) Dip 1 cup Plain Yogurt, knifer or Cream FriaChe

1 Cup pulverized cabbage (take ¾ cup of cabbage and pulverize in a blend with ¼ cup of water)

1-3 T oil (Sesame, Hazelnut, Almond, Macadamia oil)

Thoroughly mix

2) Flax Seed Crackers

2 cups whole flaxseeds

approx 2 cups water

1/4 cup tamari, Braggs Liquid Aminos or nama shoyu raw soy sauce

sea salt to taste

1 tbsp fresh minced herbs (optional)

Preparation

In a medium sized bowl, cover the flax seed crackers with water and allow to soak for at least 1 1/2 hours. The water will turn to a gelatinous goo. Check the mixture, and add more water if needed. You want the mixture to be gooey, but not runny, and not too thick.

Stir in the tamari, Liquid Aminos or nama shoyu sauce, sea salt and fresh herbs. You can also get creative and add some extra flavors - a squirt of lime juice, minced ginger, chili powder or cayenne pepper - depending on your tastes.

Spread the mixture about 1/8 inch thick on your dehydrator's paraflex or teflex sheets.

Set your dehydrator to about 110 degrees, and dehydrate for 4-6 hours. Turn the mixture over, and dehydrate another 3 - 4 hours.

Directions: After cooking (and consuming) a whole chicken or turkey, or after cooking beef, pork, elk, deer, etc., pull all the remaining meat off the bones, and use the meat for other meals. 1. Take the carcass (bones), place in a large pot and cover with water, then a lid. 2. Simmer for 2 days continuously. (Note: simmer, do not boil!). 3. After 2 days of simmering, cool the broth until you can comfortably touch it, but is not too hot for the baggie. Don't let it cool too much or the fat will solidify (we need the fat in the broth). 4. The liquid is called a broth or stock. For large bones, when cool enough, push the marrow out of the center of the bones, and mix well with the liquid. 5. Strain the bones and big pieces out of the liquid and pour into quart-sized zip lock baggies**. Pouring 3 cups per bag allows you to freeze it flat for easy storage, and is the perfect amount for sick times.

6. Next, using a potato masher, crush the bones left in the pan (you may not be able to do this to larger bones, such as elk. But check the next day to see if they're soft enough to crush). 7. Cover the bones with water again, add apple cider vinegar (2 Tbs per quart) and simmer again for another 2 days. 8. After 2 days, remove from heat, strain, and let it cool enough to put into zip lock baggies as above.**

**Options: After day 2, refrigerate the first broth in a jar or covered container instead of a zip lock baggie. When the second batch is done, while still warm, mix the two batches together before filling the zip lock baggies and freezing. This will give you both immune support and bone-building together as a wonderful daily routine. Every time you eat a meat product, save the bones in a gallon zip lock bag and put into freezer. When the bag is 2/3 full, it's time to make more broth! If you include the joints and other cartilaginous parts, it is also beneficial for joints. Consume 1 cup per day. You may add chopped vegetables of any sort the last day of simmering for additional flavor and nutrients.

How to use Mineral Broth or Stock: The first 2 days broth (Stage 1) is perfect for illness. When sick, you need vital nutrients such as minerals (especially calcium), fats, and protein. Drinking 3 or more cups of mineral broth gives your body those vital nutrients without the digestive burden. You may salt it to taste. This needs to be made ahead of time, and frozen, so it can be consumed when you're sick, and not have to wait for 2 days to make it. The second stage broth (days 3 & 4) contains a greater saturation of minerals. After the first 2 days of simmering, the water is too saturated with the other nutrients to absorb more. The second 2 days really gets at the minerals, for a denser mineral broth. For rebuilding bones and teeth, salt to taste and drink 1-2 cups per day for a minimum of 1 year. Either poultry or other meats work well for this. For stock you can use either Stage 1 or 2 broth, or both. Add veggies and meat for a delicious soup stock. Can also use it for gravies, to moisten leftover casseroles before re-heating, or a simple relaxing drink at the end of the day.

*If you are uncomfortable keeping your stove going for 2-4 days, use a crock pot. (A word of warning: place a heat barrier between the crockpot and countertop to keep the continuous heat from destroying your countertop!).

By Dr. Holly Carling

To your Health,

Brooke Jensen

My job is ultimately to empower others to be informed of their options, guide them on how to preserve health, recover and maintain vigor, thoroughly and progressively assess ones state of vitality, or what one may call "health". I do this with a combination of both ancient teachings and modern technology. The word I have chosen above, "progressive" I literally mean in two ways; both with advanced methods as well as an evolving process (as it is not ideal to base a treatment plan upon a one-time consultation!). This process of the unfolding of outcomes originates from, in part, Ayurvedic medicine principles: observational pattern of symptom case taking over thousands of years! In my view, nothing happens in isolation as in with the allopathic model. In today's perception of health care, having many symptoms presents a difficult case i.e. symptom a=treatment (drug) x. Rather, in time-honored or ancient medical models, the more presenting complaints the more definitive the treatment. This is so, due to the grouping of symptoms or conditional states into categories Ayurveda calls a Dosha, or metabolic constitution. In summary, western/allopathic view is reductionism vs. eastern/holistic observational, patient involved noting of patterns in mind and body revealing a state of health with a method for correction.

