



5 Tips for a Healthier Gut Helping to Increase Energy & Reduce Inflammation




Mara Gerke, CA, CH, CNHP
www.energywellnesscenter.net

Copyright 2019 – All Rights Reserved

We are exposed to toxins daily through the air we breathe, the water we drink and the food we eat.

Unfortunately, these toxins end up in our body.



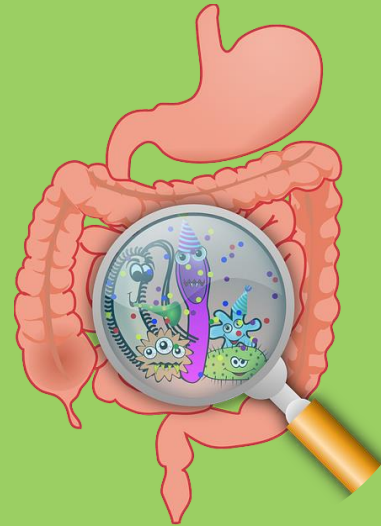
A decorative graphic on the left side of the slide. It features two green leaves: a smaller one on the left and a larger one with detailed vein patterns on the right. There are also three light blue circles of varying sizes, one at the top, one at the bottom left, and one partially visible at the bottom right.


The CDC believes that the average person has over 300 harmful chemicals in their body. Found in our urine, blood, serum, and breast milk.

Chronic Illness is also affected by Environmental Toxicity & may be one of the most important health crises facing us today.

Maintaining a Healthy Gut
Creates an Overall
Healthier You!

Our Gut is our
First Line of Defense!





Toxins Travel from our Gut to
all the Parts in our Body

↓
Toxins come in through our environment

↓
Our Gut Microbiome becomes Imbalanced

↓
Endotoxins are Produced

↓
Fueling Chronic Inflammation &
Creating a Lack of Energy



Toxic Environment
+
Toxic Gut
=
Toxic Health



Our Gut Health Influences our Overall Health

- Immune Function
- Blood Sugar
- Weight
- Cardiovascular Health
- Stress & Emotions
- Glandular Health
- Respiratory Health
- Neurological Health
- Energy
- Inflammation & Pain



Scientists have shown links to:

- Obesity
- Type 2 diabetes
- Heart disease
- Inflammatory bowel diseases (including Crohn's and ulcerative colitis)
- Colon Cancer
- Anxiety & Depression
- Autism
- Arthritis

A decorative graphic on the left side of the slide features several green leaves of varying sizes and shades, some with detailed vein patterns. Interspersed among the leaves are four light blue circles of different diameters. The overall aesthetic is clean and natural.

What is Gut Health

Our gut has 300 to 500 different kinds of bacteria along with viruses and fungi and that is what is known as the microbiota or microbiome.

Even though we have bacteria that live throughout our body, the ones with the most impact on our health are the ones in our digestive system (intestines and colon).

We are 90% microbiome / 10% human cells



Symptoms of Imbalance

- Upset Stomach (gassy, bloated, indigestion, heartburn, constipation)
- High – Sugar Diet
- Unintentional Weight Gain
- Sleep Disturbances or Fatigue
- Skin Irritations
- Autoimmune Conditions
- Food Intolerances
- Moodiness / Anxiety / Sadness
- Leaky Gut
- Pain or Chronic Health Concern

A decorative graphic on the left side of the slide features several green leaves of varying sizes and shades, some with detailed vein patterns. Interspersed among the leaves are four light blue circles of different diameters. The overall aesthetic is clean and natural, suggesting health and vitality.

What Can you do to Improve Gut Health




1. Drink More Water

Water is needed by our body for our cells to function properly and to help our body flush out toxins.

Say goodbye to sugary drinks and lots of coffee and replace those with clean drinking water or herbal teas.

Make sure your water is filtered so you avoid taking in more toxins. If you don't have a water filtration system, check out [Aguasana](#).



A decorative graphic on the left side of the slide features two green leaves of different shades and sizes, and two light blue circles. One large leaf is positioned vertically, with a smaller, lighter green leaf below it. The circles are placed in the background, one at the top and one at the bottom left.

2. Eat More Plants, Fiber, & Fermented Foods

Our gut health functions its best when we eat food the way nature created it.

Avoid processed foods and sugary foods.

Eat fruits, lots of vegetables including green leafy ones in your salad, and fermented foods (sauerkraut, kimchi, kefir, kombucha, yogurt) will help to create healthy microbiome in your gut.

A healthy microbiome helps the whole body flourish because the good guys are better able to keep the bad guys at bay.



3. Manage your Stress

Stress not only affects our emotions it affects our digestion as well as the functioning of the body's immune system. It also increases pain and inflammation throughout the body by activating the sympathetic nervous system.

Managing your stress will greatly improve your health.





Tips for Managing Stress

Deep Breathing assists the body in releasing toxins, strengthens the lungs, heart, and immune system. Take 5 deep abdominal breaths in and out 5 times per day.

Using Essential Oils in an inhaler, roll on or diffusion can help keep anxiety and stress at bay. My favorite oils for this are Lavender, Bergamot, Sweet Orange, and Cedar wood.

Walk it out with some movement through exercise or by using the [Original Chi Machine](https://www.energywellnesscenter.net).



4. Get Enough Sleep

Sleep is when our body cleanses and repairs itself. Not getting enough sleep throws your body out of balance opening yourself up to a variety of health problems.

Tips for better sleep

- 30 minutes before bedtime turn off all technology.
- Eliminate caffeine and sugar after 3pm.
- Commit to a sleep schedule, going to bed at the same time every night so you get 7-8 hours of sleep.

P.S. [The Chi Machine](#) and [Essential Oils](#) can help with this as well.



5. Take Pre and Probiotics

Take a Probiotic Supplement.

Make sure your Probiotic contains a Prebiotic.

Probiotics help populate the good bacteria in your gut.

If you feel you may be overly toxic, take our [Toxicity Questionnaire](#).

If you score above 50 consider joining the [Purify 2.0 Program](#).

The Purify Program has been clinically studied to:

- Increase Heavy Metal Elimination
- Lower Gut Inflammation
- Reduce Cardiovascular Risk
- Improve Liver Function
- & Increase General Health, Energy & Mental Focus!



My personal journey began in 1994 when I was diagnosed with a chronic pain neuro autoimmune condition called Reflex Sympathetic Dystrophy / Complex Regional Pain Syndrome. The journey toward wellness was a long haul. By sharing what I have learned I hope it will help shorten your journey. Restoring my gut health, lifestyle changes, and using the SOQI Products were key to my recovery.

Mara Gerke, CA, CH, CNHP
260-724-2425
Energy Wellness Center

<https://www.energywellnesscenter.net>

Special thanks for the free resources:
Template by [SlidesCarnival](#) | Photographs by [Unsplash](#)

