

Pillar #5 Gut Health and Digestion

Today's Agenda:

- How to talk to your clients about gut health and digestion
- General recommendations to get clients started with improving gut health and digestion
- When it's time to refer your client
- What to look for in referral partners
- Questions



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How to Talk to Your Clients About Gut Health and Digestion

- Determine how your client likes to receive and process info. Are they visual, do they do better with stories/examples, does humor keep them engaged, are they more clinical?
- Put together a library of your favorite gut graphics (ones that you can easily explain) that show things like leaky gut, how food digests, etc.
- Explains how digestion works as if you were explaining it to a young person



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How to Talk to Your Clients About Gut Health and Digestion

- Explain how the gut and skin are related, and how many of the reasons given for skin issues (hormone imbalance, for example) actually have root causes in the gut
- Talk about how skin needs nutrients to form properly, and that those nutrients are only available from food (and even supplements) when digestion and absorption are functioning optimally
- If there is digestive (or liver) dysfunction, absorption is severely compromised--prioritizing gut health is priority



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General Gut Health and Digestion

Recommendations--Elimination

- Monitor elimination. How often is the person having bowel movements? 2-3 times a day is optimal, once a day is minimal
- Stools should be well formed, tubular, easy to pass, not too light and not too dark
- Urine should be clear and light yellowish--dark, opaque, or cloudy urine indicates dehydration or a health issue
- Monitor how soon after a meal the person needs to eliminate



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General Gut Health and Digestion Recommendations

- If the person has good nutrition (Pillar 3) and solid healthy lifestyle habits (Pillar 4) and still has issues with digestion, elimination, and related symptoms, they should start focusing on restoring gut health/function
- Start the day with either warm diluted raw apple cider vinegar or lemon water
- Try eating “light to heavy”--lighter meals earlier in the day, heaviest meal at the end of the day



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General Gut Health and Digestion Recommendations--Food Combining

- Try food combining. Here are simple rules:
 - Eat fruit alone or with greens on an empty stomach. (exception: eat melons alone)
 - Greens and non-starchy veggies are neutral and pair well with anything (except melons)
 - Pair whole grains and starchy veggies with greens--not with proteins
 - Pair proteins with greens or non-starchy veggies. Not with starch or other proteins



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General Gut Health and Digestion

Recommendations--Herbs and Supplements

- Digestive enzymes. Important--if someone has h.pylori they must not take hydrochloric acid (HCL)--they should choose an enzyme without one
- Herbs/bitters for digestive support: ginger, peppermint, lemon balm, dandelion, cinnamon, fennel (tea, tincture, capsules, or used in cooking)
- Be cautious with probiotics--you can educate clients about them and fermented food, but not a good idea if client has SIBO



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General Gut Health and Digestion

Recommendations--Food

- Sugar must be reduced as much as possible
- Choose non-starchy veggies at first
- Choose fruits with less overall sugar content--look for tart/sour fruits
- Avoid dried fruits and other foods associated with mold
- Veggies should be lightly cooked at first or blended (not juiced)



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General Gut Health and Digestion

Recommendations--Educate But Don't Prescribe

- Educate about the benefits of liquid or intermittent fasting
- Don't prescribe supplements or detox plans. OK to provide info and resources and let the client self-treat
- Encourage clients to discuss diet and supplement changes with their doctor or other licensed health professional
- Educate your clients about how gut-associated symptoms are common but not normal



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When to Refer

- Anytime client has tried general recommendations and is not making progress
- Anytime a client tries general recommendations and gets WORSE
- If a client is not making progress and really would benefit from or is asking for testing
- If a client is non-compliant and would benefit from a “higher ranking” practitioner or seeing test results on paper



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When to Refer

- If you are having a hard time getting through to the client
- If it seems that the client is perceiving or referring to your work together in a way that implies treatment of a health condition
- If it seems that the client/practitioner professional boundary has been crossed--by either the client or you
- If the client has become overly dependent on you or is placing all expectations/responsibility on you and not themselves



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What to Look for in A Referral Partner

- If you have a local business, it should be someone fairly local
- Someone who has similar marketing/practice growth as you
- Someone who shares your values and overall philosophy
- Someone whose work complements yours but does not compete with or replace yours
- Someone who has a scope of practice that you don't have (licensed dietitian nutritionist, licensed professional counselor, naturopathic or functional medicine doctor)



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What to Look for in A Referral Partner

- Someone open to collaboration--co-presenting webinars or events together, cross promotions, affiliate relationships
- If the person is not local or is online, make sure they legally CAN work with your clients
- Their pricing makes sense in relation to your pricing and services
- Someone who values and adheres to client confidentiality
- Someone who will respect your work and not downplay its importance

