

GUT FEELINGS

3 secrets that transform your gut
from
"I feel off" to "I feel good"



YOUR BLUEPRINT
FOR GUT HEALTH

Dr. Marisol Teijeiro-Queen of the Thrones
Naturopathic Doctor
www.drmarisol.com

HI IT'S DR. MARISOL, QUEEN OF THE THRONES NATUROPATHIC DOCTOR

HOLA! I am so excited to start this journey with you.

Why am I the Queen of the Thrones? Because I've earned it, not only through years of proven clinical practice but also through my personal moments of poop paralysis, and this is not going to be pretty but here we go... oh, shit!

You know what I mean. Just like you, I've lived it too. I feel it is my duty, my obligation to challenge and support you so you can learn, use and share all the incredible tools so you can go from "I feel off" to "I feel good".

If you are like I was, I don't need to tell you that your #1 business is to go #2. You know that when things aren't right down there it seriously affects all aspects of your life. Whether it's constipation or diarrhea, or a combination of both, Irritable Bowel Syndrome (IBS) can be debilitating.

As a child, I was backed up beyond belief. So was my mom. My earliest memories were of her needing something to make her "correr" (the Spanish verb for run) to the toilet. She felt the pain, like you and I do. The always uncomfortable tooting like nobody's business and always at the worst times.

Do you remember the whoopee cushion! I remember having a whoopee cushion and I loved it. Why? Because it served as a really good distraction from the real thing! Ah, sweet constipated memories of childhood.

In my 30's and after a period of emotional upheaval I remember the moment of the switch. It wasn't anymore about when, it become OMG, how do I get it to stop? Suddenly I became afraid to leave the house, dreading an accident which usually would happen in the most inconvenient places like the car or grocery store where there was always no bathroom in sight.

I got into the practice of always having a spare pair of underwear and an extra pair of pants at work and in my car just to be safe, heaven forbid. Any outing would stress me to the core and my first duty on arrival would be to scope out the bathroom situation. I always had a game plan just in case. Stay near the bathrooms at all costs, and always pick the chair on the end, always. Talk about stressful, you feel me? How about this, excusing yourself mid-stream in conversation cause it's not holding! How crappy, literally.

I was starting to feel really socially isolated and messed up. The thing was I knew I was not alone. IBS affects 10-20% of the western world and affects women more than men 1.5-3 fold. For me, what solidified my improvement was that I got sick and tired of practicing the clench, squeeze, pray- repeat technique. Literally sick of it. I hope you are there too.

THE CHALLENGE

The biggest challenge for you now is you blame yourself. What did I drink? What did I eat? What did I do? Stop It. I'm telling you because it was a realization that I had to come to as well. Even being a Naturopathic Doctor and having quick access to all of the tools, I wasn't doing the work. I wasn't taking care of me. I was too focused on others, patients, partner, everyone's needs ahead of mine and for that reason I was suffering. So I switched my focus, used all my tools and in the process learned some new awesome ones that now I'm here to share with you.

I'm sure you're doing it too with your kids, work, partner and home as the main priorities, there is little time for you. But now is your chance, It's your time to take back what is rightfully yours. Your balance, your energy, your feeling good in your skin. It's your time.

You are the solution and it's not that hard, it just takes practice that will create progress. Together, let's reset your gut and take back your rhythm. It all starts with just a few simple steps. Let's digest this together.

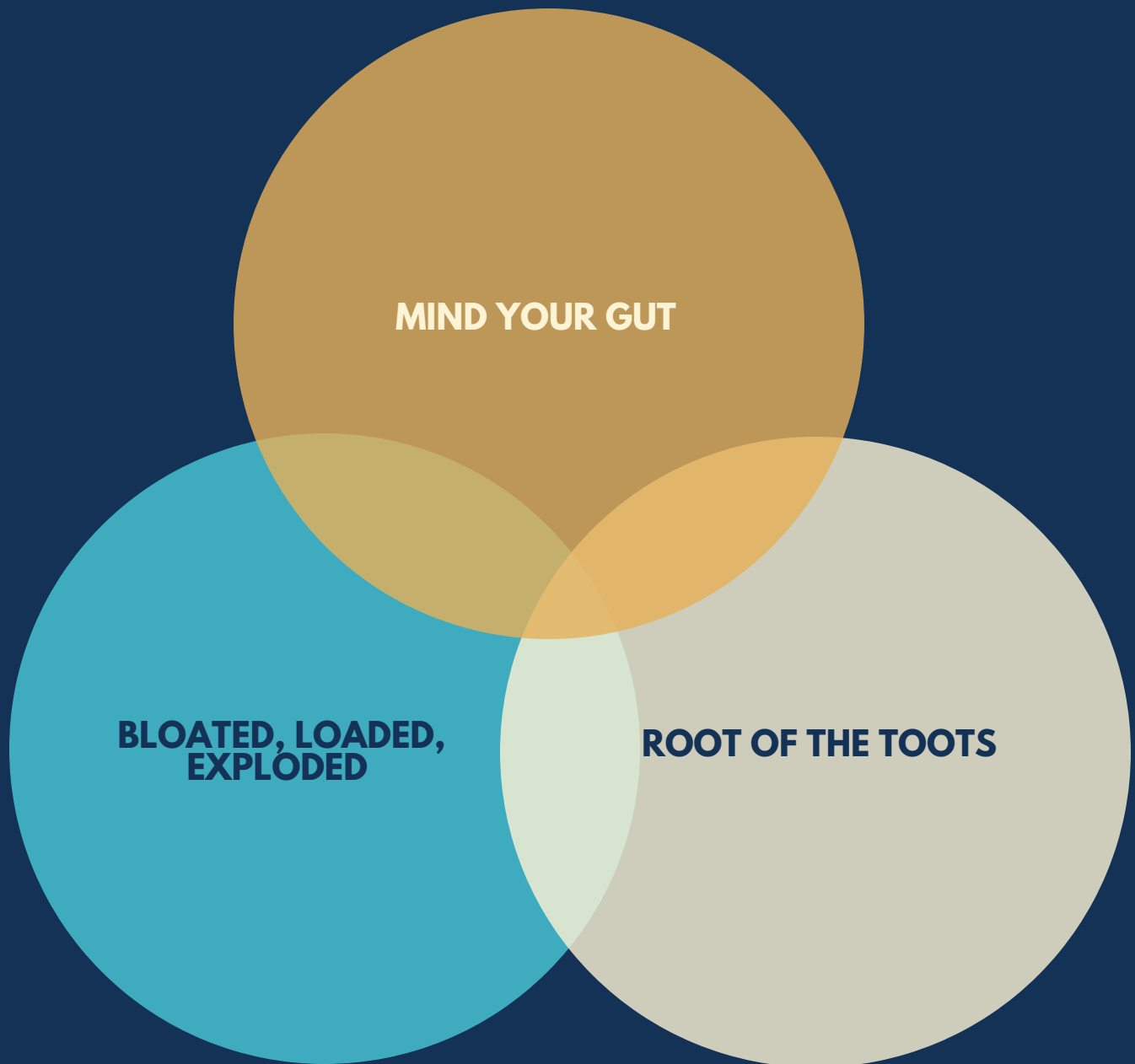


OWN YOUR THRONE

DR. MARISOL XOXO

PS. AFTER YOU HAVE INDULGED ! PLEASE SHARE WITH ALL YOUR FRIENDS, I'M ON A MISSION TO BE IN 1 BILLION BATHROOMS BY 2020 AND I NEED YOUR HELP :)

GUT FEELINGS FRAMEWORK - 3 KEYS



TRANSFORM YOURSELF #1

ROOT OF YOUR TOOTS

SUMMARY

Gas can be extremely disturbing and super embarrassing. It is typically caused by unhappy gut bugs (scientifically known as dysbiosis of the gut). They will process and package things in the wrong way and cause nauseating gases to all those of you who are fortunate enough to get a whiff! Depending on which type of irritable bowel syndrome (IBS) you have, the gas serves a different purpose. One thing is certain is that the root of the toots is a commonality between all the types.

CONSTIPATION

With constipation, the body is trying to move things along, get the party started. Gas is a propellant to get things moving along. As well as the intestines perform peristalsis (the medical term for how the intestines move). The pockets of gas that may have been stagnant, start to move and make noise.

DIARRHEA

With diarrhea, toots are not innocent as these can be really dangerous as we all know too well, my son likes to call them the sharts. We make fun of it socially but when you are the one who is experiencing it, this is no laughing matter. Gas can be the signal of peristalsis, and what promotes the flush within the bowels.

MIXED - CONSTIPATION AND DIARRHEA

When you're dealing with both, it is super frustrating because from one moment to the next you don't know what to expect.

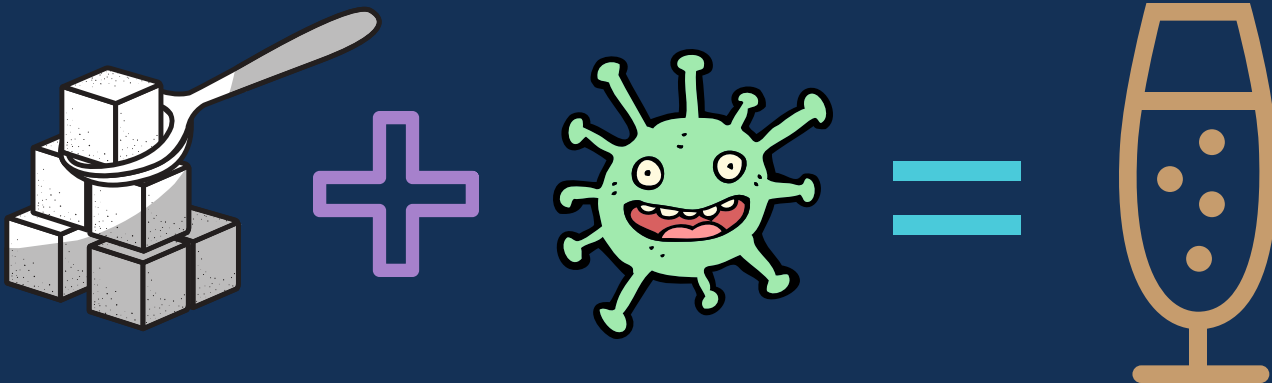
Working to transform these issues will help you to achieve peace of mind.

TRANSFORM YOURSELF #1

ROOT OF YOUR TOOTS

MISTAKE - PROCESSED FOODS, SUGAR AND ALCOHOL

The first usual culprits that you are familiar with are processed foods, sugar and alcohol that create a tooting good time in your gut, especially when you have bad bacteria and yeast overgrowth. Because these foods are high in sugars they cause the following major issue:



MIND BLOWING CONCEPT #1

What do you get when you mix sugar with yeast and bacteria? You get bubbly alcohol! Champagne anyone?

You basically become your own alcohol factory and ferment the sugars inside your guts.

Not only does it make you toot like a choo choo train, but it also makes you feel like you are drunk and/or hungover. You feel foggy, exhausted, maybe a bit nauseated and maybe even having some loose crazy stools.

You are suffering because your body is making too much alcohol because of your food choices.

TRANSFORM YOURSELF #1

ROOT OF YOUR TOOTS

MISTAKES- FOODS THAT IRRITATE GUT LINING

The secondary issue is that there are foods that irritate your gut lining. When the gut lining is irritated it makes it susceptible to invasion by the bad bugs and increases your ability to make you do your call of the wild. Guess what, these foods may even be the healthy foods!

INFLAMMATORY FOODS

Inflammation is like fire in your body. Foods like grains (rice, wheat, corn etc.) and legumes (beans, peas, black beans, kidney beans, chick peas, Lima beans etc.) increase the inflammation and irritation in your gut.

MUCOUS PRODUCING FOODS

Dairy is one of the biggest culprits. Its natural consistency is mucousy, thick and phlegm-making. Banana is also in this category. These foods just make things sluggish and slow to heal. They increase the amount of mucous in your body which makes your insides sticky. Your gut may slow down your transit time because of the resistance of the mucous, or purge it out. This just depends on your susceptibility.

GUT GLUE



When gluten and dairy are consumed and combine with your stomach acid, it creates glue! Remember Elmer's Glue? It is edible and non-toxic as it is made out of flour, milk powder and vinegar. This combination will gunk up the villi of the intestines (villi are the fingerlike projections that absorb nutrients on the gut mucosal membrane)

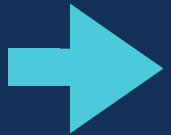
YOUR PERSONAL FOOD SENSITIVITIES

These foods will irritate your gut lining big time. This was one area that was really affecting me! My food sensitivities were kale, almond, turmeric (curcumin) and almonds. Yes, many of the super foods, which I tell you in my quest to be healthy I was eating these predominantly and much to my chagrin, they weren't super for me. Super for somebody else but not for me. You never know until you test.

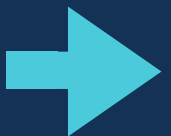
TRANSFORM YOURSELF #1

ROOT OF YOUR TOOTS

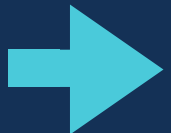
ACTIONS



Reduce the inflammatory, mucous producing & lectin containing foods (legumes, grains and dairy)



Start taking a good quality probiotic that will help to reduce the irritation and inflammation and start to change the gut microbe balance.



Reduce your sugar, processed foods and alcohol consumption. Use the 2/4 rule for alcohol consumption, no more than 2 at a time 4 nights per week. Use the 80/20 rule for sugar and processed foods in your diet, 80% of the time, healthy whole natural foods, 20% of time, let go and do as you need to. Think of effort and ease, discipline and indulgence.

Special NOTE: Are you a Hyper Wiper? Hyper wiping is a major sign that you've got bad bug overgrowth, irritation and mucous in your intestine! Did you know that you should wipe only once and it should wipe perfectly clean? Outrageous, no? My patients are always astounded when I go so in depth, but it simply makes common sense. Think of it like this. Indigenous cultures squat, poop, and walk away, much like your healthy four legged friends, without a wipe. If we are eating what's right for us you shouldn't be wiping like a maniac. When you hyper wipe your gut is inflamed and highly mucousy!

TRANSFORM YOURSELF #2

LOADED, BLOATED AND EXPLODED

SUMMARY

Ever been congratulated on your pregnancy, when your not? "Sorry I'm just bloated!" So many things can cause you to bloat like a goat and feel full of it and sometimes that might also cause you to explode in the toilet bowl.

BAD BUGS

Bloating is again due to the nasty little critters in your gut. It is caused by the gas in your system and it's these bugs that take the food that we eat and break it down, causing gas. Good bugs give us life by supplying us with nutrients like B vitamins as their by-product. How awesome is that?! Bad bugs gives us bad ass bloating! Not so cool.

LOW AND SLOW DIGESTIVE CAPACITY

The ability to properly digest is a combination of being in a relaxed state, mechanical breakdown such as physical chewing and the factors required to digest and finally, the right combinations of food. Slow transit time longer forces the food to sit in your gut, and so it will ferment, putrefy and feed the bugs, causing nauseating gases that will bloat your belly. The result is pressure and pain in the abdomen, and for those that are extremely sensitive, they will explode and expel.

CHEWING

RELAXED STATE

DIGESTIVE ENYMES, HCL & BILE

FOOD COMBINATIONS

4 KEYS TO DIGEST:

INFLAMMATION

Inflammation caused by irritating food substances and bad bug bacteria. It is like a fire that burns in the body. How do we calm a fire? Easy, with water. Our bodies bring water to the areas that are inflamed to quench the burn. This in turn creates swelling and you feel completely full and bloated.

TRANSFORM YOURSELF #2

LOADED, BLOATED AND EXPLODED

MISTAKE-BAD GUT BUGS HOW DID THEY GET THERE?

WHAT YOU DON'T CONTROL

- Born caesarean
- History of antibiotics
- Food Choices as a child

WHAT YOU DO CONTROL

- Antibiotics, Antifungals
- Food Choices -Sugar, Processed, Fermented
- Strong Natural Barrier- HCL
- Excessive hygiene

Bugs are opportunistic. They look for any point of weakness to infiltrate and build a home. Your natural defense is based on a combination of things that you control and others that you do not. Bottom line is that an irritated, angry, inflamed gut will be more susceptible to invasion. No different than a kingdom that is in upheaval.

MIND BLOWING CONCEPT #2

I'LL JUST EAT FERMENTED FOODS TO HEAL MY GUT!

Contrary to popular belief, fermented foods aren't great for people with problematic guts. It's thought that they are a source of probiotics. The problem is that they introduce fermented bacteria that brings along with it histamine.

Histamine, is what causes the problems in allergic reactions as it is an irritant to the mucosal membrane. When you brush up against poison ivy you get swelling and a hive reaction on your skin. The response in your gut is no different when it comes in contact with histamine. It'll cause a mass irritation, which is worse in an unhealthy gut.

When your trying to heal your gut, this histamine reaction caused by the food you eat can set you back. Because instead of healing your gut, it's actually irritating it and making it more susceptible to infection from yeasts, bad bugs and parasites. In a healthy gut these foods are ok, in an unhealthy gut they can be disastrous.

TRANSFORM YOURSELF #2

LOADED, BLOATED AND EXPLODED

MISTAKES

As we age, there is a natural reduction in digestive enzymes, stomach acid (aka Hydrochloric acid or HCL), bile and nutrients required to keep the gut good like B12 and Zinc.

DIGESTIVE ENZYMES

We produce reduced digestive enzymes as we age. This is further aggravated because of personal dietary restriction of protein. Protein is necessary to make digestive enzymes, it is the raw ingredient (manufacturing 101). It's a fact that you need protein to make enzymes and you need good digestion to absorb the protein. A sign of protein malabsorption is bad smelling gas.

STOMACH ACID - HCL

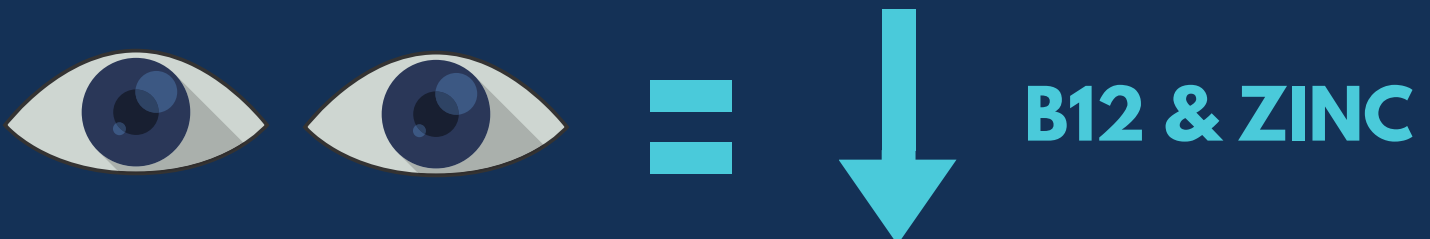
Healthy levels of stomach acid are also necessary to break down protein and absorb it. With the long term stress of aging and a buildup of acidity and inflammation in the body, our HCL levels decrease. With that, many functions are affected, including protein breakdown, defence against incoming bacteria and yeasts as well as certain nutrient deficiencies.

BILE

Bile is necessary to absorb your healthy fats. If you don't absorb fat, it slides through the gut causing lots of bloating. Bile also can be healthy or hurtful, depending on your diet. Healthy bile can heal the gut within 24 hours, whereas unhealthy bile can irritate and damage it.

VITAMINS AND MINERALS

Nutrient deficits from low stomach acid include vitamin B12 and Zinc. This situation is worse if you have blue eyes. This is a common thread that I have found with years of practice. These two nutrients are key to help with healing of the gut lining.



TRANSFORM YOURSELF #2

LOADED, BLOATED AND EXPLODED

MISTAKES

FOOD COMBINATIONS

Certain foods breakdown and absorb better together. Food combining for efficient digestion is one less thing that your digestive organs have to worry about. Protein and fruit should never be combined as they cause fermentation in the gut. Fruit requires an alkaline environment to digest, whereas protein requires an acidic environment. That leaves the fruit stuck in the gut, fermenting and causing upset.



CHEWING

Mechanical breakdown is an important factor that makes the gut's job easy. The more that you chew, the easier it is to breakdown within the gut. If you don't chew you're going to need a lot of digestive factors to replace the breakdown that occurs with chewing. This one is just common sense.

STRESS

When you eat on the run or under stress, your body doesn't have the ability to prepare the tools required for digestion, like stomach acid. Digestion begins in the mind, at the sight of food. When you're focused on anything other than your food, the digestion itself is on shut down. Think of it like this, you're on the "run", would the blood be flowing to your gut or to your extremities to propel your legs? Blood Flows to the extremities and the brain and not the gut, because let's face it is it more important to run away from the tyranasaurus rex than it is to digest the apple you just inhaled.

TRANSFORM YOURSELF #2

LOADED, BLOATED AND EXPLODED

MISTAKES

INFLAMMATION: IT'S EVERYWHERE AND CAUSED BY:

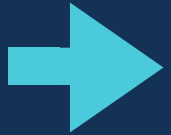
- Food intolerances and sensitivities all irritate the gut.
- Slow transit time which allows putrefaction and toxin build up
- Raw food that is hard to digest
- Food combinations of too many types of food at once and in the wrong combinations
- Fermented food, as it's a source of histamine which increases inflammation in the gut
- Oxalates in food are like gasoline to a fire and are a major source of gut irritation
- Bad gut bacteria, yeast and parasites all irritate the gut
- Nutrient deficiencies prevent the gut from getting nourished and therefore healing
- Coffee – Chlorogenic acid in coffee inhibits the movement of dietary sugar that causes inflammation in the gut

AND MORE.....

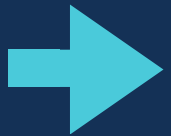
TRANSFORM YOURSELF #2

LOADED, BLOATED AND EXPLODED

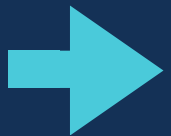
ACTIONS



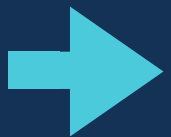
Eat simple, less raw, chew your food and don't eat on the run. One pots, soups, steamed and stir fried vegetables are easy to digest and give the gut a break! Try not to use too many ingredients in one meal, keep it simple. Avoid combining protein with fruit as this increases fermentation in the body and putrefaction.



Stay away from fermented foods – this is contrary to popular belief, but if you've got bad gut bugs, eating gut bugs will aggravate the situation. Stay away from yogurt, kimchi, kombucha, pickles, olives, etc!!!



From plate to poop, do it right. Keep fruits away from proteins. Combine veggies with meat and fats. Reduce the amount of starchy carbohydrates such as rice, corn, sweet potato, and white potatoes that you eat and minimize combining them with protein and fat. Checkout the 'From Plate to Poop' infographic.



Supplements to support your gut. Absolutely! Check out Gut Supplements section.

Better With B's – A mark of a good supplement:

One way to know a good supplement is to look and see what form of B12 is used. Methylcobalamine should be used and not Cyanocobalamine (the latter is complexed with cyanide, who wants that in their daily supplement!?!?). The cyanide needs to be cleansed out of the body when used, and steals vital nutrients which you are trying to replenish. It's like taking 2 steps forward and 1 step back. Also look at the folate, you want it to be natural source such as broccoli or in the form of 5MTHF.

GUT SUPPLEMENTS

PROBIOTICS

These bugs are all the buzz right now. These bugs, although they may not buzz, are an integral part of having a healthy and balanced gut. Good gut bugs help to produce B vitamins that are required to keep our bodies and gut healthy. They are symbiotic! Look for a supplement that has:

- A good amount of bacteria – You don't need 90 billion. Somewhere around the 15 billion – 30 billion mark per day is sufficient.
- No FOS, (fructo-oligosaccharides) as these augment and feed yeast and can cause troubling symptoms to those with IBS, like increased gas and bloating.
- Depending on your goal, you need specific strains. Looking to heal the gut you absolutely need bifido bacteria as they create butyrate as a by-product which heals the gut lining. More on this in our upcoming program, The Movement.

DIGESTIVE ENZYMES

These are key to helping you break down your food. Contrary to popular belief, taking digestive enzymes won't stop your natural production. As we age, we naturally reduce our ability to make these enzymes because our digestion ability is reduced. Since we have less stomach acid, because we become more acidic as we age, we don't breakdown our protein as well. Protein is the main building block of enzymes. So in order to improve our ability to make more digestive enzymes we need to digest better, so that's where these play an important role. A digestive enzyme supplement:

- Must have HCL – to increase your bodies' natural ability to breakdown protein
- Must have bile – to increase your bodies' natural ability to absorb healing fats
- Must have broad spectrum enzymes like lipase (to breakdown fat), amylase (to break down carbohydrates) and pepsin (to break down protein).

GUT SUPPLEMENTS

B12 AND B VITAMINS

Without the B's the gut cannot heal. That's why good gut bacteria produce the B vitamins. They aren't stupid, it keeps their home hospitable and healthy for them. B12 is especially known for keeping the nervous system of the gut in check and the lining of the gut happy. When it comes to your B's it's buyer beware. These are the tips to best buy your B's:

- B12 is your indicator of a good supplement in many cases. Methylcobalamine should be used and not Cyanocobalamine (the latter is complexed with cyanide, no one wants that in their daily supplement!!?!?).

CAUTION: Don't only supplement with one B at a time. The B's work together in a bundle. You can take extra of your B12 but always in conjunction with a complex. Taking a high dose isolated nutrient is not advisable because you will deplete the other B vitamins necessary for vital cleanse, detox and repair functions of the body. It's imperative if you must choose one, do the complex then and only then add on extra of one!

ZINC

The other master of the gut. In fact the gut mucosal membrane requires zinc to be in it's best shape possible. The stomach is unable to make healthy stomach acid without this vital nutrient. That being said, not all zincs will actually have an effect on the gut. Common signs of zinc deficiency include:

- change or reduction in smell sensation
- change or reduction in taste sensation
- increasing sensitivity to light

The two best forms of zinc from my experience in practice are zinc carnosine and zinc picolinate.

The best form of zinc to heal the gut is zinc carnosine. Zinc picolinate has it's effect on the nervous system.

GUT SUPPLEMENTS

MAGNESIUM

Magnesium is required in many functions of the human body. In fact, it's known as the "Master Relaxer" because of its calming effects on multiple systems in the body. There are major demands for this nutrient in the body.

Stress, inflammation and hormone problems can deplete your magnesium levels, and let's face it we all have these issues. Certain medications can also deplete your magnesium including:

- Those used for acid reflux, known as proton pump Inhibitors (PPIs)
- Antihypertensive drugs
- Oral contraceptives
- Corticosteroids.

My favourite forms of magnesium for moving the bowels: magnesium glycinate and magnesium malate.

Magnesium can be used to get a really sluggish bowel moving. The way to find out your optimal dose is completely individual. See the Majestic Magnesium Moves infographic.

VITAMIN C

Tissue healer, antioxidant and can work as an osmotic laxative. But beyond that, it acts on the gut lining to regulate the pH, which can prevent the growth of tumours and masses. It keeps the gut in good shape.

Vitamin C can be used as an osmotic laxative when feeling blocked up. Osmotic simply means that when you take a certain amount of it, which is different for every person, your body can no longer absorb it. So instead it stays within the digestive tract and brings in water from the body so that the excessive amount can be flushed out.

Typically, the maximum that people can take orally of vitamin C, without getting the laxation effect, is somewhere between 10000 and 12000mg. As I said, the dose is individual so some people at a lower dose will get that effect.

Expect gas and bloating with this technique to move the bowels, known as the vitamin C flush. Start somewhere around the 7000mg dosage at night and increase up until you feel the effect.

From Plate to Poop

Own Your Throne-One Bite at a Time



HYDRATION

Drink 4-6 cups of Organic Green Tea daily, in addition to water and herbal teas like Rooibos for a total of ~2-3 L/day.

RED & GREEN

VEGETABLES

Enjoy at least half a plate's worth of colourful non-starchy vegetables. Raw, roasted, steamed, grilled or in a soup/stew.



LEAN PROTEINS

Enjoy lean and well sourced animal proteins like eggs, chicken, turkey, fish, beef and game. Other proteins include hemp hearts and PURASANAS Paleo Protein.

CLEAN FATS

Enjoy plenty of whole food fats like avocado, walnuts, pumpkin seeds and coconut cream; in addition to oils like olive, avocado and coconut

DAIRY & ALTERNATIVES

Enjoy alternative dairy like almond, cashew or coconut milks. Do not consume cow's dairy products like milk, cream, cheese and yogurt.

VEGETARIAN PROTEINS

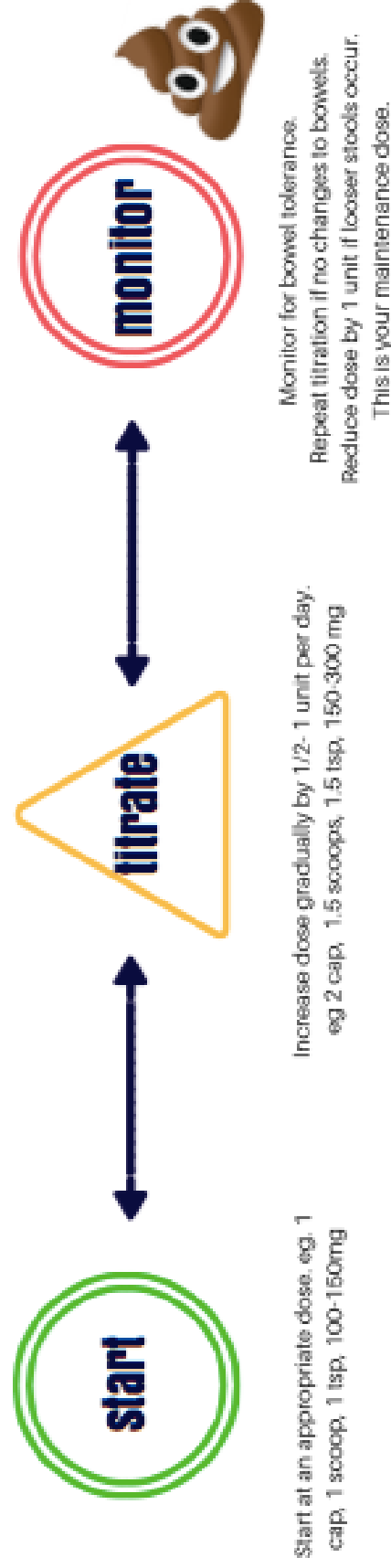
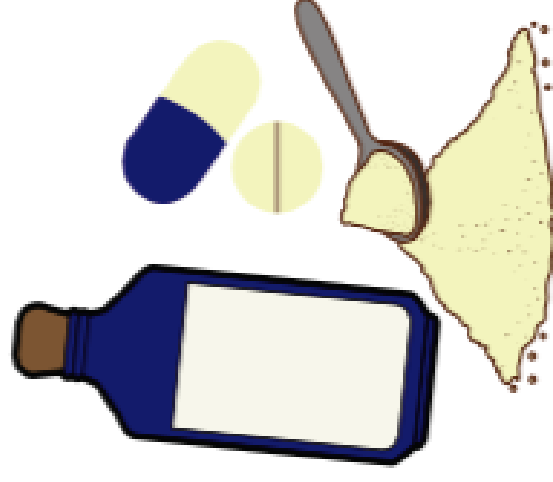
Enjoy whole foods like quinoa, legumes, hemp hearts in addition to supplementing with PURASANAS Daily Practices or Liver Cleanse vegetarian protein powders.

Majestic Magnesium Bowel Movements

Common signs that your magnesium levels are too low are:

- anxiety or depression,
- headaches,
- fatigue or weakness,
- muscle tension, pain or cramps,
- low appetite,
- menstrual cramps,
- insomnia,
- constipation,
- elevated blood pressure and
- palpitations

Not sure how much magnesium to use? Each individual has different nutrient requirements that also may change over time, but the RDA (recommended daily allowance) is 300-400 mg per day. We find some patients require more, closer to 600 mg a day, it's generally safe to determine this level at home by slowly increasing your dose over time. Initially you will replenish your depleted stores, then you will find your "sweet spot" when you experience optimal stools. Ideally take your dose before bed to promote relaxation and facilitate a bowel movement on rising. Occasionally repeat the titration step to ensure you are still at your optimal dose with changes in stress levels and physical activity.



TRANSFORM YOURSELF #3

MIND YOUR GUT

SUMMARY

The gut has a mind of its own, it's known as the "enteric nervous system". It comes from the same embryonic tissue as the brain, the ectoderm.

The brain is our high commander, but don't kid yourself, so is the gut. It commands all on its own and works, at times, independently from the brain. It's the only body system that has this ability. The brain and gut are two peas in a pod, what affects the brain affects the gut and vice versa.

Mental and emotional stress will cause you to be constipated or have diarrhea. Whereas physical stress, such as lack of nutrients or food sensitivities, will cause you to have symptoms of the mind such as mood disorders like anxiety, depression or a foggy brain.

Like an infinity symbol, they have an ebb and flow. If the energy is negative, like a big tropical storm, it can maintain its strength and leave devastation in its pathway. If you learn to keep the waters calm, you have life balance.

It's impossible to separate the mind from moods and moods from the gut. They are interconnected and mutually exclusive.

An inability to be here and now in the present has a major effect on our guts.

Excessive focus on the past brings up depressive feelings and can manifest into depression, this translates in an inability to "let go".

Excessive focus on the future increases anxiety, and promotes the "escape" or "eject" reflex.

If you are depressed you are living in the past. If you are anxious you are living in the future. If you are at peace you are living in the present. — Lao Tzu

TRANSFORM YOURSELF #3

MIND YOUR GUT

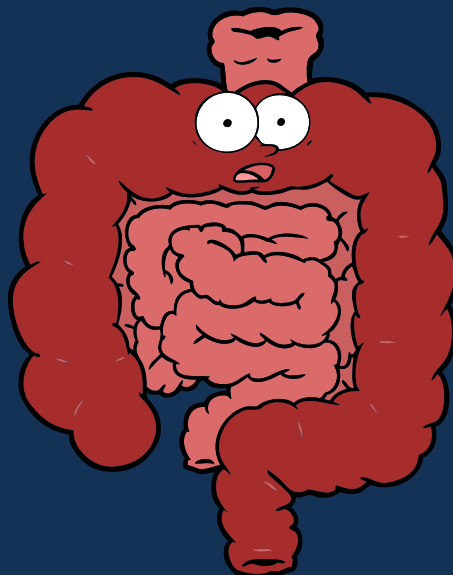
MISTAKES

Stress of all types, including physical, emotional and mental, has a deep impact on the gut. How you respond depends on how you look at it.

That's why they call it emotion. Break the word down and you have E(energy)+ motion, therefore movement of the bowels. The amount of energy, whether it is slow depressive energy or nervous fast energy, will translate directly into how your guts move.



MOTION



TRANSFORM YOURSELF #3

GUT MIND CONNECTION

YOU CAN'T "LET GO" - HOLD ON TO THAT PAST

Let's face it, even though you want to, you can't rush a great thing. If your #1 job is to work on #2, then why would you even attempt to speed through this event like you are a nascar driver?

Your stressing through the process just makes it harder to go. Stress will make you tighten up your sphincter, rather than allowing you to relax and let go.

Constipation is correlated to holding on to your past, not letting go. You may be the type that deals with depression. By depression, I don't necessarily mean the severe form, it could be demonstrated in a lack of zest for life, lack of motivation, or feeling in the doldrums a grand majority of the time.

My mother, throughout my growing up had mild to moderate depression. I would see her at the kitchen table, she would be sitting there crying. It was heartbreaking, she was so forward thinking and militant yet she wasn't happy with her now.

She always looked towards the past and as a result she was plagued by constipation. Myself, because I was in that environment, my mother's mood was rubbing off on me. On top of it I had no friends because I was the weird immigrant fat kid who brought sardine sandwiches to school.

That isolation played a role along with the genetic and environmental components in my having constipation as well.

It can be cleared but it takes not only gut work but mind work too.

TRANSFORM YOURSELF #3

GUT MIND CONNECTION

YOU LET GO TOO MUCH - TOO WORRIED ABOUT THE FUTURE- ANXIETY - ESCAPE/EJECT BUTTON

When you've got the urgency to purge, it's the mental and physical stress that has gotten ahold of you. It doesn't let you stay in balance and in the present moment.

Your dilemma is you can't relax in the now. Future thinking and anticipation of the unknown is a recipe for an anxiety take over. Your wise body responds by ejecting the foe, which in it's interpretation is whatever may be in your gut.

Sometimes, the gut will freeze because the stress is too much, and this could cause constipation.

Since your gut is the outside world on the inside, it's how you feel life. Life not treating you well? Then it's the fault of stuff from the outside. The gut is how we digest life. It's a protective mechanism because what's inside of you may be a big irritant.

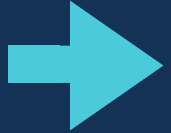
As I mentioned before, my IBS of the diarrhea form affected me after a harsh emotional breakup that lasted years. It was complicated and messy, I'm sure just as yours have been. It was literally gut wrenching. I didn't know where I would live, I was alone in a town where I knew nobody. The anticipation of a dreary future kept my guts turned inside out.

Do you see what I just said, you can see the gut permeated throughout our vocabulary. Proof that our guts are intimately linked with emotion. At the time, I looked balanced from the outside, but the brunt of everything was affecting my gut.

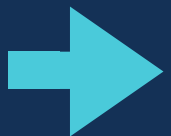
TRANSFORM YOURSELF #3

GUT MIND CONNECECTION

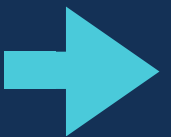
ACTIONS



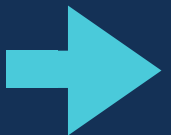
Reduce as many stressors as you can. You've learnt already about all the physical stressors. Start there. Watch for hidden stressors, such as other people's emotions. Try to surround yourself with people who lift you up not push you down.



Be cautious of stimulants such as coffee or caffeine, as it stresses your body. Green tea is an excellent alternative that does not stress out your body. It contains L-Theanine that naturally relaxes you. On the plus side, for those that are constipated, it helps to get the gut moving if you have enough of it.



Create your Queen of the Thrones Royal Health Practices. These practices are meant to get things into a stress free gear in your life. See infographic.



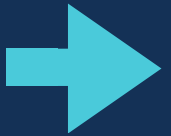
Castor oil packs not only help you to achieve legendary bowel movements (BMs) and royal regularity, they are instrumental in helping your liver cleanse, your body to reduce core inflammation and your nervous system to become resilient to stress. When practiced nightly they help to reset your overall gut and mind balance.

Mind Blowing Tip: SMILE, when you smile you release feel good hormone endorphins, so even if you are not feeling your best the simple act of a smile can turn things around.

TRANSFORM YOURSELF #3

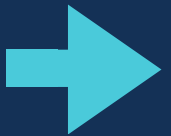
GUT MIND CONNECECTION

CASTOR OIL PACKS - THE WHY



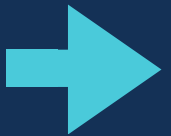
Constipation, Bloating, Diarrhea and Irritable Bowel:

We should “move” everyday. If we go too much, or too little, or are really uncomfortable and feel pregnant even though we are not, there are troubles down under. Want to know what is the ideal? Go online to drmarisol.com and find out.



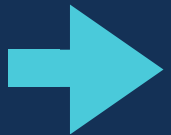
Liver Cleanse:

Is your liver working overtime? Simply nod your head and say yes. These days we can't run, and we certainly can't hide as there are toxins everywhere we go. In the food we eat to the air we breathe. Our best superhero weapon is to consistently adopt health practices that cleanse. The classic castor oil pack keeps those bad toxins moving OUT of our system.



Core Inflammation Control:

If you're gaining weight in your belly and it's busting out and you are consistently feeling back pain, you have swelling in your core. Regular use of a castor oil pack will help to reduce the inflammation and stress that is causing swelling in your body. Place it over the swollen area or on the liver to help move this inflammation.



PMS and Period:

Are your periods are heavy, you feel the bloat, have cramps till the cows come home and are a bit of a royal bitch? Castor oil packs help your period along and help to relax you, therefore improving the whole experience for you and those around you. They are safe to use during menstruation.

TRANSFORM YOURSELF #3

GUT MIND CONNECECTION

CASTOR OIL PACKS HOW TO

TOOLS

- Organic Cotton Flannel
Organic means free of pesticides, not necessarily free of chemicals; always ask the manufacturer to ensure the material has not been chemically treated with flame-retardants. Because otherwise a treatment that's healthy can become toxic.
- Organic Castor Oil
Must be in a glass bottle, cold pressed, chemical/hexane free. Castor oil is a carrier oil and as such it absorbs the plastics in bottles it's contained in or keeps any chemicals that have been used in it's processing.
- Hot Water Bottle or Electric Blanket/Pack (optional)

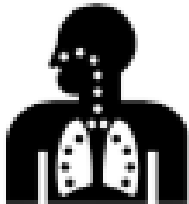
STEPS:

1. Apply 2-4 tbsp of pure, organic cold pressed castor oil that is stored in a dark glass bottle at room temperature to the organic cotton flannel.
2. Place cotton flannel on body part requiring treatment (ie. over liver, bowels, pelvic area, joint, etc.).
3. Lie down and relax for 20 minutes to overnight. You can also apply a hot pack on top of the flannel to enhance absorption into the skin.
4. Remove and store in a mason jar in the fridge. Repeat for next treatment.
5. Wash after 10-12 treatments by soaking in hot water and aluminum-free baking soda and/or chemical free soap, wring and lay flat to dry.

Queen of Thrones Royal Practices



- Make time, to sit and relax



- Deep Diaphragmatic Breathing



- Learn a meditation practice and get illuminated and enlightened. morning and night for 10 mins.



- Start your day with exercise or yoga



- Get a Good Night's Rest, Keep your routine, always do a castor oil pack before bed.



- Watch your Stimulants, Avoid Coffee Pop. Chocolate on occasion. Indulge in Green Tea before 4 pm to keep you in flow.



- Address deficiencies like: **magnesium**, which helps with relaxation; **GABA**, which helps with relaxation and staying asleep; and **melatonin**, which helps with falling asleep and stress management

WHERE TO NOW?

NEXT STEPS

So now you've learnt some ins and outs in terms of getting your gut feelings in check! I want you to digest and absorb the information provided above and when you need more help cause you're feeling like your gut is talking back to you, I'm here.

When your ready to take more bite sized action, click on the link below to see a video of how to do a Castor oil Pack and then sign up for my **FIT FOR A QUEEN** online program. It's a small investment in your health, a steal at only \$11 (worth 189\$) but it will get you started on the most important health practice, the legendary castor oil pack. It is a staple for gut health and to reset and nurture those gut feelings.

I hope this E-Book blueprint has given you the insight you needed to start to listen to those "GUT FEELINGS." It's easy to learn more, simply click on the link below. I look forward to supporting you further.

Castor oil Packs here I come!

Dr. Marisol

REFERENCES

Sean M.P. Bennet,*† Lena Öhman,*† and Magnus Simrén* Gut Microbiota as Potential Orchestrators of Irritable Bowel Syndrome Gut Liver. 2015 May; 9(3): 318–331. PMID: PMC4413965

Hungin AP, Chang L, Locke GR, Dennis EH, Barghout V. Irritable bowel syndrome in the United States: prevalence, symptom patterns and impact. Aliment Pharmacol Ther. 2005;21:

The Second Brain : The Scientific Basis of Gut Instinct and a Groundbreaking New Understanding of Nervous Disorders of the Stomach and Intestines by Michael D. Gershon, M.D.

Fei Ke, Praveen Kumar Yadav,¹ and Liu Zhan Ju¹ Herbal Medicine in the Treatment of Ulcerative Colitis. Saudi J Gastroenterol. 2012 Jan-Feb; 18(1): 3–10.
doi: 10.4103/1319-3767.91726 PMID: PMC3271691

Rivière A1, Selak M1, Lantin D1, Leroy F1, De Vuyst L1. Bifidobacteria and Butyrate-Producing Colon Bacteria: Importance and Strategies for Their Stimulation in the Human Gut. Front Microbiol. 2016 Jun 28;7:979. doi: 10.3389/fmicb.2016.00979. eCollection 2016.

Tan B1, Luo HQ1, Xu H2, Lv NH3, Shi RH4, Luo HS5, Li JS6, Ren JL7, Zou YY8, Li YQ9, Ji F10, Fang JY11, Qian JM1. Polaprezinc combined with clarithromycin-based triple therapy for Helicobacter pylori-associated gastritis: A prospective, multicenter, randomized clinical trial. PLoS One. 2017 Apr 13;12(4):e0175625. doi: 10.1371/journal.pone.0175625. eCollection 2017.

Aldajani MM1, Vanicek CN1,2, Alhazzaa N1,3, Lysy T1, Agarwal R1, Geibel JP1. Acute Effects of Vitamin C Exposure On Colonic Crypts: Direct Modulation of pH Regulation. Cell Physiol Biochem. 2017 Nov 13;44(1):377–387. doi: 10.1159/000484914. [Epub ahead of print]

And many more....