



RESTORE GUT HEALTH

Session One

Functions of the Gastrointestinal (GI) System

Classes featured: Welcome to Restore Gut Health, Functions of the GI System, Digestion and Absorption, Elimination, Microbial Balance, Gut Barrier

What I want to remember:

WHAT YOU NEED TO KNOW:

- Functional medicine focuses on finding the root cause of your symptoms. A common saying in functional medicine is “heal the gut first.”
- 70% of your immune system is in your gut. It’s called the “GALT” for short (gut-associated lymphoid tissue).
- You’re not alone! Over 74% of Americans have reported living with some type of gut-related symptom for more than six months, and 40% have been diagnosed with a GI disorder.
- The four core functions of the GI system are:
 - › Digestion and absorption
 - › Elimination and detoxification
 - › Microbial balance
 - › Gut barrier function



HOMEWORK

Assignment

Track everything you eat and drink, your symptoms, stress level, movement, sleep, and bowel movements for 3–5 days using the Food and Lifestyle Tracker.

- **Everything you eat and drink:** what, when, and how much (don't worry about counting calories or exact quantities)
- **Symptoms and when they occur:** rate on a scale of 1–4 (1=mild and 4=severe)
- **Stress level:** low, medium, or high
- **Movement:** daily activity or exercise
- **Sleep:** number of hours and quality (poor, fair, or good)
- **Bowel movements:** time and type based on the Bristol Stool Scale

Quick notes:

FOOD AND LIFESTYLE TRACKING

Do you notice a symptom after eating? How do you feel? When does it occur?

Day one

What did I eat and drink?

Symptoms

Stool

Sleep, stress,
movement

Day two

What did I eat and drink?

Symptoms

Stool

Sleep, stress,
movement

Day three

What did I eat and drink?

Symptoms








Stool

Sleep, stress,
movement

Want to track digitally? Check out these free tracking apps: My Fitness Pal, My Plate, Shopwell

BRISTOL STOOL SCALE

Use this scale when tracking your bowel movements.

Type 01		Separate hard lumps, like nuts (hard to pass)	Severe constipation
Type 02		Sausage shaped, but lumpy	Mild constipation
Type 03		Like a sausage or snake, but with cracks on its surface	Normal
Type 04		Like a sausage or snake, smooth and soft	Normal
Type 05		Soft blobs with clear cut edges (passes easily)	Lacking fiber
Type 06		Fluffy pieces with ragged edges, a mushy stool	Mild diarrhea
Type 07		Watery, no solid pieces	Severe diarrhea (risk of dehydration)

Adapted from the original Bristol Stool Form Scale created by the University of Bristol.

WHERE DO TOXINS COME FROM?



External Toxins	Lifestyle Toxins	Internal Toxins
<ul style="list-style-type: none">• Polluted air• Auto exhaust• Solvents in paint and cleaning products• Heavy metals• Pesticides, herbicides, and insecticides• Radiation• Inhalants	<ul style="list-style-type: none">• Food choices<ul style="list-style-type: none">› Inflammatory ingredients› Some additives, colorings, and preservatives› Refined foods and sugars• Cosmetics• Nicotine• Alcohol• Caffeine• Prescriptions and over-the-counter drug	<ul style="list-style-type: none">• Bacterial, yeast, or fungal overgrowth• By-products of metabolic reactions (such as carbon dioxide, ammonia, or hormones)• Undigested food• Chronic stress• Unresolved trauma or abuse• Unhappy relationships

de-tox-i-fi-ca-tion: the body’s physiological process of changing chemicals, compounds, hormones, and toxins into a less harmful form and getting them ready to be excreted.

DETOXIFICATION: BETTER THAN A FAD DIET

Fat is created to protect the body from toxins and impurities, which creates unwanted weight.

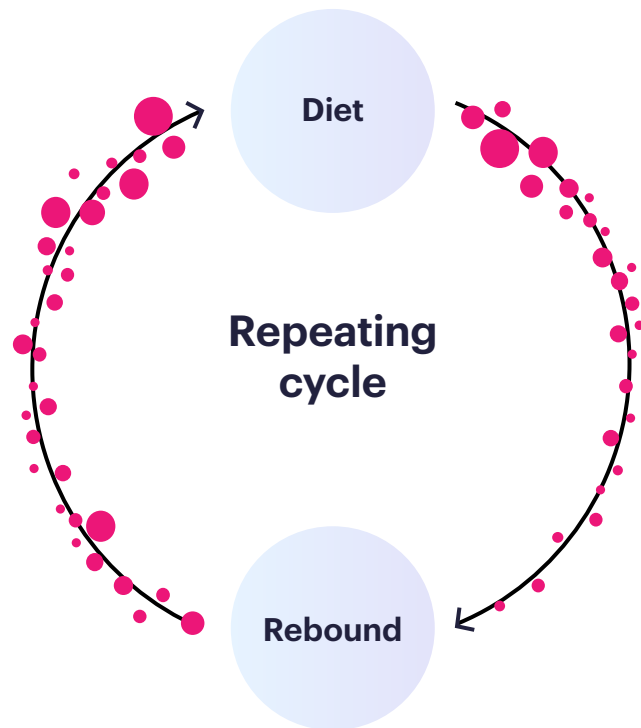
Dieting

Calorie cutting results in fat loss, creating toxic density.

This results in...

Rebounding

As toxic overload triggers the body to make fat, weight is regained.



Detoxifying

True detoxification removes toxins from the body, creates lean muscle, and releases excess fat.

Maintaining

A clean, balanced diet keeps the body naturally lean and reduces toxic burden.

