



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

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

# Where do toxins come from?



## External Toxins

- Polluted air
- Auto exhaust
- Solvents in paint and cleaning products
- Heavy metals
- Pesticides, herbicides, and insecticides
- Radiation
- Inhalants

## Lifestyle Toxins

- Food choices
  - Inflammatory ingredients
  - Some additives, colorings, and preservatives
  - Refined foods and sugars
- Cosmetics
- Nicotine
- Alcohol
- Caffeine
- Prescriptions and over-the-counter drug

## Internal Toxins

- 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.

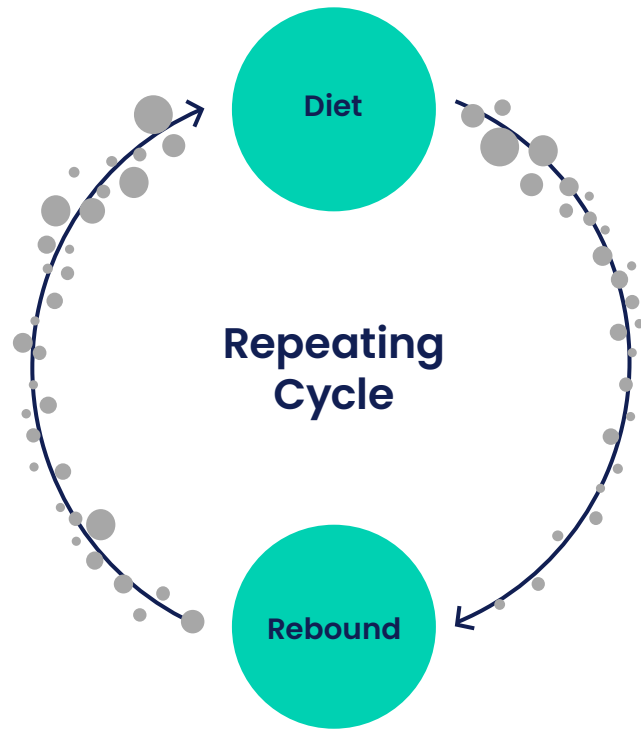
## Dieting

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.

