

**HEAL THE GUT**

*heal the mind*



**FEMTECH**  
*online*

# 7 TIPS TO HEAL THE GUT + THE SOUL

Hi, I'm Dawn, and I am a certified Wellness Coach, authorized Mindfulness Meditation Instructor, certified Reiki Practitioner, [successful entrepreneur and expert marketer](#).

During this time of healing and health coach education, my life has been radically changing. I've been examining, what do we take into our energy system? Toxic foods, incessant toxic media, toxic and hurtful relationships? I am beginning to understand that the quality of all of these intakes, starting with food, is as important as how I was nourishing myself in every other area of my life. I am beginning to consciously take care of myself and slow down. At midlife, I am finally beginning to learn what to accept and what to reject and what holistic health really means.

This is resulting in me having a better metabolism or in the vedic system, they call it your "digestive fire." I am losing unwanted toxicity, inflammation, and some weight, and my digestive issues are correcting. **The path toward wellness is becoming clear. Today, I am feeling younger, more renewed, ready for spring!**

I am overjoyed to share some strategies, tips, and tricks that have helped me to kick unhealthy, toxicity patterns to the curb and feel like I am renewed again.

I am excited to share with you the ways that you can heal your body just as I healed my own body, and how this directly affects our mental and overall well-being. **Always remember, listen to your body, you are your own best health advocate.** Sometimes, we need an incentive, and that is why these resources are here for you.

*Start taking control of your health and getting educated on how you can learn to navigate what is right for your unique body.*

## **Create Your Very Best Life!**

### GET READY

These simple 7 healing tips can cause your life to transform, and that means healing: losing unwanted weight, glowing from the inside out, recharging your metabolism, balancing your hormones, ditching the belly bloat, and losing those unwanted toxins that keep you feeling tired and depressed.

This directly affects our mental health and overall quality of life. You can become happier and actually feel more alive, more alert, and have less health issues. You will ignite this fire within you, and you will thrive! And, of course, with you in this position of strength and health, all those around you will be healthier, too. **A full tank of wellness and resilience can be yours!**

### EAT SIMPLE & EAT CLEAN

You can feel amazing, plus strip years off of how you look and feel. **I promise, and I know this to be true because it is happening for me.**

## FACTS:

95% of your serotonin (the happy hormone) is manufactured in your digestive system.

80% of your immune system is manufactured in your digestive system.

We are focusing on strengthening this part of your body, the gateway to your health. You will boost your immune system, lose weight with ease, feel less bloated, uncover hidden food allergies, and, most of all, **digest with ease, which means looking and feeling fabulous!**

### 1. SLOW DOWN

We are all rushing. Rushing to eat, to squeeze in an errand, meet a deadline, get to an appointment; rushing. So, let us slow down. Start the process with your eating. Stop and actually sit down when you eat. Your body needs you to be calm to actually digest. If you are nervous, your digestive system is in "fight or flight" mode. It cannot work properly when it is stressed. Digestion is about transforming your food into fuel. When we get stressed, tired, or even nervous, our digestion does not function properly, and certainly not optimally.

It is important to slow down so you can have more energy, or fuel, and also to avoid indigestion, bloating, acid reflux, and gas. Before you eat, try and remember to take a deep breath. Be grateful for the food you are about to eat, and also check in with your own body. Try and focus on being present in the moment and have awareness.

Don't just grab anything as you are running out the door or eat while standing at the counter as we have all done, myself included, more times than I care to remember. Be mindful. Take the time to pause when life gets busy. You will be amazed at the immediate improvement you will see and feel.

Try this amazing exercise I learned during my time at school to develop your awareness and start to slow down.

- Sit in a relaxed, comfortable position. Breathe through your nose, and notice how the air is slightly cooler going in and slightly warmer going out.
- Place one hand over our heart and one hand over your belly.
- Feel your heart beating, and thank your heart for being there for you all day every day, pumping your blood and keeping you alive.
- Feel your belly, noticing the rise on the inhale and the fall on the exhale.
- Thank your belly for digesting all the food you eat.
- Sit silently with your eyes closed, and allow yourself to be with yourself.
- When you feel ready, take a deep inhale and exhale, open your eyes, rise, and move back into your day.

## 2. CHEW SLOWLY

Digestion begins in your mouth. Remember when you were little and your mother might have told you to slow down and chew your food so that you would not choke? When you do not chew your food, it sets the stage for poor digestion. Poor digestion opens the door to let in the unwanted: weight gain, acne, poor sleep, hormonal issues, adrenal fatigue, constipation, IBS, low sex drive, mood swings, and food allergies, to name a few. Serious health issues are not far behind. Most importantly, when you do not digest properly your body cannot transform your food into energy.

I hear this from women's forums all the time. "I WANT TO FEEL BETTER." If you want more energy, then chew your food properly. **I suggest 10- 30 chews per bite.**

## 3. UNPLUG FROM ALL ELECTRONICS

Yes, unplug from life draining media and plug into the Source that really gives you energy. Put down the phone, desktop, or iPad. Turn off the TV, sit down, and

just enjoy the activity of breathing, being alive and eating. Give yourself some quiet time so you can de-stress and digest.

Why? It is so simple: when the body is stressed, it cannot digest, properly function, or effectively transform food into energy, or perform all of its other jobs and metabolic processes.

Start by taking just one minute out of your day to breathe and think of anything that makes you happy.

#### 4. PROBIOTICS-

Start adding a good, quality probiotic to your daily routine. Incorporating cultured foods and drinks to your life, such as yogurt, miso, dairy or non-dairy kefir, kefir water, kombucha, cultured vegetables, and other cultured foods is a great way to improve digestion and overall health. These foods have been around for centuries.

By adding these foods or another high-quality probiotic to your lifestyle, you will lose weight, assimilate your nutrients better, have clearer skin, better sleep, and decrease your body's inflammation. The Greek meaning of probiotic is 'for life'. So, give yourself the gift of a healthy life and get cultured.

*95% of your serotonin (the happy hormone) is  
manufactured in your digestive system.*

*80% of your immune system is located in your  
digestive system.*

***Uncover Your Own Inner Healed Self!***

## 5. SAY NO TO TOXINS

Eat simple and eat cleanly. Our digestive system, both mind and body cannot digest toxins. When we eat poorly, we end up feeling poorly. Simple, right? I find that people often think that they are eating "clean", but actually they are eating foods that are wreaking havoc on their body and causing inflammation. Food either gives us inflammation or energy. I always vote for the energy!

### **What is the food on your plate really doing for you?**

We can learn what foods are "right" for our unique body. Remember that what worked for you at one point in your life may not be working any more. Listen to the cues or signals your body is giving you. Find out which foods work for your unique body! Every year and every season my own body changes and I need to update the foods that make me look and feel more healed and fabulous!

## 6. STAY HYDRATED

Make sure you are drinking plenty of water. I like to add flavor to my water so I that I do not become bored. This not only boosts flavor, but also enhances digestion if you choose the right additions. My favorites are fresh lemon juice, fresh lime juice, cranberry concentrate, ginger slices, grapefruit, and fresh mint leaves.

## 7. GET MOVING

Put on your sneakers (or yoga clothes), because exercise is vital for digestion. Get moving! When you move your body, you move your Qi (the vital energy in your body), and this is key for your digestion. Even if you can only manage 12-15 minutes per day, get your heart pumping, and your digestion will improve. Plus, you will release key endorphins that will make you feel happy and less hungry.

# You just learned how to add more energy to your life in 7 simple steps!

Here are my favorite drinks, smoothies, and recipes.

## The Power of Food & Digestion

In order to heal, lose weight, look fabulous, and feel amazing, we need to eat the “right foods.” Yes, you actually need to eat more to lose weight. But finding the “right” more is key. Your body needs food for fuel, but it also needs that food to be the right fuel for your unique body.

Find the foods that either serve as fuel for the body or create inflammation in the body. When food inflames the body, you may experience: bloating, acid reflux, headaches, sinus issues, weight gain, arthritis, skin problems, and disease, to name a few. Disease prevention is the key. You will find that as you get healthier, you naturally purge many forms of toxicity in your life.

### YOUR DAILY DRINKS TO ALKALIZE AND GET RID OF THE BLOAT

A simple day in the life of clean eating should include these:

### UPON WAKING, DRINK A LEMON ELIXIR

2 cups warm or room temperature water

Juice from 1 lemon

1 Tablespoon Bragg's raw apple cider vinegar

Pinch of cinnamon and 1 teaspoon raw honey OR a couple drops of stevia  
(use stevia if you are on a yeast cleansing diet or low sugar diet)

*~ stimulates digestion, releases toxins from the liver, and jumpstarts your digestive enzymes*

### MID-DAY, DRINK A CRANBERRY ELIXIR

2 tablespoons unsweetened cranberry concentrate (I prefer Knudsen's, if available to you)

6 ounces of room temperature water

(feel free to add stevia or 1 Tablespoon raw honey to the water for a sweet treat)

*~ great for flushing the lymphatic system and cleansing the bladder and kidneys*

### BEFORE BED, DRINK A CHLOROPHYLL DRINK TO ALKALIZE

1 Tablespoon chlorophyll in 12 ounces of water, powdered greens, or 5 tablets of spirulina

Juice from 1 lemon

*Don't have a juicer? No problem.  
Try the Chlorophyll Drink, Spirulina Algae Tablets or Ready  
Made Juices from Your Health Food Store*

In my own life, I have come to love anti-inflammatory foods because I want to feel better. I eat green chlorophyll rich foods daily. You may be wondering what chlorophyll is and why I have been adding this amazing superfood into my child's smoothies for years. Greens containing chlorophyll are an amazing cleanser, blood nourisher, detoxifier, and a superfood because it can heal.

Chlorophyll can actually build red blood cells, remove heavy metals from the body, eliminate bad breath, and improve digestion. In addition, it is a prebiotic, because it creates the proper garden in your belly for good bacteria to thrive. **Amazing right, that's why they call them Superfoods.**

Chlorophyll is found in all leafy greens, but my favorites include kale, collard greens, parsley, cilantro, and spinach. I juice or make smoothies daily, which has been amazing for healing my own digestion and personal health problems.

## MY SIMPLE, FAVORITE JUICE RECIPE

### A SIMPLE GREEN TONIC

1 cucumber  
5 celery stalks  
1 apple, cored  
3 kale leaves  
Handful of parsley + cilantro  
2 chard leaves  
Juice of 1 lemon

Juice the fruit and veggies, and then stir in lemon juice

## GREAT, NUTRIENT-DENSE SMOOTHIES

### BLACKBERRY CINNAMON

1 cup frozen blackberries  
1 cup water, unsweetened almond milk, coconut milk, hemp milk, or rice milk  
 $\frac{1}{4}$  avocado  
1-2 Tablespoons ground flax seeds or chia seeds  
 $\frac{1}{8}$  teaspoon cinnamon  
1 handful of spinach  
Splash of vanilla extract  
Stevia to taste (optional)

### CHOCOLATE BLISS SMOOTHIE

1 cup unsweetened almond milk, coconut milk, hemp milk, or rice milk  
1 frozen banana  
2 cups of chopped spinach  
2 scoops of chocolate protein powder  
1 Tablespoon almond butter  
 $\frac{1}{8}$  teaspoon cinnamon  
Handful of ice  
Stevia to taste (optional)

# HEALTHY SNACKING

Another key component of feeling good throughout the day is keeping your blood sugar stable. You may find that 3 meals a day works for you, while your best friend or partner thrives with 6 mini meals a day. Finding what works for your unique body is key to having energy in life.

## *Try some of my favorite Healthy Snacks:*

- ¼ cup raw seeds or nuts
- 1-2 Tablespoons sunflower seed butter, almond butter, hemp seed butter, or pumpkin seed butter on celery sticks
- 1 sliced cucumber with sea salt + a dash of cayenne
- Fresh figs + ½ cup dairy or non-dairy yogurt
- 1 apple, ½ banana, ½ cup grapes, grapefruit, kiwi, orange, pear, persimmons, or tangerine
- ½ avocado with sea salt + watercress + dandelion leaves
- Raw veggie delight: carrot, celery, cucumber, red pepper & 2 Tablespoons hummus
- ¼ cup of cultured veggies with 2 Tablespoons of dulse flakes (buy them at Whole Foods) - **wonderful for your adrenals, thyroid, and metabolism, plus chock full of vitamins and minerals. This is SUPER for optimal digestion!**

# READY TO TAKE YOUR IMMUNE SYSTEM TO THE NEXT LEVEL?

Think about how amazing your skin and body could feel with even more nourishing food and healthy habits.

If you're ready to love the skin you're in and feel better than you have in years, it's time to try this proven system. It's worked for me and countless clients, and I know it will work for you, too.

Are you ready to dive deeper into a clean eating program that takes your health, life, and energy to the next level?

**Create a New, Healed, Mind, Body and Life, Today!**



Sakura Designs, LLC.  
P.O. Box 21516  
Boulder, Colorado, USA  
dawn.sandberg@gmail.com