

Digestion & HCL

Proper digestion and proper elimination are requirements for optimal health!

- Wonder why your stomach is bloated hours after meals? You have a need for the correct hydrochloric acid (HCL) in the stomach environment and there is a pancreatic dysfunction.
- Duties of HCL? barrier to parasites, keeps digestion moving, sterilizes food, absorbs minerals, lowers stress on the immune system
- Your stomach can only digest and process 4 cups of food per meal so if you eat more than that at one time, your stomach does not produce enough digestive enzymes to digest and process the rest.
- The digestive system is a 'north to south' process. If there is a problem to the south, always look north in this order: stomach, pancreas, gallbladder.



What can I do?

1st step of self care:

Decrease alcohol and/or drugs

Decrease deep fried foods

Decrease caffeine (green tea okay)

Decrease sugar and sweeteners (Stevia is okay)

Avoid processed foods

2nd step:

Avoid pasteurized or processed dairy

Avoid gluten

Keep your carbohydrates at 60-100 /day (does not include vegetables)

Eat every 3 hours

Include good fats with every meal (i.e. real butter, raw milk, real eggs)

Avoid boneless and skinless meats

3rd step:

Eat more dark green leafy vegetables - eat double the amount than fruit

Eat more fruit - half the amount of vegetables you eat

Eat grass fed meats and eggs

Continue to include the 1st and 2nd steps (read labels for carbs!)

4th and final step:

Schedule your nutritional exam today to evaluate your digestive system, sugar handling, and biliary/liver systems.

If you are not absorbing correctly, NOTHING will work or last no matter how healthy it is.

Biliary/Liver

Liver and gallbladder function often need to be addressed to resolved sugar handling issues, hormone imbalances, cardiovascular dysfunction, auto-immune disorders, etc. There are 500 vital functions carried out by the liver alone!

- Can't sleep between 2 - 4 am? liver dysfunction
- Have 'top of head' headaches? liver headache
- Have white spots on nails? zinc deficiency
- Pain between shoulder blades? liver dysfunction
- Milk products cause distress? liver dysfunction
- Excessive falling hair? thyroid dysfunction
- Bitter, metallic taste in mouth in the mornings? liver congestion
- Itching in armpits or groin area? toxic liver

Schedule your nutritional exam today and see how therapeutic foods have a nutritional and rebalancing effect on the body. It is all connected!

Services

Using **Functional Nutrition**, we work from the nervous system to the endocrines, from the respiratory system to the cardiovascular, from the musculoskeletal system to the lymphatic system, from the digestive system to immunity, and from mental health to brain function.

Offering:

Functional Nutrition,
Therapeutic Reflexology,
Botanical Medicine

We look at the function of the **whole body** vs the pathology of the **different body parts**.

You are what you absorb!

Location

Do you have a desire to improve your health combined with a lack of confidence in prescription drugs and their adverse side effects, high cost and potential addictive nature?

Visit
www.thebossgrp.net
to schedule your exam!

303.886.0673
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Sessions performed at:
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within our limitations."

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