



7 STEPS TO GREAT DIGESTION



Hi There!

I am a busy business owner, a mom, a health practitioner, a detox specialist and a yoga teacher. I love my busy life. I love my family. I love my work, and I love to have lots of energy for my life.

Of course, all of this fullness in my life has not always come easily. In this day and age of us “having it all,” I’m sure you know as well as I that the full plate can wear you down at times.

So, I am here to tell you one thing and I want you to hear me loud and clear – **I GET IT!**

I understand what it is like to want it all, to be excited and joyful about life. And I really understand what it feels like to be tired. Worn out from all that “life” that you want and deserve and worked so hard to create and manage.

My job is working with people, probably like you, who struggle to balance it all, just like I have struggled with it in the past. I assist and guide busy clients who have forgotten, or perhaps never learned, how to properly balance it all. I help them achieve or regain their balance by strengthening their digestive fire and reigniting their passions. Thereby helping them set a strong foundation for a long life full of health and happiness.

Does This Sound Like You?

You set a deadline for tomorrow or next week or next year. But these deadlines keep passing. You silently promise yourself that you will not eat those certain foods again tomorrow, or maybe you will make a goal to start your workouts again next week, but next week never comes. You have a really busy life, and maybe that life has gotten so busy that you take care of everybody else but yourself.

To you, I am saying, “I get it!”

I am not only talking about you here. I would also be talking about myself if I did not prioritize myself right along with everything else on my plate.

A Little About Me

The truth is that we all have these breaking points in our lives when our bodies just say, "Enough!"

My life was so busy with my son, Justin, that there used to be days when I was so tired, I did not want to even get out of the bed. I may have looked good on the outside, but I felt tired, foggy, irritable, moody, had digestive issues, allergies, and felt generally overwhelmed by life. I knew (*and hoped*) there had to be a better way.

I followed my passion and became an Ayurveda Practitioner where I learned about proper care and nutrition. After learning about healing energy and all those overlooked forms of nutrition that do not come on your plate, it all starting making so much sense in my mind. My light bulb moment had arrived.

During my studies at Kripalu and The Ayurvedic Institute, I realized on a deeper level what we have been taught by the airplane stewards all of our lives: I was not putting the mask on myself first. I was running on empty and taking care of everyone else, and then it happened...I hit empty.

Since my focused studies began, I have studied over 100 dietary theories taught by amazing teachers and famous experts in nutrition and wellness such as Andrew Weil, MD, Arthur Agatston, MD, Barry Sears, PhD, Mark Hyman, MD, Geneen Roth, and Deepak Chopra, among others.

During this time of education, my life radically changed. I began to understand that the food on my plate was as important as how I was nourishing myself in every other area of my life. I began to consciously take care of myself and slow down. I began to learn which foods were right for my unique body.

This resulted in my food allergies lessening. I lost unwanted toxicity, inflammation, and weight, and my digestive issues were correcting (great reduction in IBS and acid reflux.) **It all clicked.**



It clicked so much that I furthered my education and took advanced courses in detoxification.

◆ *Today, I feel renewed.* ◆

I am overjoyed to share the strategies, tips, and tricks that have helped me to kick my digestion issues to the curb and feel like I am full of vitality again.

I am excited to share with you the ways that you can heal your body just as I healed my own body from a lifetime of digestive issues. **Always remember: you are your own best health advocate.** But sometimes we need a coach or a cheerleader, and that is why am here for you.

By working with me, you are taking control of your health and getting educated on how you can learn to navigate what is right for your unique body.

You are regaining control of your life!

Get Ready!

My programs will cause your life to transform, and that means 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.

You will become happier and actually feel more alive, more alert, and have less health issues. You will ignite the 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. **Full tank all the way.**



Eat Simple & CLEAN

You will feel amazing, plus strip years off of how you look and feel. I promise, and I know this to be true because it happened 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, 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 shove the food in your mouth 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.

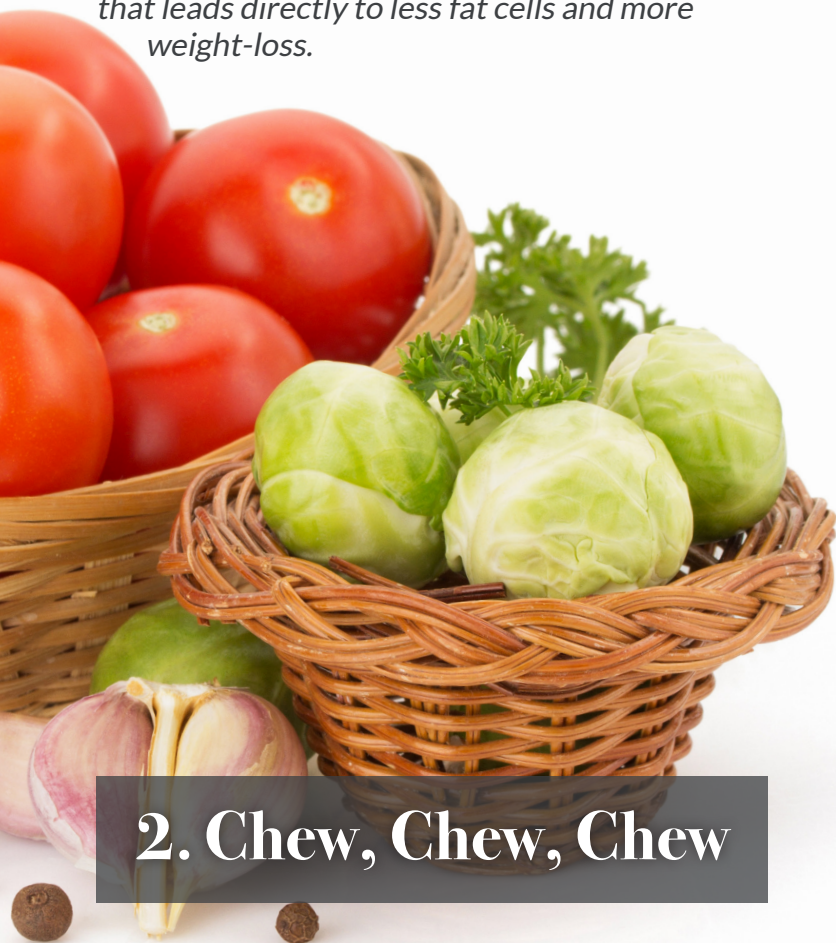
Try this amazing exercise I learned during my time at school to develop your awareness and start to slow down. Sit in a relaxed, comfortable position. Breathe through your nose, and notice how the air is slightly cooler going in and slightly warmer going out.

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.

And remember

The calmer you are, the better you will digest. A slower you means a FASTER metabolism, and that leads directly to less fat cells and more weight-loss.



2. Chew, Chew, Chew

Digestion begins in your mouth. Remember when you were little and your mother would tell you slow down and chew your food so that you would not choke? That always annoyed me as a child, but she was making a great point. 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, acne, 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.

“Kerry, I am so tired and I have no energy!”

I hear this from my new clients all the time. I **WANT ENERGY!!!!** If you want more energy, then chew your food properly! I suggest 30 chews per bite.

P.S. Remember that your stomach does not have teeth!!!

3. Check Out!

Yes, you heard me. Put down the phone, blackberry, and iPad. Turn off the TV, sit down, and just enjoy the activity of eating. Give yourself some quiet time so you can de-stress and digest!

I know life gets busy. I am a full time business owner, wife, mother, and yoga teacher. I get it. I know what it is like to be busy, be constantly planning ahead to the next moment.

But living, and eating, this way is causing you to be missing the moment that you are in. If I do not give myself a little “check out time,” I get tired, moody, gain weight, feel depressed, and have poor digestion.

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

Digestion is not just about digesting the food on your plate. It is also about digesting the life you live.

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



4. Get Cultured

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.

By decreasing inflammation, you prevent disease. By decreasing inflammation, you lose weight. Remember... 95% of your serotonin (the happy hormone) is manufactured in your digestive system. 80% of your immune system is located in your digestive system.

Do you see why I specialize in Digestive Wellness & Detox? **Healthy digestion is the key to your happiness and your health!**

5. Clean out the Junk

Eat simple and eat clean. Our digestive system cannot digest junk. When we eat junk, we end up feeling like junk. 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 fuel. I always vote for the fuel!

What is the food on your plate really doing for you? My job and passion is to help people learn



what foods are "right" for their 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.

If you need support, contact me about how I can teach you to 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 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. Exercise

Put on your sneakers (or yoga clothes), because exercise is vital for digestion. Get moving! When you move your body, you move your prana (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.



7 Steps TO GREAT digestion

1. Slow Down
2. Chew, Chew, Chew
3. Check Out
4. Get Cultured
5. Clean Out The Junk
6. Stay Hydrated
7. Exercise

The Power of Food & Digestion

In order to 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.

In my practice, I focus on helping you 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. I am in the business of disease prevention.

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 c. warm or room temperature water
juice from 1 lemon
1 tbsp. bragg's raw apple cider vinegar pinch of cinnamon
1 tsp. raw honey
OR a couple drops of stevia (*use stevia if you are on a yeast cleansing diet or low sugar diet*)

This will stimulate digestion, release toxins from the liver, and jumpstart your digestive enzymes.

Mid-day, drink a Cranberry Elixir

2 tbsp. cranberry concentrate
(*I prefer Knudsen's, if available to you*)
6 oz. of room temperature water
(*feel free to add stevia or 1 Tablespoon raw honey to the water for a sweet treat*)

This is great for flushing the lymphatic system and cleansing the bladder and kidneys.

Before bed, drink a Chlorophyll Drink

1 tbsp. chlorophyll
12 oz. of water
juice from 1 lemon

In my own life, I have come to love anti-inflammatory foods because I want to feel good. I eat chlorophyll rich foods daily. You may be wondering what chlorophyll is and why I have been sneaking this amazing superfood into my son's drinks since he was younger.

Chlorophyll is 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 probiotic because it creates the proper garden in your belly for good bacteria to thrive. Amazing right?

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

My Simple FAVORITE Juice Recipe

A SIMPLE GREEN TONIC

Ingredients

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

Method

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

Other Great FOOD IDEAS

Great, Nutrient-Dense Smoothies

BLACKBERRY CINNAMON

Ingredients

1 c. frozen blackberries
1 c. water, unsweetened almond milk, coconut milk, hemp milk, or rice milk
1/4 avocado
1-2 tbsp. ground flax seeds or chia seeds
1/8 tsp. cinnamon
1 handful of spinach
splash of vanilla extract
stevia to taste *(optional)*

CHOCOLATE BLISS

Ingredients

1 c. unsweetened almond milk, coconut milk, hemp milk, or rice milk
1 frozen banana
2 c. of chopped spinach
2 scoops of chocolate protein powder
1 tbsp. almond butter
1/8 tsp. cinnamon
handful of ice
stevia to taste *(optional)*

Method for Both

Blend the ingredients and enjoy!



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.

My Favorite Healthy Snacks

- + 1/4 c. raw seeds or nuts
- + 2 tbsp. sunflower seed butter, almond butter, hemp seed butter or pumpkin seed butter on celery sticks
- + dairy yogurt
- + 1/2 banana, 1/2 c. grapes, grapefruit, kiwi, orange, pear, persimmons or tangerine
- + 1/2 avocado with sea salt, watercress and dandelion leaves
- + hummus
- + 1/4 c. of cultured veggies with 2 tbsp. 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!

Healthy Salads & Veggies

Adding foods that are medicinal and healing for all your organs is the key to your life-long happiness and health. Try these salads and veggies!

"SATISFY THE SWEET TOOTH" SALAD

Ingredients

1 c. of mixed greens
1 c. of kale
1 c. shredded carrots
1/4 c. sunflower seeds
1/4 c. finely chopped fresh parsley
small handful of raisins
4-6 tbsp. fresh lemon juice
sea salt and pepper *(to taste)*
kelp granules or dulse sprinkles *(great for boosting thyroid- optional)*
1/2 avocado, pitted and diced
4 tbsp. flax meal
tahini dressing or dressing of your choice

Method

In a large bowl, add the greens and herbs. Squeeze the citrus juices over the greens, drizzle with the tahini dressing or dressing of your choice and sprinkle with sea salt to taste. Toss well. Add the remaining ingredients, and toss gently to combine.

KALE SALAD

WITH CRANBERRIES AND SUNFLOWER SEEDS

Ingredients

2 c. kale, stems removed
2 tbsp. dried cranberries
1 tbsp. toasted sesame seeds
1 tbsp. good extra virgin olive oil
touch of sea salt
1/4 avocado

Method

Add kale to a bowl. Add olive oil and top with cranberries, sea salt, sesame seeds and avocado. Feel free to squeeze lemon, if you wish.

Also, try adding your favorite protein to this amazing salad such as chicken, sardines, beef, turkey or shrimp. You can also add 1/2 c. of quinoa, brown rice or millet if you are craving some carbohydrates.

ROASTED VEGGIES

WITH TAHINI SAUCE

Ingredients

5 c. of root veggies, chopped uniformly
(any combinations of beets, turnips, rutabaga, fennel, carrots, and/or parsnips)
2 tbsp. coconut oil
1 big handful of parsley, chopped

Method

Preheat the oven to 350°F. Toss veggies with liquefied coconut oil, and spread out evenly onto a baking sheet. Bake for about 30 minutes or until slightly browned. Season with sea salt and pepper. Top with parsley. Serve as is or drizzled with tahini sauce.

BASIC TAHINI DRESSING

Ingredients

3/4 c. tahini *(sesame paste)*
1 clove garlic, minced
1-2 tbsp. wheat-free tamari *(optional)*
1/4 tsp. onion powder
juice of 1 lemon
1/4 c. water

Method

Whisk or blend all ingredients until creamy. Add more water slowly to obtain desired consistency. (It thickens in the fridge.)

A Solution for YOU

I often find that most people who come to see me are confused. They are confused about what to eat, because even though we live in the age of information, it seems we have too much.

Possibly you were like me and went to multiple doctors and specialists looking for an answer, only to be told you had inflammation and to take a prescription medication. This was a significant part my personal experience.

Together, we will find which foods work for your unique body and create the blueprint for you, thus saving you the time, stress, and expense of what I went through. We will create a personalized plan that works for your unique lifestyle. I will get to know you.

I coach because I had wanted somebody to be there for me and just say, "I get it," and then do the work to help me get better, beginning to heal from the inside out. I now get to be that person for my clients!