



BALANCE HORMONES HOLISTICALLY

4 QUESTIONS TO GET STARTED

01

Do you eat Quality Food Sources?

Food quality is quite the buzz, and for good reason. Many commercially-raised or grown foods are compromised by chemicals, pesticides, hormones and micro-plastics. these can be problematic for different body systems and overall health, and digestion is no exception. Processed foods are known to contain these sub-par ingredients as well, along with inferior fats and oils that are denatured and inflammatory.

03

Do you know what your triggers are?

For many, specific foods may contribute to impaired digestion, for example, gluten, dairy, legumes, or foods that a person is sensitive to. Removing these foods, even temporarily, can give digestion a "break", allowing for a rebalancing of the digestive process and improved functionality. Often, reintroduction of sensitive foods is able to be achieved as well!

02

Do you understand Nutrient Density?

Nutrient-dense foods are a cornerstone of a health-promoting diet. While fast foods and processed foods provide convenience, it comes at the expense of nutrients. Minerals, vitamins, phytonutrients, fiber, quality proteins and healthy fats that comprise a nutrient-rich diet are most readily available in fresh foods that are well-sourced and properly prepared. The gut microbiome and intestinal lining respond to these nutrients, or a lack of them, and directly impacts digestion.

04

Did you know: stress can impact your digestion more than processed food?

Digestion isn't just about food! Lifestyle factors such as stress, sleep, toxin exposure, detoxification and exercise have a direct correlation to optimal digestion. Even small lifestyle habits, like slowing down and mindfully consuming your food, can go a long way in supporting the digestive process. Other factors such as chewing food thoroughly and not over-eating at meals helps to set the stage for proper digestion, too!

DIGESTION

FOUNDATION TO HORMONE HEALTH



Optimal digestion is a critical component to overall health

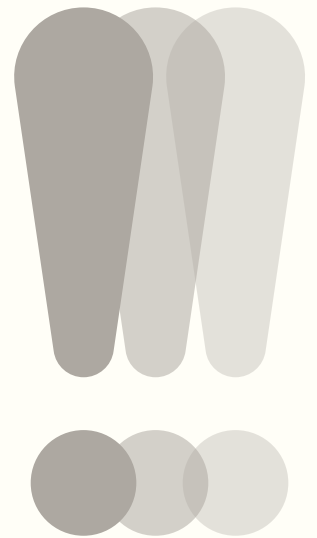
It is believed that Hippocrates said "all disease begins in the gut." In fact, almost 40% of people worldwide exhibit some form of a functional gastrointestinal disorder¹.

- Our cells depend on the energy and nutrients that come from food to support function, structure and processes.
- There is no aspect of our physiology that isn't impacted by our digestive system.
- Digestive issues underly many conditions, not just overt gastrointestinal conditions.
- Inflammation and chronic disease are especially impacted by poor digestion.

Why supporting digestion matters

Because so many health issues are often rooted in poor digestion, paving the way for optimal digestion is considered an "upstream" or "root-cause" approach to health -- if trouble can be mitigated upstream, then it is less likely to make it's way downstream!

Fortunately, there is much that can be done to support digestion! Depending on your bioindividual needs, strategies can be developed to meet you where you are at to give you the best overall opportunity for optimization!



1. <https://pubmed.ncbi.nlm.nih.gov/32294476/>

STRATEGIES FOR MAKING CHANGES TO SUPPORT YOUR DIGESTION



01

Start small with what feels most supportive

Sweeping changes done all-at-once can feel overwhelming, leading to stress and burnout. Choose 1-3 small changes to start, and get into a rhythm with them before incorporating more.

02

Set your mindset for success

It's easy to fall into the "I can't have this/ do this" trap. Framing the changes you're making with a mindset of "I'm taking charge of my health" can be helpful, especially when pressing pause on certain foods or activities.

03

Plan ahead

The saying "failing to plan is planning to fail" may be a little dated, but it still holds true! Planning and organizing activities such as grocery shopping, meal-prepping, or self-care ahead of time can help ensure you stay on track.

04

Put it on your calendar

Speaking of planning ahead -- add strategic time to your calendar for items that support your goals: batch cooking, grocery shopping, self-care and exercise are all examples of what is more likely to be done if it's on the calendar!

05

Practice mindful eating

Digestion begins in the brain, not the stomach! If we're stressed, working, or on-the-go while eating, our brains aren't able to "downshift", and our nervous system won't engage the digestive process. Take a few breaths before you eat to slow things down!

06

Hydrate!

Don't forget to drink good, old-fashioned water! Sipping water throughout the day can help keep the digestive track primed to do it's work. And, water carries out multiple functions in the body that ultimately have a bearing on digestion.



07

Stay prepared

Don't let your momentum get sidetracked by moments of temptation or desperation! Having quality foods on-hand (whether it's a meal in the fridge or a snack in your desk drawer) can help in those moments when a gallon of ice cream sounds amazing or when it's dinner time and you haven't had time to cook.

PERSONAL RECOMMENDATIONS

01

Foods to include (*example)

Practitioner recommendations

02

Foods to press pause on (*example)

Practitioner recommendations

03

Lifestyle factors (*example)

Practitioner recommendations

04

Recommendation

Practitioner recommendations

05

Recommendation

Practitioner recommendations

06

Recommendation

Practitioner recommendations

I want to add info about other factors besides food

Take charge of your digestion today!

Embracing changes, no matter how small, is an empowering step towards better digestion and overall health. If you're ready to make changes but aren't sure where to start or need support along your journey, I'm here to help!

Together, we can create a personalized plan that fits your lifestyle!



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