

Understanding Your Body's Second Brain

Kirstin Schell World Fitness Expo 2018

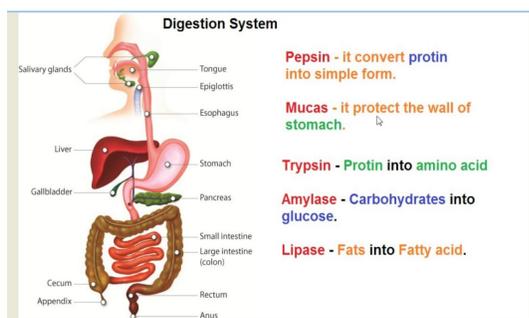
Digestive System Functions

- Ingestion
- Propulsion
- Secretion
- Mechanical digestion
- Chemical digestion
- Absorption
- Excretion

Goals for Today

- Understand what comprises our second brain
- Fully appreciate it's importance in our overall health
- Review common ailments related to an imbalance of this system
- How to maximize the health of our second brain
- Tactics to assist clients in implementing success strategies

What About our *Second* Brain?



Is that all?

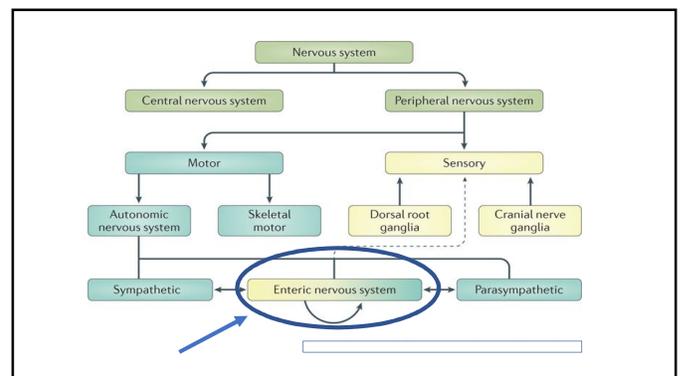
Relationships

- Digestion/assimilation functions
- Part of our physiological stress response
- Emotional well-being- 95% of serotonin found in gut
- ✓ Bone health
- ✓ Autism
- ✓ Irritable bowel Syndrome
- Immune system-70% immune system cells found in gut

Common Conditions

- Digestive issues such as gas, bloating, diarrhea, or irritable bowel syndrome (IBS)
- Food allergies or food intolerances
- Brain fog, difficulty concentrating, ADD or ADHD
- Mood imbalances such as depression and anxiety
- Skin issues such as acne, rosacea, or eczema
- Seasonal allergies or asthma
- Hormonal imbalances such as irregular periods, PMS, or PCOS
- Autoimmune disease: rheumatoid arthritis, Hashimoto's thyroiditis, lupus, psoriasis, or celiac disease
- Chronic fatigue or fibromyalgia

Power of our Microbiome

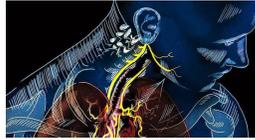


Power of our Microbiome

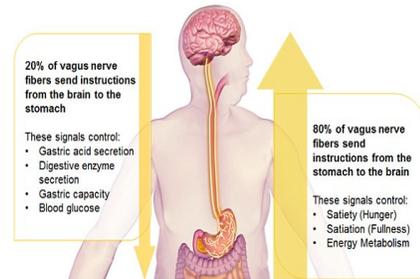
Enteric Nervous System



Vagus Nerve



- Longest and most complex of cranial nerves
- Vagus means wanderer: connects the brain to the gut (intestines and stomach), heart, liver, pancreas, gallbladder, kidney, ureter, spleen, lungs, sex organs (in females), neck (pharynx, larynx and esophagus), ears and the tongue
- Without the vagus nerve, key functions that keep us alive would not be maintained



How The Vagus Nerve Affects Organ Systems

Heart
Decreases heart rate, vascular tone.

Liver
Regulates insulin secretion and glucos homeostasis in the liver.

Gut
Increases gastric juices, gut motility, stomach acidity.

Inflammation
Suppresses inflammation via the cholinergic anti-inflammatory pathway



Brain
Helps keep anxiety and depression at bay. Opposes the sympathetic response to stress.

Mouth
Taste information is sent via three cranial nerves, one of which is the vagus nerve. The vagus nerve is needed for the gag reflex, swallowing, and coughing.

Blood Vessels
Decreases vascular tone, lowering blood pressure.

How to Care for the Vagus Nerve

Communication Between Gut and Brain



Common Gut Conditions

- GERD-Gastroesophageal Reflux Disease
- Celiac
- Crohn's
- IBS
- Ulcerative Colitis
- SIBO-Small Intestinal Bacterial Overgrowth
- General digestive complaints
- What about: mental illness? Skin conditions?



Leaky Gut

Is Your Poo Talking to You?

THE BRISTOL STOOL CHART		
1	Separate hard lumps, like nuts	Severe constipation
2	Lumpy and sausage like	Mild constipation
3	A sausage shape with cracks on the surface	Normal
4	Like a smooth, soft sausage or snake	Normal
5	Soft blobs with sharp-cut edges	Lacking fiber
6	Mushy consistency with ragged edges	Mild Diarrhea
7	Liquid consistency with no solid pieces	Severe Diarrhea

GLOBAL HEALING CENTER

Why?

4 Causes of Leaky Gut

- FOOD**
Gluten, dairy, and other toxic and inflammatory foods
- GUT INFECTIONS**
Candida overgrowth, SIBO, and parasites
- TOXINS**
Medications, mercury, pesticides, BPA, and more
- STRESS**
Chronic emotional or physical stress

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In Search of the Perfect S

Effect of Medications

So How do we Care for the System?

First Things First...



Understanding Intolerances

Nutritional Practices

Understanding Intolerances

Intolerances

Elimination Diet Protocol

Supplements

THANK YOU!

QUESTIONS?

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