



Live the Anti-Inflammatory Lifestyle.™

FUNDAMENTALS




LIVE
Ottawa Spring 2017

Presented by Annika Ek RHN, CH, NNCP
Functional Nutritionist
TrulyU.com | aek@TrulyU.com



"THE FOOD YOU EAT
CAN BE EITHER
THE SAFEST
&
MOST POWERFUL
FORM OF MEDICINE
or
THE SLOWEST
FORM OF POISON."

Ann Wigmore



Welcome To Class 2



Review Week 1

- Innate Power To Heal and Stay Healthy
 - Goals and Big WHY
- Goodbye To:
 - Sugar (who watched “The Pleasure Trap”?)
 - Coffee
- Drink More Water
- Eat More Greens & Veggies
- Get More and Better Sleep



Plan To Succeed

- Schedule Time To:
 - Plan Meals - see resources for recipes
 - Shop for ingredients in maybe new places
 - Prepare new recipes with new ingredients
- Clean Out Sugary Foods
 - Pantry/Stash Cleanse
- Prepare Healthy Snacks (keep it simple!)
 - Keep in desk, purse etc.



Resources

A screenshot of a website with a light blue and white color scheme. The navigation bar includes links for 'LIFE ROAD MAP', 'RECIPES', 'YES FOODS', 'NO FOODS', and 'WEAN COFFEE'. Below the navigation bar, there are several content tiles: 'SUGARS' with a list of items, 'CLASS 1 - SLIDES' with a thumbnail of a presentation, and 'THE PLEASURE TRAP - DOUG LISLE' with a video thumbnail showing a man in a suit. A decorative floral icon is located at the bottom left of the slide.





Gluten Free – Fad Or For Real?

- Gluten Free Does Not Always Equal Healthy
- Naturally Gluten Free



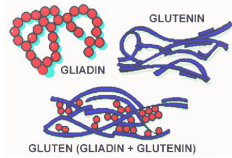
What Is Gluten?

- Protein with “Glue Like” Properties
- Wheat (Spelt, Kamut), Barley and Rye
- Oat - Cross Contaminated



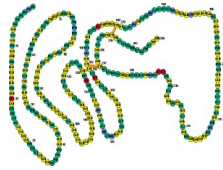
What Is Gluten?

- Two major proteins
 - Gliadin
 - Glutenin

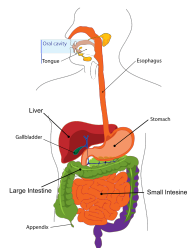


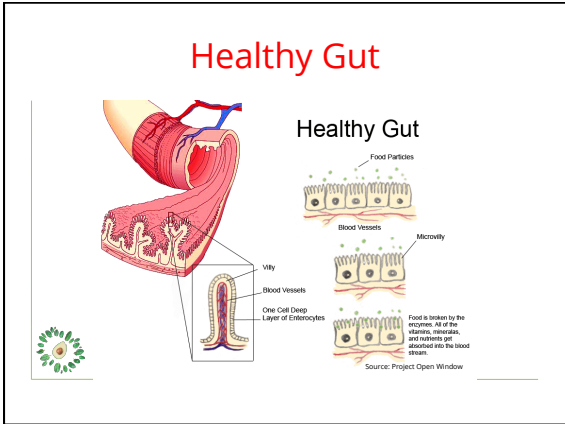
Gluten Structure

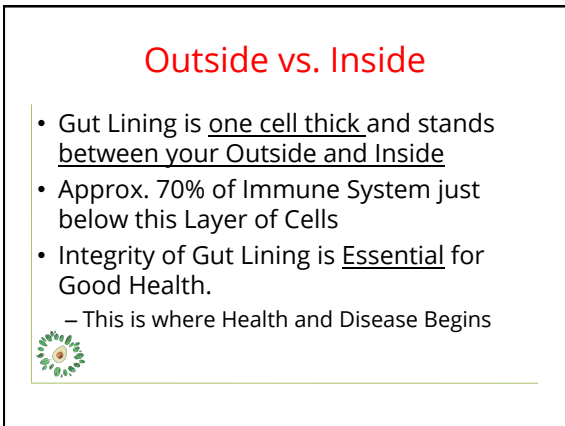
- Protein
 - Peptide
 - Single Amino Acid
- All humans **lack enzyme** to break gluten in to single amino acids

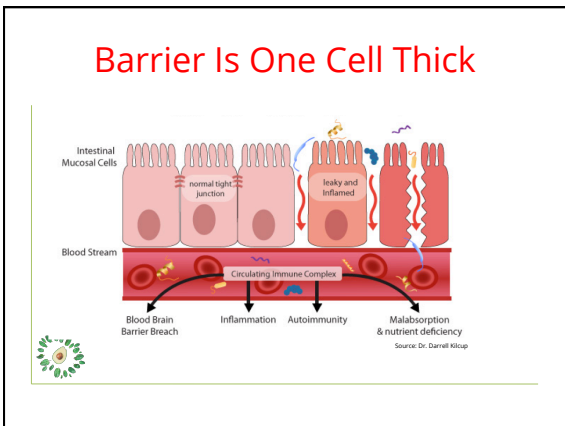


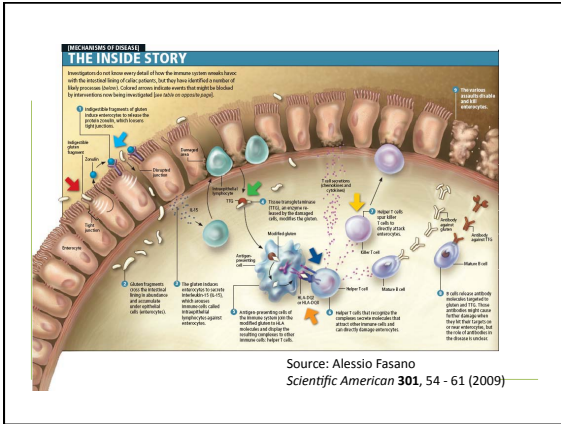
Outside vs. Inside











From Gluten To Leaky Gut

1. Eat Gluten -> Gluten “chunks” due to lack of enzymes
2. Gut lining cells (enterocytes) release Zonulin (a protein) in response
3. Zonulin opens the space between gut lining cells
 – “Loosen shoelaces”

Source: Dr. Darrell S. Koup

From Gluten To Leaky Gut

4. Once on the “inside” Gluten triggers the immune system
5. Immune cells that damage gut lining are released
6. Leaky Gut results and other “chunky” proteins gets in and trigger the immune system since they are seen as “foreign invaders”

Source: Alessio Fasano
 Scientific American 301, 54 - 61 (2009)

CD vs. NCGS

- Celiac Disease (CD)
 - Auto-immune disease that impact the lining of the small intestine
 - Destroys Microvilli -> Nutrient Deficiencies etc.
- Non-Celiac Gluten Sensitivity (NCGS)
 - Many have no digestive symptoms
 - Symptoms outside of digestive tract (weak link) are impacted
 - Migraines, depression/anxiety, osteoporosis, chronic fatigue, MS, psoriasis, fibromyalgia etc.



Immune Response

- Why Gluten Free May Not Be Enough
- Molecular Mimicry - similar amino acid sequence in other grains
 - Ex. Corn
- Autoimmunity - similar amino acid sequence to gluten in tissues
 - Thyroid, Cerebellum etc.
- Cross contamination – fields, processing
 - Ex. Oats



Unreliable Testing

- Only measures one part of immune system
- Only measures Gliadin

Wheat/Gluten Proteome Reactivity & Autoimmunity

Wheat IgG	Glutenin-21-mer IgG
Wheat IgA	Glutenin-21-mer IgA
Wheat Germ Agglutinin IgG	Glutenomorphin+Prolyamin IgG
Wheat Germ Agglutinin IgA	Glutenomorphin+Prolyamin IgA
Native + Deamidated Alpha-Gliadin-33-mer IgG	Gliadin-Transglutaminase IgG
Native + Deamidated Alpha-Gliadin-33-mer IgA	Gliadin-Transglutaminase IgA
Alpha-Gliadin-17-mer IgG	Transglutaminase-2 IgG
Alpha-Gliadin-17-mer IgA	Transglutaminase-2 IgA
Gamma-Gliadin-15-mer IgG	Transglutaminase-3 IgG
Gamma-Gliadin-15-mer IgA	Transglutaminase-3 IgA
Omega-Gliadin-17-mer IgG	Transglutaminase-6 IgG
Omega-Gliadin-17-mer IgA	Transglutaminase-6 IgA



Source: Cyrex Labs

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Hidden Sources Of Gluten

- Food Ingredients
 - Certain to contain gluten
 - Wheat, Barley and Rye
 - May contain gluten depending on processing
 - Ex. Baking powder, Broth, Spice Mixes, Fillers
- Gluten Free Food Ingredients
 - Often Not GF due to high level of processing
 - Ex. Grain Alcohol (Vanilla Extracts), Maltodextrin




Hidden Sources Of Gluten

- Supplement Ingredients
 - Certain to contain gluten
 - May contain gluten depending on processing
- Medication Ingredients
 - Certain to contain gluten
 - May contain gluten depending on manufacturing, or be derived from highly processed gluten-containing grains
 - Gluten Free but may cause problems for sensitive individuals



Hidden Sources Of Gluten

- Cosmetics
 - For certain contains gluten
 - May contain gluten depending on manufacturing, or be classed as gluten-free but derived from highly processed gluten-containing grains
- Household Products
 - Ex. Envelop glue, dish-soap



Gluten Elimination Test

- Avoid Gluten for at least 2 Months and see what happens



Goodbye Gluten

- Gluten connects to Opiate Receptors in the brain and leads to a “high” that makes you hungry
- From Gluten Free To Grain Free
 - Good idea if autoimmunity or GF makes no difference
 - Avoid Corn due to same protein sequence



Coping with Cravings

- Physical
 - First 3 days most difficult
 - Reset receptor sites, taste buds
 - Water, Fat (Coconut Oil/Manna), Clean Protein
- Emotional
 - Find joy and pleasure away from food
 - Bath/Shower, Music, Nature, Friends, Art, Movement, Breathe, Be the Space for the craving
 - Essential Oils, Journaling, Counseling



Goodbye Gluten



Take A Bright Line Approach



Hello Cultured Foods



Cultured Foods

- Fermented & Live Foods
- Supports Healthy Gut Flora
- Part of All Traditional Diets
- Counters Sweet Cravings
- A "Forkful" 1-3x/day

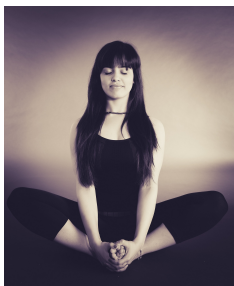


Cultured Foods

- Sauerkraut
- Yogurt/Kefir (dairy if tolerated or non-dairy)
- Kim Chi
- Pickles
- Veggies, Salsa etc.
- Try one this week!



Stress & Relaxation



Stress & Relaxation Response

- Nervous System
 - Sympathetic: Fight, Flight or Freeze
 - Para-Sympathetic: Rest & Digest
- ON/OFF Response



Para-Sympathetic Response

- Rest & Digest
 - Sleep & Eating
- Stimulates Digestion (Saliva, Pancreas, Gallbladder)
- Calm State of Mind
- Prefrontal Cortex Active
 - Ability to Reason, Make Healthy Choices
- Sustainable for Long Periods of Time

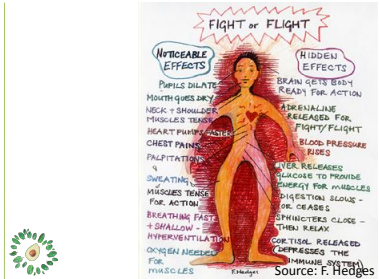


Sympathetic Response

- Fight or Flight
- Intended for Short Bursts to Get Away from, or Fight, Danger
- Damaging when Chronic/for Long Periods of Time
- Survival Instinct
- Instinctive “Reptile” Brain Active
 - Tendency To Make Poor (Health) Choices



Sympathetic Response



Sympathetic Response

- Inhibits Digestion (visceral organs)
 - “No time to digest if I may not live”
- Moves Blood From Prefrontal Cortex (reason) To “Reptile Brain” (instinct)
 - “No time to think”
- Stimulates Heart and Lungs
 - Raise Blood Pressure



Sympathetic Response

- Stimulates Muscles in Extremities
 - So you can run or fight
- Releases Cortisol and Stored Glucose
 - Glucose is then stored as Fat
 - “Converts thigh muscles to belly fat”
 - May exhaust Adrenals if sustained stress
 - Different stages of Adrenal dys-regulation



Induce Para-Sympathetic State

- Consciously become aware of what state you are in, check:
 - Heart rate, state of mind, saliva
- Induce PS state (in the moment)
 - Breath x 3-5 or more
 - “Bubble”
 - Count to 10



Long Term Stress Reduction

- Don't be Superwoman
- Learn to Say No
- Find Space in your Day and Life
- Don't live in the next moment, be present
- It's OK if not everything gets done, really
- Identify and Modify your stress triggers
- Regular Meditation



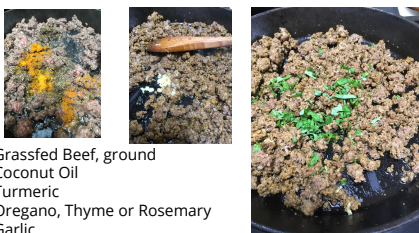
What To Eat - Formula



What To Eat - Formula

- 1 Protein + 2 Above Ground Veggies + 1 Below Ground Veggies + 1 Forkful Cultured Veggies
- Ex. Chicken + Kale + Broccoli + Sweet Potato + Sauerkraut
- Ex. Salmon + Swiss Chard + Mushrooms + Butternut Squash + Kim Chi
- Breakfast = Lunch = Dinner

What To Eat - Super Beef




- Grassfed Beef, ground
- Coconut Oil
- Turmeric
- Oregano, Thyme or Rosemary
- Garlic
- Sea Salt, Black Pepper & Fresh Herbs

Breakfast



- Super Beef
- Roasted Sweet Potatoes
- Sauerkraut
- Radishes
- Kale & Broccoli
- Wild Blueberries
- Guacamole

Quick Broccoli Soup



- 1-2 tbsp Coconut Oil or Avocado Oil
- 1 Yellow Onion, diced
- 2 tsp Basil, dried (or large pinch)
- 1 bag frozen Broccoli, organic 300-500 gr
- 1 Garlic Clove, minced
- 3-4 cups Chicken Stock
- Sea Salt, Black Pepper to taste
- Lemon Juice to taste

Mince garlic, set aside. Dice onion, heat fat in thick bottomed pan. Add onions and basil and cook until onions are soft, add broccoli and garlic and stir until coated. Add chicken stock, put on lid and simmer a few minutes until broccoli is soft and still bright green (do not overcook). Add salt and pepper. Puree with hand mixer or in blender like vitamix, add lemon juice to taste.

Have you eliminated sugar?





Are you weaning coffee?



Are you drinking more water?




Are you sleeping more?



Little Everyday Choices

- Transformation and deep change happens when you make “little” choices everyday that serve your health
- How long does it take to establish a new habit?
 - 21 days? 66 days? 100 days?
 - Hang in there



“You fall seven times and rise eight...”

Learning and Motivator Styles

- Preferred Learning Style?
 - Auditory, Visual, Tactile
 - Live, Live Online, Self-Study, Combo etc.
- What Touches You Deeply Enough To Motivate Change?
 - Knowledge/Science
 - Children/Family
 - Fear/Pain
 - Vanity/Prestige
 - Etc.



Support

- Private Facebook Group
- Members Resource Page
- Weekly Q&A Support Call Mondays at noon
- Book your BONUS 30 min private session



Next Week

- Dairy – Comfort Food For a Reason
- Bone Broth
- Movement & Nature

