

NaturalLifestyle

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Restore your gut

How leaky gut
could be affecting
your wellbeing

Natural gold star

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Product Awards?



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NATURAL LIFESTYLE GIVEAWAYS • EASY STEPS TO PLANT-BASED FOOD

FREE

The naturopathic advisor



Natural Lifestyle has teamed up with experts at CNM (College of Naturopathic Medicine) to answer some of your burning health questions. This issue, you asked:

Q Can you tell me how a Nutritional Therapist supports food intolerances?



Food intolerances are becoming more common and the symptoms aren't always localised to the gut. Experiencing tiredness, brain fog or skin rashes could be some of the body's warnings.

There are many tools in a Nutritional Therapist's toolbox to help with food intolerances; the 5R protocol is common nutritional practice:

The first step is to identify and

remove foods which cause a reaction and, depending on symptoms, to correct dysbiosis (gut flora imbalance) by removing possible pathogens like Candida, or even parasites.

Step two is to work on repairing the gut lining. Certain foods like bone broth and cabbage soup have healing properties. There are many supplements designed to support GI tract function.

Step three is replacing digestive enzymes and/or bile salts if the body is struggling to produce these, as this supports the breakdown and absorption of food and nutrients.

Step four is re-inoculating the gut with friendly microorganisms, which

is an important part of any gut protocol. This can be done through supplementation or through consuming raw fermented foods (for example, sauerkraut, kimchi, kombucha, kefir). Foods which were eliminated at the beginning of the protocol can be added back in, one at a time, and checked for reactions. It is not ideal to remove food groups long-term; this may affect optimal nutrient levels in the body.

The goal is always to reintroduce the trigger foods, which, after the 5R protocol, should be trigger foods no longer.

Step five – after a period of time has been spent repairing the digestive system, rebalancing the rest of the body by concentrating on any other diet and lifestyle factors, will support the individual to maintain long-term gut, and overall, health.



YOUR EXPERT

Nutritional Therapist and CNM graduate, Rosie Weston, for CNM (College of Naturopathic Medicine). Study online with CNM, UK and Ireland's leading education provider in natural therapies. CNM has over 22 years' superb track record and over 80 per cent of CNM graduates are practising. Internationally accredited diploma courses, visit cnmcourses.com or call 01342 777 747.

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