

Balanced Horizons

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Lets Get & Stay Healthy - Digestively

As we all know our health is a gift that cannot be taken for granted. There are basic foundational pieces that support and increase all of our health and its time to really take a look at them.

The components on a literal & emotional level that provide and maintain health are:

- Healthy food choices, Digestive Health
- Exercise
- Sleep
- Emotional ease, Stress reduction

We can also look at maintaining and increasing our health by considering:

- Our life journey, inspiration and passion
- The energetics of our luminous body
- The genetic and societal factors that influence us

At this time lets look at our digestive system. It's a place we can influence by our actions and choices

Our digestive function has an immediate effect on our inflammatory processes and our immune system. Things like leaky gut create inflammatory responses throughout the body. You may feel them in your achy joints, raspatory congestion and immune responses. It is always time to look at what are you eating and how is that effecting your vitality, immune system and overall health. We are all unique and what is inflammatory to one may not be to another. So as we become more aware of our bodies and their reaction to what we eat we can become more conscious of our food choices. Classical culprits can be grains, dairy, sugar but how does your body respond is more important than an across the board approach. A simple way to look for those foods that are inflammatory to you is to weigh yourself daily and if you weigh more, then something you ate the day before was inflammatory to you.

When considering the digestive system, one needs to look at various components to address damage already incurred from previous lifestyle choices

- **Diet** – Eliminating those things that are inflammatory and reactive to our systems
- **Inappropriate overloads in the digestive system: parasites, candida, heavy metals, viral and bacterial**
 - There are diagnostic tests available for these conditions as well as various alternative practitioners use a variety of tools and diagnostic procedures to determine. What I have found with my clients is that often someone can have multiple conditions but it is appropriate to start with one and then shift to the others. The diet protocols for maintaining while you do these cleanses is similar for all cases so eating clean no sugars etc (I have a list is you want it just let me know) helps all of them even if you are only focusing on clearing one at a time.
- **Restore appropriate enzymes and bacteria to support the digestive system**
 - Digestive enzymes- they support the stomach and pancreas digestive functions
 - Small intestine enzymes esp helps prevent SIBO (small intestine bacterial overgrowth)
 - I know of one I carry SIBB by Klaire labs
 - Probiotics- bring healthy good bacteria to the large Intestines
- **Heal the digestive lining**
 - Speak to your alternative healthcare practitioner for recommendations- there are many products out there used by Chinese Herbology, Naturopathic and Functional Medicine practitioners