

# Welcome to the Gabriel Method

## Case Study Action Steps

### Lesson No. 4



# Action Steps

- Drink Gabriel Greens (or similar) upon rising
- Do afternoon detox visualization and take Gabriel Greens afterwards
- Optional deep detox
- Take 2 digestive enzyme capsules with meals whenever you are home



# Ongoing Steps

- Speak with your Gabriel Method coach
- Do evening visualization each night before bed
- Do morning visualization suggested by coach
- Take morning probiotic supplement
- Continue frequent water consumption
- Eat a great blood sugar balancing breakfast
- Eat frequent Gabriel-friendly meals and snacks during the day to keep your blood sugar levels stable

# Digestion

“Digestion is probably one of the most important aspects of your overall health and fitness. And for weight loss, most people really don’t pay any attention to digestion... this is a huge mistake.”



# Digestion

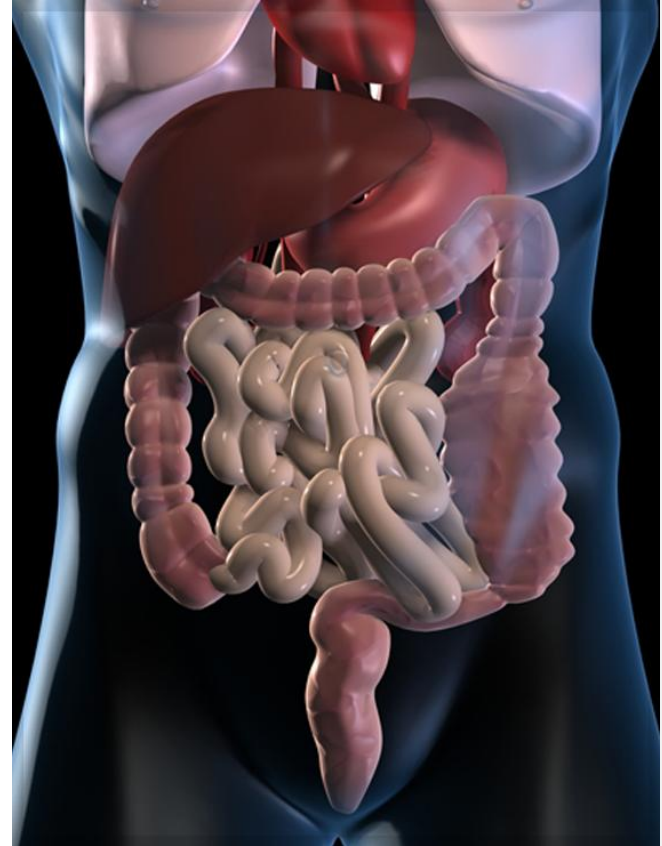
In today's world, our bodies struggle to digest and assimilate nutrients



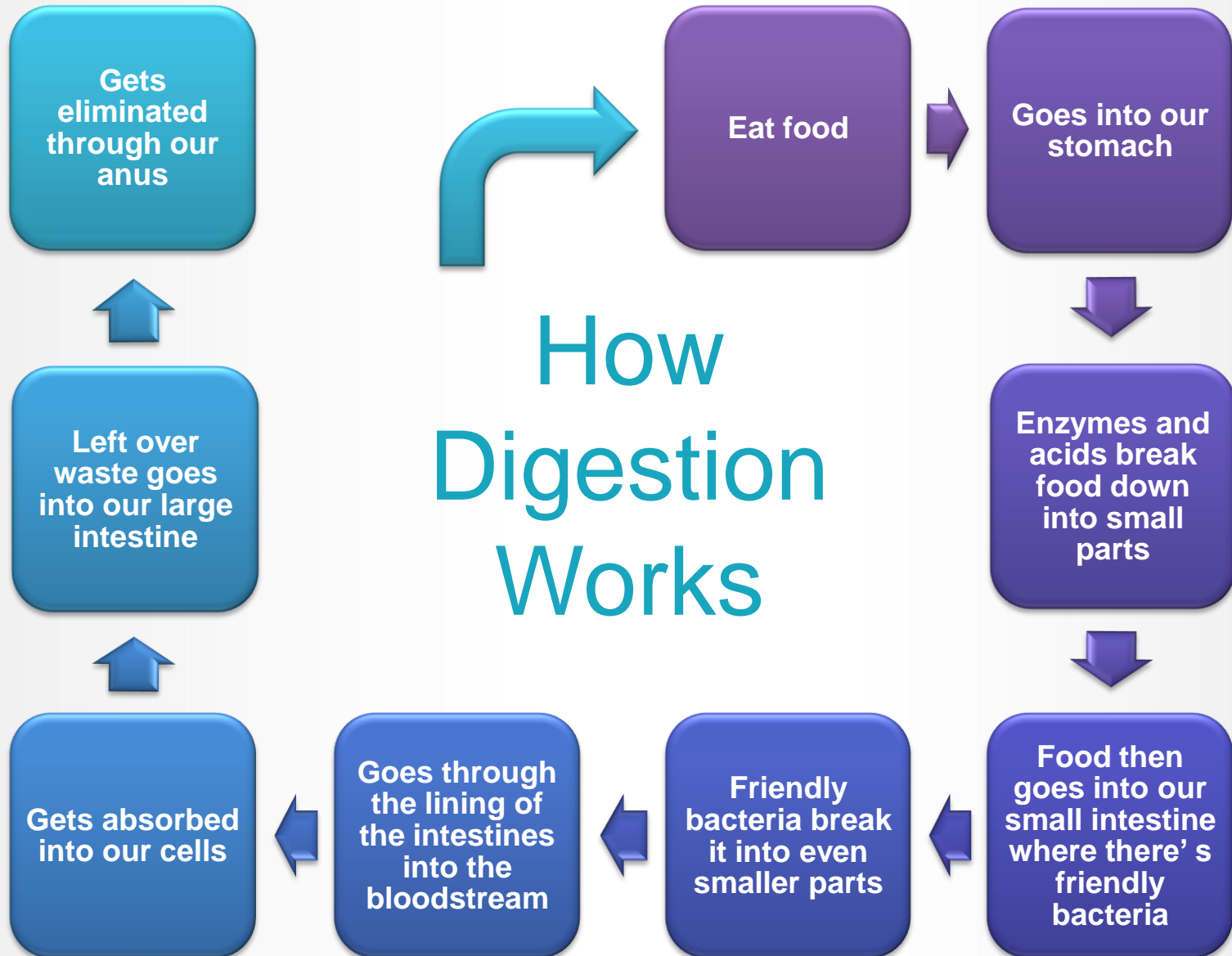


# What is Digestion?

- A long tube that goes from your mouth down to your anus
- The quality of your digestion is determined by what's in that tube



“If you can’t digest your food, you’re going to be starving on a nutritional level, regardless of how healthy the food you’re eating is. And, if you’re starving on a nutritional level, your FAT Programs are going to be activated...”





# Modern Digestion Complications

- We're lacking sufficient digestive enzymes to digest our food
- 10,000 years ago, our bodies knew how to digest the foods around us: meat, chicken, fish, nuts, salads, fruits, herbs
- Today, most of the food we eat is not live



# Modern Digestion Complications

- There are now more processed, man-made foods such as grains, pastas, breads, cereals, refined sugars and deep fried foods
- The food has been so radically altered from its original state that our body can't digest it properly
- We're not getting sufficient digestive enzymes in the food we eat



# Digestion & Our Immune System

- As much as **80%** of your immune system originates from your gut
- When your gut's not healthy, your immune system is not healthy
- When your immune system suffers, you can develop food allergies, food intolerances, asthma, Crohn's Disease, and thyroid problems

“Chronic fatigue syndrome, fibromyalgia and many other “chronic” conditions that are supposedly incurable by modern-day methods are really the result of our immune system being overworked and overtaxed and not having the digestive enzymes to support it...”

# Where Do You Get Digestive Enzymes

- Live food: uncooked, unprocessed fruits, and vegetables
- Digestive enzyme supplements: improve digestion, immune system, overall health, and increase energy levels



# Friendly Bacteria

- They are designed to take the food that's been broken down and break it down into really micro-small parts that can pass through the lining of the intestines
- The problem arises when you have more unfriendly than friendly bacteria in your digestive tract
- Friendly bacteria are things that we would normally get from our food supply that we don't get anymore



# Where to Get Friendly Bacteria?

Fermented foods: yogurts, kefir, sauerkraut, kimchi, tempeh, miso, tamari, & nutritional yeast



# Antibiotics & Friendly Bacteria

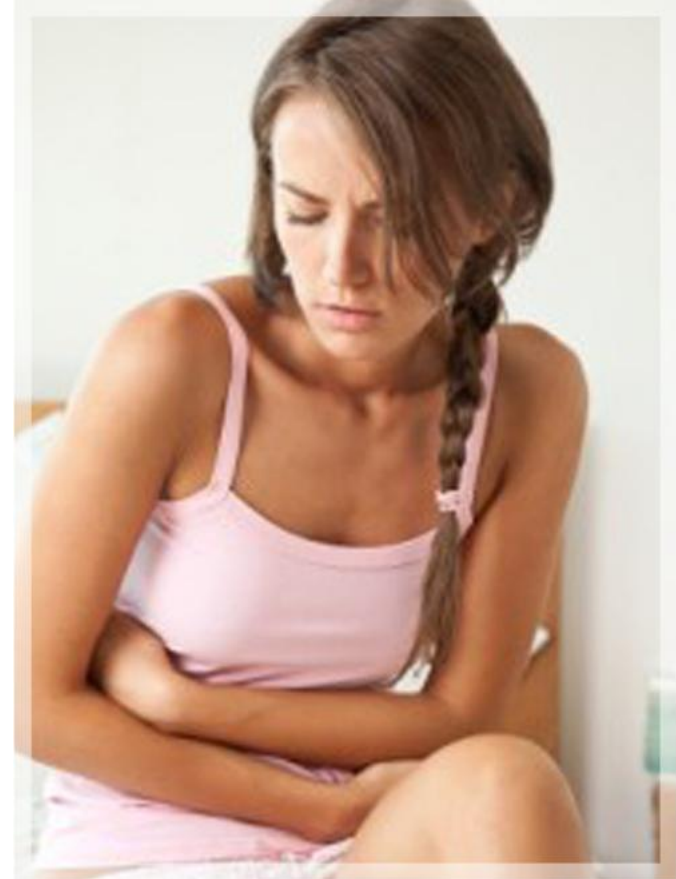
“One day of antibiotics will totally wipe out all of the friendly bacteria in your intestines, just one single day...”

— *Donna Gates*



# Unfriendly Bacteria

- If we wipe out all the friendly bacteria in our intestines and don't replenish them, we leave a space open for unfriendly bacteria to flourish
- Unfriendly bacteria are yeasts, fungus, and parasites
- Unfriendly bacteria overrun your digestion, and they don't digest food properly



# Unfriendly Bacteria

- They feed off sugar and can cause constant sugar cravings
- Unfriendly bacteria can result in decreased energy



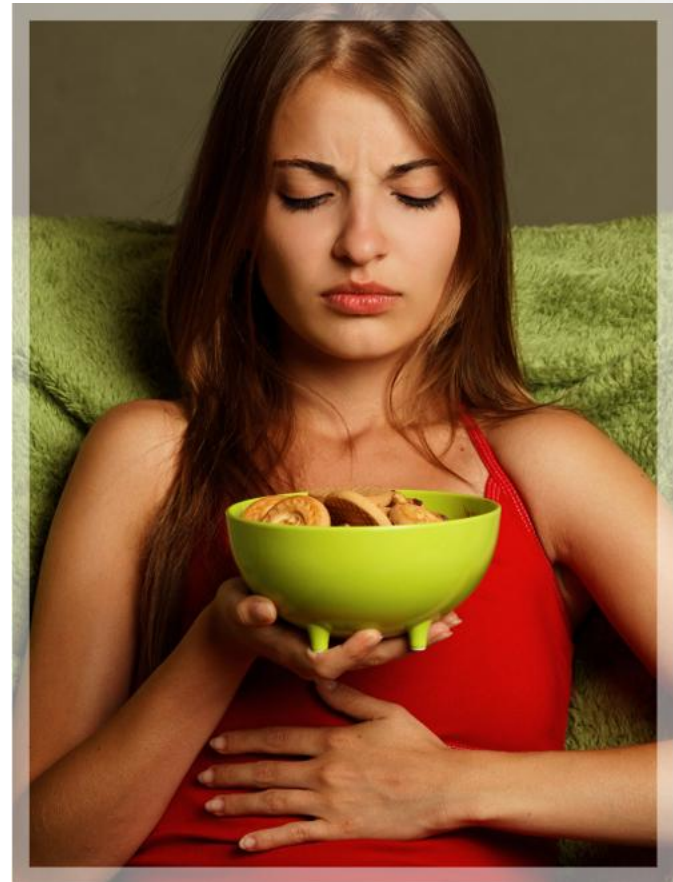


Without proper digestive enzymes & friendly bacteria,  
the health of the digestive tract is compromised...



# Waste In Our Bloodstream

Medications, excessive wheat, gluten, and dairy foods cause tiny rips in the lining of our stomach and intestines and can cause Leaky Gut Syndrome

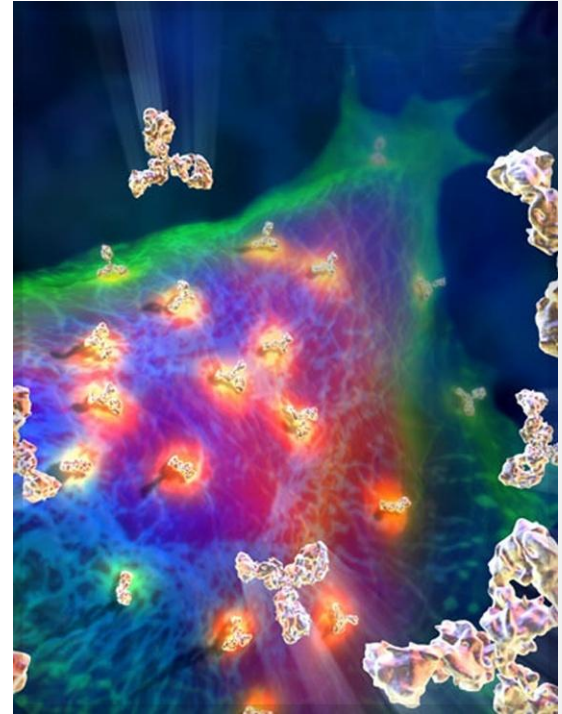




# Leaky Gut Syndrome

Leaky Gut Syndrome means that foods that aren't digested properly leak into our bloodstream and they become toxic, which further overworks our immune system

Our immune system is already overtaxed because it doesn't have the proper enzymes



# Overworked Body

Parasites  
+  
Lack of Digestion  
+  
Accumulated  
Toxic Waste  
+  
Leaky Gut  
Leaking into Our  
Bloodstream

=

Complete mess for our system,  
overworks our body and drains  
us of energy

Bodies are exhausted and  
stressed trying to fight all of  
these toxins and function on a  
body that's not getting proper  
nourishment. This causes an  
elevation in certain hormones  
that activates our FAT Programs

# Pro-inflammatory Cytokines

- Hormones that are the result or reaction to inflammation
- Cause insulin resistance and make our bodies go into fat storage mode





“...taking care of your digestion is really the best thing you could possibly do for overall health, vitality and weight loss!”

# Food for Good Digestion

- Anything that existed on an island 10,000 years ago is probably a healthy choice
- Our bodies know how to digest: meat, fish, chicken, eggs, salads, nuts, seeds and fruits and herbs in a natural raw, or lightly-cooked form
- They nourish us, promote health, vitality, happy digestion and also have friendly enzymes and friendly bacteria

# Digestible Food

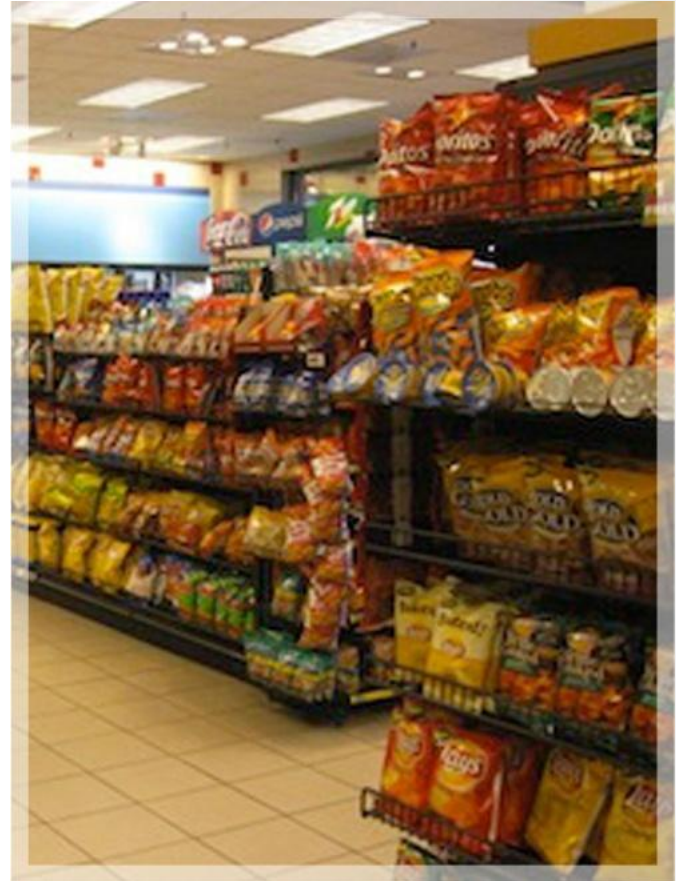
- The best foods are those that are on the perimeter of the supermarket that need to be refrigerated
- The same bacteria and bugs that are outside in the air that can digest food will digest those types of foods, which is why they have to be refrigerated





# Problematic Food

- Avoid processed foods such as snacks, crackers, cookies, chips and breads
- All the things that are in the center of the supermarket are difficult to digest
- If it doesn't rot, don't eat it!



# Indigestible Food

When we eat these manmade foods,  
the friendly bugs in our system can't  
eat them, and the enzymes can't  
digest them...

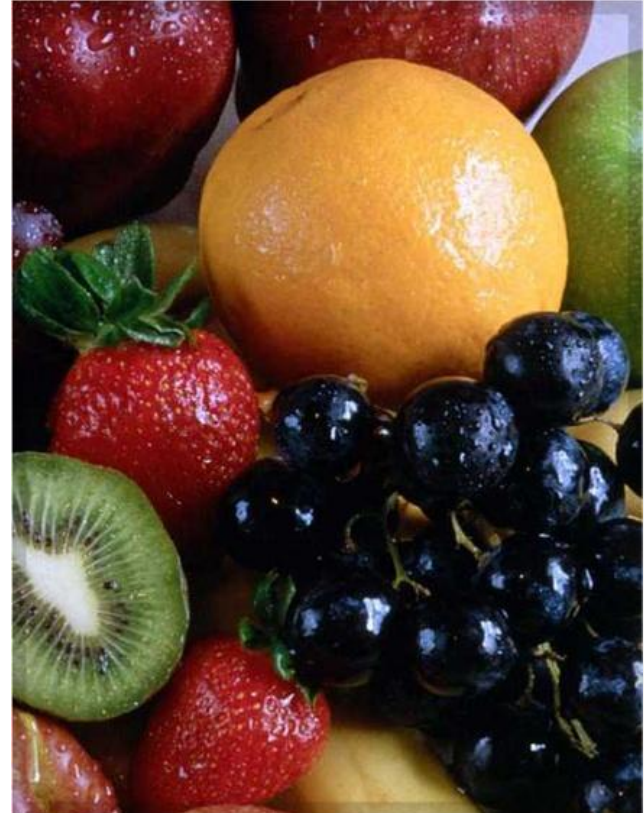
# Combining Food

When you combine grains and sugars with things like meat and fruit, it causes another digestion hurdle



# Fruit

- Fruits are digested in your stomach in an acid environment
- When you eat meat and fruit and natural foods, your body produces acid used to activate the digestive enzymes that digest meat and fruit



# The Challenge with Grains

- Grains are digested in a more alkaline medium
- Acid and alkaline cancel each other out
- When you eat meat and grains together, your stomach environment is not alkaline enough to digest the grains or acidic enough to digest the acid foods
- Food sits undigested and starts to rot

# Wheat & Gluten

- Most wheat-based foods contain the protein gluten
- Gluten is like a glue in your body
- Gluten clogs up your digestion, prevents you from digesting other things, sucks up the nutrients of the other things that you're eating, and can cause leaky gut syndrome



# The Challenge with Dairy

- Dairy can cause inflammation and leaky gut syndrome for some people
- Inflammation activates the pro-inflammatory hormones, which cause insulin resistance and puts your body in fat storage mode



# Pasteurized Milk

- When you pasteurize milk, you turn it into something that's difficult to digest because the bacteria inside the milk are all dead
- Natural milk is easy-to-digest, processed milk can cause allergies and inflammation



# Raw Milk

“Raw milk is an incredibly healthy, nutritious drink because it’s got lots of friendly bacteria, all the proteins and nutrients are easy to digest, it’s not a toxin, it doesn’t cause inflammation, it doesn’t cause leaky gut, and it tastes really good...”



“Anything we’ve done to increase the shelf life of food compromises our ability to digest the food... something that can’t be digested in the outside environment isn’t going to get digested in the inside environment...”

# Indigestible Food

- Food manufacturers do this so food has a longer shelf life which means more profits
- Food that can sit on the shelf for three or six months will eventually sell
- Foods that go bad in 2 days are problematic for manufacturers and retailers

# Food Manufacturers: The Reality

- They don't really care about your digestion
- They are most concerned with profits, not health
- They create long-lasting, nutrient-deprived foods that are not good for your health



# Food Temperatures

- When you cook something, you kill the life force energy and digestive enzymes
- Cooking causes structural and molecular changes to the food that make it very difficult to digest



# Life-Force Energy

- Our bodies run on life-force energy
- Energy gets communicated in the form of information to our DNA, nerves and cells

# Cooking Food

- Cooking can make some foods less digestible, and less nutritious
- Cooking can denature fats and proteins, turning them toxic



# Good Cooking Fats

- Ideally, you want to cook with high-quality saturated fats that can withstand high temperatures
- Ghee, organic butter, and coconut oil are the best choices



# Cooked, Processed or Refined Carbohydrates

- Can cause hormonal problems
- Can elevate your insulin levels
- Put your bodies in fat storage mode





# Digestion Problems

## Made Worse By:

- Modern-day diet
- High-stress life
- Indicated by tiredness or bloating after you eat





# Digestion Problems Indicators



Skin problems, allergies, asthma, chronic fatigue, fogginess, dizziness, headaches, heart or thyroid problems, bipolar disorder, even cancer

# Reverse Bad Digestion

- Take high-quality probiotics
- Consider digestive enzyme supplements
- Eat live food daily
- Enjoy salads, seaweeds, and dark greens
- Eat flaxseeds, chia seeds, and avocado oil
- Avoid refined vegetable oils

# Why Green Juice?

- Favorites include celery, lettuce, Swiss chard, kale, and spinach
- Green juices are loaded with enzymes, life force, chlorophyll, and micronutrients
- Juice requires very little digestion
- Green juices are alkalizing
- They detoxify your blood and digestive system

# How to Make Green Juice

- Aim for 60-70% of your juice to be green vegetables
- Use fruits such as beet, carrot or apple to cut the bitter flavor only
- Avoid fruit-only juices, they are too sweet



# Optional Detox

- Colonic hydrotherapy
- Once-a-week for the month
- Will assist your body in removing accumulated toxins



# Action Steps

- Take your morning probiotic and green juice
- Listen to the afternoon detox visualization and have a green juice
- Take 2 digestive enzyme with meals





# Ongoing Steps

- Speak with your GM coach
- Listen to the evening visualization
- Listen to the morning visualization suggested by your coach
- Take your probiotic in the morning
- Drink water throughout the day
- Eat a GM blood sugar balancing breakfast within 1.5 hrs of waking
- Eat blood sugar balancing foods throughout the day

# Visualization

