



# *The Acadami Fitness*

Week 3:  
Foundational Health

#AcadamiFitness  
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# What do we mean by “gut health”?

Gut health refers to the balance of microorganisms that live in the **digestive tract**. Looking after the **health of the gut** and maintaining the right balance of these microorganisms is vital for physical and mental **health**, immunity, and more



Gut biome - The gut microbiome, as defined by molecular biologist Joshua Lederberg, is the totality of microorganisms, bacteria, viruses, protozoa, and fungi, and their collective genetic material present in the gastrointestinal tract (GIT).

# Symptoms of “bad” gut health

- ▶ Upset stomach, indigestion
- ▶ Bathroom issues
- ▶ Heart burn
- ▶ Food sensitivities
- ▶ Skin irritation
- ▶ Sleep disturbances
- ▶ Unintentional weigh gain
- ▶ Autoimmune disease



# “Leaky Gut” Syndrome

- ▶ **Leaky gut**, also known as increased intestinal permeability, is a digestive condition in which bacteria and toxins are able to “leak” through the intestinal wall.
- ▶ Associated (potentially) illnesses:
  - ▶ irritable bowel syndrome (IBS)
  - ▶ Crohn’s disease
  - ▶ celiac disease
  - ▶ chronic liver disease
  - ▶ diabetes
  - ▶ food allergies and sensitivities
  - ▶ polycystic ovary syndrome

## Causes

- poor nutrition
- alcohol consumption
- infections
- autoimmune disorders, such as lupus, diabetes
- stress

## Symptoms

- chronic diarrhea
- Constipation
- bloating
- nutritional deficiencies
- fatigue
- headaches
- confusion
- difficulty concentrating
- skin problems, such as acne, rashes, or eczema
- joint pain
- widespread inflammation

# Ways to improve gut health...

Take	Take probiotics and eat fermented foods
Eat	Eat prebiotic fiber
Don't eat	Eat less sugar and sweeteners
Reduce	Reduce stress
Avoid	Avoid taking antibiotics unnecessarily
Exercise	Exercise regularly
Sleep	Get enough sleep
Avoid	Avoid smoking
Water	Drink enough water

# Supplementation - OptiGreens50

- ▶ Contains the benefits of 11 servings of fruits & veggies
- ▶ Diversity of fruits & veggies that even those who do eat them often don't get!
- ▶ Spirulina - **Spirulina** is a type of blue-green algae that contains a number of nutrients, including B vitamins, beta-carotene, and vitamin E. **Spirulina** also contains antioxidants, minerals, chlorophyll, and phycocyanobilin and is commonly used as a source of vegan protein.
- ▶ Glycemic Balance Blend 😊 helps to address and prevent cravings, balance blood sugar, lower insulin need and inflammation
- ▶ Anti-oxidants to combat free radicals caused by oxidative stress
- ▶ Super potent probiotic & digestive enzymes, DDS1 for digestion and increase of healthy gut bacteria by 1 Billion CFU through the expiration
  - ▶ Great support for IBS and digestive issues
  - ▶ Lower inflammation, higher absorption of nutrient from other foods
  - ▶ Addresses bloating and stomach discomfort, heart burn

= more time in a  
fat burning state

= faster results

# Micronutrients

## Vitamins

- ▶ Vitamins - VITAL to human function
- ▶ Fat soluble V water soluble
  - ▶ Fat: A, D, E, K
    - ▶ If no gall bladder, it will be more difficult to digest fat soluble vitamins
  - ▶ Water: B complexes, C, Biotin
- ▶ Bs are associated most with energy

## Minerals

- ▶ 16 essential minerals
  - ▶ Organic V inorganic
  - ▶ Micro V Macro less than or more than 1g/day needed
- ▶ Macro: calcium, phosphorus, potassium, sulfur, sodium, chloride, magnesium (ATP production)
- ▶ Micro: Iron, zinc, copper, iodine, manganese, selenium, boron, fluoride, vanadium, molybdenum

# Okay but why?

- ▶ So you don't die.
- ▶ DNA damage can be caused due to mineral deficiency over time, especially when B vitamins, Magnesium, and Zinc are involved.
- ▶ All vitamins and minerals when in appropriate doses support healthy function, immunity, energy, strong bones and tissues like nails; they can support hormone function and thereby aid with fat loss and muscle gain.
- ▶ They assist with appropriate metabolism and setting your body up for exercise and results; they are all anti-aging supports.
- ▶ Things like Anemia, GI issues, celiac disease and more can be associated with mineral deficiency, Iron specifically - short of breath a lot, chew ice, exhausted all the time, brittle nails?? Could be iron.

# Fish Oil - Why?!

- ▶ Omega 3 to Omega 6 ratios: Average American = 20:1 ratio; should be 1:1
- ▶ Omega 3s: anti-inflammatory; 6s: inflammatory but healing
- ▶ It is very EASY to get Omega 6's in our diet, hard to get enough 3s
  - ▶ 3: ALA, EPA, DHA: ALA = precursor to other 2 but it's hard for your body to convert so you want high EPA & DHA; EPA & DHA = energy, anti-inflammatory; cognitive function; development; lowers cortisol = more time in a fat burning state
  - ▶ 6: CLA, GLA: metabolism, reproduction, skeletal support, brain function; wound/injury healing
- ▶ Amounts to look for: 2-4g EFAs Daily
- ▶ Why do some give you fish burps/taste or smell like fish?
- ▶ Foods that will help: Whole eggs and fresh, wild caught cold water fish like salmon 3+ servings per week



Think about this: IBS/Leaky gut symptoms are caused by inflammation in the digestive tract...Fish oil is an anti-inflammatory 😊 Combined with Greens for healthy digestion and gut biome = win.

## Benefits

- Less joint pain
- Lower blood pressure
- Lower triglyceride levels
- Lower bad cholesterol
- Increase good cholesterol
- Increased memory & cognitive function
- Support insulin responses and lowers cortisol levels leading to less stored body fat

Full Mega = high in EPA & DHA, wild caught sourced; no fish taste/burps



We talked about this

# What this looks like for me, daily:

- ▶ The Essential Stack
- ▶ [https://1stphorm.com/products/the-essential-stack/?a\\_aid=Ami](https://1stphorm.com/products/the-essential-stack/?a_aid=Ami)

Complete micronutrition that's dosed to meet needs of most adult humans

Together, these three support the best foundations of health for pretty much every human and support every goal.

Who would benefit  
from better gut &  
micronutrient health?



**Everyone.**

A photograph of a dumbbell and several weight plates lying on a light-colored concrete floor. The dumbbell is positioned diagonally from the top left towards the center. The weight plates are scattered below it, with one plate clearly showing the number '25'. The background is a solid light green color with a subtle geometric pattern of overlapping triangles.

## But seriously...

- ▶ If you're trying to ADD food: OptiGreens50 will help break it down to prevent bloat and discomfort
  - ▶ If you're trying to gain/in a calorie surplus
  - ▶ If you're an under eater trying to change that
  - ▶ Helps to not feel overly full (after big meals like holidays, it's great)
- ▶ Cravings (especially for sweets)
- ▶ A low-calorie way to get your veggie (and fruit with Opti-Reds50) intake with variety to get the most benefits, to fill the gap from eating less
- ▶ Athletes! For movement, especially when we drastically increase like we all have recently....--> less inflammation which can lead to joint pain especially, more energy



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