

**Meg**  
**Langston**

Nutritional Therapy Practitioner

# BACK TO BASICS:

**THE STEP-BY-STEP GUIDE  
TO THE FOUNDATIONS  
OF WOMEN'S HEALTH**

By Meg Langston, NTP, RWS, RCP





# Introduction

**HEY YOU, I AM SO GLAD YOU'RE HERE!**

I can't wait to walk alongside you and your health journey. Through years of running my own practice and working one on one with clients, I have done my best to get "Back to the Basics" and get straight to the point to help you identify the absolute foundations of health! I understand that there is a lot of information out there and it can not only feel overwhelming, but also confusing. My hope is that this guide simplifies and highlights the foundations that we need to get back to in order to optimize your health and address MOST health problems.



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# Introduction

**THIS GUIDE IS MEANT TO SIMPLIFY STEP-BY-STEP, ACTIONABLE THINGS YOU CAN IMPLEMENT NOW TO MAKE A LONG LASTING DIFFERENCE IN YOUR OVERALL HEALTH.**

The idea is to do the best we can, while staying consistent, rather than chasing perfection. Life is promised to have trials and tribulations, but when we focus on optimizing our health, it allows our body to take on less of a stress load as we journey through this thing called life.

Making sure we implement these foundations is where I start with each one of my 1-1 clients. If we are missing one of the foundations, then the support of a protocol and supplements will not be as effective. The real work is the daily and weekly choices we implement.

As you go through this guide, my suggestion would be to print out the biofeedback sheet to keep track of your healing and *use the calendar* to help you schedule in things like movement, meals, rest and fun. This guide doesn't have to be followed exactly as presented and in a specific order, but start with one thing, such as "eating 3 meals a day" and then slowly add in other suggestions from there. The Back to the Basic guide is meant to be utilized as a tool to show you how I would have my clients implement these foundations. Some may like to print it out while others may enjoy taking a screenshot to refer back to until this becomes second nature. Another small suggestion is to write down the things you want to focus on, maybe even on the calendar, and work your way from there. Layer on the steps rather than trying to go head first! Unless, that's your kind of thing. :)

*Note: None of this is meant to take over medical advice, please see your healthcare team before implementing any of the suggested listed in this Guide*





# Introduction

**FINALLY, AS WITH ANYTHING IN HEALTH, TO HAVE THE MENTAL AND PHYSICAL SPACE TO INCORPORATE THESE FOUNDATIONS MATTERS.**

Additional things to consider when making these foundational changes in your lifestyle: Work with a counselor to walk through stress or past traumas. Look into simplifying your wardrobe and things in your home because when we have less, we actually have space for more. Schedule in weekly REST and FUN, especially the kind of rest where you do nothing and just REST. I have shared our family calendar to give you an example of how we schedule our meals, rest, and have fun. Don't miss this step, because it really is a game changer. You will also see in the resources section that I have shared more on the materials that have helped me focus on decluttering. Implementing these lifestyle changes has helped give me the space to focus on my health, rest, and having fun.





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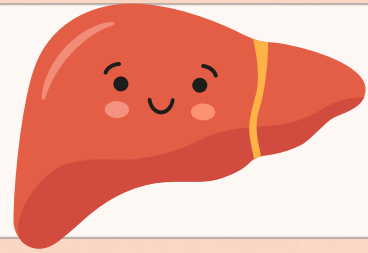
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**Langston**

Nutritional Therapy Practitioner



## For Liver Support

- [Ox Bile\\*](#)
- [Dandelion root tea\\*](#)
- [Milk thistle\\*](#)
- [Castor Oil Packs](#) (meg10 for discount)



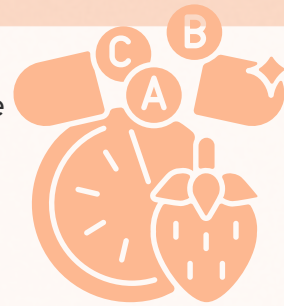
## For Gut Health and Digestion

- [Bone Broth\\*](#)
- [Throat Coat Tea\\*](#)
- [HCL\\*](#)
- Urban Moon Digestive Bitters
- [Pancreatic Enzymes\\*](#)



## For Minerals

- Adrenal Cocktail ((see recipe guide for how to make it or use POWDER form) Discount Meagan10)
- [Fulvic Acid](#)
- [Magnesium topical](#) (Meagan10 discount)
- [Magnesium Flakes\\*](#) for Magnesium Bath



## Other Favorite Products

- Find any of my other favorite products [here](#)
- Access my Full Spectrum Protocol on Fullscript [here](#)



*\*Affiliate link*





# Menstrual Cycle 101



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**Langston**

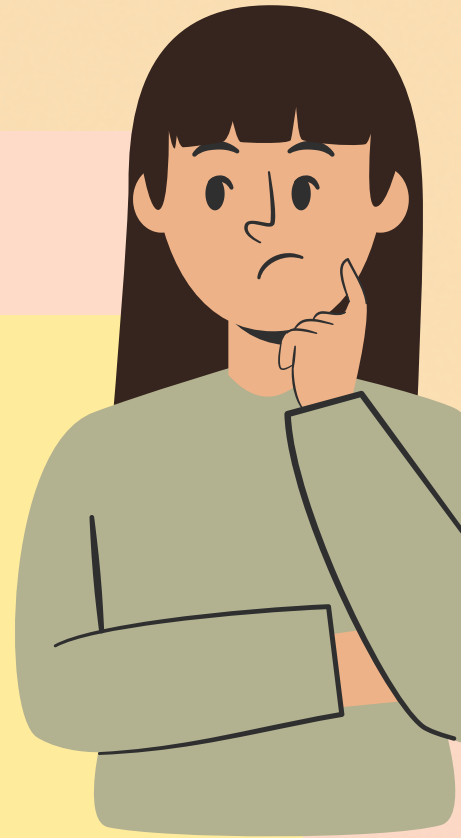
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# Your Cycle

Somewhere between Sex Ed and being adults, we as women were misguided and completely left out on how our own body works.

I rarely meet women that actually know what happens every single month in THEIR body with THEIR cycle. We get misinformation with apps and we rely on doctors to fill us in on what's happening. As a Nutritional Therapy Practitioner, I use women's cycles to help them learn their body and, most importantly, see how their body is communicating back to them. We can use foods to support the body and balance hormones and we can use food to help the body manage cramping and heavy periods. In order to do this, we HAVE to know how our monthly cycle works first.

During each phase of our cycle, our body has different hormones that increase and decrease. Depending on which phase we are in, we may have a heightened sense of creativity, control, and adventure in us. Wouldn't it be amazing to use this to our advantage? Additionally, when we have a basic understanding of our hormones, we can check in with our thyroid, metabolic health, and hormones: specifically estrogen and progesterone.



Let's begin by talking about the stages of your menstrual cycle.



THERE ARE 2 STAGES TO YOUR MONTHLY CYCLE:  
**THE FOLLICULAR AND THE LUTEAL PHASE. THESE PHASES ARE SEPARATED BY OVULATION.**

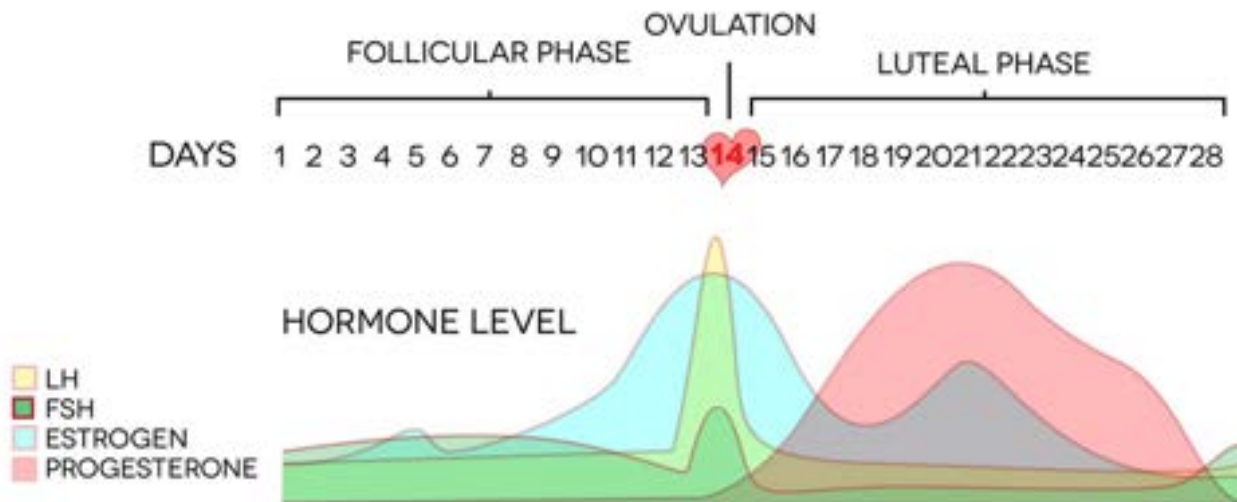


Image from <https://www.newhopefertility.com/what-is-luteal-phase-deficiency-and-why-is-it-important/>

## The Follicular Phase

This is the preovulatory phase. Meaning, it is the weeks leading up to ovulation. It begins with your period bleed and will end as soon as you have confirmed ovulation. Day 1 of your cycle begins with the bleed.



# The Follicular Phase

## WHAT IS NORMAL?

- ✓ A normal period should last 4-7 days and it should look heavy and then taper off.
- ✓ The amount should be between 35-80mL.
- ✓ Feeling more like a "homebody" or wanting to internalize and dream rather than DO is normal during this time of the month.
- ✓ Temperatures should be around 97.6.

## WHAT IS NOT NORMAL?

- ✗ Periods should not come on with pain, cramping, breast tenderness, spotting, clotting, extreme fatigue or headaches. Any of these symptoms could be an imbalance of Progesterone to Estrogen or Estrogen Dominance and can be supported by implementing these basics.
- ✗ Digestive issues like constipation, diarrhea or bloating could also be a sign of an excess of prostaglandins.





# Ovulation

Ovulation separates the Preovulatory phase/Follicular phase to the Postovulatory phase/Luteal phase. Ovulating makes us, as women, stronger and adds to our long-term health in major ways. The appropriate rise in estradiol, during ovulation, will promote muscle gain, insulin sensitivity, and support bones, brain, and the cardiovascular system. Post ovulation, progesterone is made and this special hormone reduces inflammation, regulates immune function, calms stress hormones and anxiety and supports the thyroid.

Not all women ovulate on cycle day 14, which is a huge reason why I do not rely on apps that TELL YOU when you ovulate. Instead, I rely on the basal body temperature where you see the difference in your temperature to confirm ovulation. More on that later. The date of ovulation can vary from woman to woman and from cycle to cycle. Ovulation can be delayed by alcohol, traveling, stress and diet. When ovulation is delayed, this is what gives us a longer cycle length. So, a longer cycle length is dictated by how late in your cycle you ovulated.

You only ovulate one day, but you are fertile any time there is fertile cervical mucus. Cervical mucus will go in a typical pattern from creamy and white like lotion to stretchy and slippery. This pattern of cervical mucus will be anywhere from 2-7 days and "dry up" the day after you have ovulated. Ovulation is confirmed when the temperature you have is 3 consecutive temperatures higher than the previous 6 temperatures (assuming there was no sickness or alcohol or anything that could spike the previous temperature).

# Ovulation

## EXAMPLE:



Image from kindara.com

There is a clear shift in temperature that is obvious to even a child. Then count the 3 higher temps, on the 3 following days, as shown in the picture, which indicates ovulation.

You can only confirm a true period (that shows up 12-14 days post ovulation) if you have confirmed ovulation first! Otherwise, it could be something called a breakthrough bleed. \*Note, because birth control stops ovulation, we also do not call that a period, but rather a "pill bleed". You also do not get to "bank" the same benefits from ovulation.

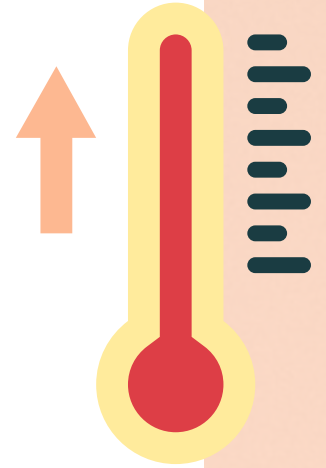




# Ovulation

## WHAT IS NORMAL?

- ✓ Feeling more energetic, noticing sex drive increase, and weight training is easier.
- ✓ Cervical mucus increases and is noticeable when you wipe or use the toilet.
- ✓ Temperatures around 97.6 and higher.



## WHAT IS NOT NORMAL?

- ✗ If you don't ovulate, you aren't making something called the "corpus luteum", which is formed in the ovary and secretes progesterone. This can impact estrogen dominance symptoms.
- ✗ Delayed ovulation due to your body not feeling safe enough to ovulate. Feeling unsafe could be from emotional stress, gut dysfunction, environmental stressors (mold, alcohol or travel) even being sick. Fertility isn't just about getting pregnant. In this case, your body isn't safe enough to balance hormones.
- ✗ Breakthrough bleeding. Our body tries over and over again to ovulate, follicles are growing larger and they are producing more estrogen. Estrogen then stimulates the lining to thicken, and eventually, if you don't ovulate and you produce progesterone to stabilize the lining, it ends up breaking up, and this is known as a breakthrough bleed.

# The Luteal Phase

THE LUTEAL PHASE BEGINS AFTER OVULATION IS CONFIRMED.

Post ovulation, where you are out of your fertile window, is AFTER the 3 days of confirmed higher basal body temps than the previous 6 days. The Luteal phase then ends the day before your period bleed. The average days in the Luteal phase are around Day 12-16. In fact, the length of the Luteal phase is maxed out at 16 days. It cannot be longer unless you are pregnant or have LUF syndrome (which should be confirmed by ultrasound). A longer cycle is actually caused by delayed ovulation rather than a longer Luteal phase.

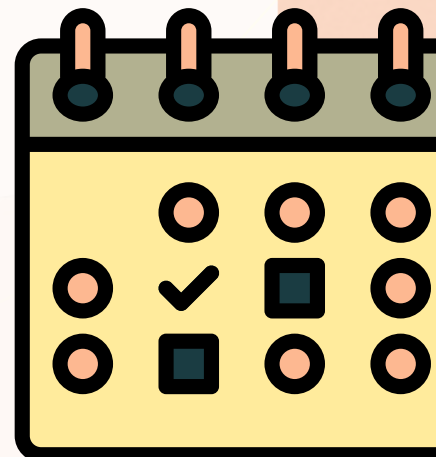
## WHAT IS NORMAL?

- ✓ Cervical mucus should dry up. Sufficient amounts of progesterone is what causes this to occur.
- ✓ Energy should be higher in the first half of your luteal phase. When progesterone is at its highest, then you may go back to feeling like a “homebody” or internalizing more.
- ✓ Temperatures around 98.0 and higher.



## WHAT IS NOT NORMAL?

- ✗ Luteal phase under 10 days. This would indicate too little progesterone.
- ✗ PMS, breast tenderness, cramping, spotting, and cervical mucus.
- ✗ You should not feel extreme fatigue.
- ✗ Rectum pain.





# Quick Note for Fertility Awareness Method:

This information is not meant to teach **Fertility Awareness**, but rather what a healthy cycle looks like and what dysfunction can look like. Remember, symptoms that may be common are not always healthy. When we become cycle literate, we can utilize it as a tool to keep track of our health!

\*Interested in learning more about Fertility Awareness Method for health, birth control or getting pregnant? Check out any of the following resources:

1. Taking Charge of Your Fertility by Toni Weschler
2. The Fifth Vital Sign by Lisa Henrickson
3. Or work with my friend Nina and check out her [free Fertility Awareness Method Training!](#)



# Tools

## TOOLS I USE TO TRACK WHERE I AM IN MY CYCLE:

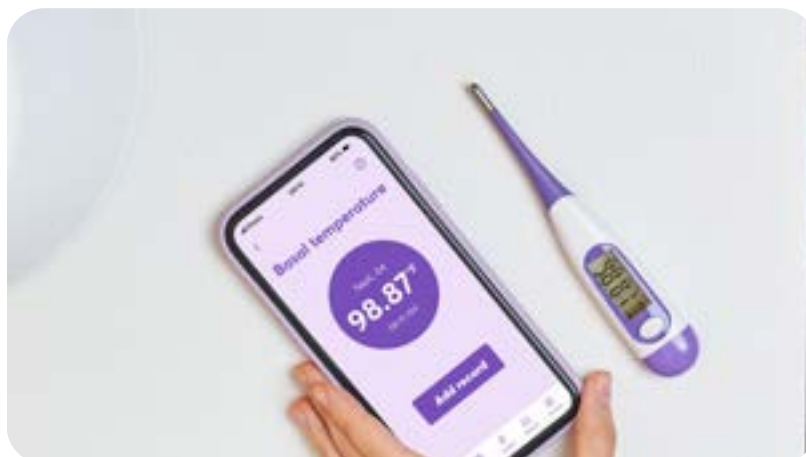
**Tempdrop:** You wear this on your arm. This is a great tool if you do not want to wake up to take your temperature every day, however this would not give an accurate reading on your thyroid health.



*Image from tempdrop.com*

**Basal thermometer:** This can just be a basic thermometer that you find on amazon or at a drugstore. In order for this to be accurate, you will need to track your basal body temperature the same time every morning before getting out of bed. It's also important to keep the thermometer under your tongue for a few minutes so you are getting a more accurate temperature.

Keep in mind, your basal body temperature can be impacted with illness, travel, and alcohol.







# Blood Sugar 101



**Meg**  
**Langston**

Nutritional Therapy Practitioner

# Blood Sugar

With the women I work with, the NUMBER ONE most basic foundation I see missing is their ability to properly balance blood sugar. I get it. It can be hard to always plan meals, know what to eat, make the time to actually eat, and not get lost in diet culture fads of under-eating for aesthetic goals. Under-eating for aesthetic goals seems to be the hard one for most women to really get. Eating enough improves health and eventually aesthetics, and is healthier than eating less to get to your aesthetic goals. Maybe you don't even really know what blood sugar regulation is or why it matters. So let's take a very basic look.

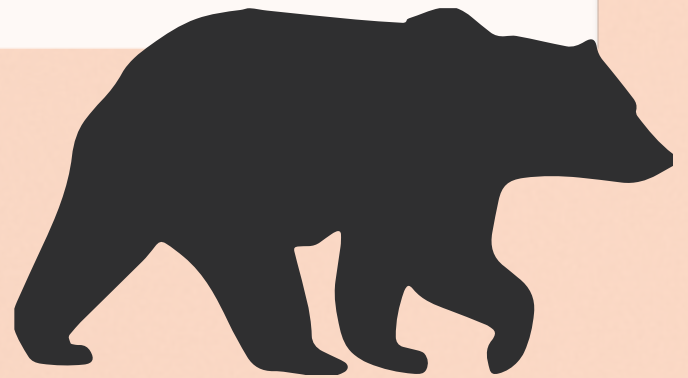
Blood Sugar Regulation plays an imperative role in the overall metabolic system. This means that when it becomes dysregulated, it can negatively impact your hormones, thyroid, digestion, immune system, and mood. The basis of blood sugar regulation is that it should be nice and stable throughout the day, with minor highs and lows that occur when you are hungry and fed.

However, our fast paced and high stress lifestyle, inconsistent eating habits, lack of macronutrients, and diet fads often lead to an imbalance of blood sugar regulation. This puts our body in a major fight or flight state. Our body literally has to call on the stress hormones in order to regulate our blood sugar. Can you imagine how much our body is perceiving it to be under stress if we are in a chronic state of too low or too high blood sugar? This is why we call it Blood Sugar *Dysregulation*.

# Blood Sugar

## I LIKE TO THINK OF IT AS RUNNING FROM A BEAR.

That is pretty stressful, right? When our blood sugar drops too low because we skipped breakfast (this is why I'm not a fan of fasting, especially for women, and I'm influenced by the work of Dr Katharina Dalton), skipped lunch, only ate a fruit with no protein, or otherwise improperly combined our meals, our body perceives itself as being under stress. Just like running from a bear, our body will only think about survival. It will not prioritize balancing hormones, detoxing heavy metals and toxins, digestion or the metabolic system. It is trying to stay alive. But, when our body is fed and meals are properly balanced, our body CAN focus on balancing hormones, properly digesting our food and supporting a high functioning metabolism.



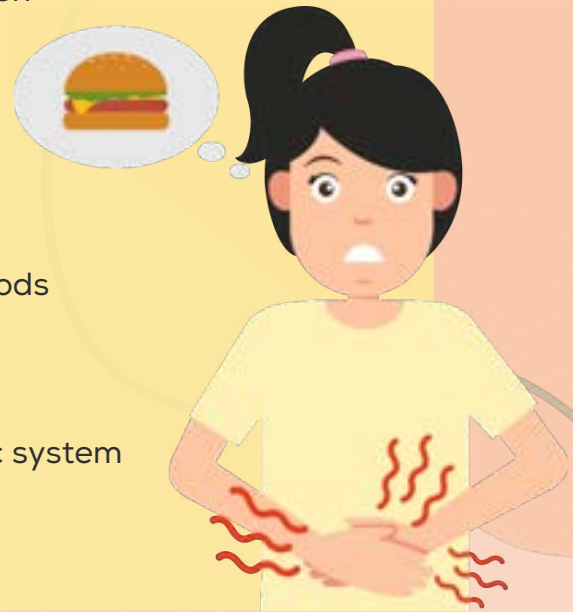
So, how do you  
know if you have  
Blood Sugar  
Dysregulation?



# Blood Sugar Dysregulation

## YOU KNOW YOU HAVE BLOOD SUGAR DYSREGULATION IF THE FOLLOWING APPLY TO YOU...

- You wake up in the middle of the night, even "just to pee"
- You become "Hangry"
- You get tired around 3-4pm
- You have brain fog
- You don't wake up with an appetite
- You have a low sex drive
- You have irregular, painful or missing periods
- You have unexplained anxiety
- You are wired and tired at night
- Cold hands and feet
- Hypothyroid or sluggish thyroid/metabolic system
- You get headaches throughout the day



## How to Stabilize Blood Sugar

### IN ORDER TO STABILIZE BLOOD SUGAR AND KEEP OUR BODY FROM BEING IN THAT STRESSED OUT, RUNNING FROM A BEAR STATE, THERE ARE 4 VERY SIMPLE THINGS TO DO:

1. Eat breakfast within the first 30 minutes to 1 hour of waking.
2. Eat lunch and dinner (Yep, you can't skip 3 meals a day). We know this, but this MATTERS. If eating lunch feels too hard, then just try to keep it easy. Leftovers are a great and easy way to make sure you are still keeping your blood sugar balanced for those who are running out of time.
3. Make sure ALL of your meals are a combination of a protein, carb and fat, or at the very minimum a protein and carb. You cannot miss this. If you are unsure what protein, carbs and fats are, check the Shopping Guide for resources.
4. Play around with a snack either mid morning, mid afternoon or before bed. Many times, when someone has a lot of blood sugar dysregulation going on, they will actually need to eat every 2 hours, until things become more regular and from there, start to drop a snack.

# Blood Sugar 101

## HERE IS AN EXAMPLE OF WHAT A DAY OF MANAGING BLOOD SUGAR CAN LOOK LIKE:

- 7:00 am Wake Up
- 7:30 am Breakfast
- 10:00 am Snack \*May not need this, depending how nutrient dense your breakfast was.
- 12:30 pm Lunch
- 3:00 pm Snack
- 7:00 pm Dinner
- 9:30 pm Snack \*May not need this. This suggestion is for those that are waking up between 3-4am daily, even just to use the bathroom.

## BLOOD SUGAR REGULATION HANDOUTS

1. Day of Eating Meal Guide. In this, I have given an example of what a day in the life of eating for blood sugar management can look like.
2. Shopping List: In this, I have listed out different proteins, carbs and fat food suggestions.
3. Snack List: If you are having a hard time thinking of snacks.

## TAKE AWAY:

- Eat breakfast within the first 30 min to 45 min of waking
- \*If you take thyroid medication try at least within 45.*
- Eat 3 meals a day
- Pair Protein, Carbs and Fat



# The Meal Guide

## MONDAY

### BREAKFAST

2 scrambled eggs with goat cheese & spinach, 1 cup fruit, 4 oz. orange juice with 1 scoop gelatin

### SNACK

Brothy dream with carrot salad

### LUNCH

Chicken salad wrap with plantain chips

### SNACK

4 oz. yogurt with 1/2 tbsp. Manuka honey.

### DINNER

Bison chili

### BEDTIME SNACK

Sleep tight drink

## TUESDAY

### BREAKFAST

Sweet potato pancakes with milk choice and 1/2 cup berries

### SNACK

Adrenal recovery drink with carrot salad & salt

### LUNCH

Bison chili leftovers

### SNACK

Greek yogurt with raw honey

### DINNER

Chicken teriyaki stir fry

### BEDTIME SNACK

Sweet dreams liver tea



## WEDNESDAY

### BREAKFAST

2 eggs, 1/2 plantain, 4 oz. orange juice with 1 scoop collagen

### SNACK

Brothy dream with carrot salad

### LUNCH

Teriyaki chicken leftovers

### SNACK

Protein shake with small handful of macadamia nuts

### DINNER

4 oz. seared cod, 1 cup white potatoes and 1 cup cooked squash

### BEDTIME SNACK

Sleep tight drink

## THURSDAY

### BREAKFAST

Green smoothie

### SNACK

Adrenal recovery with raw carrot and salt

### LUNCH

4 oz. beef patty, 1 cup mashed potatoes with grass-fed butter, cooked beets with salt

### SNACK

2 boiled eggs with brothy dream

### DINNER

Sloppy joes

### BEDTIME SNACK

Sweet dreams liver tea



# The Meal Guide

## FRIDAY

### BREAKFAST

Sweet potato pancakes with milk choice and 1/2 cup berries

### SNACK

Brothy dream with carrot salad

### LUNCH

Chicken salad wrap with plantain chips

### SNACK

2 boiled eggs, 1 cup fruit

### DINNER

Fish sticks

### BEDTIME SNACK

Sleep tight drink

## SATURDAY

### BREAKFAST

2 scrambled eggs with goat cheese & spinach, 1 cup fruit, 4 oz. orange juice with 1 scoop collagen

### SNACK

Green smoothie

### LUNCH

Fish stick leftovers

### SNACK

Adrenal recovery drink with raw carrot & salt

### DINNER

Kielbasa skillet



### BEDTIME SNACK

Sweet dreams liver tea

## SUNDAY

### BREAKFAST

2 eggs, sourdough toast, 1 cup fruit

### SNACK

Adrenal recovery drink & raw carrot with salt

### LUNCH

Kielbasa skillet leftovers

### SNACK

Yummy gummies

### DINNER

Spaghetti squash with shrimp

### BEDTIME SNACK

Sweet dreams liver tea

## ADDITIONAL NOTES



# Snack Ideas

## COTTAGE CHEESE & FRUIT

1/2 cup cottage cheese + 1/2 cup fruit

## BEEF JERKY & FRUIT

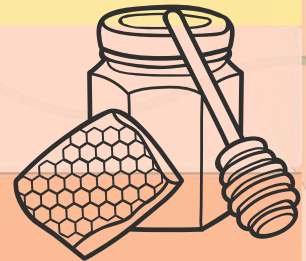
1-2 pieces of gluten-free (grass fed if possible) beef jerky + 1 piece of fruit

## SMALL SMOOTHIE

1 cup milk or coconut milk, 1 cup berries or frozen fruit of choice, & 2 tbsp collagen

## GREEK YOGURT + HONEY

1/2 cup Greek yogurt + 1 tbsp. raw honey drizzle



## BONE BROTH AND FRUIT

Kettle and Fire bone broth, paired with any fruit

## GELATIN GUMMIES

Recipe on recipe guide

## CARROT SALAD AND BONE BROTH

Carrot salad on recipe guide, Kettle and Fire bone broth or homemade

## HEAVY HOMEMADE WHIP CREAM AND FRUIT

In recipe guide and pair with any fruit

**DOWNLOAD RECIPE GUIDE HERE:**



[CLICK TO DOWNLOAD](#)



# SHOPPING LIST

Here are some suggestions to eat for protein, carbohydrates, and fat. This is not an exhaustive list, just a tool to be utilized while shopping.

CARBS	PROTEIN	FATS	
Plantains Banana Blackberries Raspberries Orange Mango Grapes Blueberries Apple Pineapple Buckwheat White Potato Sweet Potato Sourdough Quinoa Rice Parsnips Butternut Squash Acorn Squash Beets Zucchini Yellow Squash Spaghetti Squash Mushrooms	Grass-Fed Beef Wild Caught Salmon Bacon ( <i>no nitrate</i> ) Cow's Dairy Goat's Dairy Collagen Bison Turkey Sea Scallops Oyster Shrimp Crab White Fish Chicken Breast Whole Egg Ribeye Steak Gelatin Lamb	Extra Virgin Olive Oil Coconut Oil MCT Oil Beef Tallow Lard Grass-Fed Butter Ghee Cow's Milk Goat's Milk	
		FOODS TO AVOID	
	<th>CONDIMENTS</th>	CONDIMENTS	Artificial Sweeteners Diet Drinks Baked Goods Energy Drinks Fast Food Soda Grains Soy Canola Oil Granola Bars/Mix Sunflower Oil Corn Grapeseed Oil Sugars Crisco Sweets Deep Fried Foods Margarine Vegetable Oil
	Primal Kitchen <i>dressings and sauces</i>  Sir Kensington		







# Gut Health



**Meg**  
**Langston**

Nutritional Therapy Practitioner

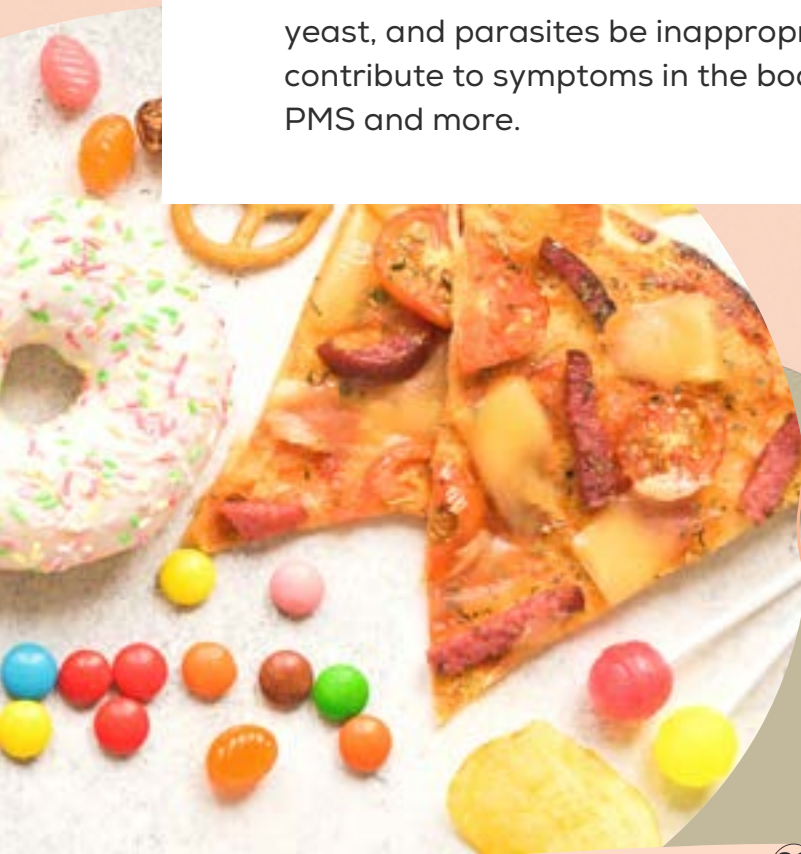
# Gut Health

Many of us get into the holistic space after first understanding that “gut health” is a huge part of staying healthy. After all, we are 10 to 1 bacteria. Meaning, we are actually more bacteria than human cells. In fact, your gut microbiome is made up of around 100 trillion microorganisms! The state of our “gut” can have a positive effect on our hormones, thyroid, digestion, immune system, and energy. Even anxiety and depression have been linked to gut health. This also means it can have the opposite effect and can cause problems for our hormones, thyroid, digestion, immune system, energy, and exacerbate the feelings of anxiety and depression. We call this the gut-body connection.

The gut microbiome has a variety of beneficial bacteria or commensal bacteria that support various functions in the body. When we have too little of these beneficial bacteria, our body quite literally takes a hit.

Growing up eating a “Standard American Diet”, being on antibiotics for extended periods of time or too frequently, using birth control, or being under stress are all factors that can contribute to dysfunction in the gut microbiome. This often can lead to what is known as dysbiosis or overgrowth of opportunistic bacteria to beneficial bacteria. Additionally, we may see fungi, yeast, and parasites be inappropriately high in the gut and contribute to symptoms in the body like low energy, constipation, PMS and more.

Let's keep it simple and focus on **THREE** things you can do to support a healthy gut microbiome and thus, the gut-body connection.





# 1 Digestion Matters!

The goal of digestion is to reduce food to molecules so we can extract the nutrients from them and they can be absorbed and utilized by the body. We do this in a “North to South process”. Meaning, we ingest food from our mouths, the food then works its way down the GI tract, and we eliminate the excess when we go to the bathroom. We need a sufficient amount of stomach acid or Hydrochloric acid (HCL), pancreatic enzymes and for the liver/gallbladder to work optimally to help secrete bile. When individuals don't have a gallbladder anymore, their digestion will be compromised. When these above mentioned organs, the stomach, pancreas and liver/ gallbladder, are working optimally, so will our digestion. When we have dysfunction in one of those areas, we will most certainly suffer from a poor gut-body connection.

## SUPPORTING DIGESTION

- **Sit down for meals.** This may sound simple enough, but rarely are people actually sitting down for meals and allowing their body to be in a rest and digest state. We need to be in this state in order for the brain to signal to the body that it needs to secrete the proper enzymes to break down the food into the molecules to extract nutrients. This happens first by being in a parasympathetic or rest and digest state.
- **Chew your food.** Yep, simple enough. If you aren't taking the time to chew your food, again, the brain does not properly signal for the digestive tract to secrete the appropriate enzymes to break down the food. When food isn't broken down properly, this puts stress on the four organs we listed above; the stomach, pancreas, liver, and gallbladder. This can cause us to be unable to absorb and utilize the nutrients in our food, it can cause overgrowth of opportunistic bacteria, fungi, or yeast, we can get parasites, and we can suffer from constipation or diarrhea.
- **Don't chug water.**



## 2 Support Mucosal Lining

### AVOIDING AND HEALING "LEAKY GUT"

THE WAY WE ABSORB AND UTILIZE THE VERY NUTRIENTS THAT HELP THE SYSTEMS IN OUR BODY RUN IS BY HAVING A HEALTHY MUCOSAL LINING IN OUR GUT! IN EVERY PROTOCOL I RUN WITH MY CLIENTS, WE ARE ALWAYS ADDING SOMETHING TO "HEAL AND SEAL" YOUR GUT. THIS INCLUDES REDUCING INFLAMMATION.

1. **Bone Broth.** The L Glutamine in bone broth and other anti-inflammatory properties help not only restore "leaky gut" that is brought on by the dysfunction we talked about earlier, but also provides the body with other nutrients that promote sleep, immune support, digestion and much more! I recommend trying to include bone broth daily, if not as frequently as possible, to benefit from these healing properties.
2. **Throat Coat Tea:** If you can't do bone broth for whatever reason, or have major gut dysfunction and digestive issues, adding throat coat tea can be another great resource to healing the mucosal lining. Just as we use this tea to recover from a sore throat by coating the throat lining, similarly, it will work to restore gut lining and thus, gut health.



## 3 Using Digestive Enzymes

OUR BODY DOES HAVE NATURALLY OCCURRING DIGESTIVE ENZYMES THAT ARE MADE UP OF PROTEINS AND MINERALS TO HELP BREAK DOWN FOOD AND AID DIGESTION. HOWEVER, WHEN WE ARE IN A STATE OF DYSFUNCTION AND ONE OF THE FOUR ORGANS IN THE DIGESTIVE PROCESS ARE NOT WORKING OPTIMALLY, WE MAY NEED ADDITIONAL SUPPORT.

- **Hydrochloric acid or HCL.** You may need this if you are experiencing heartburn, have foul smelling gas, have undigested food in stool, or if you experience constipation or bloating. HCL is helpful in breaking down proteins and killing an overgrowth of bacteria and parasites that can be contributing to your symptoms. It is best to start off with a smaller amount, somewhere around 150 mg, and work your way up to a higher dose. It is also important to note that HCL should be taken with food. Outside of meals, it may actually cause heartburn. It is meant to break down food and thus, should be taken with meals and not smaller amounts of food like snacks.
- **Pancreatic Enzymes.** You may need pancreatic enzymes if you notice you are suffering from bloating, diarrhea, see undigested food in stool, have floating stools, have foul smelling gas, have cramping after meals, have mucus in your stools, or have tan colored stools. Pancreatic enzymes help break down fats, proteins, and carbohydrates. Like HCL, pancreatic enzymes should be taken with meals and are not needed with snacks. You should start with a small dosage and work your way up as needed.
- **Digestive Bitters.** These are wonderful bitter herbs that can help anyone that is overall feeling off with their digestion. From bloat to constipation and acid reflux, digestive bitters are safe for almost anyone to take and can improve digestive dysfunction fast. Just like all digestive aid supports, you take them with meals to help your body kick start the digestive process to better be able to breakdown and absorb your food.





## 4 Liver & Gall Bladder Support

The gallbladder makes bile and the liver secretes it. Bile is necessary for breaking down fat soluble vitamins (A,D,E,K), breaking down the fattier foods we eat, and helping remove toxins. If you notice lower right rib pain, pain between the shoulder blades, floating stool, tan colored stool, or mucus in our stool, it is a direct indication we need more liver and bile support. Choose either Dandelion Root or Milk thistle for liver and gallbladder support. If you don't have a gallbladder, bile salts may be more appropriate.

### BILE SALTS OR OX BILE

If you have no gallbladder, you may need Bile Salts or Ox bile. Bile salts are stored in your gallbladder and thus, when it is removed you will likely have a deficiency. Taking bile salts with meals or particularly fatty meals may help with this issue. Some people who still have a gallbladder but are experiencing all of the symptoms above may also benefit from short term use of bile salts.

### DANDELION ROOT TEA

The polysaccharides in dandelion are known to reduce stress on the liver and support its ability to produce bile.

### MILK THISTLE

Milk thistle can be found in a supplement or tea form. One of the active ingredients in milk thistle, called silymarin, is extracted from the plant's seeds and studies have shown this to help with supporting the liver's overall health, supporting bile flow, reducing inflammation, and, in some cases, reducing symptoms of fatty liver.



## 4 Liver & Gall Bladder Support

### CASTOR OIL PACKS

Used over the liver (Speaking directly to liver support here, although it can be used in various places on the body) to help support liver detoxification. Castor oil packs are generally safe for everyone but should not be used during pregnancy. Would be safe to use during preconception and postpartum. Frequency should be anywhere from every 3-4 days to daily. You should start slow, for about 45 minutes to 1 hour and then you can work your way up to overnight. Some women choose not to use them during their period. Castor oil packs are a tool you may find yourself relying on more when symptoms come up in a season of stress and then tapering back down when you're symptom free.

It is important to note that there is a connection with iron overload and gut health. Iron overload means there is too much iron in the tissues and too little bio-available copper and retinol to help regulate and recycle iron. This often shows up as anemia, menstrual cycle issues, infertility, and for this specific section, digestive dysfunction. When someone has a parasite or candida overgrowth, we know there is a good chance they are suffering from iron overload. This is because iron feeds these pathogens. Someone may be in a stressed state to begin with, not have enough stomach acid, and have a leaky gut, which allows for pathogens to become overgrown; but it is iron that feeds these pathogens and keeps them alive and causing problems for the individual. More on iron overload and mineral status in Minerals 101.

#### A NOTE TO IRON OVERLOAD:

- ✦ Research continually shows us how iron overload is common in many individuals and especially women. We see symptoms like estrogen dominance, infertility, miscarriages, histamine issues etc.
- ✦ The body needs only 1mg of iron via the diet per day and yet we are getting it through many other resources daily.

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**Fe**  
Iron

# Iron

## OTHER COMMON SOURCES OF IRON THAT WE ARE GETTING THAT EXCEED THE 1MG A DAY:

- Iron fortified foods (Check the back of your cereals, pasta, breads etc. Does it have iron added??)
- The birth control pill contains iron (Many women, including myself have/had been on - birth control for 10+ years).
- Many prenatals and multivitamins contain iron
- Supplements (Many supplements have iron snuck in the ingredients)
- Conventional medications that most often include iron as well.

*\*Many of us are consuming all of these products/pills on a regular basis.*

## WHAT WE MAY NOT BE CONSUMING ON A REGULAR BASIS IS:

.....▶ **BIOAVAILABLE COPPER** ◀.....  
(usable form of copper for our body)

### Foods rich in bioavailable copper:

- ★ Beef Liver
- ★ Whole Vitamin C (people are afraid of Orange Juice!)
- ★ Shellfish like Oysters
- ★ Bee Pollen





# Iron

Why is copper important to iron?



The enzyme that moves iron from the tissue (where most of the iron is stored) is ferroxidase and it requires copper!!!

What about Retinol or Vitamin A?



The simplest way to explain is that retinol, or Vitamin A, helps get copper into the cell to be utilized.

## TAKE AWAY:

- Focus on Digestion by chewing your food and not chugging liquids during meals
- Add in a mucosal lining support
- Consider adding in a digestive support if you notice any undigested food, bloating, gas or constipation
- Consider adding in liver or Gallbladder support if any of the following symptoms occur: Painful periods, PMS, floating stool, IBS, acne



# Preferred Products for Gut-Body Connection

- Bone Broth
- Throat Coat Tea
- HCL
- Pancreatic Enzymes
- Ox Bile
- Dandelion Root Tea
- Milk Thistle
- Castor Oil Packs (meg10 for discount)
- Urban Moon Digestive Bitters



# GUT HEALTH: NOTES

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# Minerals



**Meg**  
**Langston**

Nutritional Therapy Practitioner

# Minerals

If we are looking to improve hormone health, thyroid health, fertility, gut dysfunction and overall metabolic health, we have to address how well our enzymes are working. This matters because enzymes are what turn cholesterol into vitamin D, convert T4 into T3, help digest our food, the enzymes in the liver excrete excess hormones and toxins, and so much more. What runs enzymes? MINERALS.

Minerals are an important part of the picture when it comes to overall health. Magnesium runs around 42% of every enzymatic function in the body and copper has a role in almost every enzyme in the body.

When we are stressed, we are losing anywhere from 30-40% of our minerals. Stress can come from under eating, environmental toxins, over exercising, under exercising and emotional stress/trauma. As we know, stress is unavoidable in our lives. So the idea isn't that we must avoid all stress, but rather make sure we replenish our minerals and nourish our body, in order for our body to work optimally.

It's important that we don't go chasing minerals alone because your body may not be ready for them. For example, some people may take magnesium and feel anxious if they have low sodium and potassium levels (This can be tested via HTMA!). This is why starting with a daily adrenal cocktail is a crucial first step. From there, focusing on a variety of mineral rich foods and the supportive tools listed below is a great next step.



# Minerals

## START WITH:

1. Adrenal cocktail daily
2. Magnesium flake (or epsom salt bath) weekly
3. Magnesium topical, weekly to nightly
4. Shellfish weekly (if you have an allergy, you can obviously skip this part)
5. Fulvic acid: Fulvic acids contain minerals (more than 70 trace minerals)



## TAKE AWAY:

- Add in an Adrenal cocktail daily
- Try adding in a magnesium bath or topical magnesium
- Consider trying fulvic acid





# MINERALS: NOTES

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# Weekly Check-In



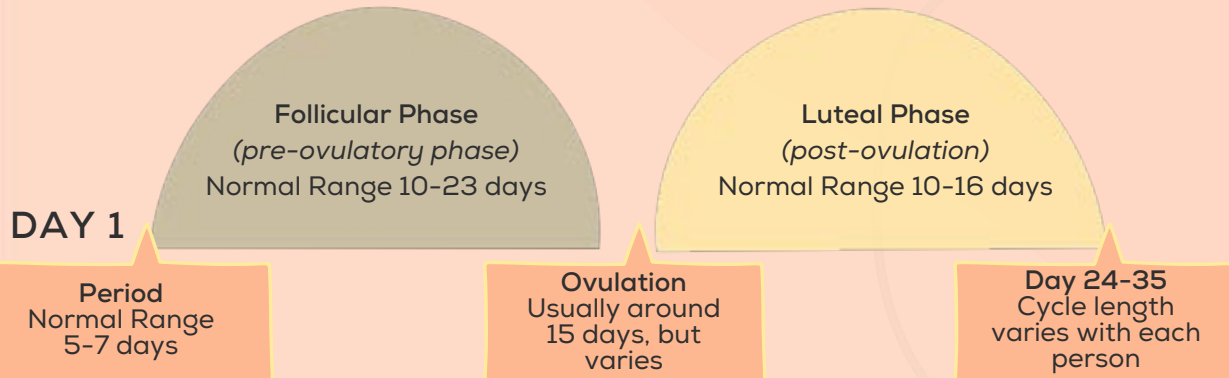
**Meg**   
**Langston**

Nutritional Therapy Practitioner

# Weekly Check-In

The purpose of the weekly check-in is to assess how your body is healing throughout this process. Little changes over time may go unnoticed in the midst of a healing protocol, so I find that keeping a detailed track of the progress can be very encouraging!

## PHASES OF THE MENSTRUAL CYCLE



## CYCLE INFORMATION

Where am I in my monthly cycle?

Period  Follicular Phase  Luteal Phase

Temperature?

Mood?

Cycle Length?



## MOTIVATION AND MENTAL HEALTH

How am I feeling each day?

Can I get through stressful situations just fine, can I feel happy and joyful at the little things around me?

Am I excited to continue to pursue health?



# Weekly Check-In



## ENERGY

What was overall energy like this week?

Do I wake up with energy?

Is it sustained throughout the week?



## HUNGER

What was hunger level like this week?

Do I wake up hungry? *(We want to wake up with a hunger response. If you don't, this means our body is waking up with too much stress.)*

Are you able to get through your days feeling hungry and satisfied?



## SLEEP

How many hours of sleep each night? Quality of sleep?

Are you sleeping through the night?

Do you wake up feeling rested?

Are you getting 7-9 hours of sleep?



# Weekly Check-In



## SKIN

What is your skin quality like (acne)?

Is your skin clear and vibrant?



## DIGESTION

What was digestion like this week?

Are you having 1-3 bowel movements every day?

Are you able to eat without bloat or discomfort?



## SOMETHING AWESOME THAT HAPPENED OR ONE POSITIVE THING THAT HAPPENED THIS WEEK

# Monthly Calendar



**Meg**  
**Langston**

Nutritional Therapy Practitioner



# What's in Our Family Calendar?

You will see I keep it pretty simple. I lay out meal ideas for Monday-Thursday for the month. These are the days we are busiest in our family and having a meal plan for those days makes it easier to eat to nourish our bodies, while not taking up emotional space on thinking of what to eat at the end of the day. Laying it out for the month helps us know what we need to keep in stock around the house to cook. We do not schedule Friday-Sunday because those nights are more to go with the flow and sometimes we go out to eat or to our friends or family's houses. This works for our family, but you may enjoy meal planning for the week.

You will also see our scheduled rest days. These days, we completely rest as a family. During the week we prepare for our rest day. It usually looks like doing one load of laundry per day, washing dishes daily, and vacuuming regularly so that on the day of our scheduled rest, house chores do not have to be done. We say "no" to many things during these days to have a more low key day. I will say, everyone will rest differently and sometimes a full day is not practical in your season of life, although I would work hard to make it that way. Communication and talking through expectations with loved ones on what brings rest is a great way to ensure feelings are not hurt around what a rest day should look like. Also, it will of course look different when you have littles, sports, birthday parties, or other events. My best advice is to plan ahead and put up boundaries to best support these rest days. THIS MATTERS.



# What's in Our Family Calendar?

We also have weekly board game nights. We found that after dinner, pulling out a board game on Wednesday nights breaks up the week and provides a fun, intentional night. Not all the fun has to be scheduled on the weekends! Additionally, this allows us to unwind and leaves space to talk and make memories as a family, which I personally cherish.



## TAKE AWAY:

- Keep it simple
- Schedule in rest days
- Make time for fun



# Family Calendar Example

## September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	1 Sloppy Joes	2 Fish Sticks	3	4
5 Beef Chili	6 Chicken Teriyaki Stir Fry	7 Chicken Salad Wrap + Plantain Chips	8 Beef Patty + Mashed Potatoes + Cooked Beets	9 Cod + White Potatoes + Squash	10	11
12 Kielbasa Skillet	13 Spag. Squash w/Shrimp	14 Sloppy Joes	15 Beef Chili	16 Fish Sticks	17	18
19 Chicken Teriyaki Stir Fry	20 Beef Patty + Mashed Potatoes + Cooked Beets	21 Chicken Salad Wrap + Plantain Chips	22 Spag. Squash w/Shrimp	23 Cod + White Potatoes + Squash	24	25
26 Sloppy Joes	27 Beef Chili	28 Kielbasa Skillet	29 Chicken Teriyaki Stir Fry	30 Fish Sticks		

### NOTES

- Family game night
  - Rest day
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### OUT OF

- Eggs
  - Flour
  - Sourdough
  - Carrots
  - Milk
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# Monthly Calendar

## REMINDER, JUST LIKE RIDING A BIKE, IT WILL FEEL UNNATURAL AT FIRST...

It will take practice to communicate with loved ones, and mistakes may be made along the way as you schedule in rest and fun. You will have to adjust, reschedule dates, and often it requires you to say no more than you previously have. I could go on and on about the benefits, not only for you, but for your loved ones, as they will reap a lot by practicing a slower pace of life, but for now, I'll share some resources and books I love that talk more about this.



## BOOKS & RESOURCES

- Simplistic Parenting
- The Ruthless Elimination of Hurry (Faith based)
- Addicted to Hurry
- Balanced and Barefoot
- In Praise of Slowness



I would love to keep track of how these changes are supporting you and all new ways you have been able to incorporate the foundations along the way. Share your thoughts and ideas on my Instagram by tagging [@meg\\_langston](https://www.instagram.com/meg_langston).



# Conclusion

## I HOPE YOU FOUND THIS GUIDE HELPFUL.

Keep in mind that health and the journey to a healthy lifestyle and healing is that, a journey. It takes time, practice and consistency, not perfection. Do not take an all or nothing approach with this guide. Rather, have ease and consistency. Get really comfortable with balancing blood sugar, then move on to gut health and so on. Adding each principle one at a time seems to be the most effective for not only avoiding being overwhelmed but also successful. Finally, please don't forget to add in the rest and fun part too. Health takes endurance and the only way to truly stay on this journey is to add in rest and fun. It's not just another chore, it is your life!

Wishing you nothing but joy, fun and health.

XOXO,

Meg

