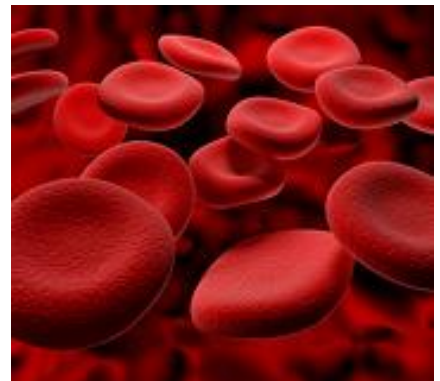




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Unleash your Health Potential!
Digestive System Imbalance

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I further request and accept the use of any tools of the "health trade," and at my sole discretion under retained right, in whatever form available in a free market that may be provided for my use to further my health education be it software, workshops, testing or health auditing apparatus, clinical or laboratory equipment.

I understand that Mark Hathaway has received certification in Flow Systems technology for health auditing through professional training programs from Biomedx (Chicago), but is neither offering nor providing a service under this agreement under any official government certification and/or license as a health, or diet professional.

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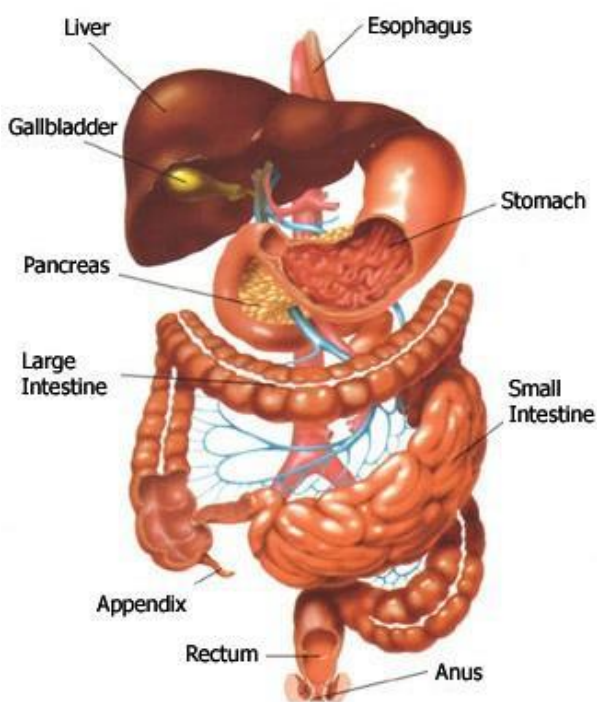
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Digestive System

Imbalance

Overview

You will likely be surprised to learn that, in nearly every case of illness/obesity, it all goes back to digestion in one way or another. When I talk about digestion, I'm talking about people's ability to properly break down the foods they are eating. We all tend to assume that if food goes in one end and poop comes out the other, everything is working as planned. That is not always the case. Digestive issues are actually much more common than you might think. To illustrate: Line up 100 high school boys. You will likely find that the percentage of guys whose pants do not fit properly coincides with the percentage of people in Australia who have some type of digestive issue. I know! That's a really high percentage.



Digestive System

Diet is what a person eats but nutrition is what the cells see. Nutrition not making it to the cells is where we find the big disconnect. People think that if they focus on foods that are higher in specific nutrients, calcium for example, they're improving their calcium levels with these food choices. Little do they realise, if the body can't properly break down the food they are eating, they're just treating their toilets to calcium – rich poop!

That's what we're doing when we digest. We're breaking down that food into elemental parts that can be used by the body. Believe it or not, the body cannot run on a peanut butter sandwich any more than your car can run on crude oil. It just won't work. However, what the body can do is break down that peanut butter sandwich into minerals, amino acids, fats and sugars - and then use those nutrients. Your body needs those nutrients. When digestion is not working properly and you can no longer break down your food enough to pull the required nutrients out of what you have eaten, bodily systems can begin to fail, just like your car would fail if it ran out of petrol.

In order for digestion to function properly, there are processes that MUST be in place for all the nutrients to be pulled from the food you eat. With digestive issues, not only are you missing out on nutrients, but undigested food now becomes a problem that your body has to deal with. If food is not digested, it rots and ferments, which creates gases and toxins. This explains how it doesn't really matter if you're eating organic, extra-virgin, all-natural,

grass-fed or hormone-free lima beans. If you can't digest it, it will rot and ferment, creating garbage in your body.

The Digestive Summary

When we eat, our stomachs make hydrochloric acid (HCL). This stomach acid, as it is often called, has a pH of around 0.8. The pH scale goes from zero to fourteen. Zero means acidity to the max. Fourteen means alkalinity to the max.

When contents of the stomach (what we eat and drink) are mixed with this stomach acid, that combination will ideally have a pH between 2.0 and 3.0, which is still very acidic. The acidic product created by mixing stomach acid with the food you eat then goes into the duodenum (first 25 cm of the small intestine). The other half of the digestive process comes from the bile that is produced by your liver. (I say "half" loosely because there are other factors that contribute to digestion that are not important for this explanation. But for the most part, the main factors in digestion are the acid created in the stomach and the bile produced by the liver.)

Between meals, bile is stored in the gallbladder where it is concentrated up to 18 times. When acid product from the stomach moves into the duodenum, bile from the gallbladder is dropped onto this acid product. In the same way that HCL is acidic, bile is alkaline (which is the opposite of acidic).

Bile meeting stomach acid is like dropping baking soda onto vinegar. Try something.... put a little bowl in your kitchen sink, add a couple teaspoons of baking soda in the bowl, and then slowly pour in a little vinegar. You'll hear a sizzle and see it start to foam up. It's a great visualization of what can happen when two substances with opposite pHs meet.

This is the magic of digestion. When the body drops bile onto the contents that comes from the stomach, you get a sizzle, and this is what you're living on. This is what makes everything that was in the food break apart and become available for your body to use. Without this sizzle, foods you eat can't be assimilated. Nutrients and minerals can't be properly extracted and utilised by your body if this action is missing. You've got to have the sizzle.

If there isn't enough stomach acid, there won't be that sizzle. If there isn't enough bile to drop down onto the food that was mixed with the stomach acid, there won't be that sizzle.

In order for digestion to work properly, every step of that process has to be active. Otherwise, instead of a sizzle, you get more of a fizzle; and you may break down just a very small portion of your food, or your food will partially break down by processes of rotting and fermenting. This rotting and fermenting creates chemical reactions and gases that can cause bloating, burping, nausea, bad breath, upset stomach, and all kinds of other non-fun stuff.

Have you ever been around someone who had breath that smelled like a rubbish can? Most people look at bad breath as a dental hygiene issue, and it can be; but more often than not it's a situation of, "I have food rotting in my stomach and intestines and the stench it creates is coming out of my mouth."

This repulsive rotting of last night's dinner can also be the reason you don't feel like eating the next morning. Many of you who always skip breakfast truly have no appetite when you wake up. Some people are even nauseous because last night's dinner still hasn't fully digested. Their bodies are telling them, "Look, I haven't finished dealing with this garbage

you sent down here last night, please don't dump anything else on top of it." By improving digestion, your morning appetite can also improve.

Give Me Acid or Give Me Death

A bit of a drama queen? Maybe, maybe not. A lack of stomach acid can be a huge health concern that can result in even bigger health concerns.

Here are a few of the issues that can come from a need for more stomach acid.

- Almost every nutritional deficiency stems from either a lack of stomach acid or a lack of bile flow.
- Poor food selection is usually the third factor.
- Burping or bloating. Bloating is almost always due to a lack of stomach acid.
- Frequent stomach discomfort after eating.
- Acid reflux or heartburn. Yes, reflux is usually caused by NOT ENOUGH acid, not too much acid like you see in advertisements. It's one of the biggest health mistakes being made by millions of people today.
- Chronic constipation- a lack of stomach acid is often a factor, if not the main cause.
- The door is open for bad critters to sneak into your body. Stomach acid is the barrier that blocks harmful organisms from entering through the digestive tract.

Improving your Stomach Acid

If you need to improve your stomach acid, there are supplements you can use to boost your body's ability to correct these functions. But, before I teach you how to use Betaine

HCL supplements to recover your proper stomach acid function, I need to give you a huge WARNING. READ IT! DON'T IGNORE IT!!!!

HCL Warning

If you're going to use HCL, be sure to also use Beet Flow (explained below in You Need Good Bile Flow) or a similar product. I rarely allow any of my clients to use HCL unless they are also using Beet Flow. If you don't have your bile flowing correctly and you add more acid into the stomach, you could create a duodenal ulcer or diarrhoea issues. I just want to make sure you understand not to use HCL without also using Beet Flow. It is also imperative to read 'How to Use HCL Supplements' below before you begin supplementing with HCL.

Why use HCL

We all know the body makes stomach acid. But when we hear about stomach acid, it's usually how people have "too much" acid and that's why they are dealing with heartburn or acid reflux issues. There is a lot of brilliant marketing by the pharmaceutical companies when it comes to stomach acid and why it might be a good idea to turn acid off. Let's first look at why "turning off" your stomach acid with drugs is one of the worst possible things you can do for your long-term health.

Hydrochloric acid (HCL) is the protector of the human body. Let's say you are eating at the buffet and you're taking in viruses, bacteria, and microorganisms because you scoop up the salad the kids sneezed on a few minutes earlier. While you eat from this salad bar, you are taking in all this filth and you are eating undercooked hamburger and chicken that were dropped on the floor.

The truth is you don't really know what you are getting. Your food doesn't even need to be dropped on the floor to have bacteria or other little creatures on it. Even the food you clean and prepare at home can have some little nasties that make it through the cleaning process. That's where HCL becomes such a hero. Anything that comes into YOU (any microorganisms, bacteria, or other types of bad guys) is going to die in an acid bath. That stomach acid is the protector of the mechanism that is YOU. The hydrochloric acid function of the stomach is your knight in very disgusting armour. When you take a drug that turns that barrier off, you're opening the door to anybody that wants to come in and raid the pantry (you are the pantry in this scenario). That's why two people can eat the same meal and one will get food poisoning and have projectile fluids coming out of both ends, and the other person will just say, "The fish didn't taste right, did it?" One person had the proper level of stomach acid to kill whatever little critters were still living on that fish; and the other person is praying to the porcelain god, vowing to never eat seafood again.

The point is, you want that acid function to be in the stomach because it is the gatekeeper. It's the lock that keeps all the hoodlums out. I don't want you to think that taking medication for acid reflux or heartburn is the only reason a person may lose that acid function. There are many ways a person can produce less than the proper levels of acid. There are also many reasons the acid function may not fully recover for years, or even decades.

The body needs minerals in order to generate stomach acid. However, the body needs stomach acid in order to fully break down foods and pull minerals out of those foods.

Without digestion, you can't assimilate minerals, but without minerals, you can't create proper digestion. See how someone could be screwed for a long time? Using HCL supplementation can allow you to manufacture proper digestion so you can pull the minerals out of the food you are eating.

Once the body has enough minerals, the stomach can often begin to make an appropriate amount of HCL. At this point, the HCL supplementation can often be reduced until the body is making plenty of its own HCL - and then the supplementation can be removed altogether. Depending on your mineral reserves, food choices, and many other factors, this process can take weeks, months, or longer.

How to use HCL Supplements

Hydrochloric Acid (HCL), also labelled as Betaine HCL, is the most widely needed digestive supplement in my opinion. It's also the one that comes with the most important instructions. This is NOT a supplement you want to take willy-nilly. Here is a list of important guidelines to follow while using HCL supplements:

- HCL capsules should always be taken in the middle of the meal and chased by at least one bite of food. If the capsules were to get stuck in your oesophagus and dissolve there, it could feel like heartburn.
- Start by taking one capsule with a meal containing no starches. This means avoid foods like potatoes, bread, pasta, cereal, rice, etc. If you don't feel a warming sensation in your stomach, or any other new digestive discomfort, about twenty minutes after the meal, you know it's okay to move up to two capsules at your next meal. You can continue in this manner

until you reach a maximum of five capsules per meal.

- Most people will hold at five capsules per meal for months. However, if you begin to feel a warming sensation after your meal, you know you have taken too many capsules. At your next meal, you can reduce by one capsule and hold at that dose until you feel a warming sensation again. This is telling you that your body is starting to make more of its own HCL and you can begin to reduce the amount you are adding in.
- Be sure to adjust your dose according to the amount of protein in each meal. If you have a meal with very little protein, you may need to reduce the number of capsules you use with that meal.
- If you experience any diarrhoea or loose stool issues after you begin to use HCL, reduce what you are taking until you can improve your bile flow using the suggestions found below in 'Improving Your Bile Flow'. If you have more acid than your bile flow can handle, that can create a loose stool issue. This may not mean that you don't need the acid, you may just need to improve your bile flow before you can handle more acid.
- Some people will never feel a warming sensation and that is okay. If you no longer feel bloated after meals and you are no longer having little burps, any reflux issues, or any digestive discomfort, you can try to reduce your dose at that time and see how you do. You may be able to eventually reduce to zero capsules and your body will continue making enough HCL on its own.
- If you experience magnified acid reflux when you begin using HCL, be sure to read about Acid Reflux in so you know what steps to take to correct this.

You need good Bile Flow

This one issue alone may be the reason that so many diets you tried in the past failed. Bile is what allows us to emulsify the fats we eat so they can be used by the body. All food is essentially either carbohydrate, protein or fat. To process the fats, you need bile. Bile is not only needed for proper digestion, bile is also the main exit pathway for filth and toxins from the body. We already talked about how junk that can't be removed can often get stored in fat cells, so this is a huge factor.

Here are a few of the issues that can come from a need for improved bile flow:

- Almost every nutritional deficiency stems from either a lack of stomach acid or a lack of bile flow. Poor food selection is usually the third factor.
- Passing gas. It can be a big indication that bile is not flowing correctly.
- Weight gain.
- Chronic diarrhoea or issues like colitis, Crohn's, IBS, etc.
- Duodenal ulcer.
- Chronic acne.
- Stool colour that is sometimes lighter than corrugated cardboard.

Improving your Bile Flow

For most people, using a supplement made predominantly of beet greens is enough to correct the problem. Beet greens have an amazing ability to help thin the bile so it will flow properly. Unfortunately, you would likely need to eat an entire bucket of beet tops on a daily basis in order to get the effect you're looking for. A concentrated supplement is far more effective and will allow you to avoid eating meals fit for a horse.

There are many beet supplements out there, but few contain as much of the beet green as Beet Flow. This is the one I use with my clients. It is a relatively expensive supplement, but it's well worth the money. If you are willing to do the work to correct digestion, this upgrade could help improve any number of ailments you are dealing with, reducing the number or remedies you may buy in an attempt to fix your woes. In this regard, investing in Beet Flow can often turn out to actually save you money.

Beet Flow Flush

When you get your Beet Flow and have been using it for a day or two, you can do what is called a Beet Flow Flush. Just take four Beet Flow capsules every thirty minutes for two hours (a total of four doses). This is just a one-time event and not the protocol I use daily. This can give your bile flow a quick boost and many will see improvement faster by using this technique when they start.

Adding Digestive Enzymes

Enzymes are another factor of the digestive process. All living foods are meant to contain enzymes that actually help you digest that food better. Yet, with today's despicable farming methods, even many raw foods do not contain the needed enzymes to correctly digest those foods. On top of that, any time food is processed or heated over 118 degrees (pretty much any time you cook food), the enzymes are killed and you will not get the full benefit from that food. In order to fully break down the food you eat, you can supplement enzymes with your food. As we age, the body's stockpile of usable enzymes diminishes. People over thirty should be supplementing enzymes with their food. If you don't supply your body with the enzymes

it needs, your body steals enzymes intended for repair processes and turns them into digestive enzymes, leaving fewer repair-enzymes for their intended use.

With certain metabolic imbalances, TOO MANY enzymes can facilitate deterioration. So, you want to take just enough to help you digest your food. Many enzyme companies promote taking unlimited enzymes but that is not recommended with certain imbalances.

Elimination & Digestion Gone Wild

There is a lot that can be learned from poop specifically, how our bodies are operating and, especially, how well digestion is working.

Better understanding the signs of digestive trouble can guide your efforts toward improving many issues. Next time you sit on your toilet and have a minor Chernobyl incident, you'll have a better idea as to why.

We all know that we poop to eliminate waste from the body. Many don't know, however, that stool often moves at its level of acidity. Your stool can move too quickly and be too loose when it is too acidic. Not only does this burn the intestines, but also, if the stool is moving too quickly, the body doesn't get the opportunity to absorb as many nutrients as it should. If stool is not acidic enough, it can move too slowly and even lead to constipation.

Diarrhoea and Loose Stool Issues

Since you don't want nutrients screaming through your intestines without being absorbed, any loose stool or chronic diarrhoea issues must be corrected in order to

speed up your weight loss progress. In most cases, a chronic loose stool is the result of a lack of bile flow. Using Beet Flow to improve bile flow can correct that issue.

It's best to get a loose stool under control before you start to add any HCL supplementation. If you haven't, you could create a duodenal ulcer by constantly pushing more acid into the duodenum without the proper level of bile dropping in to neutralise that acid.

Constipation

Though a stool that is too loose can often lead to extreme cravings due to a lack of nutrient assimilation, constipation can lead to weight gain in a more direct manner. If a lack of stomach acid results in stool that is too alkaline and moving too slowly, that waste that was supposed to be removed out the back door can get held up in the system too long. If waste is not removed properly, it can be re-absorbed through the intestinal walls and will need to be filtered out all over again. If a liver is already overwhelmed, the body can end up storing that waste in fat cells.

Don't ignore this problem. Your weight loss and health results will be greatly hampered, if not totally shut down, any time you are not having at least one good bowel movement per day.

Burping, Bloating and Passing Gas

To figure out if you're really bloating, here's the ultimate question. Are your clothes tighter in the evening when you take them off than in the morning when you put them on? If you so much as have to think about it, you're probably not bloating.

If the acid product in the stomach is not sufficient then people are going to grow bacteria in their tummies. When they grow bacteria in their tummies, they are going to produce gas. It is the same as making beer or wine or champagne or root beer; all of these things are fermented. When you ferment, you are going to get gas and the gas is going to bloat. Some people may feel very bloated, while others may experience more burping.

When I say burping, I don't mean these huge belches. I'm talking about those little burps that are hardly even noticed. Those little burps are usually a good sign that the stomach is not acidic enough. I see a lot of people who don't even realise that they're burping after their meals. Once I ask them, they come back later and say, "Hey, you know what, I am burping after my meals and I never even noticed."

Now, it's your turn to pay attention and see if you're burping too. You may be burping because of the gas created by undigested food rotting and fermenting, or because of the gases created by bacteria that are living in your stomach, or because of a combination of both. Taking stock of what is going on with your body is the first step to making improvements.

People think, "Everyone passes gas, what's the big deal?" The problem is most adults don't have their digestion working correctly anymore and that is why gas is so common. If you're passing gas, it's usually because your bile isn't flowing well enough. If your bile isn't dropping into the duodenum to meet the acid product from the stomach, you're not digesting properly.

Helping Your Liver

I include some thoughts about liver function because proper bile flow is such a vital part of how effectively your liver is taking care of business. In my opinion, the two most important factors for good health are digestion and liver function.

Almost any medication, a lack of bile flow, bringing in more junk than the liver can remove, etc. Any of these things can trouble a liver; and if the liver isn't working optimally, eventually your body won't be working optimally either. Think of your liver like a huge ventilation fan that can clear smoke out of a kitchen or entire house. To say that your body can't handle a few toxins coming in is far from true. The liver is your body's massive ventilation fan. As junk comes in, the liver moves it out to keep the system clean and operating smoothly.

By improving bile flow and helping your liver remove more junk, you not only keep the body from needing to store junk in fat cells, you also allow the body to go into fat cells to remove junk that may have been stored for quite some time.

Low Nitrogen Leading to Low Potassium

This is a serious problem that greatly impacts the body's ability to self-regulate. Your body cannot create bile without the use of potassium. It can't use potassium without available nitrogen. It doesn't have sufficient available nitrogen if stomach acid is not effectively breaking down protein into amino acids.

So, as a chain reaction, if your stomach acid isn't strong enough, you will eventually stop

being able to manufacture bile due to an inability to use the potassium in your system. This means that you will not be digesting proteins OR fats well and that your body's energy production and waste elimination are really going to suffer.

Acid Reflux

The marketing surrounding this issue may be more misleading than just about any other current health issue at hand. Heartburn and reflux medications are literally a billion dollar industry on their own, so it's understandable.

First of all, there are a few different causes of reflux, but very few, if any, are actually caused by too much acid like advertisers explain when marketing their products. At the bottom of your oesophagus, there is a little valve called an LES, or lower oesophageal sphincter. This valve opens to let food enter the stomach and then it closes, so that the food doesn't go back up our oesophagus and burn us.

Sometimes, people will have a small hiatal hernia where part of the stomach is pulled up into the diaphragm; this can keep that valve from closing and can result in an acid reflux problem. The LES is actually HCL (stomach acid) sensitive, meaning that when the stomach makes enough HCL, it activates that valve to close, so digesting food doesn't reflux back up.

The problem is that a body that doesn't have all the mineral that it requires can't produce enough HCL in the stomach to trigger the valve, so we get reflux. We're not having reflux because of too much acid; we're having reflux because of not enough acid.

Pharmaceutical companies sell us drugs that turn the acid off, so that when we experience reflux, we can't feel the burning and we

assume the symptom is gone. The problem with that is twofold; first, the stomach also contains digestive enzymes that can come back up with our reflux. These digestive enzymes are made to break down protein. What is our oesophagus made of? Yes, protein. Therefore, using these drugs stops the burning sensation, but it doesn't stop the damage the reflux can cause. Another thing these drugs stop is digestion. There's a reason your stomach makes acid but they still tell you it's a good idea to turn that process off.

Remember, bile is one half of the critical digestive process, but acid is the other half; you have to have both parts working correctly to pull the mineral out of the food. Without it, issues like depression, insomnia, low energy and more are often experienced. Not only are the proton pump, inhibitor-type drugs another punch in the mouth to your liver, they also turn off your digestion, so that any food you eat not only doesn't nourish your body, but also creates another problem that your body has to either try to remove, or store it in fat cells. Pretty good little pill, huh?

To reduce reflux, 9 out of 10 reflux sufferers can actually increase the amount of stomach acid they have and that will trigger the LES to close so they no longer experience reflux. This also allows the body to fully break down its food, pull out the minerals and then use those minerals to make the proper amount of stomach acid."

Poor bile consistency / gall bladder removed

For the bile to work effectively, it must be produced in adequate amounts, requiring sufficient bio-available mineral content in the diet, but the anatomy of the individual must also be intact. Unfortunately, many people

have had their gall bladder removed. Doctors are taught that the gall bladder really doesn't do anything anyway, so if there are stones or blockages, why not just take it out? The problem is that your gall bladder is where your body stored bile and without the proper amount of bile you can't digest your food completely. The gall bladder also concentrates the bile and makes it stronger, so that when it's alkalinity reaches the acid product from the stomach, we see a good sizzle in our digestion.

If you can't digest your food completely, you can't pull the mineral and the needed nutrients out of your food and they just can pass through your system without being properly utilized. A lot of what we eat that doesn't properly digest gets stored as fat or creates other problems if the body is too overwhelmed to deal with it. Eventually, all the mineral and nutrient deficiencies will cause imbalances and even problems.

The majority of health issues lead back to digestion. You can only digest food correctly if you have enough acid in your stomach, enough bile from the gallbladder and bicarb and enzymes from the pancreas dropping down into your duodenum. Without a gallbladder, there is no bile storage, so you rarely have enough bile. Supplementing with bile salts, such as ox bile, an hour and a half to two hours after a meal can serve as a viable solution for such individuals to compensate for their compromised physiology.

Pancreatic Enzyme Function

Your pancreas gets the trigger to produce and release enzymes when your liver and gall bladder release bile. If your bile flow is impaired or bile production is compromised, then your pancreas will not get the clue it

needs to do its job. So usually, addressing bile flow will restore pancreatic function, but if necessary, pancreatic enzyme supplements are available as well.

Significance of Saliva pH

If your saliva pH is too high, it may be an indication of excess alkalinity in your system and could push your digestion towards constipation. Acid speeds food through your digestive system, while alkalinity slows it. We want, as in most things, a healthy balance of acid/alkalinity. The generally healthy saliva pH range is 6.5-7.0. Low saliva pH may indicate insufficient alkaline buffers which could prevent your body from manufacturing enough bile, which is a problem later down the line in digestion, as well as a systemic chemical imbalance which can greatly throw off body chemistry in general.

Some common symptoms of a Digestive Imbalance

- Resting Systolic BP <112
- Standing Diastolic BP <73
- Burping or bloating
- Passing Gas

- Reflux / Heartburn
- Light Coloured Stool
- Constipation
- Diarrhea
- Craving Sweet/Salty Foods
- Depression
- Some foods make you nauseous
- You see undigested food in your stool
- You seem to gain weight no matter what you eat
- Cravings frequently derail your weight loss attempts
- Eating meats or fats restore your energy
- Your meal feel like sitting in stomach like rock

Digestion Supplement Formulas

Specific supplements to help correct a Digestive Imbalance:

- **Betaine HCL** – 1-5 caps with each meal
- **Beetflow** – 1-3 caps with each meal
- **Digestizyme** – 1-3 caps with each meal

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