

# JUMPSTART YOUR DIGESTIVE SYSTEM

Three Critical Ways to Get Your Health Back on Track



**Red Earth**  
Acupuncture and  
Oriental Medicine



## JUMP-START YOUR DIGESTIVE SYSTEM

In our clinic, we frequently see people caught in a downward spiral of **declining energy levels, increased weight gain and painful chronic injury**. Many times, they don't know how to reverse this downward spiral and lose hope, believing that it is impossible to stop the nosedive.

We hear stories like this all the time...

"My Doctor told me to work out more, but whenever I do, I feel wiped out for days at a time."

"The last time, I pushed through my workout, I injured myself and now I can't exercise! I don't know what to do."

For over 11 years, Red Earth Acupuncture clinic has helped people reverse this downward cycle. Over the course of the more than 15,000 treatments performed by our practitioner, we have identified the most critical first step that anyone can take to restart the healing process.

**That critical first step is to "jump-start" the digestive system.**

Why? Because most people, whether they think they eat healthy or unhealthy foods, have unknowingly taken their digestive system "offline"—making it almost impossible for their metabolism to work optimally.

And why is this important? Because the digestive system eventually loses its ability to burn fuel efficiently, starving the body of the building and rebuilding blocks necessary to repair old and damaged tissue.

**In this e-book we will share with you;**

- **how to tell when your digestion is offline, and**
- **how to get it back online**

All without expensive supplements or radical products and especially without drugs or surgery!

**The information we will share is unfortunately largely missing from the current dialogue in the 4.2 trillion Dollar "health" industry—yet—is at the heart of Chinese Medicine Nutritional Therapy and is the approach we use with our patients.**

### WHY DOESN'T OUR HEALTHCARE MAKE US BETTER? FOLLOW THE MONEY.

We are seeing more and more statistics about the overdose crisis due to the indiscriminate use of opioid pain killers. While the medical system is starting to take steps to correct the problem, huge questions remain about why better and safer solutions have been so slow in coming. The pain management industry is forecast to be worth \$83 billion dollars by 2024. It should come as no surprise, with so much money on the table, that no one wants to discuss how each of us can solve this problem without using all the products on the market and in the sales pipeline.

## FIRST, LET'S LOOK AT HOW THE DIGESTIVE SYSTEM WORKS:

The stomach is basically a cooking pot. Just like the pot on your stove is useless without a heat source, so too is the stomach.

Once the food and fluids are in the pot, the next thing you need is a heat source. Your stomach's heat source is the small intestine.

If the small intestine operation is hot enough then, the cooking pot stays warm enough and the spleen and pancreas will be able to do their job.

**If the spleen and pancreas, stomach and small Intestine systems are all functioning optimally, the body will get the proper digestive output, and be the fully intact healing mechanism it was intended to be.**

If the temperature of the digestive engine stays too low, the system is inefficient, and you get unburnt fuel that is not available to nourish the body. This manifests in three ways:

- 1. Bowel Irregularities:** Either the unburnt fuel goes out the tail pipe, through bowel movements that are too loose, or the bowels become locked up and constipation occurs.
- 2. Clogged Sinuses:** The back pressure in the sinuses can cause allergies and congestion.
- 3. Fat Accumulation:** Waste often can't be eliminated fast enough and starts accumulating due to this breakdown of the digestive process. Fat is just accumulated waste product that the body can't eliminate.

There are, of course, situations where a problem is beyond the reach of diet or lifestyle modifications. In these cases, a qualified Chinese Medicine Practitioner can effectively diagnose and treat the problem.

**You can call our clinic and we can discuss options for you depending on where you live. Our experience in the clinic is when a patient is already adhering to the guidelines we outline, their treatment progress is almost always accelerated, often dramatically so.**

### HOW DO THE ORGANS WORK IN CHINESE MEDICINE?

We talk about organs in Chinese Medicine, but there are some important differences between what we mean by an organ and what modern medicine is talking about.

When a Chinese Medicine practitioner works with organs, we think of them as the deepest most powerful parts of entire systems in the body. If a function in the body is weak, like the digestive system, then the organs that are responsible for that function may be weak as well. In this way, each organ provide power to an entire system and region of the body. Many times, the solution to health problems is increasing output to the organ system that governs that function or area of the body. Want to know the essential ingredient of an organ's strength? Well then, read on!

# HOW YOU KNOW WHEN YOUR DIGESTIVE SYSTEM IS OFFLINE?

When the digestive system is offline, the body will respond in three critical ways:

1. Injuries are painful and non-repairing
2. Energy levels decline
3. Fat builds up

We'll now explore these three critical responses in more detail.

## **PAIN AND NON-REPAIRING INJURIES**

In modern society we get pain and inflammation ALL wrong.

What we're going to share with you here is based on 15 years of training and clinical experience treating pain and a professional passion for ending the pain cycle for people.

### **So, what is pain and why can't we seem to get ourselves out of it?**

The reason we as a society fail at treating pain all boils down to the simple fact that we have not come to terms with what pain is essentially.

What if inflammation is not the enemy, but part of the solution?

What if the pain you were experiencing were a good thing?

What if pain was not something to be attacked or covered up?

### **The truth is, pain is our friend—and—INFLAMMATION IS NOT THE ENEMY.**

Inflammation, simply stated, is the manifestation of the body's repair mechanisms being enabled. Acute inflammation is the body's proper response to a specific injury. Chronic inflammation happens when the body starts a repair process but is unable to complete it. Simple! The end.

**Pain, plain and simple is your body telling you something is wrong.** It's like the check engine light on your car. Just as the color of your check engine light tells you how serious the problem with your car is, the nature of pain tells you how serious the injury is.

So, how do you know when the pain is something to be concerned about? It boils down to two things:

1. The sharper the pain, the more serious the injury and the less able it is to repair itself.
2. The duller the pain, the more your body has things under control because it can handle the repair.



### **Now, what does all of this have to do with the digestion?**

The short answer: There are two flows in the body that repair injury. We need a good blood supply to the damaged area and good lymph drainage away from the damaged area.

The building blocks of both the lymph and the blood come from the same place—the digestive system.

Unfortunately, when the digestive system goes off-line, the inputs for blood supply and lymph drainage don't get made so the physiology of those fluids becomes altered, preventing adequate repair of the damaged tissue.

Remember that sandwich you ate two days ago? Well, in a properly functioning digestive tract, it gets converted into blood and lymph. When the digestive system is disrupted, your sandwich doesn't get converted cleanly, efficiently or completely and, therefore some of what could have ended up as nutrient and repair material gets improperly converted to fat or ejected during a bowel movement.

**Because most modern diets prevents our digestive system from getting up to and staying at operating temperature, our digestive system constantly stays overloaded.**

This creates a negative effect throughout the entire body, far beyond the digestion. However, the way to reduce the excess burden on the digestive system is surprisingly simple, and even more importantly, it is absolutely FREE. We'll explore more on that later.



## ENERGY LEVELS DECLINE

To understand why energy levels are chronically low when a digestive system is “off-line”, we want to go back to our cooking pot image.

The energy producing aspect of the digestive process, sometimes referred to as Qi (pronounced “chi”), can be seen as the essence, or fuel that steams up from our properly functioning cooking pot. This “good stuff” that gives us energy has three characteristics. It must be:

1. Warm
2. Moist
3. Nutrient Rich

When output from our digestion has these characteristics, we have enough energy, feel refreshed and get the building blocks we need to repair ourselves.

In addition the body properly eliminates its waste so it can't build up in the body as fat, but more on fat later.

**In short, when the digestion can maintain it's operating temperature, the body will efficiently extract nutrients create energy from food in order to produce the “good stuff”.**

So, if the body needs food of a certain quality, why do we crave the “bad stuff”?

When the digestion is too weak to properly convert good food into fuel, we crave the foods that don't require much work to unlock the energy.



The problem is that these are all highly processed and refined and our bodies aren't really capable running long term on these foods without a lot of collateral damage.

Think of this as the food equivalent of adding nitro-fuel (which is what drag racers use) to your Toyota Camry. You'll get one heckuva boost, but don't expect your engine to last a long time.

Like in a car, if we run our digestion on the super refined foods for a long time, it will simply wear out too quickly.

These super refined foods are not just limited to straight sugar, but almost ANY highly refined food, including white flour, processed corn and soy products, caffeine, fruit juice, soda and most nutritional supplements.

### **Where's the Breakdown?**

The more impaired these essential functions are the more we start to "need" foods that bypass the natural digestive process. The result is increased wear and tear on the body as these processed foods don't possess the complex components that the body needs to repair itself and remain healthy.

There is only one way to healthy levels of energy. Either the body is cleanly and efficiently converting food and fluids into nutrient rich clear Qi, or it's not.

In the short term, we can try to get around that reality by various forms of self-medication, but we can't do it long-term and not without premature aging.

## **CONNECTION TO DIABETES**

The most common example of this premature burning out of the digestive system we see every day is diabetes. Simply speaking, diabetes happens when we have burned through our lifetime supply of insulin too early. The problem with our modern, high sugar, refined diet is that it is super easy to put so much sugar into the system that our body depletes its insulin reserves too quickly in response to all the sugar.

## Fat Builds Up

To understand the relationship between digestion and fat, we have to dispel one of the biggest commonly held medical myths out there: That fat is stored energy.

If you are like most of us, you were brought up being told that fat was stored energy. However, this differs sharply from how Chinese Medicine views it. In Chinese Medicine when a person starts putting on extra pounds, we call this “damp” accumulation. Dampness, aka fat develops, when the digestive system is unable to completely transform food into usable energy and nutrients.

### What does this have to do with digestion?

Dampness, or waste product buildup, is usually attributed to a weak spleen. Going back to our earlier analogy of how the digestive function works like a cooking pot, remember...

“If the small intestine operation is hot enough then, the cooking pot stays warm enough and the spleen and pancreas will be able to do their job.

**If the spleen and pancreas, stomach and small Intestine systems are all functioning optimally, the body will get the proper digestive output, and be the fully intact healing mechanism it was intended to be. “**

The stronger the spleen/pancreas function, the better able we are to extract the waste product. When this process becomes disrupted, waste product, known as dampness, builds up.

Long-term damp accumulation in the body becomes phlegm, phlegm buildup for a long time causes other, more serious problems.

So, when you're experiencing pain and non-repairing injuries, declining energy levels or fat build up, what the heck do you do?

The first step is to get your digestive system back online.

## IS FAT STORED ENERGY?

Anytime we see a significant difference between a Chinese Medicine explanation and a modern, Western Medicine explanation, we research the differences.

Turns out that this question also piqued the curiosity of Australian Physicist Ruben Meerman. In his words, “either physics is wrong, or [this] explanation is wrong.” So, Meerman did the math and showed that when a fat molecule is broken down in the body, it becomes CO<sub>2</sub> and H<sub>2</sub>O.

Thus, when we lose fat, it is essentially “respirated” into air and water and excreted through the breath and as sweat or urine. This is essentially the chemistry explanation of how we view weight gain. Most importantly, **there is nothing in this equation that gets converted back into usable energy – it's virtually all waste product.**



# HOW TO GET YOUR DIGESTIVE SYSTEM BACK ONLINE

A lot has been written about diet, nutrition, and energy boosting. Unfortunately, most of the commentary fails to mention or even understands the “master-switch” upon which everything else hangs: the digestive system.

The three things most Americans are unknowingly doing wrong that prevents their digestive system from performing correctly and generating the output needed to stay healthy:

1. Too much SWEET
2. Too much COLD and,
3. Too much RAW

We call it SCR.

So here is what we want you to start experimenting with...

**First: Reduce the amount of sweet foods you are eating on a daily basis.**

This is tricky because the body is naturally inclined to favor sweet foods.

Only in the last 100 years have we had more and more access to cheap, highly concentrated sweeteners. Today, food manufacturers know it is the easiest way to get us hooked on their products. They know that a steady supply of sweet changes our brain chemistry to make us think we are HAPPY — at least until the crash that happens when we don't get more.

Now that economics, public policy and the promotion of excessive food consumption favors sweet, we have to consciously tip the balance of sweet back in proportion to how our ancestors ate.

For now, just focus on excluding sweet foods that do not exist in nature. This includes processed flours, natural and artificial sugars. Remember, the closer to nature the better.

Think fruit, not fruit juice.

Think whole grains, not processed flour.

**No sweet also includes (no) sugar substitutes.** Don't fall for the trap that the food industry sets, that you can just eat sugar substitutes and be OK. You can't and they don't avoid any of the problems that sugar causes. The unfortunate truth is that obesity rates are almost identical when sugar substitutes are used. Many of them are technically sugar alcohols, which like sugar are metabolized in the liver.

**After a few weeks, start focusing on other flavors.** But you say, “I don't like bitter, or pungent, etc.” It doesn't matter. After as little as five days, your tastes for them will start changing. They have even shown that when people start eating bitter, their saliva actually chemically changes as they acquire that taste. So don't worry, those non-sweet flavors that you currently don't like will start tasting good if you just keep at it.

## WHY ARE YOU PICKING ON SUGAR?

The reality is that we are aren't. It's just that the flavor of sugar is sweet, which is over-represented in the modern, food industry influenced diet.

In Chinese Medicine and cooking, there are actually four other flavors: Sour, Bitter, Pungent, and Salty. How often do you see these flavors in your everyday eating? Now, how often do you see these flavors without sugar added to them? Even your salad is covered with a dressing that has a bunch of sugar and other stuff so you want to eat it.



## **Second: Reduce or eliminate the ingestion of cold foods and fluids.**

Our body needs to stay at operating temperature to... well, operate. This operating temperature is 98.6 degrees. When you put cold (cold drinks in particular) in the stomach, the body must use its existing heat resources to warm the digestive system back up.

When we ingest a steady supply of cold, the body can't maintain its operating temperature and the digestive efficiency decreases dramatically. When foods are eaten cold, the senses go numb and the body can't get an accurate "read" on what the body needs.

**For the next 30 days**, stop drinking iced and chilled drinks and let your poor, cold digestive system warm up. If you find that you don't feel comfortable with warm drinks at first, then go slow to allow your digestive system to adjust. Switching suddenly from cold drinks to hot can shocks the system. If you find that you don't feel comfortable with warm drinks at first, then gradually make the change.

First, eliminate the ice from your drinks for a week or so, then switch to room temperature drinks for another week before consuming the drinks warm. Start with mildly warm, and gradually increase the temperature.

## **SO WHAT DOES HEALTH LOOK LIKE ANYWAY?**

There is a saying that in a relationship you can never get from what is wrong to what is right. Think about it. If we focus on the wrong stuff all the time, all we do is find more wrong stuff. In human relationships we would call that a bad marriage. In health care, when we focus on what is right, we call this physiology. Focusing all the time on what is wrong or the pathology is...well pathological. In the five phases model, we have the chance to stop focusing on pathology and start to focus on what is right. The secret of good medicine — like the secret of a good marriage— is to identify the areas that are working well and use those to strengthen what isn't working. With your digestive system online, all sorts of far-reaching benefits occur.



### **Third: Minimize or eliminate raw.**

This is probably the item which surprises more people in our culture.

When trying to change up a diet, the inclination is often to eat only salads or drink smoothies. It's an easy process to just cut up your veggies and throw on some salad dressing or in a blender with tons of sugary fruit.

However, there is an old Chinese dietary axiom that states "the first stomach in a human is the cooking pot." What does this mean? Well, animals that rely primarily on plants for nutrients have more than one stomach. The first stomach's function is to break down the part of a plant cell called cellulose. If the cellulose wall of a plant is not broken down, then the nutrient locked within it can't be released and assimilated. Without the first stomach, those nutrients are inaccessible...unless something happens to make break open that cellulose cell wall. That's where cooking or fermenting the veggies comes in.

**So, for the next 30 days stop eating raw and start cooking.**

## WHAT TO EXPECT NEXT

After enough time of taking good care of the digestion following the SCR guidelines, the digestion system will start getting “smarter” and guide you toward better and better food choices. You are able to notice more and more which foods are causing problems and which foods are solving problems.

Part of our work with every patient is to help them learn or recognize the natural cues and signals the body is sending. Once we know how to interpret those cues, the body can start guiding us back to health.

**We have seen such amazing results with people just incorporating these three elements into any diet and we want everyone everywhere to rediscover what our ancestors knew all along.**

Here’s the big thing. Like everything we promote in the clinic, it should work for you. The only way we will know if something works is if you try it. It takes most people a month for their body to adjust to the changes, with the first 7 to 10 days being the hard stretch. So, take the Sweet, Cold, Raw challenge for 30 days and see for yourself.

After you complete the challenge, drop us a note or stop by the clinic and let us know how it went for you. If you have any questions during the 30 days, let us know as well and we would be happy to discuss with you.

**WANT MORE HELP GETTING STARTED?**

Go to [redearthacupuncture.com/jumpstart](http://redearthacupuncture.com/jumpstart) for more information and resources.



## **How will you know if making the diet changes are enough?**

A healthy and functioning digestion system will result in improved emotional health, food cravings lessen or go away, and tastes and appetite start to moderate.

As your digestive system begins to get the building blocks from your digestion necessary to self-repair, you will notice that aches and pains that have been chronically bothering you will lessen or go away completely and your recovery time from exercise will improve.

In fact, by doing the SCR, many people have found that they can reduce their reliance on pharmaceutical and even nutritional supplements and in many cases would not even need to seek medical attention at all.

The longer we are in practice, the more convinced we are that, as simple as the SCR Guidelines are, they have the potential to have the most dramatic long-term health impacts of anything we know.

Once again, there are situations where a problem is beyond the reach of diet or lifestyle modifications. In these cases, a qualified Chinese Medicine Practitioner can effectively diagnose and treat the problem.

## **So what can Red Earth Acupuncture do to help?**

1. We can accelerate the transition from offline to online.
2. Sometimes, the problems have progressed beyond the point where implementing the SCR guidelines alone can correct the problem. In this case you may need acupuncture or herbal therapies to get to the root of the problem.
3. Our services can dramatically increase the healing process reduce the discomfort while the body repairs itself.

**Call our clinic for more information. We look forward to talking with you!**

**770.783.1663**



This article does not constitute health advice.

Consult your prescribing health care professional about changes to any supplement or pharmaceutical regimen.

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