

GUT HEALTH SCRIPT

General Tips as You Begin

- Be sure to introduce yourself to the class, even if you think everyone already knows. How long will the class be and what can the participant expect?
- If the room is small enough, have everyone introduce themselves with their name, where they are from, and a fun fact.
- Be sure to pause and ask for questions regularly throughout the class. If you do not know an answer, say so, and ask if anyone in the audience knows.
- If people are falling asleep, make them stand up and move around. Ask them to teach each other and get them chatting.

Slide 1

- Hi, my name is XXX and I am a XXX leader with Young Living. Thank you so much for coming to the Gut Health meeting tonight. You're going to learn so much about the gut and how it relates to almost every other process in our bodies. We will be here for about an hour tonight, and we will share experiences as we learn new information. Are you ready to go?!

Slide 2

- In order to care for ourselves, we must care for what is in our gut. We need to clean out waste and be sure that we have plenty of good bacteria in our gut.
- Believe it or not, the bacterial cells inside the gut outnumber our human cells by 10 times. And the genes encoded by the bacteria in the gut outnumber our genes by more than 100 times! We are actually more bacteria than we are human.
- These gut microbes are referred to as the *gut microbiome*, and its role in both health and disease has been the subject of extensive research. The microbiome is involved with our metabolism, nutrition, physiology, and immune function.
- In the first part of this class, we will take a look at how to clean out the gut and make room for more healthy bacteria.
- After that, we'll take a look at products that can rebuild and replenish the gut microbiome.

Slide 3

- There are critical elements that the gut needs to clean out excessive waste, unlock nutrition from food, and make good poops: fiber, water, digestive enzymes, and propulsion.
- Digestive enzymes are responsible for:



- The breakdown of food into absorbable nutrients. Without absorbable nutrients, we cannot get the nutrition that we need out of foods. Digestive enzymes are naturally produced by the pancreas and gut, but they are quickly depleted by: our diet, especially cooked processed foods; illness; exercise; and hot and cold temperatures. Plus, enzyme levels drop with age, and excretion increases so supplementation is important.
- Fiber plus water helps to:
 - Normalize bowel movements. Dietary fiber increases the weight and size of your stool and softens it.
 - Maintain bowel health. When food is moving out of the body, there is less buildup of waste in the GI tract.
 - Control blood sugar levels by helping you feel fuller, longer.
 - Achieve healthy weight.
- Propulsion
 - In order for the gut to push stool out of the body, you must have a sequential muscle movement known as peristalsis. This muscle movement occurs naturally, but sometimes we need a bit of a boost from a stimulant. However, we don't want to use a stimulant too long because it increases the risk of constipation once we stop using it.
- When the body is out of balance, and doesn't have enough fiber, enzymes, and water, it can lead to bizarre and seemingly unrelated symptoms, such as:
 - Brain fog, headaches, mood swings
 - Joint and myofascial pain
 - Weight gain
 - Cardiovascular disease
 - Inflammatory bowel disease (IBD)
 - Irritable bowel syndrome (IBS)
 - Obesity
 - Type 2 diabetes, and
 - Sensitivities or allergies to foods and the environment

Slide 4

- Before we can worry about re-populating the gut with good bacteria, we first need to clean out buildup of waste materials. Young Living offers the Cleansing Trio to help with this process.

Slide 5

- First we have Essentialzyme™. Essentialzyme is a bilayered, multienzyme complex caplet formulated to support digestive health and stimulate overall enzyme activity.
- Though Young Living offers 5 different digestive enzyme options, Essentialzyme is the only product that contains pancreatic lipase and



pancreatin. Pancrealipase is a digestive enzyme produced by the pancreas, and it helps to break down complicated fats and proteins into digestible bits.

- It is also the only product that contains betaine hydrochloride. One of the reasons that we may suffer after a meal is because we have too little acid in the stomach. Betaine hydrochloride helps to put acid in your stomach when you need it the most, and this is why Essentialzyme should be taken before a meal.
- It also contains broad spectrum enzymes that break down proteins, peptides, fats, and indigestible plant material.
- To use Essentialzyme, take 3 tablets, 3 times daily, 30 minutes to 1 hour before meals.
- Essentialzyme contains tarragon, peppermint, anise, fennel, and clove essential oils.
- This is an animal-based product, so it may not be suitable for people who choose to avoid animal products. There may be cow or pig enzymes inside Essentialzyme. The Cleansing Trio is not set in stone. You can easily supplement with Allerzyme or Detoxzyme, which are vegetarian digestive enzymes.

Slide 6

- ComforTone is a natural, herb-based colon cleanser that includes an advanced mix of pure essential oils. It supports normal peristalsis and the elimination of waste products and gases. This is not a first-date kind of supplement! I recommend taking it at night, so that you can experience the effects of ComforTone first thing in the morning.
- To use ComforTone, Take 2-5 capsules before breakfast and bedtime. Drink at least 8, 8-ounce glasses of distilled water for best results.
- You will notice a difference when you take ComforTone, so go gently at first. Do not use Comfortone for longer than is recommended, as the gut can become dependent on it to function.
- This isn't the perfect supplement for pregnant women. I don't recommend that pregnant women take ComforTone because of the cascara in the supplement. This herb increases peristalsis and may increase the risk for pre-term labor.
- Also, cascara is a very black herb, and a known side effect of ComforTone is that it can turn the stool black. This is important to note, especially for anyone who is taking blood-thinning medicines. They may have been taught that black stool is a sign of internal bleeding, but that is not true when it comes to ComforTone.



Slide 7

- Example Script: This slide depicts the herbs and essential oils that make up ComforTone®.
- You can see here that cascara is not the only herb. There is also fiber from psyllium, barberry, and burdock root, and absorptive materials like bentonite clay and diatomaceous earth.
- Because ComforTone contains echinacea, it is not recommended for anyone taking immune suppressing drugs, as this herb is known to bolster and fortify the immune system.
- Some women who are pregnant choose to avoid essential oils like peppermint, fennel, anise and mugwort. This is another reason that pregnant women should avoid ComforTone unless under the direct supervision of a physician.

Slide 8

- ICP is a blend of soluble and insoluble fibers, essential oil, and digestive enzymes. This supplement:
 - Scours residues from the intestines.
 - Decreases buildup of wastes.
 - Improves nutrient absorption.
 - Helps to maintain overall digestive health.
- To use ICP, mix 2 tsp. with 8 oz. of juice or water. Use 3 times daily while cleansing.

Slide 9

- ICP contains a blend of 7 different fibers that aid digestion and elimination. Some of these fibers are soluble and some are insoluble. Soluble fibers absorb water in the gut and create larger poops. Insoluble fibers do not absorb water, but instead act like scrub brushes as they move through the system. This helps to clean the lining of the colon as they pass through.

Slide 10

- Additionally, ICP contains digestive enzymes that break down fats, proteins, peptides, and release phosphorus from foods. Essential oils that further support proper digestive health. As I mentioned above, some pregnant women choose to avoid fennel and anise while pregnant. If so, this is just not the perfect supplement for her.
- Now that we have cleaned out the gut, let's talk through three products that can help support the bacterial balance in the gastrointestinal tract.



Slide 11

- Life 9™ is a delayed release probiotic that contains 17 billion live cultures from 9 different bacterial strains, including:
 - *Lactobacillus acidophilus*
 - *Bifidobacterium lactis*
 - *Lactobacillus plantarum*
 - *Lactobacillus rhamnosus*
 - *Lactobacillus salivarius*
 - *Streptococcus thermophilus*
 - *Bifidobacterium breve*
 - *Bifidobacterium bifidum*
 - *Bifidobacterium longum*
- Probiotics efficiently repopulate the gut, enabling it to perform optimally and restoring balance to the digestive system.
- Billions of bacteria inhabit our gut. The purpose of good bacteria is to aid digestion by breaking down our meals into absorbable nutrients. The task seems easy enough, but modern toxins, overly processed foods, daily stress, and antibiotics can deplete and/or damage good bacteria, harming the digestive process along the way. The combination of *Lactobacillus* and *Bifidobacterium* species ensures that the entire gastrointestinal tract is populated with bacteria.
- Some of the first benefits people experience from probiotics are better digestive function, better poops, or less gas. But when the gut has proper balance of bacteria, there are positive implications for the whole body.
- The relationship between probiotics and the immune system is still being researched, however studies have shown that consumption of probiotics supports the immune system. Proper digestion allows for absorption of micronutrients, which are needed to strengthen immune system.
- To use Life 9™, take 1 capsule every evening, as far away from other supplements as possible. Life 9™ is vacuum packed in an absorbent packet that helps protect bacteria in transit. It should be refrigerated after the bottle is opened. It is not recommended to open capsules, as this destroys the delayed release action.
- Probiotics are not recommended for people with serious medical conditions such as those who are severely immunosuppressed, have pancreatitis, are in the ICU, have blood in the stool, have a central venous catheter, infants with short bowel syndrome, or who have open wounds following major surgery. These populations should not use unless under the direct supervision of a physician.



Slide 12

- KidScents® MightyPro™ is also a probiotic supplement formulated with NingXia wolfberry fiber, a naturally occurring prebiotic. Prebiotics are food for good bacteria to eat. It promotes healthy bacteria in the colon. MightyPro contains 8 billion live bacteria from:
 - *Lactobacillus paracasei*
 - *Lactobacillus acidophilus*
 - *Lactobacillus plantarum*
 - *Lactobacillus rhamnosus*
 - *Streptococcus thermophilus*
 - *Lactobacillus rhamnosus*
 - *Bifidobacterium infantis*
- *Bifidobacterium infantis* is considered by some people to be the best probiotic for children.
- This one is a powder formula labeled for use in children and adults over the age of 2 years. The powder supplement does not require refrigeration and comes in easy-to-transport sachets.
- The sweet and tasty formula is great to add to food or drink or directly dissolve in the mouth. It can even be combined with cold food or drinks but should not be added to warm or hot food or drinks.
- To use, simply empty the contents of 1 packet into the mouth and allow to dissolve. Alternatively, you can add to cold foods and beverages.
- Caution: While this product is great for children, it is not safe for animals, especially dogs. Do not give this probiotic to dogs.

Slide 13

- Last but not least we have Master Formula™. Master Formula is a daily multivitamin that naturally supports health and well-being.
- It is different than most multivitamins because it contains prebiotics that feed the beneficial microorganisms in the gut.
- It also contains antioxidants that help neutralize free radicals in the body.
- This supplement includes food-based nutriment and is vegetarian-friendly. And it contains no preservatives, artificial stimulants, or artificial colors.
- This is an excellent companion product to Life 9, since Life 9 is just a probiotic supplement and does not contain any prebiotics.

Slide 14

- Example Script: The slides and scripting for today's meeting came from Lindsey Elmore, and you can download them online at www.lindseyelmore.com.



Slide 15

- Example Script: Again, thank you so much for coming tonight. Please let me know what additional questions I can answer and save the date for our next meeting, which will be at XXX on XXX day and time. Good night everybody!
- [This slide is editable for you to place your contact information. The recommended font is Open Sans.]

