



## **Jump Start Digestion Program:**

### **Course Outline**

**Duration:** 4 Modules + 2 Live **Webinars**      **Total Hours:** 10 hours

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**Program Description:** This program will teach attendees the basic about their digestive and intestines systems. A focus on food and getting the most from our foods frames all the information in the course. Attendees will be able to use this information to develop specific strategies that work for them.

#### **Module 1:**

**Digestive/Intestinal Function** – A quick overview of both systems so attendees know what is supposed to happen when they eat. It includes a complete discussion for the Steps to Good Digestion, which are easy-to-implement tips that can often resolve acid reflux, gas, bloating for many people. Also includes a special video for mothers and babies to help baby get the best start for developing a healthy gut.

#### **Module 2:**

**The Role of Food** - Provides an understanding of what food should be for us and why it may not. It also includes a discussion of the role of supplements, the quality of food and how to understand food cues.

#### **Module 3:**

**Connection to Health Conditions** - Provides an overview for understanding how gut health affects the body and how it is linked to many other health conditions such as weight gain, allergies, food sensitivities, diabetes, heart disease, autoimmunity, depression and more. Specific digestive conditions like candidiasis and leaky gut will be discussed.

#### **Module 4:**

**The Role of Stress** – Provides a detailed look at the crazy lifestyle many of us are leading and how that relates to digestive and gut health. Attendees will learn tips and tools for modifying physical and emotional stress. It also includes a discussion of intuitive eating and how to respond to stress, anxiety and cravings in a positive way.

### **Plus 2 Bonus Live Webinars**

**November 18:** 8:00 pm EST/5:00 pm The Diet Dilemma – a discussion of different types of diets such as vegan, paleo – so attendees can eat the best version the diet style they have chosen.

**December 2:** 8:00 pm EST/5:00 pm PST: Q and A – for attendees to get their questions answered in a discussion format



**Materials:**

- ✓ The Secret To Loving Food and Living Well Ebook
- ✓ Quiz to help attendees identify if their symptoms could be related to gut health or digestion.
- ✓ Canadidiasis Ebook
- ✓ Leaky Gut Ebook
- ✓ 7-day Menu and Recipes for Vegan, Vegetarian, Paleo, Regular, and Raw – all designed to incorporate the tips and foods for optimal gut health and digestion with gluten free or dairy free options, if needed
- ✓ Facebook group for support and discussion