



MIND YOUR HEALTH PODCAST



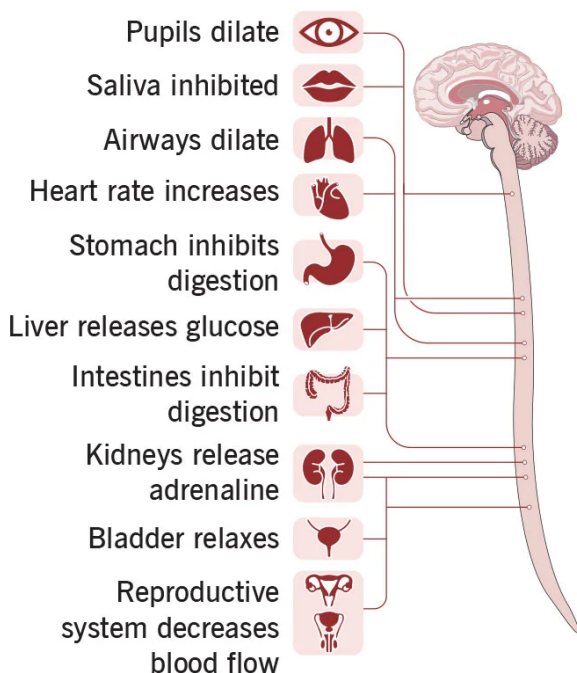
THE MISSING FIRST STEP THAT KEEPS
YOU FROM HEALING YOUR GUT



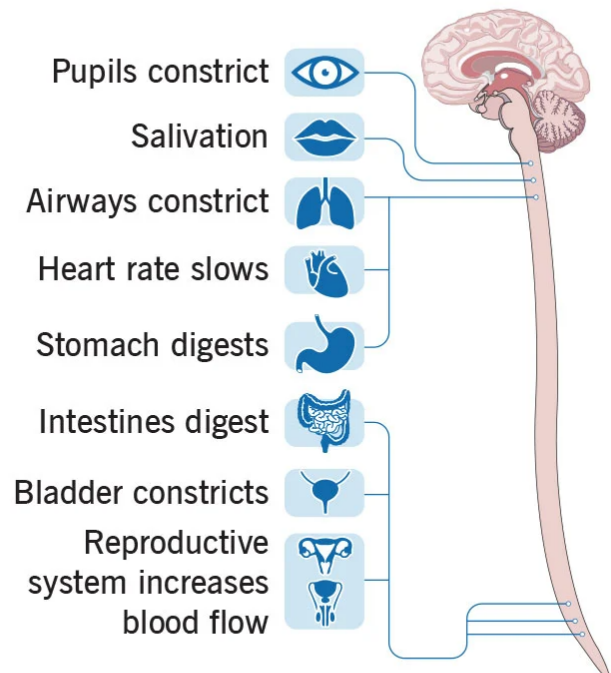
Follow along with this podcast episode to answer the questions below.

1. Your gut is intimately connected to your brain through the _____.
2. Your gut is also an automatic muscle driven by the _____.
3. Your gut is susceptible to your _____ and _____ that create _____ in the body.
4. _____ to your nervous system leads to _____ that negatively affects your gut. That's why restrictive diets don't work long-term
5. _____ regulate your nervous system. Your _____, _____, _____, and desires determine its balance. This is why a diet dictated by someone else, even if it's worked for so many, may not be the right diet for YOU.
6. When we demonize foods and create _____ and _____ around them, it becomes a problem.

SYMPATHETIC NERVOUS SYSTEM

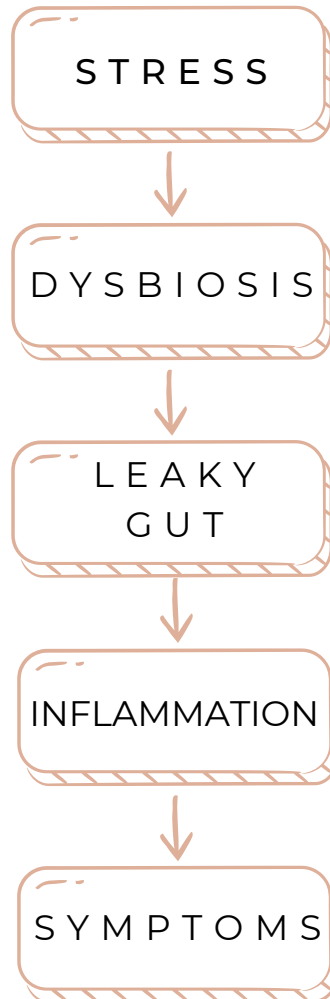


PARASYMPATHETIC NERVOUS SYSTEM



7. Increasing research is validating the effectiveness of _____ as the ultimate nervous system regulator.

8. When you have the power to regulate your nervous system, your _____ can create the exact biochemical balance within to create the ultimate _____ that is specific to your needs.



9. More critical than the diets themselves is the _____ by which you consume the foods.

10. Research has proven that _____ and _____ reduce inflammation by creating internal balance within the body, including the gut microbiome.


H O M E W O R K

Your homework assignment is to complete the Breathing Exercise + Body Scan we did in this episode once a day. It's especially important to do this exercise in any moments when you are experiencing stress, overwhelm, anxiety, or any other uncomfortable negative emotions.

In addition to this exercise, please take some time to complete the following questions to help you bring awareness to the current state of your nervous system.

We can't change what we are not aware of, so this introspective work is a crucial step for your healing.

1. What was your most significant "aha! moment" or takeaway from this episode? Is there anything you were surprised to learn or something that finally clicked for you about why your health efforts might not have worked in the past?



2. In your own words, describe "nervous system regulation." What feelings do you experience when your nervous system is dysregulated (out of balance)? What are some circumstances that tend to trigger these feelings for you?

3. When you experience the feelings you wrote about in Question 2, what behaviors or actions do you tend to take when you experience these feelings? For example, if someone says something that triggers you, do you tend to lash out at them? Or do you turn to food or other behaviors to avoid negative feelings?

4. What are you currently experiencing when it comes to your health? What does being healthy mean to you?

5. How committed are you to your gut symptoms and your desire to eliminate them?

6. What would be possible for you if you could eliminate all the symptoms and reach your health goals?

7. When you look in the mirror, what do you experience? What do you say to yourself? How do you feel?

8. When you wake up, what do you immediately focus on? What do you tend to say to yourself about the day ahead? (If you don't know right now, come back and answer this question after tomorrow morning)

9. When you get into bed at night, what do you focus on as you start to fall asleep? (Again, feel free to come back to this once you've observed yourself)
