

Dr. Kellyann Petrucci

PODCAST SHOWNOTES

Dialing in Your Gut and Reducing Inflammation to Create a New You

Dr. Kellyann Petrucci walks us through two silent causes in our bodies that wreak havoc on our health and sabotage weight loss. Dr Kellyann Petrucci, M.S., N.D., is the author of Dr. Kellyann's Bone Broth Diet (Rodale, 2015). A weight-loss and natural anti-aging transformation expert, Dr. Petrucci has a private practice in the Birmingham, Michigan area and is a concierge doctor for celebrities in New York City and Los Angeles. She is a board-certified naturopathic physician and a certified nutrition consultant.

Silent or Hidden Reasons Wreaking Havoc on your Health

Chronic Inflammation

While short term inflammation helps our bodies heal from broken bones and infection, long term, or chronic inflammation is like a forest fire in your body. Chronic inflammation has symptoms that include achy joints, bloating, depression, and weight gain, all of which lay the groundwork for diabetes, obesity, and heart disease.

What do I do if I think I might have inflammation?

Consult with your family practitioner and ask them to test your CRP (C-reactive protein) and Vitamin D levels to get a baseline. Once you have a baseline, you can construct a roadmap and begin supplementing with Vitamin D and diet to treat the inflammation.

Sick or Leaky Gut

Your gut contains trillions of microbes, a small eco-system contained in your belly. When your gut is sick, your body cannot thrive. Imagine planting in soil that is contaminated, with little nutrients--you would never expect that plant to thrive, and the same is true for your body. The gut controls the immune system and by extension many of the systems in the body. A healthy gut keeps toxins out, and nutrients in, but a leaky or sick gut does the opposite. This results in dull skin, low energy, weight gain or sluggish weight loss, and any number of other health maladies. Intestinal cells rebuild completely within 21 days. That's it! 21 days to reboot your gut to glowing skin, and weight loss that seems effortless.

Imagine that life. A diet and way of life that is not a prison sentence, not for the young--age doesn't matter. This is not about suffering, but nourishment and enjoyment.

Three Powerful Tools

1. Lean Protein

This is a powerful tool that works to reduce inflammation and burn fat with CLA (Conjugated Linoleic Acid). Remember to keep it simple when you build your plate: lean protein, greens, and a healthy fat.

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2. Fermented Foods

Get a little bit everyday to begin to heal your gut and keep it strong. Buy Kimchi (a traditional Korean fermented vegetable dish), Sauerkraut (refrigerated only--shelf stable versions lose all the “live” bugs), Sour Pickles (again refrigerated), and Kefir (fermented milk or milk substitute drink). All should be readily available at your grocery store.

3. Bone Broth or “Liquid Gold”

If you can only do one, do bone broth! Bone broth has a deep healing power that will help combat inflammation and ultimately aid your body into becoming a weight loss machine. To make, simply simmer bones with your favorite seasonings (garlic, lemongrass) for 12-18 hours. You can even use a crockpot! In that time, you nutrients, gelatin, and glucosamine-chondroitin is released from the bones and into the delicious liquid gold that will heal you. Gelatin is cooked collagen, it will promote the production of collagen within your own body. Collagen is like Spanx for your face! In 21 days, you’ll be able to see the results in your skin and the way you feel.

Following Dr Kellyann’s principles, we will get better with age. 50 is the new 30, after all! Adopt these lifestyle changes and prepare to be amazed. To order Dr. Kellyann’s Bone Broth Diet and her writings and advice, check out www.drkellyann.com

Listener Question:

How do the Sugar Impact Diet and The Virgin Diet work together? - Anna

Sugar Cravings? Start with [Sugar Impact Diet](#). Gut issues, Inflammation? Start with [The Virgin Diet](#). Both start with periods of self-discovery to assess where you are and check in with your body. This is then followed by a reset period. With the Sugar Impact, we reset the sweet tooth. With the Virgin Diet, we reset the foods that could potentially be holding your body hostage. It doesn’t really matter which you begin with. Once you complete them both you’ve designed a unique-to-you way of eating for life. Then, once a year, do The Virgin Diet to assess your food intolerances and the Sugar Impact Diet to check up on your sugar.

Please review us on iTunes! And, if you haven’t already, SUBSCRIBE!

As always, remember: **You are worthy. Dare to live a life that matters.**

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