

Christa Orecchio Healing Gut Inflammation PODCAST SHOWNOTES

*Our guest today is Christa Orecchio, founder of the Whole Journey, clinical nutritionist, holistic health counselor and healer of guts. She also co-hosts the nationally syndicated **Randy and Christa Show: News That Makes You Healthier**. She shows us how to change your life by changing your gut.*

Remove the Fuel from the Fire

The first step is to remove the foods we are sensitive to in order to eliminate inflammation (dairy, gluten, eggs). Eliminating sugar and fermented foods gets the oxygen flowing throughout the GI tract. Fermented foods are great, but you can't plant flowers in a junkyard. We first halt the inflammatory cascade and clean up the leftover inflammation to create a clean slate. Then we can begin to add good bacteria and enzymes.

No Scorched Earth

Healing the gut from a genetic perspective means looking at the microbiome as a community. We want 85% good guys. A pathogen purge done in a gentle way can broadly eliminate pathogens that hurt our gut. However, the traditional Western medicine approach of "guns blazing, kill everything" damages the gut, killing the good guys with the bad and creating leaky gut. Gentle, moderated purges are the best way to help heal the gut.

Genetically Rebuilding the Microbiome

The way we process different bacteria is different from person to person based on our genetics. Everybody needs several of the major bacteria players like lactobacillus and bacillus. Next, we tackle balancing stomach acid and using bacteria to create a fertile environment for life to thrive.

Stomach acid and Terraforming

It's not what we eat but what we absorb. Using the HCL challenge, we can begin to balance our own individual stomach acid. We can test by consuming more and more HCL until we feel a burn, then train our bodies to digest and produce the correct amount of stomach acid. "Terraforming" refers to the 3-4 month period where we are rebuilding our gut microbiome so life can thrive. Over time, our immunity and brain health thrive.

Maintaining: The 80/20 Plan

In order to maintain great gut health, we use the 80/20 plan, which means eating clean 80% of the time. The 80/20 balance will continue to terraform and build a healthy atmosphere for our body to thrive. We are in a world of rampant food sensitivities, and this type of program helps us acquire the skills for our bodies to reset and adapt.

Success Stories

Hashimoto's disease is an autoimmune disease that is affecting a striking number of people. Through this gut health reset, a woman in Australia who struggled with Hashimoto's for years is now in remission and has energy levels she had never experienced, even ten years earlier. Another person suffered from alopecia and simply resetting his gut stopped his alopecia, and his hair came back naturally and easily.

Listener Question:

How do I keep from overeating at dinner and ruining the progress I've made all day?

Eat by the clock, every 4-6 hours. Start the day with a shake because it gives you the protein, fat, and fiber to keep you satiated for 4-6 hours. Try a [Chocolate Mint All-In-One Protein Bar](#) or [Dark Chocolate Coconut Fiber Bar](#) on your way home. It should satiate you and take the edge off. Have tea or a sparkling water with lime while you cook – don't stand and eat! You can also try water, lemon juice, glutamine powder, and chia seeds as a fiber-rich beverage to sustain you while you cook. Lastly, journal! If we keep a journal, we are aware of exactly what we are putting in our mouths.

Please review us on [Stitcher](#) and [iTunes](#)! And, if you haven't already, **SUBSCRIBE!**

Christa Orecchio Healing Gut Inflammation PODCAST SHOWNOTES

As always, remember:

You are worthy. Dare to live a life that matters.

© Copyright 2016 JJ Virgin & Associates, Inc. All rights reserved.

The contents of The Virgin Diet Lifestyle Show podcast is for your personal use only and are subject to the Terms And Conditions at www.jjvirgin.com.

The recipes have not been reviewed or approved by any government, healthcare organizations or physician. Recipes must be prepared according to provided instructions. Consult your primary health care provider with any related questions concerning your personal nutrition and fitness needs and the suitability of any recipes in light of your personal physical condition and circumstances.

JJ Virgin and JJVA assumes no responsibility for errors or omissions that may appear in this publication. While all attempts have been made to verify information provided in this publication, neither the Authors nor the Publisher assume any responsibility for errors, inaccuracies or omissions.

Neither JJ Virgin nor JJVA render medical advice.

These show notes and podcast offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read in this book. The use of any information is solely at your own risk.

This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes.