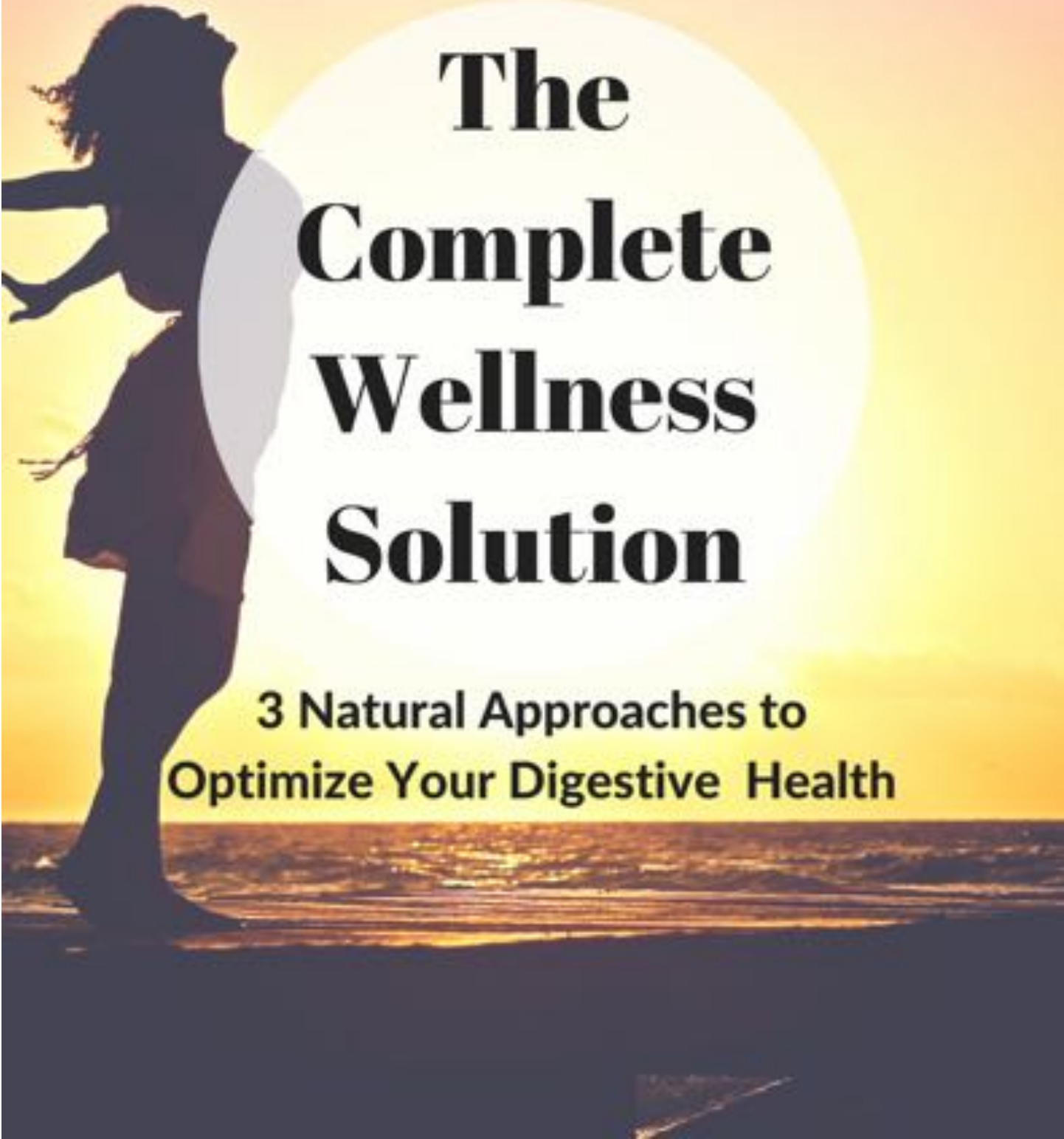


Health Report by Nicole Klughers, ND, PharmD, MSAc

The background of the entire page is a sunset over the ocean. On the left side, there is a dark silhouette of a person in a yoga pose, with one leg raised and arms extended. A large, semi-transparent white circle is positioned in the center of the image, behind the main title text.

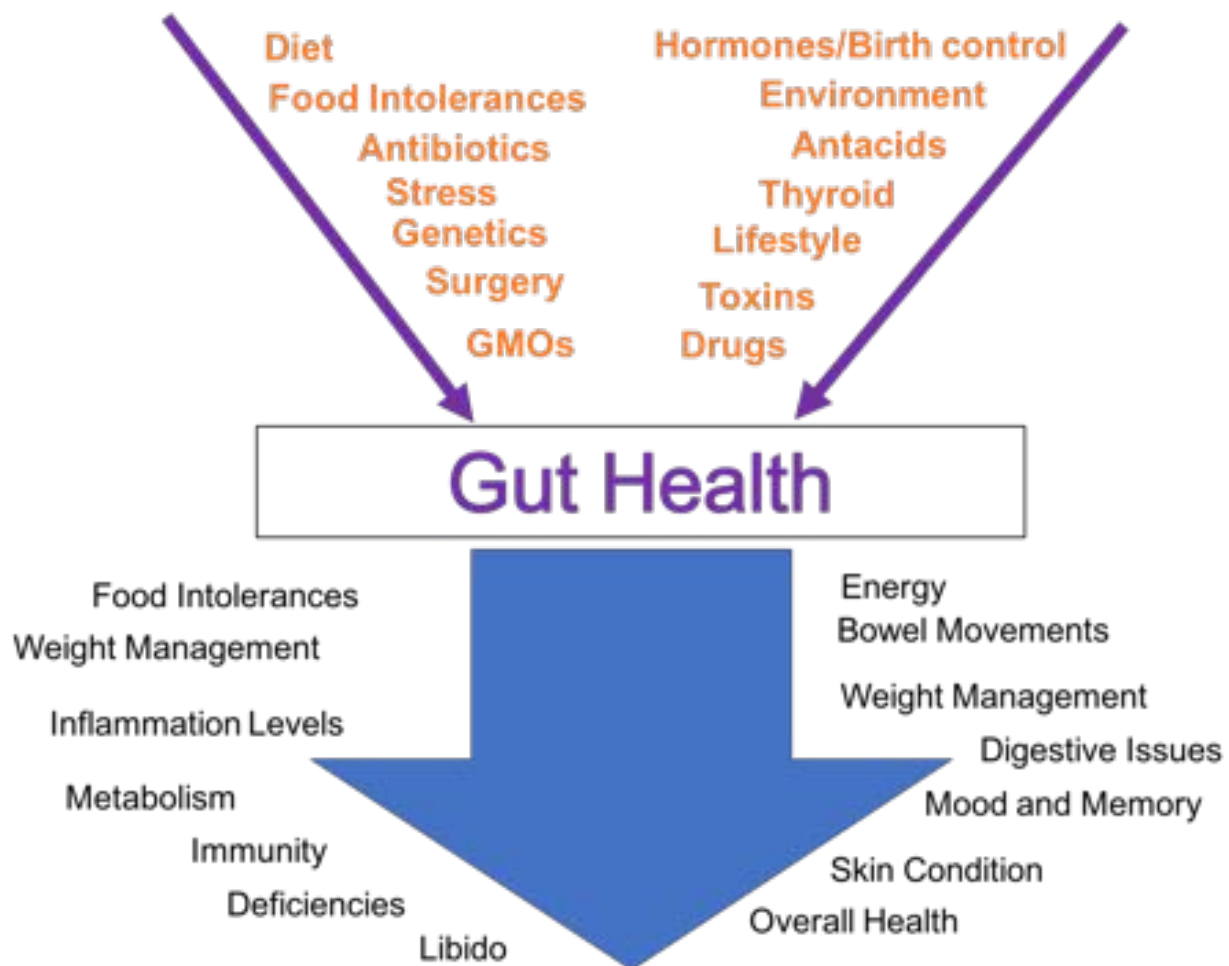
The Complete Wellness Solution

**3 Natural Approaches to
Optimize Your Digestive Health**

Welcome,

You're probably here because you're looking for a better quality of life by achieving maximal wellness. Whether its fatigue, weight gain, low mood, skin conditions, hormonal imbalances, auto-immunity, sleep issues, or bodily pain, it is very likely you are experiencing symptoms that are related to your digestive health. Good health starts in the gut and luckily there are natural ways to heal the root cause of your health concerns without unwanted side effects.

As a naturopathic physician, acupuncture specialist and former pharmacist, I understand how total wellness and vitality is only achieved when all health influences are taken into consideration. Check out the diagram below for a glimpse of the many factors affecting your gut health and the consequences this can have on your overall state of wellbeing.



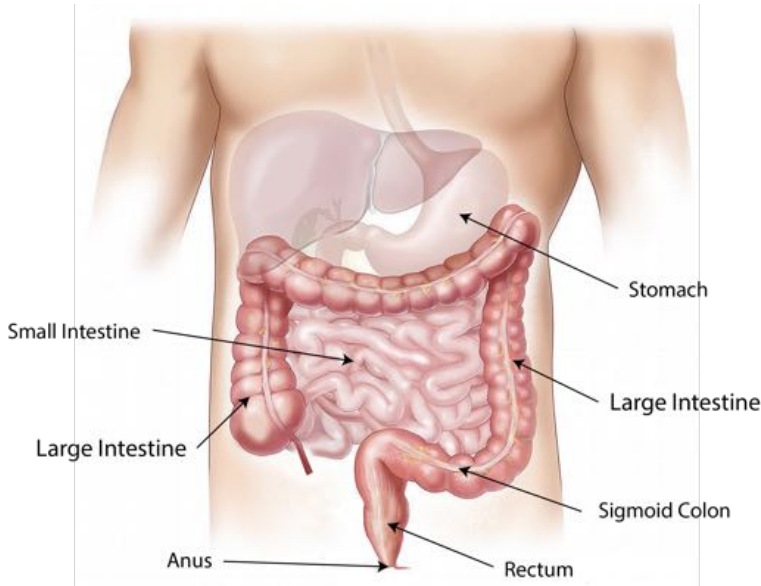
In this report, I will give you **three all natural ways to approach digestive health** that will get you on your way to **being symptom-free with a greater sense of wellbeing.** These three powerful and all natural ways to revive your digestive health include:

- 1.** Mindful Eating
- 2.** Digestive Qigong
- 3.** 4R's Approach

Utilizing these approaches has helped my patients with chronic conditions such as fatigue, constipation, diabetes, anxiety, sinusitis, hypothyroidism, acne, psoriasis, weight gain and arthritis. Rest assured, you've come to the right place... and there are very successful, all-natural solutions to restore your health and reclaim a life of energy, balance, and happiness.



First, let's get an overview of the what's happening in the digestive process...



You may have heard the saying “you are what you eat.” This is completely true. And in fact, **“you are what you digest, absorb and assimilate.”** Nutrients attained from food are required for the healthy functioning of all bodily systems. Energy production, hormone synthesis, immune system operation, muscle tone and so many other processes require nutrients derived from the digestive process.

5 Stages of the Digestive Process

| | |
|----------------------|---|
| 1. Ingest | Taking food into the mouth. Start to break down food with chewing and enzymes from salivary glands until able to swallow and send downwards into the digestive tract. |
| 2. Digest | Mechanical and chemical breakdown of food materials continues in stomach and small intestine with acids, bile and digestive enzymes. |
| 3. Absorb | Most absorption occurs in the small intestine where digested foods are absorbed through the intestinal wall into the blood and lymph fluids of the body. |
| 4. Assimilate | Nutrients are taken into the cells of the body after digested foods and liquids are absorbed. |
| 5. Eliminate | Removal of unwanted waste is the major role of the large intestine. It is here that toxins are excreted from the body from the blood, liver, kidneys, hormones or substances. |

1. MINDFUL EATING

What is Mindful Eating?

Since the first step of the digestive process is ingestion, digestive health starts with mindful eating. **Mindful eating** is the practice of hearing what our body is telling us about hunger and satisfaction. This allows us to become aware of what part of our mind/body/spirit complex is hungry, and therefore helps us take a closer look within to know how and what is best to nourish ourselves.



Tips for Mindful Eating:

- **Intention** – Eat with the intention of **caring** for yourself.
- **Attention** – Eat with the attention necessary for **noticing and enjoying your food** and its effects on your body.
- **Mindful Check-in** – Before grabbing food or snack, ask yourself if you are eating because you are bored, upset, frustrated, lonely or anxious. If so, delay eating, have a large glass of water and practice some deep belly breathing or free writing (write down everything/anything coming up for you for 5 minutes on a piece of paper with no self-judgement, then rip it up and toss it!) Checking in with ourselves helps to decrease emotional eating which often leads to making food choices that do not nourish our bodies and puts food into the body when we are not in the state to best utilize its nutrition.
- **Know your food** – Being mindful of ingredients, reading labels, understanding how and where your food came from and being thankful for it.
- **Eat slowly** – Chewing food thoroughly before swallowing allows for maximal absorption of nutrients.
- **Savor the experience** – notice the texture, flavor, aroma and colors of the foods that are nourishing your body.
- **In a relaxed environment** – eat in a quiet place without distractions such as the phone/tablet/TV/computer to help bring yourself into a parasympathetic state which is necessary for proper digestion. Light, calming music is also appropriate. Distractions keep our body in the sympathetic mode, also known as “fight or flight” and will decrease your ability to adequately digest, assimilate and absorb nutrients from your food. It will also affect bowel transit and bowel movements.



2. DIGESTIVE QIGONG PRACTICE



What is Qigong?

Qigong is an ancient Chinese form of healing that integrates subtle physical movements, breathing techniques and focused intention.

Steps for Digestive Qigong:

- Place **both hands** below your navel and take **three deep breaths**.
- **Inhale & exhale** as deep as you can and move your hands in a **circular motion** covering your entire abdomen. **Inhale as you go up** toward the top center of the abdomen, below the ribs (12'oclock) and **exhale as you go towards below your navel** (6'oclock).
- The circular movement and breathing practice is repeated 36 times.
- The 36 circular movements are done **clockwise** if you tend to have constipation or difficulty in defecation. If you tend toward diarrhea and loose stool, then the movements are always done **counterclockwise**.

- **Massaging the acupuncture points in the ear** also assist the Qigong practice. There are points in the ears which regulate the digestive powers and circulation throughout the entire body. Spend several minutes massaging each ear. Once ears are warm or slightly flushed, close your eyes and place hands on top of one another, and rest them on your lower abdomen.
- **Focus on your breath** and the rising and falling of the abdomen with each breath. It is common that many adults only breath “into our chest” and don’t allow our breath to come past the diaphragm into the abdomen. Let your belly become big with each inhale which allows for more oxygenation of all the organs in your digestive system.



This practice is best to do first thing in the morning or right before you go to sleep. You can alternate each day with clockwise and counterclockwise circular movement to help regulate your digestion. The combination of the deep breathing and light pressure on the abdomen will help with improving your digestive as well as bowel function.

In traditional Chinese medicine, the lungs and the large intestine have an important relationship. These organs represent the Yin and Yang balance of the Metal element which is said to influence our physical strength, mental determination, and resistance to illness. Deep breathing down into your abdomen helps connect your lungs and large intestine as well as improves their overall function. Respiration and bowel health are instrumental in a strong immune system.

3. 4R'S APPROACH:

Remove.

Repair.

Repopulate.

Restore.



The naturopathic 4R's approach involves several steps and the specific treatments used will vary for each individual. Firstly, **remove the stressors** causing inflammation and damage to the gut such as food allergens or yeast overgrowth. Each person will have different stressors that need to be addressed. Then, **replace materials** required for optimal digestion such as digestive enzymes and **re-populate the proper gut flora** with probiotics. Finally, **repair the structures and functioning** of the entire digestive tract from mouth to colon with nutrition. Read along to learn more details about each of these steps in restoring optimal gut function and thereby overall health.

REMOVE → Remove the stressors causing inflammation and damage to the gut.

- **Remove Stress** – Eating mindfully in relaxed environment with focus on proper chewing and regularly scheduled meals. Eat until you feel almost full, or 80%, to avoid overeating which places great stress on the digestive system.
- **Remove Foods** – Avoid foods allergens, food sensitivities, and food intolerances.



- **Testing:** IgG/IgE food sensitivity panel using blood sample.
- **Most common irritants:** wheat, dairy, soy, corn, processed foods, GMO foods.
- **Treat:** Elimination diet is done by removing foods that are causing inflammatory immune response as determined by testing and symptoms. Depending on the body's response, removal of certain foods may be temporary or long term.

- **Remove Substances** – Avoid alcohol, refined sugar, cigarettes, coffee, soda, and processed foods.
- **Remove Heavy Metals** – Toxic metal exposure causes digestive distress and reduced ability to assimilate nutrients. Toxic metals include aluminum, mercury, lead, cadmium, arsenic, nickel.
 - **Testing:** essential elements and toxic exposure analysis.
 - **Treatment:** depends on results of testing – garlic, chlorella, spirulina, cilantro, milk thistle, flax and chia seeds, vitamin C and sauna therapy. May also need to supplement with minerals if deficiency detected.





- **Remove Overgrowth** – get rid of unwanted or pathogenic bacteria, yeast, fungus, parasites and viruses.
 - **Testing:** comprehensive microbiology stool analysis, HSV & EBV titers, antibodies to bacteria or parasites, h.pylori antigens, hydrogen breath test.
 - **Treat:** Depending on results found in testing and what is out of balance in the gut will determine which herbs to use. Different herbs have different properties such as anti-bacterial, anti-parasitic, anti-viral or immune-modulating.
 - Some herbs and natural products that may be used include: **berberine, artemesia (wormwood), barberry, black walnut, cats claw, pumpkin seed, oil of oregano, coconut oil, monolaurin.**
 - **Grape seed extract** – modulates gut microbiota, generates SCFA's and has some prebiotic effect.
 - **Curcumin** – prevents intestinal permeability caused by bacteria.
 - **Green tea extract** – reduces harmful effects which intestinal bacteria can have on the brain and polyphenols improve beneficial bacteria growth.

REPLACE→ Replace nutrients and compounds required for optimal digestion.

- **Replace foods to balance pH** – The acid/base balance aids in proper digestion and assimilation. Many digestive disorders are caused by an overly acidic environment in the intestinal tract where harmful bacteria thrive. Acidity also affects the immune, nervous, circulatory, muscular systems and more.
 - **Reduce acidity:** A plant based diet high in leafy greens and fresh fruits will keep a more alkaline environment in the intestines.
- **Avoid drinking fluids** within 1 hour before and after eating meals. Extra fluids dilute digestive acids and enzymes. Limit fluids to 2oz if needed.
- **Digestive bitters** – wormwood, dandelion, gentian, 15 drops taken before each meal.



- **Digestive aids** – i.e. betaine HCL, pepsin, pancreatic enzymes, digestive enzymes as needed.
 - **Raw, organic, apple cider vinegar** – 1 tablespoon in 16oz of purified water each morning and 1 teaspoon in 2oz of water before each meal.
 - **Fresh lemon water** – squeeze half of a lemon into 16oz of purified water each morning. Squeeze a slice of lemon in 2oz of water before each meal.



REPOPULATE → Re-populate and re-establish gut flora.

Repopulation involves supplying healthy bacteria and yeast microorganisms to the gut. These microorganisms are known as **pro-biotics** meaning **beneficial-living-organisms** which are necessary for optimal gut function. Probiotics are needed to protect against dangerous infections in the gut and also regulate immune responses throughout the body. They aid in reducing inflammation and promote the proper integrity of the intestinal lining.



- **Exercise** – Regular exercise helps to improve balance of your gut bacteria and provides you with other health benefits such as increased circulatory blood flow to your digestive organs and entire body as well as decreased risk of cardiovascular disease and diabetes.

- **Fermented foods** – Probiotics found in fermented foods have formed a vital part of Mediterranean and Middle Eastern diets for thousands of years and are known to decrease rates of chronic, age-related diseases. Include in diet daily to ensure a healthy gut environment.

- **Examples:** kimchi, sauerkraut, kombucha, kefir, raw apple cider vinegar, tamari, raw dairy plain yogurt, non-dairy plain yogurt (coconut, almond, rice), fermented vegetable, miso, tempeh (use NON-GMO soy only).

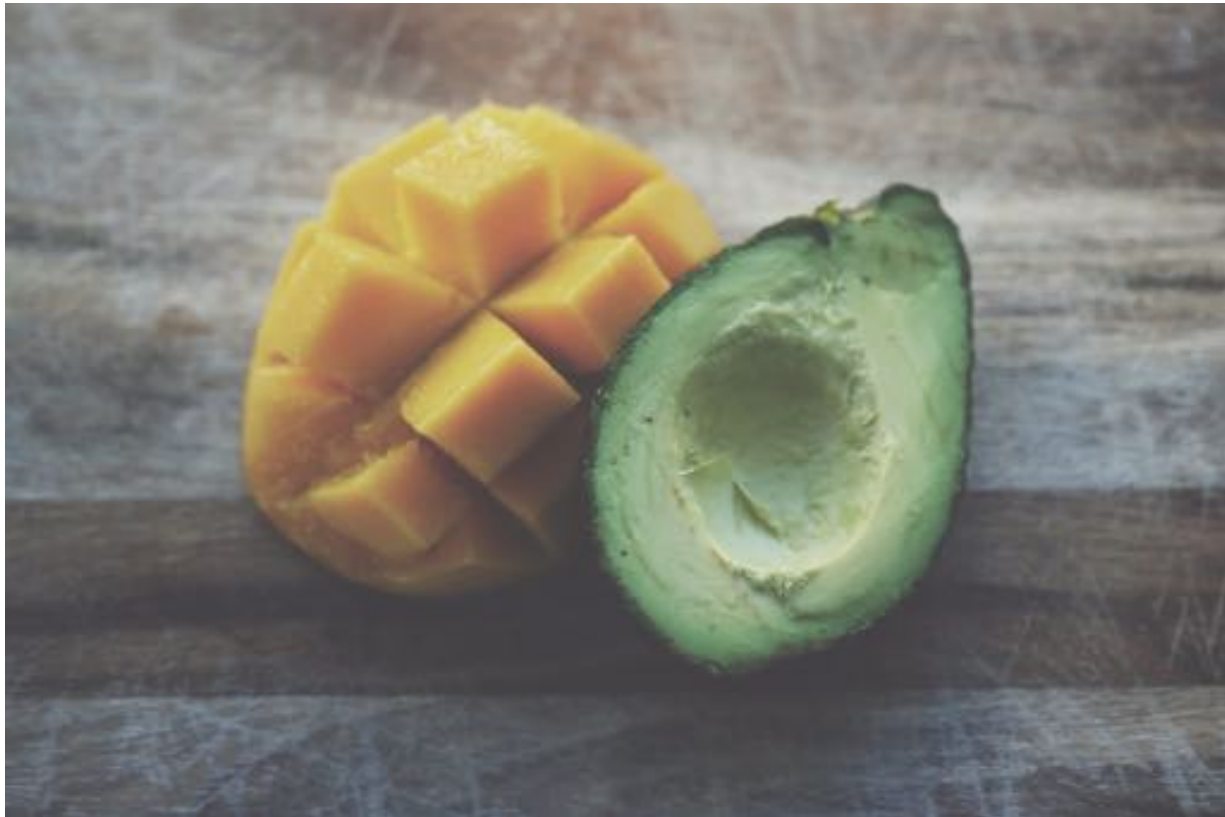


- **Probiotic** – Supplement as needed according to stool analysis and your health history. There are many different beneficial bacteria and yeasts which are necessary for healthy digestive function that are available in capsule or powder form.



- i.e. *Lactobacillus acidophilus*, *bifidobacteria bifidum*, *saccharomyces boulardii*
- May need single strain or combination of strains. Dosages can range from 5 billion CFU to 100 billion CFU daily depending on the individual. High-quality, active probiotics are stored in the refrigerator.

- **Add pre-biotics** to diet to nourish growth of good bacteria. Prebiotics feed the probiotics and are good sources of fiber to promote regular bowel movements.
 - Prebiotic Foods: Honey, garlic, leeks, dandelion root and greens, asparagus, burdock, artichoke, chicory, flaxseed, psyllium, navy beans, fennel, lentil, garbanzo bean (chick pea).



- **Food combining** for optimal digestion and absorption.
 - Eat animal protein with leafy vegetables only (not with grains or starches).
 - Eat grains and starches with leafy vegetables.
 - Eat fruits alone, eat melons separate from all other foods.



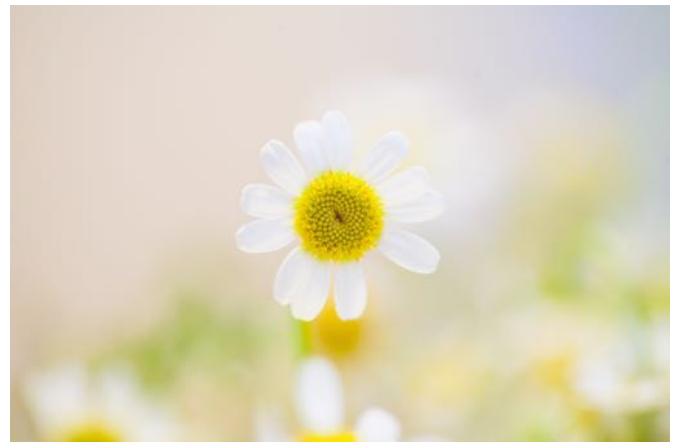
REPAIR→ Repair the structures and functioning of the entire digestive tract from mouth to rectum.

- **Hydration:** Goal is to drink half your body weight in ounces of water for adequate hydration. This is necessary for proper transport of nutrients needed for repair as well as elimination of waste and regular bowel movements.
- **Plant-based nutrition rich in whole foods:** A plant-based diet is high in vegetables, fruits, seeds and involves having half your plate filled with vegetables at each meal.





- **Super foods for the GUT:** Fermented foods, prebiotic foods (see mentioned fermented and prebiotic foods in Repopulate section above), kiwi, lemon, garlic and chamomile.
- **Zinc:** Necessary for intestinal cell repair. Zinc is found in pumpkin seeds, spinach, asparagus, shiitake and crimini mushrooms.
- **Vitamin A:** Necessary for mucosal integrity and immune system in digestive tract. Vitamin A is found in orange and yellow vegetables and roots such as pumpkin, carrot, turmeric and sweet potato.
- **Stomach:** Demulcents are herbs which have mucilaginous (jelly-like) properties to soothe and heal stomach lining and reduce irritation throughout the intestines. Demulcents are found in marshmallow root, licorice root/DGL, slippery elm, chamomile, okra, raw honey, corn silk, comfrey and couch grass.



- **Small & Large Intestine:**
 - **Butyrate** repairs intestinal epithelial cells. Butyrate is found in ghee, legumes, apple, kiwi.
 - **Glutamine** seals tight junctions in intestines, decreases permeability (leakiness) of the intestinal lining. Glutamine is found in bone broth, grass-fed bison, spirulina, cabbage, broccoli, venison and asparagus.
- **Liver:** Proper liver detoxification is essential for a healthy body and improved digestion. The liver processes blood from the digestive tract and removes toxic substances and excess hormones before the blood cycles out back into the rest of the body.
 - Enhance liver detoxification processes with compounds found in **milk thistle, dandelion, burdock, garlic, lemon, turmeric, beet root, radish, ginger root, glutathione, NAC, methionine.**





- **Adrenals:** Adrenal glands release stress hormones which are major contributors to gut issues and disease. Regulate cortisol and stress response with adaptogen herbs, adrenal glandulars, breathing exercises, meditation, restful 7-8 hours of sleep per night.
- **Thyroid:** An underactive thyroid will result in suboptimal digestive processes. Optimize thyroid function by including sea vegetables (seaveg.com), thyroid glandulars, thyroid cofactor support and avoiding wheat flour which inhibits the thyroid.
- **Repair is a long term process** – May take up to 6 months.
 - **Testing:** Nutritional deficiencies, amino acids, minerals, vitamins, fatty acids, organic acids, assess organ function (kidney, liver, thyroid, adrenal, etc).
 - **Treatment:** Use food as medicine. Acupuncture aids in repairing and optimizing structures and functions of digestion. Deficiencies may require supplementation with nutrients such as zinc, vitamin A, B complex, Omega-3/6, iron, magnesium, selenium, chromium, SCFA, glutamine and others.

FREQUENTLY ASKED QUESTIONS

Q. How long does it take to get results?

A. Patients who implement these approaches often feel a shift in their sense of wellbeing within the same day and I've heard patients report feeling "lighter," decreased bloating, more energy or more regularly bowel movements. For chronic health conditions that patients have been suffering from for a prolonged period of time, it can take weeks to months to treat the underlying causes of their symptoms. Even so, these results are long term and allow for natural restoration of health and in some cases this requires more time than typically allowed for a "quick-fix" solution.

Q. Why should I see you as my practitioner?

A. My approach places emphasis on self-care, lifestyle and nutritional recommendations. This helps to inspire and empower you to take care of yourself in a way that creates long lasting transformation of your health and wellbeing. Patients choose to see me as their naturopathic physician when they are seeking a someone who has a strong understanding of both modern science and all natural, effective approaches to healing.

I understand what it takes to transform habits and keep an open-mind to modify each treatment plan to support patients in achieving their highest state of health with the most ease. Specializing in acupuncture helps the efficacy of treatment plans and my patients often choose to see me for acupuncture because I can offer them further advice regarding their nutrition and lifestyle.

Being a doctor of pharmacy has allowed me to have a strong understanding of biomedical sciences and the appropriate uses of pharmaceutical drugs, but also knowing their limitations. Many of my patients come to me on medications and know that I will be able to determine what nutrient deficiencies need to be assessed as a result of their medications.



Q. What are other patients saying?

A. Some comments I've heard from my patients today include:

"I like the sound of this plan, it just makes sense."

"I've never understood how much is happening in my body until now."

"I haven't had such a thorough physical exam since my internist in the 70s."

Some testimonials:

"Very informative, caring and personalized care in a serene, welcoming environment; nurturing for the body, mind and spirit." - Marion T.

"I went to Dr. Klughers for acupuncture to help some health concerns I am having. She knew exactly what to do and I was feeling better as quickly as during the session! If you are looking for a new Naturopathic doctor or acupuncturist I highly recommend her!" - Sarah S.

"Dr. Nicole is smart, kind, and really cares about her patients. She dedicates her time to her patients. I don't feel as though I'm being rushed in and out of her office like many other physicians do. She was thorough with her exams and how she plans to improve an illness/symptoms. And she is always available to discuss any questions or concerns that sometimes come to mind after a visit." - Kaitlin Z.

"Dr. Nicole Klughers cares for you like she cares for herself. She is very insightful and informative. In my experience, Dr. Nicole guides you to make decisions for yourself that benefit your wellness and well being. Super DR. Super woman! It's really nice to have a doctor who practices what she preaches." - Ashley A.

"I wanted to thank you for all your comfort and support through that very hard emotional time. You were a great support and I so appreciated it. You are a wonderful doctor." - L.S.

"Nicole is a very special woman. Not only is she dedicated to healing people but she is passionately living a vibrant and conscious life. Nicole is all about finding natural ways to help: cure bodily ailments, alleviate human impacts on the environment and spread love everywhere she goes. She is an excellent problem solver and faces challenges with poise and determination." - Sarah P.



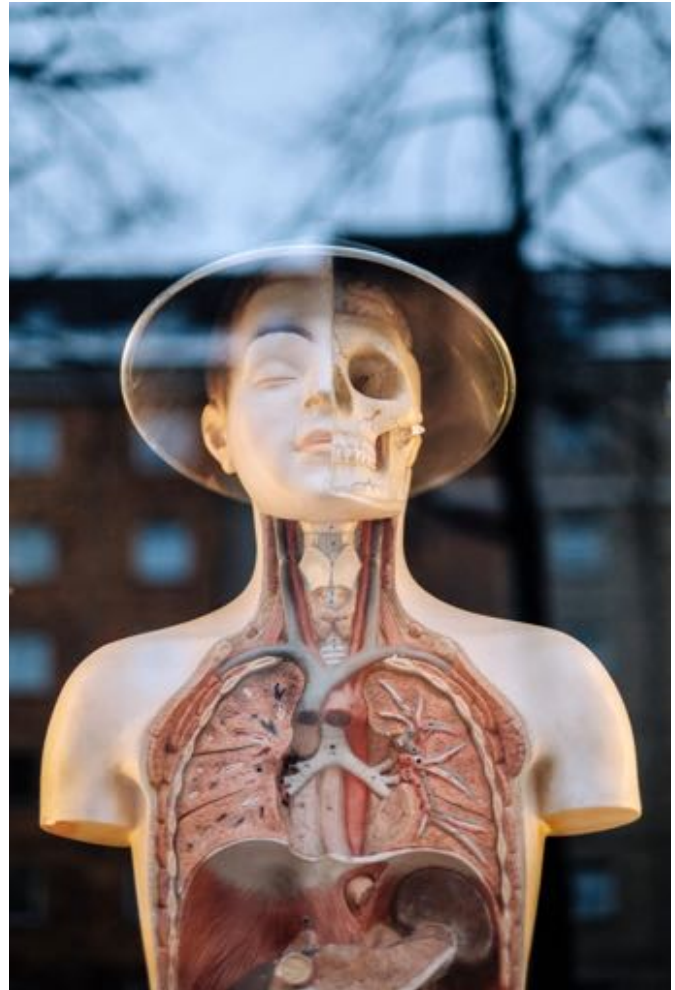
Q. What can I expect when I start this process?

A. When you start to make positive additions to your health you can expect an exciting journey ahead of you. At times change may feel uneasy, and it is important to take this journey one step at a time. Even subtle adjustments have long lasting benefits. A patient of mine recently lost 15 pounds in 2 months with weekly acupuncture treatments and the addition of a few nutritional recommendations. She was shocked with these results because she noticed drastic changes to her life were not necessary to achieve them. This is because her treatment was focused on all the beneficial ways to support her metabolism and overall health. For more information on what to expect at your first visit you can check out drnicoleklughers.com/visit.

Q. Is it expensive?

A. If you take a step back and take a broader view, you'll see that the cost of being and staying sick is far greater than the cost of care. Your decision to invest in self-care provides great savings for your quality of life and mental wellbeing. These are powerful contributors to your future income earning potential and significantly increase satisfaction in relationships and life and overall happiness.

I've coached plenty of patients on the process of eating a nutritious diet while on a budget and utilize food as medicine to decrease the need for extra expenses on supplements. I offer naturopathic care programs which make the costs of visits practical and promote preventative medicine, decreasing your future risk of illness and therefore preventing excessive future expenses on healthcare.



LET'S SUM THINGS UP

So there you have it, **The Complete Wellness Solution** providing you three all natural approaches to optimize your digestive health. With mindful eating, Qigong, acupuncture and naturopathic care, you have many paths that will lead you to a greater state of physical and emotional health. Consult your naturopathic physician for personalized guidance through the 4R's approach as it is most effective when testing is utilized and the process is adjusted depending on your particular health status.

I've now shared some simple yet tremendously powerful self-care tips with you that will help you to optimize your digestive health and therefore overall wellness. Many of us are conditioned to procrastinate when it comes to taking care of ourselves. I'd like to applaud you for taking the time to read through this report and prioritizing yourself. There is nothing more important than self-love to optimize your quality of life.

What I advise against – I recommend that you don't leave this report and go about your regular routine without implementing anything at all. It may seem easier to just file all this information away without "doing" anything about it. Believe it or not, even the smallest additions and adjustments make a difference when it comes to natural healing. Consistency is key to achieving results. **Transformation comes through action and every journey always starts with the first small step.**

I'd like to invite you to take two small steps right now:

1. Like my Facebook fan page where you will find loads of inspiring and informative health and wellness tips. Visit facebook.com/drnicoleklughers.
2. Contact me within 1 week of downloading this report to receive a free 15 minute in-office consultation. This can also be done by phone but often times I have found that meeting in person helps to determine if I am the right fit to best help you. During this consultation I will gain a little more understanding about your health concerns and wellness goals and give you feedback as to how I plan to support you. You can email me at drnicoleklughers@gmail.com or call my office at (234) 2-ACU-DOC. Just mention the Complete Wellness Solution report and we can arrange a time that works best for you to come in or call.

I look forward to hearing from you and supporting you on your journey to total life wellness.

Take care and be well,

- Dr. Nicole 😊

Nicole Klughers, ND, PharmD, MSAc



I'm a licensed naturopathic physician, acupuncture specialist, founder of Vis Wellness Center, nature lover, educator and life enthusiast. My path in healthcare started when I was 14 years old working in a small-town pharmacy where I grew up in Long Island, NY. I admired how the pharmacist spent his time counseling and educating patients. At that point, I did not want to be a doctor because I felt that most doctors did not spend enough time with people. I considered the pharmacist to be the last point of contact able to make a difference for an individual's health.

Eager to help others, I decided to become a pharmacist and earned a Doctor of Pharmacy degree to do so. Being trained as a pharmacist and exposed to the inner workings of conventional medical care allowed me to fully recognize that pharmacy was not the way I wanted to help people. I felt like something was missing in the way care was provided to patients.

Through my own self-discovery and growth, I later realized that I needed provide health care with a different approach that allowed for holistic and natural healing. It wasn't until I discovered naturopathic medicine that I finally was able to experience a deep sense of relief and peace about my future. It was **exactly** how I wanted to help others. Becoming a naturopathic physician has allowed me to help people with a strong sense of honor, passion and pride which I was lacking when dispensing medications all day. I am now confident that I am supporting individuals to truly heal by addressing the root cause of illness and thereby restoring health.

In efforts to create a healthier, sustainable, more aware and joyful world, I love to get out into the local community and teach classes and workshops. Individuals I work with become empowered to take their health into their own hands and are ready to feel like the best version of themselves, like they deserve to!

I have an open mind and an open heart with an enthusiastic, optimistic and innovative outlook on life. I enjoy being active outdoors, submersing myself amidst various arts and world cultures and preparing wholesome, healthy meals to enjoy with family and friends.

