

Transforming Autism Workshop 2.0: A Live, Interactive Event



12 Strategies to Improve Gut Health

By Luminara Serdar



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STRATEGY	NOTES
<p data-bbox="62 533 183 657">1</p> <p data-bbox="271 564 539 596">Colon Massage</p> 	<p data-bbox="651 608 2040 788">This physical colon massage moves the tissues that may constrict flow through the colon. Work counter-clockwise around the colon and then back clockwise to complete the massage. Don't be surprised if you child runs to the bathroom afterward, or has a bowel movement by the next morning!</p>
<p data-bbox="53 888 179 1013">2</p> <p data-bbox="248 1048 562 1080">Drink More Water</p> 	<p data-bbox="651 948 1653 979">Drink purified or distilled water according to the child's age:</p> <ul data-bbox="674 1043 1839 1417" style="list-style-type: none"> <li data-bbox="674 1043 1839 1129">• Kids under 4 should drink at least 1 8-ounce cup per age of the child (1 cup for a 1-year-old, 2 cups for a 2-year-old, etc.) <li data-bbox="674 1193 1491 1225">• Kids age 4-8 should drink about 5 cups per day <li data-bbox="674 1289 1216 1321">• Kids age 9-13, 7-8 cups per day <li data-bbox="674 1385 1211 1417">• Kids age 14-18, 10 cups per day

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Castor Oil



Placed over the body, typically the liver and abdomen. A castor oil pack helps the body and organs to relax, releasing toxins that are eliminated in the stool.

You can also give your child a teaspoon of castor oil orally. Make sure it's organic!

4

Bone Broth



Not only is bone broth easy to digest, with anti-inflammatory effects, the collagen protein in bone broth helps rebuild the tissue that lines the gastrointestinal tract.

5

Probiotic



Probiotics introduce potentially missing or low levels of healthy microbes into the intestines where they help digest food, provide chemicals to build good neurotransmitters and make essential vitamins for the body.

6

Bowel Mover



Herbs from the 5000 year old Ayurvedic system of medicine help normalize bowel movements. Both helping with constipation as well as alternating diarrhea or constipation. It helps poop look like the well-formed log it should be.

To order from CellCore, create an account using Luminara's practitioner code: **WGGDK83P**.

**Avoid if allergic to walnuts*

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Biotoxin Binder



Some of this binder stays in the gut to capture toxins from microbes.

Some of it crosses out of the gut and into body cells to mop up pathogen toxins throughout the body.

Significant decreases in anxiety and moodiness may be observed within 30 minutes.

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Chlorella Binder



Chlorella is an excellent binder for heavy metals, taking the burden off the kidneys by keeping the metals in the gut to exit through the stool instead of urine.

9

Natural Calm Magnesium



This product is easily found in health food stores. Magnesium citrate helps muscles of the intestines to better move matter through.

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Oxy Powder



Ozonated magnesium hydroxide in this product gets bowels moving and scrubs the intestines clean from the inside.

11

Aloe Vera Juice, Whole Leaf



Aloe vera has anti-inflammatory properties, helps digestion, encourages digestive bacteria and discourages yeast growth, is anti-viral and contains laxative compounds.

12

Enemas



Enemas help to clear out impacted or congested bowels.

You can use a saline solution, essentially just water (warm it up first).

After using a saline water enema, you can graduate to a coffee enema using organic coffee. Put up the rectum, the coffee stimulates the liver to release bile and the caffeine should not make your child hyper.

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