

Dr. Nancy: Okay, hi everybody. Welcome to Wednesday's Dr. Nancy live. Don't forget today's Administrative Professionals Day. I'm going to take the girls out after our Facebook live today to take them to lunch, but I had totally forgot about it until I went to Kroger this morning to get a Starbucks and I saw all these flowers. I was like, oh no! So, don't forget, I love my staff I have great staff, both locations. So if you have administrative help wish them well today.

Dr. Nancy: So today we have a special guest, Heidi Straub. Heidi's a Holistic Health Coach and she's got some really interesting things to talk about with us today. I want to go ahead and welcome her, and tell us a little bit about yourself Heidi.

Heidi Straub: Thank you, thank you for having me.

Heidi Straub: I am, as you said, a Holistic Health Coach and in that arena I primarily focus on the mind-body connection, but I also do work under the title of Advanced Digestive Health Practitioner and in that area what I do is help people learn how to talk to their bodies.

Heidi Straub: So, what I have learned is that our bodies are always talking to us. We just don't necessarily speak the language and when you can start to interpret, as you know right with the work you do to start to interpret the messages the body's sending you then you can give it what it's asking for and what it needs and symptoms just go away.

Dr. Nancy: Right. So, how did you get into this?

Heidi Straub: Actually it was through a common connection. I learned about this from someone who does thermography so I am a believer in trying to get as much information as early as possible and to be proactive in my health.

Heidi Straub: And so, you know thermography for people who understand, this is a leader indicator. Mammography is a lagging indicator. If you do thermography and you see what's going on inside the body before you get to the point of the disease or diagnosis, you can make lifestyle interventions that will prevent you from ever having something progress to the point where it would show up in a mammogram. And that's what we can do in the digestive health arena too.

Dr. Nancy: Great. So let's dive into the digestive health. What does that mean?

Heidi Straub: Okay. Well first of all there's three things I want people to walk away with in terms of takeaways. Number one is we've all heard the saying, you are what you eat correct?

Dr. Nancy: Yes.

Heidi Straub: The truth is, you are what you digest 'cause if you're not digesting it you can't absorb it and so it's more than just you are what you eat. It's we are what we digest.

Heidi Straub: The second thing I want people to take away is again something you know well, just because something is common doesn't mean it's normal for the body, right?

Dr. Nancy: Right.

Heidi Straub: You've probably had people who've come to see you for persistent chronic constipation and their Doctor's have said that's just your normal, you're not gonna have a bowel movement but once or twice a week.

Heidi Straub: That is not normal, right?

Dr. Nancy: Right.

Heidi Straub: The third take away then is what works for the men in our lives isn't necessarily going to work for us, and women-

Dr. Nancy: I found that very interesting.

Heidi Straub: Yes! And the needs of women are different and I keep having to reiterate this to my husband. The diet that's working for you, the approach that's working for you, isn't necessarily going to work for me.

Heidi Straub: Having a harder time getting that to sink in to him that it did to me. So those are the three key things I want to reiterate to people throughout the presentation. When we're talking about digestion what we're talking about is your ability to literally break down things that you're eating into the substances that are usable to the organs of your body.

Dr. Nancy: Right. So they absorb through the intestines and give us the fuel that we need.

Heidi Straub: Exactly. Exactly. And that begins with chewing, right?

Dr. Nancy: That's right.

Heidi Straub: The digestion piece really begins in the mouth.

Dr. Nancy: Yes. We all heard our moms say you should chew 32 times or something? Well at least back in my day.

Heidi Straub: Right. And most people, women included, especially moms who are trying to manage a bunch of things and little ones that don't sit still at the table for very long, they're not chewing their food. Mom isn't eating mindfully. Mom isn't

chewing her food thoroughly. And so you're really putting the rest of the digestive system at a disadvantage.

Dr. Nancy: So step number one, chew your food.

Heidi Straub: Step number one is chew your food, that's right.

Dr. Nancy: Okay. And then chew it to what, til it's like a liquid consistency?

Heidi Straub: You know, it's a joke that I chew my food for so long. Even I can't get it to the point where it's the consistency of cake batter, which is what good would look like, but-

Dr. Nancy: Yeah.

Heidi Straub: It's really tough.

Heidi Straub: It's definitely more than I chew it a few times and I think I can get it down without gagging on it so I'm going to go ahead and swallow it. Yeah.

Dr. Nancy: Awesome. Then what's next?

Heidi Straub: So, we are what we digest, but of course that involves eating. So I want to start by talking a little bit about macronutrients because everybody hears all the stuff out there about micronutrients.

Heidi Straub: What I want to make sure we're all starting out with a common playing field is what are these macronutrients because everything that we're eating is going to break down into either carbohydrates, protein or fat. That's it. Okay, it's either carbs, protein or fat.

Heidi Straub: The sad reality is almost everything that's out there that's a convenience food is a carb.

Dr. Nancy: Carb.

Heidi Straub: Yeah.

Heidi Straub: All the grab and go stuff, it's carbs.

Dr. Nancy: It is.

Heidi Straub: The comfort foods, they're carbs. Right, so the reality is you're seeing a lot of patients in your office, I see a lot of people who are over consuming carbohydrates and when you experience symptoms like nausea, morning sickness, those things are often rooted in over consumption of carbohydrates.

Heidi Straub: That kidney stress, that morning sickness nausea, whether it's in the morning or all day long, for pregnant women, that's actually a sign the kidneys need extra support. So, one of the things that's often overlooked is not only what your eating, but what are you drinking? And people are drinking a lot of sugar. They're drinking a lot of carbs, and they're drinking a lot of chemicals in the things that they're drinking.

Heidi Straub: So, look at not only what you're eating but what you're drinking. Start to be very mindful of that breakdown between carbohydrates, protein and fat. And then begin to tune in to some of the signals that our body is giving us; like IT band stress. Okay, that is again another sign of you're consuming more carbohydrates than your body has the ability to produce the enzymes necessary to digest it.

Heidi Straub: Okay. So we talked a little bit about carbs. Carbs come in two buckets, you've got complex carbs and you've got simple carbs. Complex carbs are your fruits and vegetables and fiber containing things, and then the simple carbs are your sodas, your soft drinks, your juices. You know you don't have the fiber in them anymore, now it's a juice. That's a simple carb. You have your breads, pastas, cookies, cakes, crackers, those types of things. And alcohol.

Heidi Straub: Yeah, so people are always, am I going to have to give up my alcohol? I'm like, you're going to have to include it in your carb count and you're going to have to make some trade offs, right?

Dr. Nancy: Yeah.

Heidi Straub: Protein is one that we're going to spend a little but more time on because protein is so key and that's one of the differentiating factors between men and women. So, protein you've got your animal protein products but you've also got your nuts and seeds and then you have things like quinoa that is a source of protein but if you go read your quinoa label you might be surprised at how many carbs you're getting in there too.

Heidi Straub: So again you have to look at that ratio. And then the last one is fats, and often times you're going to find your proteins and your fats are packaged together. Whether that's some type of an animal protein, or it is the nuts and seeds. You're going to have protein and fat packaged together but then we have other fats like coconut oil and things like that that are extra sources of fats.

Heidi Straub: Okay, so let's go back to proteins for just a second because the interesting thing that I have learned is that the vast majority of women are walking around protein deficient at the cellular level in their body.

Dr. Nancy: I believe that.

Heidi Straub: And what's interesting is, I'm going to recommend a book here, it's not written by me, but a book I'm hoping everyone will be prompted to read and learn more about is called The Enzyme Advantage for Women by Dr. Howard Loomis.

Heidi Straub: And I am going to give you the CliffsNotes version of this book but it is worth reading because I guarantee you are going to see yourself and so many of your loved ones in this book when you read it. Light bulbs are going to go off. You're going to underline, highlight, write people's names in here. It's fantastic.

Heidi Straub: The key issue is that when we start menstruating, women, when we start menstruating, we have a monthly demand for protein that our male counterparts don't have. Okay, so protein is key for growth and repair. We're using a lot of the protein substance in our body to grow that uterine lining and then when it's no longer needed we don't reabsorb it for other purposes. It's shed from the body.

Heidi Straub: So we have a monthly demand for protein and a monthly loss of protein that our male counterparts don't have, and there in starts the slippery slope of heading down protein deficiency.

Heidi Straub: Now, one of the primary ways women will recognize this is you lose your interest in eating protein because you just don't feel good when you eat it. And the body has an amazing ability to have us eventually not want to eat what we can't digest. So, if you've lost your taste for protein chances are you're protein deficient.

Heidi Straub: Another thing I'm sure you see a lot is women who are coming in with very cold hands and feet. That's another sign of protein deficiency. And then one I know you have to be seeing a lot is constipation.

Dr. Nancy: Yes.

Heidi Straub: Because that constipation is an indication of undigested protein.

Heidi Straub: So, certainly there's the structural component to it that helps with that, and that's always my number one thing in terms of the go to for people who have kids with constipation problems is start by clearing the structure. Get them in to see their chiropractor, but also work on digestion.

Dr. Nancy: Right.

Heidi Straub: So, the one other thing I want to talk about with respect to protein before we go on is a lot of times another symptom that pregnant women will get is heartburn. When you get that heartburn they want to put you on some kind of an acid blocking drug, right?

Heidi Straub: They may tell you to take Tums. They may tell you to drink baking soda water, they may put you on either an over counter or prescription drug for blocking stomach acid. But if you do that you're turning off your ability to digest protein because you need that stomach to become acidic to kickstart the protein digestion process.

Heidi Straub: So, you can see if you're already likely to be protein deficient and then you start to experience heartburn and the solution that you're given is to do something that's going to inhibit the body's ability to create hydrochloric acid, you are accelerating that rate of protein deficiency in the body.

Dr. Nancy: I bet people didn't know that.

Heidi Straub: I know I didn't know that. I still remember calling into my OBGYN when I was 11 weeks pregnant with one of my two kids and saying, I've got this really bad heartburn which I've never had before and their answer to me was eat white foods. Eat things that are more bland.

Heidi Straub: And I described to the lady what I was eating and I said, I don't think I can get anymore white than this you know. I mean, it was so bland and I still had that indigestion and yes of course the answers I got back were some of the things that I just shared with you. No body told me what I needed to be doing to actually digest my food so I didn't have that heartburn.

Dr. Nancy: Isn't that crazy.

Heidi Straub: Okay. Another women's health issue that I want to make sure that we talk about is related to fats.

Heidi Straub: When you think of fats I want you to think of all of the hormones. So, think about women who have inability to conceive, inability to carry a pregnancy to term, inability to initiate labor on their own. The ones who have to be induced and then again, after you've delivered, inability to adequately lactate. All those things are fats issues so think fats, fats, fats.

Heidi Straub: If you're going into a pregnancy protein deficient you're ... we talked about protein being grown and repair, you're growing a baby. Your baby needs protein. You need protein. So, the time to start on all of these things is today.

Dr. Nancy: Right.

Dr. Nancy: So let's talk about people that are vegetarians.

Heidi Straub: Yeah, it can be done but it is much more difficult to do and the key thing I suggest to people who don't want to eat animal products is make sure you're looking at those ingredient labels and you're not just looking at the protein

count. But you're looking at protein relative to carbs because you can pick up protein bars. You can go to the grocery store right now and you walk down that aisle of protein bars, or protein powders and you start turning over those labels and you will see sometimes you'll have 7g of protein but 21 or more grams of carbs.

Heidi Straub: So, are you really getting a protein bar or are you getting a carbohydrate bar that has some protein added into it?

Heidi Straub: So it can be done and there are some forms of protein that have a lower carbohydrate balance to it, that's what you want to look for.

Dr. Nancy: Great.

Heidi Straub: And of course I don't have time to go into all of this because this is a short call, but it's really wetting people's appetite to start to learn more and then to become, once again, an avid label reader.

Dr. Nancy: It's interesting that I know people don't think of those things especially the heartburn. They think oh it's the red sauce I had, or it's just the pregnancy. Or the baby's just pushing up on me. But I don't think people think of protein deficiency as a symptom of that.

Heidi Straub: Right.

Dr. Nancy: Yeah, that's interesting.

Heidi Straub: It is a digestive issue.

Dr. Nancy: Right, exactly.

Heidi Straub: It's just a space issue, or it's just this one food-

Dr. Nancy: Right.

Heidi Straub: And it's really our body talking to us. That's what we want to get across.

Heidi Straub: I mean you think about this, it's intuitive to most people that when you have a tension headache you rub right here, right?

Dr. Nancy: Right.

Heidi Straub: This is the point where these muscles will have involuntary muscle contraction if your body is deficient and lipase. That's telling you, hey there's a strong chance you're having trouble digesting fats.

Heidi Straub: So we rub there intuitively not knowing that we have a communication going on with our body telling us, send us lipids. We're not acetaminophen deficient, we're not Ibuprofen deficient, we're not all of those other things. We are deficient in lipids so when you learn that language and you can begin to give the body what it needs the involuntary muscle contraction goes away and it's amazing.

Dr. Nancy: That is awesome. We do have a question. On the label should proteins be higher than carbs?

Heidi Straub: If you can find it. And I'm going to be honest with you, it's not easy but yes if you can find it. And then again you want to look in totality. There is a free app that you can get and you can download it to your phone it's called MyFitnessPal, and there are a couple of other ones as well. You can scan labels, you enter in what you're eating and you want to look at a pie chart where it's going to show you visually carbs versus protein versus fat intake over the course of the day. And it's mind blowing. Honestly.

Dr. Nancy: It is.

Heidi Straub: If you start doing this without changing your habits and you truly do what you've been doing it is a staggering amount of carbohydrates that we're eating.

Dr. Nancy: It really is. Most people that have seen me recently, I've recently lost like 40 pounds and the way I did it was balancing my protein, carbs and fats. And then eating consistently throughout the day. So, it made a big difference in my health just paying attention that and now I read carbs and you're right. I looked at some of the bars you know 'cause you think oh protein bar, and you look at the carbs they're ridiculous.

Heidi Straub: Yeah. And the same thing is true of protein powders.

Dr. Nancy: Yeah.

Heidi Straub: And let's take protein powders for just a second. You start out with something that has more carbs than protein. Let's say you're going to put it in almond milk or some other type of plant based milk, that's more carbs. Now you're going to throw some fruit in there to flavor it, that's more carbs. If you're throwing in kale or spinach that's more carbs. And it's not that any of those things that we just mentioned are unhealthy for us, but it really starts to add up.

Heidi Straub: You think you're starting your day with a protein shake, you've started your day with a carbohydrate shake right?

Dr. Nancy: Yeah, yeah.



Dr. Nancy: That's interesting. Well before we leave today do you have anything you want to leave with anybody that we didn't go over?

Heidi Straub: I do. There's one other book I want to recommend and then a class if anybody wants to learn more.

Dr. Nancy: Okay.

Heidi Straub: So the second book is ... the first book that I mentioned, The Enzyme Advantage for Women is really the one that lays the foundation, the groundwork. It's going to help you understand more about everything that I've talked about.

Heidi Straub: The second book I like to refer to as a reference book. This one is called The Enzyme Cure by Lita Lee, and this book starts out with a little bit about the importance of digestion and enzyme therapy and enzyme replacement for what the food industry has taken out of all of the foods to extend shelf life. But more importantly it goes through 36 different common medical conditions, and says how did somebody get here and how do we get them out of here?

Heidi Straub: It is again going to help you learn what's my body telling me when I have this symptom or this symptom? What is that really saying? Allergies, look at carb intake. Asthma, look at carb intake. It's very enlightening and it's a great reference. You're not going to read it cover to cover because if you don't know anybody who has prostate problems you can read it you're not going to remember it. But the day you hear somebody that you care about does, you'll pull that book out and then it's relevant.

Heidi Straub: And then for those who are interested I do have a class coming up.

Dr. Nancy: Great.

Heidi Straub: It's a two hour class on diet and digestion, and talks about these topics and goes much deeper into and we walk away with practical things that people can do to better get in touch with their bodies and give their bodies what they're asking for. And that's Thursday evening, May 9th, from 6:30-8:30 pm.

Dr. Nancy: Great. And Heidi where are you located? Do people come to you, do you do Skype? How does this work?

Heidi Straub: Generally people come to me although this work can be done remotely. Local people typically come to me and I have an office in Nora.

Dr. Nancy: Okay, great.

Heidi Straub: Yeah.

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Dr. Nancy: I didn't realize you were so close, that's great to know. Okay.

Dr. Nancy: Well wonderful, thank you so much for coming on today. I put your website up for anybody listening on the podcast it's heidistraub.com. Heidistraub.com.

Dr. Nancy: Thank you again for sharing the information for us, it was eye opening for me even.

Heidi Straub: Good.

Dr. Nancy: Some of the things you talked about, so I'm sure that it will help the audience with some of the things they're going through. So, thank you for coming.

Heidi Straub: Thank you again for having me.