



**STEP  
05**

# **YOUR FIRST 5 STEPS TO WEIGHT LOSS**



***How we get our clients to  
lose their first 10 pounds...***

**[www.emfitnessnutrition.com](http://www.emfitnessnutrition.com)**

# STEP 5

## DIGESTION

You may have noticed by now that losing weight successfully isn't just a case of eating healthy and doing exercise, There is a much more too it and we leave no stone unturned in our quest to help you change your body shape. All of these topics we have covered are extremely important and if we can improve each area we are far more likely to achieve results and sustain results. You can learn how to cook very healthy meals, live the life you want, socialise and still stay in shape.

The digestive system is pretty complex, and its job is to digest, break down, and then absorb the food that you eat in to your blood stream. At this point it is delivered around your body to support all of your systems (such as the heart, kidneys, brain and liver). If your body isn't able to break down your food efficiently, many of your systems begin to function at a slower rate. You will feel sluggish, it will impact your mood, it will impact your sleep, your blood sugar levels (causing you opt for poorer nutrition choices), and you'll also struggle to add muscle tissue (key for achieving maximal fat loss).

The problem for so many people, is that they have very little understanding of digestive health. Therefore, they wouldn't even think to look into it.

So, to identify any potential digestive system issues, please read through the following questions.

1. Do you suffer from bloating when you eat a meal?
2. Do you suffer from gas?
3. Do you regularly have loose stools?
4. Do you suffer from constipation?
5. Do you feel fatigued after eating a meal?
6. Are there any key foods that cause you severe discomfort when you eat them?

If you answered yes to at least three of the questions above, the chances are you do have some level of digestion issues. Now the true way to find out what's going on, is to carry out a comprehensive stool analysis (lab test). You can speak to your Doctor about these if you suspect you do have a serious problem.

However, in many cases, you will see relief from many issues by adding in some very basic supplements.

## Here are some of our top tips.

1. Purchase a broad-based digestive enzyme from your local health shop. You would add one digestive enzyme to each main meal. By adding a broad-based enzyme, you will be adding any specific enzymes that you might be lacking.
2. Add 5 grams of glutamine to your water 3 times per day. You will be able to buy this from your local health shop. Glutamine has been shown to protect and repair the gut lining. It is often damaged if you are showing signs of food intolerances.
3. Add in a good quality pro biotic supplement before bed. Aim to get between 10 and 20 billion live bacteria. Stress, poor digestive health, anti-biotic use and poor-quality food, can cause your levels of good bacteria to drop. Adding in a good quality pro biotic will top up your levels and support your immune system health too.
4. Remove any food groups that cause you any level of irritation. The usual suspects are nuts, gluten, dairy, and in some cases fibrous vegetables.

Over the years we have seen so many areas of health improve, simply by addressing digestion. Sleep quality, mood, memory, recovery from exercise and skin health to name just a few.

The ultimate key to getting lean and losing weight, is to focus on getting your body in the very best of health. The worse your internal and cellular health, the slower your body will respond to anything you throw at it. We really do hope that you have found our 5-stage formula helpful. If you have any questions, or you would like to arrange a consultation with us, please visit [www.emfitnessnutrition.com](http://www.emfitnessnutrition.com) or email [info@emfitnessnutrition.com](mailto:info@emfitnessnutrition.com)