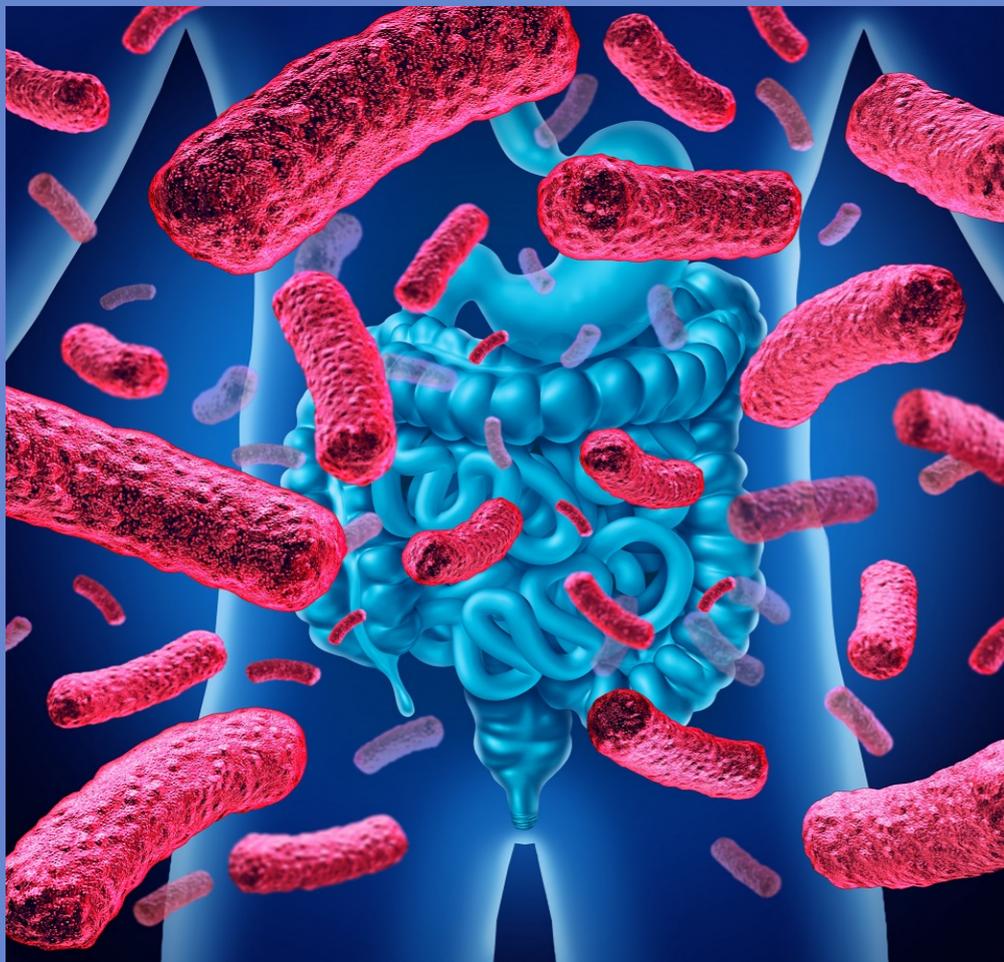


# The Key to Lasting Health... ALL Roads Lead to the Gut

How Nutrition  
Heals

*Presented by*

*Dr Catie Wyman, ND, CNC, AMT*



# The GUT... Our Second Brain

## The Gut VS. The Brain

Over 70% of Immune System Comes From the Gut



born with good bacteria....

rich in bifida,...



# die with bad bacteria....

often less than 1%



Includes Obese, auto immune and elderly usually

# Poor Gut Bacteria causes Rapid Aging & Disease

*All showed decreased bacteria...esp BIFIDA*

**Crohn's, Inflammation, Lyme, Covid, Heart  
Disease, Lung Infections, Liver  
Disease, Alzheimers, Parkinsons, ADHD,  
Autism, Depressions, Bipolar, Auto Immune,  
C Diff,.....**      **Once you Lose It**

**VERY HARD TO GET BACK**

# Gastroenterologist Dr. Sabine Hazan, MD Studied Covid in Stools...

Reservoir for BUGS...BUGS cause illness &  
KILL!...THEY ALSO KILL GOOD MICROBES  
NEEDED FOR DIGESTION ie,.. B VIT'S,....

**OUT OF BALANCE = UNHEALTHY**  
**IN BALANCE = HEALTHY**

# Coagopathies...clots in the heart=bacteria

Whether the Microbiome, Virus or  
Spike Protein created the clot,  
you need

more good water, healthy air, amazing  
super foods, regular cleansing, rest and  
relaxation, have fun and more exercise

# Taking Microbes that Heal & Replace What's Missing

Studies showed Marked Improvement with many diseases. Must BOOST Microbiome as Spike protein ALL circulate to all organs and then the colon or the septic (Cecum is like composting bin). Two million get colon cancer and 44% die from it every year. Chemo destroys MB Must flush/detox from the body to reinstate the BALANCE (=Virus are DORMANT. OUT OF BALANCE means Virus' are ACTIVE)

# Habits to Re-Establish Your Good Bacteria

Stop Bad Eating Habits, Drinking,  
Smoking, Increase Exercise, Intermittent  
Fasting, Eat Right, Eat Fermented Foods  
and Yogurts, Decrease Stress, Take quality  
Bacteria Rich Supplements (Bifida Rich,  
DE111...Eliminate like a Newborn Baby),  
Fecal Implant, Detox

**STOP KILLING good MICROBES**

# How to Create a Golden (BM) Microbiome.....

When you have **LOW OXYGEN Levels**  
(**HYPOXEMIA, Cytokine Storm**),  
Dr. Hazan used High Doses Ivermectin  
(Fermented Streptomyces from decaying  
soil-like bifida),  
Vitamins C, D (1<sup>st</sup> line of defense). 4 Hrs  
later = High Levels of Oxygen  
**GREAT NUTRITION IS CRUCIAL!**



HEAL, REPAIR &  
REJUVENATE



# diet and physical activity

- 1/3 of all cancer deaths in the U.S. each year are due to **poor diet and lack of physical activity**
- Staying physically active
- consuming a healthy diet may substantially reduce one's lifetime risk of developing cancer and most disease



90% OF VITAMINS  
ARE SYNTHETIC



## Natural vs. Synthetic Vitamins & Minerals

NATURE MADE PLANTS  
W PHYTOCHEMICAL'S,  
ENZYMES,  
PROTEINS,.....

PLANT INTELLIGENCE

HIGH VIBRATION

HIGH ABSORPTION

HARD INERT  
MINERALS,  
PETROLEUM DERIVED,  
COAL TAR,  
CHEMICALIZED

POOR ABSORPTION &  
CONVERSION

# 11 top nutrient deficiencies:

- Vitamin D
- K2
- B12
- Vitamin E
- Vitamin A
- Omega-3
- Magnesium
- Iodine
- Iron
- Choline

neither  
vitamin c,  
calcium, or  
zinc are on  
the list!

Source: Dr. Mercola Research

# what are superfoods?



# High Vibration....

- Superfoods are a return to the basics of the food chain, generally they are organically grown in a chemical free environment and spray-dried (or Infrared) rather than heat-dried to preserve vital enzyme activity.
- These concentrated, nutrient rich food powders are mixed with water or juice and consumed in liquid form.



➤ The Deeper the Color = more healing & life



# PLANT INTELLIGENCE

*Gunter Blobel won a Nobel Prize in 1999 for “Co-Factors” (Enzymes & Protein Chaperones) found in plant foods which take the food nutrients to where they are supposed to go & they speak the same language as our cells.*

*That’s **Plant Intelligence!***

# TARGET Cancer Stem Cells (CSC's):

Top 10 Best Food Phytonutrients to ingest to protect against/treat the root cause of most cancers.

1. Epigallocatechin-3-gallate (EGCG) - Green Tea Extract
2. Curcumin - Top Polyphenol in Turmeric Root
3. Resveratrol - Phytochemical in Grapes, Japanese Knotweed, Peanuts
4. Lycopene - Red Carotenoid in Watermelon, Pink Grapefruit, Tomatoes.
5. Pomegranate Extracts - High Ellagic Acid, Aromatase Inhibitor
6. Luteolin - Flavenoid in Peppers, Green Vegetables
7. Genistein - Phytochemical in Organic, Fermented Soy, Red Clover, & Cold Dripped Coffee
8. Piperine - Phytochemical in Black Pepper
9. B-Carotene - Orange Carotenoid in Various Vegetables
10. Sulforaphane - Sulfurous Phytochemical in Cruciferous Vegetables

**\*Synthetic Anticancer Drugs are often Highly Toxic & Weaken Patient's Immune System.**

# IODINE

**W.H.O. Statistics - more than 3 billion people in the world live in iodine deficient countries and it is known that deficiencies of Selenium, Vitamin A and Iron may exacerbate the effects of iodine deficiency. EMF'S use up Iodine.**

## **SYMPTOMS:**

***Salivary glands = Inability to Produce Saliva, Producing Dry Mouth  
Skin = Dry Skin, and Lack of Sweating. \*Three to four weeks of iodine supplementation will typically reverse this symptom, allowing your body to sweat normally again***

***Brain = Reduced Alertness and Lowered IQ***

***Muscles = Nodules, Scar Tissue, Pain, Fibrosis, and Fibromyalgia***

# Sacred Baths Detox & Nourish

Gently Pulls out Toxins, Detoxes Skin & Deep  
in the Body, Earth Salts Replenishing  
Minerals, Reduce inflammation & Swelling,  
Help Relax, Reduce Stress, Aids Restful Sleep,  
Increase Energy Levels, Hydrate, Soften,  
Sooth Skin.





# Vitamin A Foods Support:

Vision maintenance. Vitamin A is essential for maintaining the light-sensing cells in your eyes and for the formation of tear fluid ([2Trusted Source](#)).

Immune function. Vitamin A deficiency impairs your immune function, increasing susceptibility to infections ([3Trusted Source](#), [4Trusted Source](#)).

Body growth. Vitamin A is necessary for cell growth in your body. Deficiency may slow or prevent growth in children ([5Trusted Source](#)).

Hair growth. It is also vital for [hair growth](#). Deficiency leads to alopecia, or hair loss ([6Trusted Source](#)).

Reproductive function. Vitamin A maintains fertility and is vital for fetal development ([7Trusted Source](#)).



# Vitamin D Supports Healthy:

Bones, teeth, hair, muscles, lungs, weight, blood pressure, brain, mind, reduced cancer risks, higher testosterone, gut health.

Optimum Vitamin D = Live Longer



## Vitamin K2 Benefits

Bones + Arteries + Energy + Anti-aging

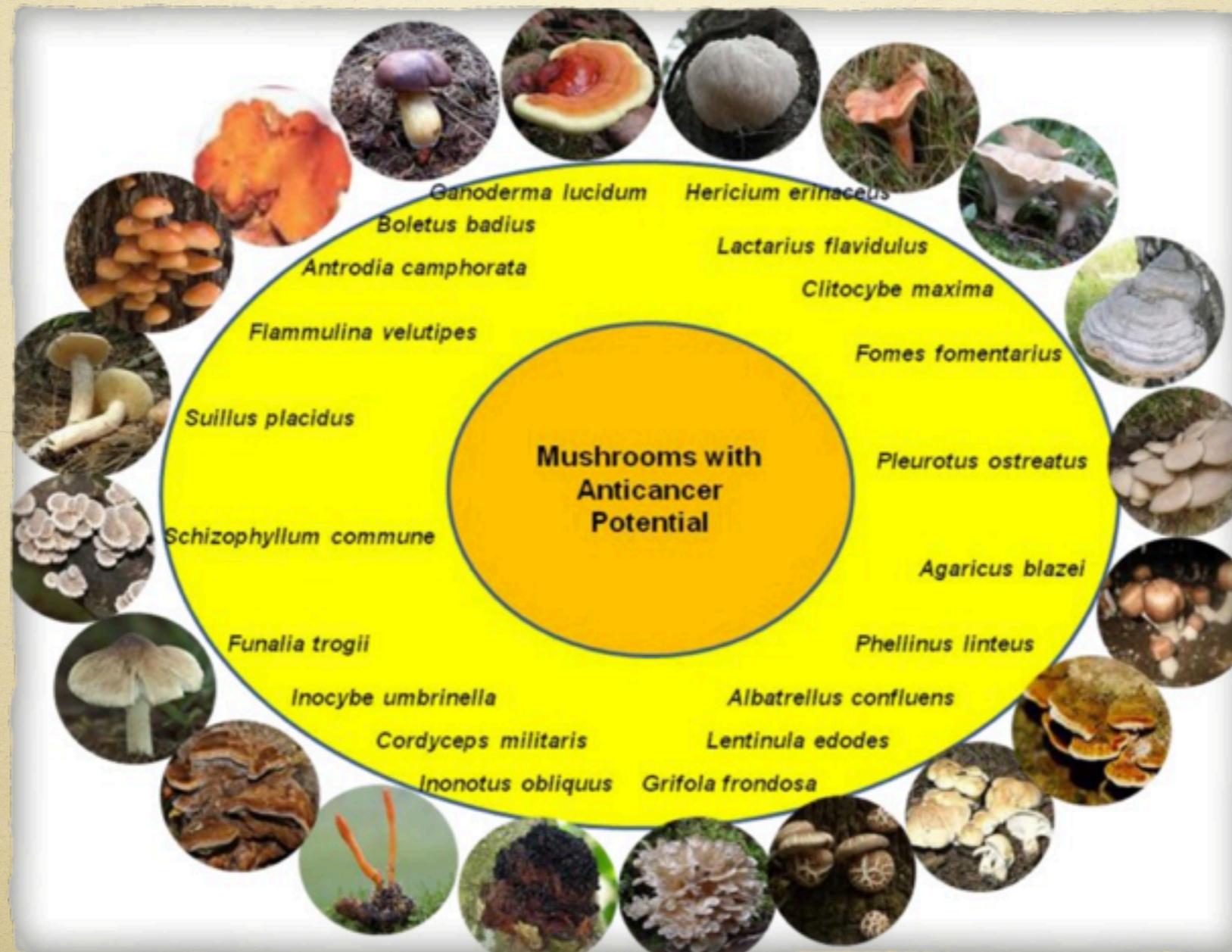
[www.nourzibdeh.com](http://www.nourzibdeh.com)

# Vitamin K2 Supports:

*Top Benefits of Vitamin K*

*It helps your bones stay strong and your blood clot*

# MUSHROOMS REDUCE BREAST CANCER BY 64%



# Vitamin C

*The #1 Deficiency in our  
Two Top Killers*

# How #1 Ingested Nutrient in the U.S. is Made

Vitamin C aka Ascorbic Acid, Esther C,....they take the sugar from (often GMO) corn and hydrogenate it (this can suffocate cells) and then they use Acetone (people take nail polish off with) and this 7 step process only fights Free Radical damage once where as a whole food vitamin C will fight free radical damage over and over and it knows where to go....

# plant vitamin c

*Dr. Gladys Block, who is also a former member of the National Cancer Institute, in particular has published a number of reviews of the **many studies connecting vitamin C with cancer prevention.***

*She has found significant evidence that **consumption of fruits and vegetables, particularly those high in vitamin C, can play a role in reducing the risk of cancer.** In addition, **low consumption of these foods likely increases the risk.***

Protein Rebuilds &  
Repairs the Damage

# heart support

## What Leads to a Healthy Heart?

A healthy heart reads as follows:

Systolic (the top number): Between 90 - 120 Diastolic (the bottom number): Between 60 - 80

- **Reduce Stress**
- **Be a Plant Foodie-Reduce Salt, Bad Fat, Sugar  
Unhealthy Carbs**
- **Overcoming Genetics**
- **Regular Physical Activity**
- **Growing Young as You Age**
- **Healthy Weight**
- **Natural Plant Medications, X-Vaccines**
- **No Tobacco**
- **Little or No Alcohol (Kombucha-YES)**



# hawthorne berry, arjuna

- **Scientifically proven to reduce clotting**
- **& Increase Healthy Heart Pumping throughout the body**

# Stealth Anti-Viral Plants....

Astragalus Gingo Biloba

Dandelion Root Chinese Skullcap

Elder Flower Gotu Kola Green Tea Extract

Ginger Onion Ginseng St. John's Wort

Lemon Balm Echinachea Peppermint Holy Basil

Rosemary Licorice Root Fennel Sage Oregano

Olive Leaf Cats Claw Aloe Vera Garlic

# Liver & Gallbladder

- The Liver is the only organ that can purify our blood
- The Largest Organ in the body-Unfolded=Football Field
- Has the potential to regenerate with the right choices
- Major Detoxifier of **FATS, CARBOHYDRATES** and **PROTEINS**.
- Processes our **CHOLESTEROL, HORMONES** and is critical for **PROPER INSULIN PRODUCTION**.

# brain support

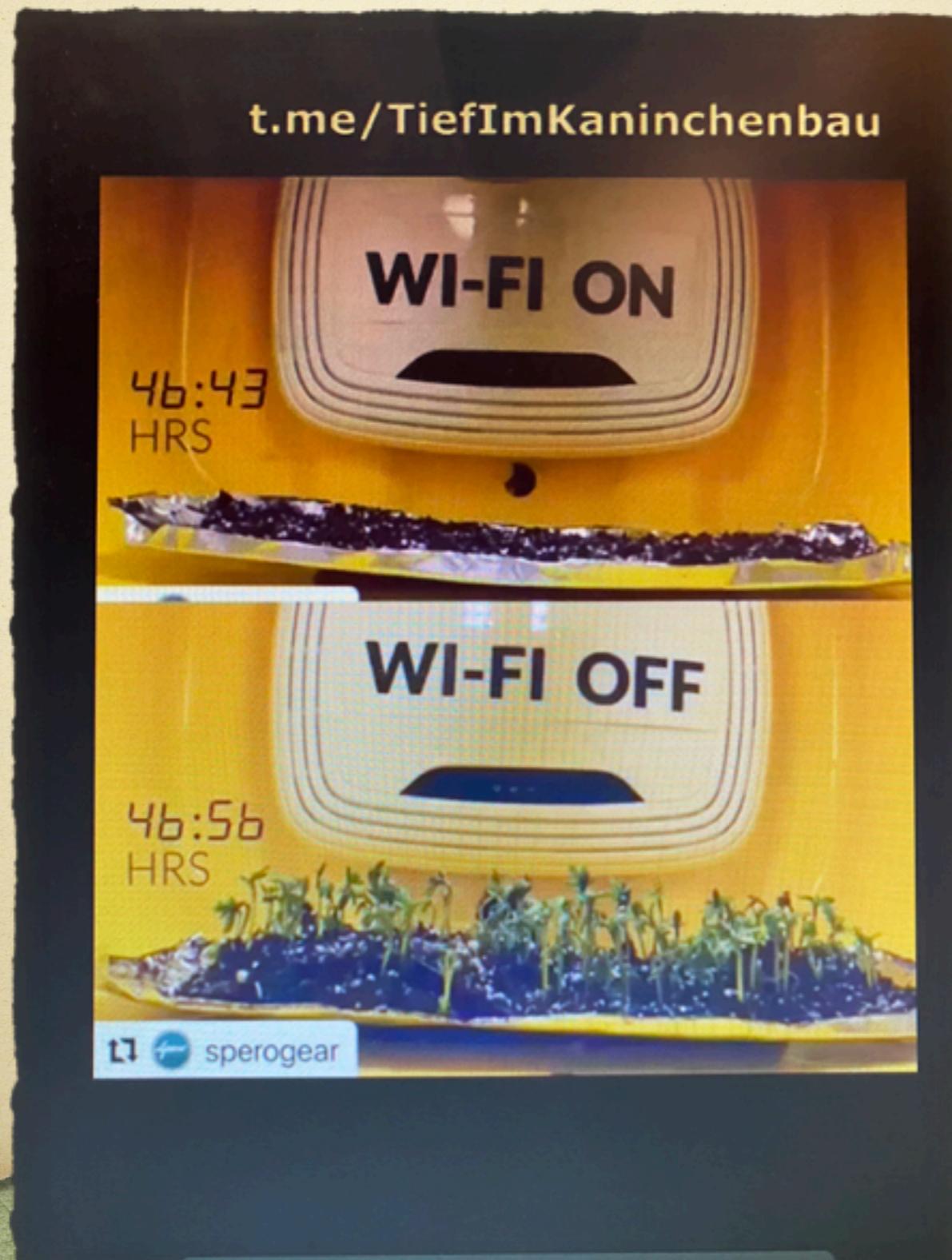
- Plants that promote circulation to the brain, alertness, mental clarity, improved mood, reduced inflammation, reduced brain degeneration and healthy gut digestion!
- Plant foods that support Memory, Focus and Clarity!

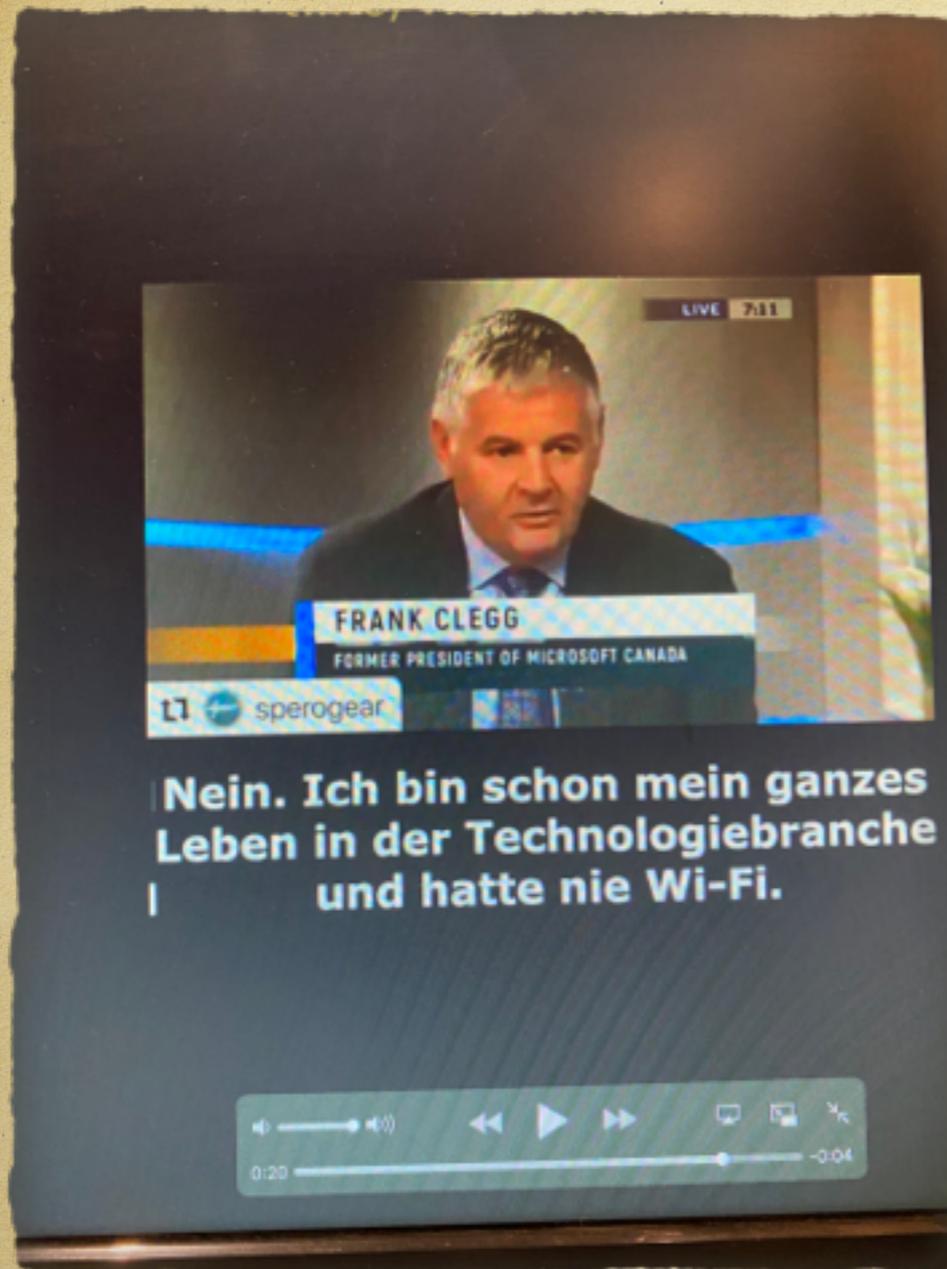
# Are You Affected by EMF Radiation?

Increased levels of non ionizing radiation may cause symptoms, such as:

- Headaches or Ringing in Ears
- Body Pains
- Blurry Vision
- Difficulty Thinking (Brain Fog)
- Tingling Sensations
- Sores or Rashes
- Stomach or Chest Pain/Pressure

# EMF Protection?





Former Microsoft Canadian President....”  
NEVER used wifi because...I never  
thought it was SAFE!”



# Certain Green Foods Reduced Radiation Poisoning by Over 50%

Research on Worst Case Chernobyl  
Patients





# SELENIUM

***Plays An Important Role In Thyroid Health.***

***May Protect Against Mercury Toxicity.***

***Enhances the Immune System.***

***Selenium has antioxidant properties***

***May Play a Role In DNA Repair***



ginger

**10,000 x Stronger Than Chemo  
in Cancer Research Model**

# curcumin....turmeric

*curcumin is capable of modulating over 2,000 genes simultaneously within a cancer cell line with a positive end result.*





# acerola berry juice powder

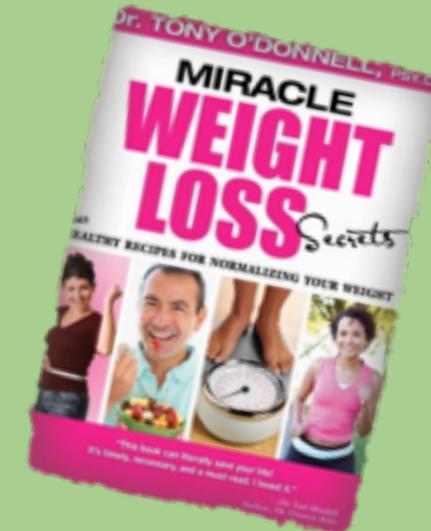
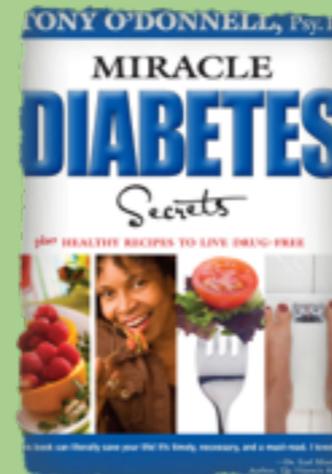
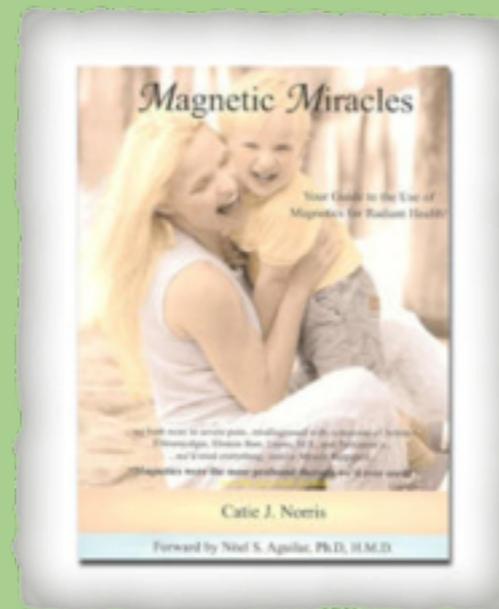
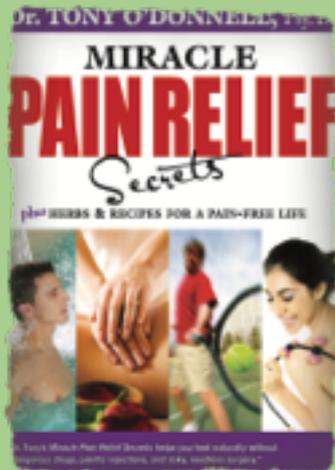
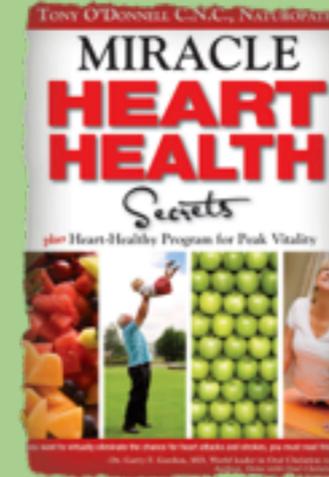
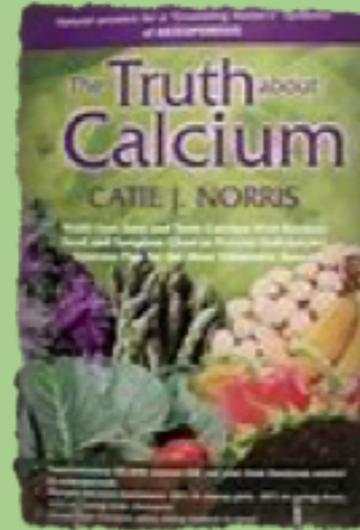
- 15% natural vitamin C
- 1 of most potent source of natural vitamin C
- Helps quercitin absorption
- Balances pH in colon

# OMEGA's...If you only knew.....

reduced  
inflammation,  
healthy blood  
circulation, normal  
blood pressure, and  
may help balance  
bodily fluids....



# Learn & Live



**Become Plant Healthy,  
Happy & Beautiful  
From the Inside Out!**

**Dr. Catie Wyman Norris, ND,  
CNC**

[catiesorganics.com](http://catiesorganics.com)

