



FOOD  
IS

*Figureoutable*

AN ESSENTIAL GUIDE TO BODY SYSTEMS

Kristine Devillier, N.D.



**FOOD**

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**AN ESSENTIAL GUIDE TO BODY SYSTEMS**

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# Welcome

I am so excited you are here and thought so highly of yourself to invest in YOUR health. Health can be a fantastic journey, and then there are the days it is not! You see, I committed to myself that after menopause was in full swing (yea, 365 days of no menses), I would be in a mindset of movement. Well, here we are, full-on menopause!

With a newfound courage within myself and a little help from my family, I have been able to get my eating in alignment and add intermediate strength training classes from home. Thanks, Peloton!

We talk about food alignment and how food is figureoutable within this book, and before you dive in, I want to share some specific things I do daily. You may be asking what is "figureoutable". It is the mindset of solution-based thought; therefore, it will be with ease.

First, I start my morning by saying five things I am grateful for before my feet even hit the ground. Second, I engage my digestion by drinking 1 liter of water + 8 oz. warm lemon water + my green juice. These simple steps have changed my life and my digestion. I work out for 20 to 45 minutes, depending on how much time I have. Then I meditate and pray before I get to work.

I want you to know how grateful I am for you to join me on this journey. To meet me exactly where you are in life and health. Together, we can all make small changes daily.

In Health,  
Kristine









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Kris' Key Takeaways

Thank you

“

LET THY  
FOOD BE THY  
MEDICINE,  
AND THY  
MEDICINE BE  
THY FOOD.

HIPPOCRATES (FATHER OF MEDICINE)



# DIGESTIVE SYSTEM

## What is the Digestive System?

The digestive system consists of the stomach, small and large intestines, liver, gallbladder, and pancreas. The digestive system's primary and essential function is the breakdown and the processing and assimilation of foods. Primarily carbohydrates, fats, and proteins, for digestion into the body using mechanical (chewing) and chemical (bile). Be mindful that constant nausea may be related to Gallbladder concerns.

### **Common Concerns with Digestive System:**

- Acid Reflux, Heartburn
- Difficulty Swallowing
- Mucus Congestion
- Constipation, Diarrhea
- Poor digestion
- Nausea

### **Supporting foods for the Digestive System:**

- Apple Cider Vinegar
- Capsicum
- Ginger
- Oranges
- Apple
- Kiwi
- Lemon
- Lime
- Garlic
- Kim chi
- Lentils
- Raw foods
- Salad with mixed greens
- Spinach

### **Digestion 101: Hiatal Hernia, Gerd, and esophageal reflux**

Hiatal Hernia. We find it immensely helpful to use standard terms when trying to assist the body. So, a better way to describe it is a “turned-up” stomach. The mouth connects to the esophagus, then to the stomach, going to the small intestine, and finally the large intestine. This whole tube is called the alimentary canal (meaning food and its passage through the body). There are positions for each of the parts described above. When low intestinal flora, resulting in unfriendly organisms, stress, inadequate diet, etc., adversely affect the alimentary canal, one or more parts can twist, turn, crimp and generally move out of position. If this happens, one or more of the sphincters may open a little or a lot. (Sphincters are valves or doors that should close off one part from the other, which should stay shut until it is time for the passage of food to move to the next part, stomach to the small intestine).

A “turned-up stomach” is a stomach tilted from its proper position and moved into the area where the lungs expand. The sphincter at the esophagus or stomach connection may open, spilling harsh stomach acids into the esophagus and depriving the stomach of the acid it needs to break down food. It then weakens the stomach and leaves it vulnerable to unfriendly organisms like the H Pylori Bacteria which commonly causes stomach ulcers. The sphincter at the stomach/small intestine connection may open, spilling the “guts” harsh acids into the first section of the small intestine, the duodenum causing irritation and possibly “duodenal” ulcers. The lungs are overworking due to the stomach sliding into space where the lungs need to expand while inhaling.

The heart can become overworked, plus the stomach is moving up against the heart, impairing the pump’s strength. When this happens, it often can be felt with heartbeats.

The thyroid may have trouble maintaining proper metabolism, causing the thyroid to overwork (hyper) if able, then when tiring, it becomes low in function (hypo).

The stomach presses up against the hiatus membrane, the opening where the esophagus descends. Thus, some use the term hiatal hernia. I prefer “turned-up stomach.”

### **So, what can you do?**

Nutritional support can help the body. Can you nutritionally support the stomach at this time? YES! Our Spleen needs warm and the right foods for the stomach, steamed vegetables like squash, zucchini, oatmeal, and such. When the stomach returns to its proper position, I would recommend plant source protease enzymes with meals and add a probiotic. I would incorporate Licorice Root any time I knew I had a “sore” anywhere in the alimentary canal.