



FUNCTIONAL NUTRITION GUIDE

My name is Ashley Angeli, I'm here to be a guide and friend as a certified functional nutrition counselor.

I work hard to bring healing through education, lifestyle changes and support.

Empowering my clients and friends by providing root cause resolutions for the world's worst illnesses using food, stress resilience and ongoing support as you need it!



CONTACT ME

2611 Woodsdale Rd.

Salem, Ohio 44460

Phone 234-203-1300

Email elevatedwellness.me@gmail.com

Web <https://elevatedwellness.me>



OVERCOME

ILLNESS

What fuels illness and what to do about it?



ASHLEY LYNN ANGELI

FUNCTIONAL NUTRITION COUNSELOR

TABLE OF CONTENTS

TABLE OF CONTENTS1

INFLAMMATION2

LEAKY GUT

AUTOIMMUNE DISEASE

PREBIOTIC BENEFITS

DYSBIOSIS OF THE GUT.....3

PAIN AND FATIGUE

STRESS ON BODY.....

MICROBE ECOSYSTEM4

NOURISHMENT.....

DRIVER OF BAD BACTERIA

KNOWLEDGE AND EMPOWERMENT

WHY HEAL YOUR GUT 1ST.....5

CHRONIC DISEASE.....

FIBER.....

MY GOAL.....6



INFLAMMATION



LEAKY GUT



Inflammation starts in the gut starting from the stomach, intestine and to the colon which contains a lining called epithelial. It separates what you eat from the inside of your body. Your gut contains immune cells and when we have inflammation, it's all begun with damage to your gut lining.

AUTO-IMMUNE DISEASE



Antibodies can be extremely high; stress and infections can target your body's organs like the kidneys such as in lupus nephritis which can lead to organ failure. Don't wait for diagnosis or medications, you can start using food for medicine and prevention.

PREBIOTIC BENEFITS



We need to pull out the gut weeds by changing our environment and lowering pathogens. Prebiotic sources like lactulose, fructooligosaccharides, and galactopoligosaccharides can help us control and eliminate bad gut bacteria and decrease inflammation.

DYSBIOSIS OF THE GUT

The gut is outside the body a tube that runs through you, it's like a tunnel through a mountain and the outside passes through. The bacteria and partially digested foods come outside the lining of your immune cells. These cells protect you and absorb the nutrients flowing through your gut. A pathogen that comes in cause the immune cells to create inflammation, and the antibodies get created to fight against the bad bacteria.

PAIN AND FATIGUE

It doesn't matter what pain you have this inflammation and fatigue starts in the gut, becoming problematic everywhere. High levels of chemicals, pesticides, sugar, carbohydrates and saturated fats will disrupt our epithelial cells. Growing a microbiome that won't make us very happy. Reduce pain and fatigue using food as medicine.

STRESS ON BODY

We need resilience, when the body is under stress, it reacts. It keeps us from healing and continues the release of massive inflammatory cells. No matter how much help you get, you must address your intestines. Dysbiosis WONT ONLY show up as acute inflammation, you may think you are fine! This will last for years causing the body to be inflamed and stressed out.

MICROBE ECOSYSTEM

NOURISHMENT



Your microbiome is an ecosystem that can be healed. It's like a garden of probiotics that can crowd out weeds. The soil for our roots matter to help bacteria keep us healthy. Soluble and insoluble fiber is our soil.

DRIVER OF BAD BACTERIA



Carbohydrates and processed foods are containing no health benefits and cause inflammation. Low fiber diets are a sign of chronic inflammation and disease. Fiber feeds our microbes. Western diets do not have enough fiber. Ancient people consumed 150 grams a day, most of us today are lucky to get 5 grams per day.

KNOWLEDGE AND EMPOWERMENT



Conventional medicines are not going to heal you; they are drugs that slow down the rate of disease. Food is the #1 medicine you can use to heal and totally reverse inflammation and chronic disease. Bacteria can change your life!

WHY HEAL THE GUT 1ST

You want to live a long healthy life without pain and suffering.

CHRONIC DISEASES

Lupus, diabetes, cancer, an unhealthy gut causes many chronic diseases, all fueled by inflammation that will spread through the body.

You need a diverse strain of bacteria to be the most protective and heal and seal the gut lining. Short chain fatty acids get into the lungs, brain, joints and bone marrow. Diverse bacteria in the gut provides you with whole-body healing and a pain free body.

FIBER

Insoluble fiber cleans up the digestive system keeping you balanced, soluble fiber feeds you're good gut bacteria.

- Vegetables – Leafy greens, root veggies, onions, artichokes, garlic
- Fruits – Apples because they have pectin (anti-inflammatory)
- Legumes – Black, pinto, kidney, navy and garbanzo beans
- Seeds – Pumpkin, flax, chia and hemp seeds
- Nuts – Almond, walnut, brazilian, cashew, peanut
- Whole grains – Millet, quinoa, buckwheat, ancient type

We have no fiber in white sugar, animal meats, bottled oils or flour. All processed foods contain these gut inflammatory chemicals.



MY GOAL



I partner with my client in their health journey, to educate and help make nutrition a part of healing, all without stress to the body other protocols can cause, like pesky prescriptions. I look at the whole person. When I look at blood testing it's from a functional lens, not diagnostic. I work with you to prevent and heal disease.

Client Signup to work with me on your way to healing!

<https://us.fullscript.com/welcome/elevatedwellness-me>

<https://elevatedwellness.me/book-appointment>

ONE SUPER FOOD IS PURPLE SWEET POTATOS. THIS IS A GREAT SOURCE OF COMPLEX CRABS, VITAMIN A, RESISTANT STARCHES, ENERGY, ANTI-INFLAMMATORY AND ANTI-OXIDENT RICH ROOT.



Above: Fresh ingredients



Roasted red pepper bisque

Thank you!