

Lesson 2, Understanding Function and How to Train the Client. Everything that we have been discussing in Lesson 1 led us to understanding how the cell functions because ultimately it is how the cell functions and everything that we deliver within the body to the cell that is going to lead that client to experience a healing process and allow that to happen. Now the client doesn't need to become a biochemistry expert, but if you can help them picture and visualize how the basic functions of their body work, which again this brings us back to heuristics, it will help impress upon them the need for care and what that care may look like. Now, it takes away some of the mystery of what's happening, and it gives them the advantage of feeling more in control of the health of their body. So by your own education, you're helping them to define that keeping clean, whole food coming in, hydration, proper digestion, these are always a place to which they can return to regroup and get back on track with their health.

Now it's been my experience that most clients do not understand how the body works, even more informed clients. They only know food and water in, food and water out, and they don't really know the specifics of what happens in between. But being able to visualize a very simplistic map of that does allow them to better understand the why. Why do I have to eat certain foods? Why do I have to stay hydrated? These are the questions that that understanding will be able to answer for them. But not only that, it helps to give them a reason for wanting to do the right thing for their health. Now, they are usually fascinated with symptoms and causes, but they can't relate those things to the cellular function or to other functions within the body.

They have a hard time seeing those deeper connections that we can see. And this is where the education of the client to be able to see what you're seeing will help them also look deeper as they are learning to maintain their health. Areas over which they have the most control is diet, digestion, hydration, and elimination. We need to encourage them to view how the body works and what the body needs and how these things might be getting there. Now, if we don't chew our food, it could prevent proper absorption of nutrients. The key to this is making sure that they understand that nutrients altogether allow our body to function. Proper excretion of urine and stool remove toxins and waste.

Now I've put together a Word document for you to use with your clients and it's called How the Body Works. Now this Word document is set up to allow you to open, edit, brand it as you so choose. The first thing that the Word document talks about is digestion and it goes into understanding and the makeup of saliva. Eating hygiene. Where does everything start? Well it starts in the mouth and if you've already shared an eating hygiene form with them then they have a step up to understand the beginnings of why we chew our food. The infographic goes into detail about carb pre-digestion and how And how dehydration can reduce saliva and enzymes, leaving bacterial growth to form in the mouth. So we need nutrients, we need hydration, and it affects every single part of us.

Now I know that this sounds simplistic. We say it day in and day out, we teach our clients this. But I don't want you to become complacent with teaching these basics because the new client doesn't know. And they need to understand the importance of it. If you make it important, it will become important to them. The digestion area also looks at stomach acid and the small intestine. Now, I have included in the infographic some visuals that will really help explain to the client what happens when they eat food. It starts in the stomach, what happens once food leaves the stomach, and bile and pancreatic enzymes come out to help finish digesting the food. It shows the three sections of the small intestine, once they are absorbed, are headed back through the liver and then sent to where they need to be or stored.

And finally in the colon, the absorption of water from waste matter and how stool is formed and then excreted. Another example that I use in the infographic are describing exactly where nutrients are absorbed. In the mentorship, you've already seen this graphic described, but the client needs this as well. They need to have a visual and the visualization of where nutrients are absorbed as their food

is broken down in the digestive tract. Instead of just thinking, I don't know what happens, if they have an understanding that the more they chewed their food, the more it's broken down in the stomach, that once it gets into the duodenum, the nutrients from the food that they just ate is more easily absorbable, then they will want to chew their food better.

The infographic goes on to talk about key facts about hydration. Let's go over those now. The total amount of water in our body is found in three main locations. Within our cells, in the space between our cells, and our blood. The amount of water a body contains varies, but generally it's between 75% and as we get older and we lose water, it can go down to 50%. The body holds on to water when we don't have enough or it gets rid of it if we have too much. We can tell what's happening by looking at our urine. So if our urine is very light yellow, then the probability that we are well hydrated is great.

When our urine is very dark yellow, it's probably a sign that we need to hydrate. Water acts as a lubricant to organs. It removes waste. It helps to regulate body temperature. And along with eating proper foods and digesting these foods, it helps the body in nutrient absorption. Water is absorbed into the cells via minerals such as sodium and glucose. So if we don't have proper digestion in place and we don't have these minerals available, it's going to be difficult to get the water into the cell.

The third part is elimination. Now clients may understand that the food that they eat is broken down and used and then what's left over is known as waste and that's what we know as stool. But they may not know the importance of how stool can remove toxins and waste that have been brought out in bile from the liver is removed in stool. It tells us about hydration, diet, digestion, and it gives us clues for correction. So I have included in the third section a Bristol stool chart. This will make it easy for them to be able to describe to you what's happening with their stool.