

Ep3. Nausea & Anxiety Explained

Hello and welcome to the Breaking Up With Anxiety Podcast. I am your host, holistic nutritionist, gut & hormonal health expert, yoga and meditation teacher, spin addict and cat mom Taylor Gendron and today is our first Ask Me Anything About Anxiety episode!

Every third episode of the Breaking Up With Anxiety Podcast is an Ask Me Anything About Anxiety episode. Meaning you can ask me anything! All you need to do is submit your question or questions with as much context as possible in the form linked in the show notes of this episode. These questions will be answered anonymously but please do provide your email address as requested on the form so my amazing podcast manager can email you to let you know when your question is answered.

I'm hoping to answer 2-4 questions every AMA episode but I also want to cap them at around 45 minutes so if your question isn't answered on this episode don't worry it's on the list and will be answered in future ask my anything episodes!

Q1: when nausea is so severe because of lack of nutrition but eating anything is so difficult how can you change?

I get this question a lot! And this might actually take me the entire 45 minutes to answer .. let's see!

First I would want to know why you're experiencing this symptom of nausea... yes the lack of nutrition is playing a role but it's just a piece of the puzzle.

off the top of my head because believe it or not I do not have every single possible symptom for every single imbalance in the body memorized that would be impressive if I did but I do know the most common ones I see time and time again with my clients.

This is why I have crazy detailed symptom intake forms that list out all possible symptoms so that I'm not missing anything and I would connect the dots from there because it's not "the anxiety" and I'm doing air quotes here creating this nausea.. What is happening is other body-based imbalances are creating both nausea and anxiety. Body-based imbalances will produce multiple symptoms and the symptoms will be expressed differently depending on the person and their unique constitution .. We are all just as different on the inside as we are on the outside. So what is producing the symptom of nausea? nausea is essentially a protective mechanism from the body meant to be a warning

Sooo ok here's what I'm going to do I'm going to list all the potential explanations that I can think about in this moment for why you could be feeling nauseous and then I will dive into what can be done:

- parasites
- Small intestine inflammation
- You're not producing enough digestive enzymes
- Pancreas needs support
- The liver is overburdened and needs support
- Low stomach acid
- Your body isn't effectively clearing toxins
- food sensitivities this will be unique to the person
- undiagnosed celiac disease, gluten sensitivity or wheat reactions
- Aluminum excess
- Copper excess
- fluoride excess
- Consuming too much caffeine
- Not eating enough protein
- Magnesium deficiency
- B vitamin deficiencies
- Under active thyroid

As you can see it's not just about lack of nutrition although that absolutely plays a part!

Now let's dive into a bit about why this can happen & what to do about it:

Parasites:

parasites always freak people out they think of these nightmarish long worms in the body but the reality is there are thousands of different types of parasites and the medical community is only testing and looking for a few specific ones parasites are part of our environment, every single country has them, they are found in water, food, soil and even the air we breathe! They can be transmitted in utero so from mom to baby in belly, from sexual contact, bug bites, from our pets, public restrooms, door knobs, unfiltered water, undercooked meat, fruits and veggies

The question isn't how do I avoid parasites but why did my body allow them to come in and create a home for themselves here? And this has to do with someone called host susceptibility ... we the human are the host and when we come into contact with the parasites are we more susceptible or less susceptible to contracting them?

the factors here are

- age .. children especially parasites are sooo common in them
- any medication that is suppressing immune function
- or just if the immune system is too busy fighting off other infections or toxins
- how much stress our body is under from dietary and lifestyle choices
- low stomach acid
- gut dysbiosis so an imbalance in gut bacteria in the gut

You get them as these teeny tiny microscopic eggs that enter your body through your hands, nose, mouth or skin and their job is to live within you for 35-40 years so they want to remain undetected.. the symptoms they produce are so normalized that most people just reach for over the counter medications and don't dig a little deeper to see what else is going on ideally you are working with a practitioner who is very well versed in parasites like myself so you are being put on an effective elimination protocol there's a bunch of steps involved to this that I talk about in detail in my "How to Eliminate Common Gut Pathogens" Workshop that I will link in the show notes

You won't eliminate parasites with diet alone but one of the best things you can do is support digestive function so that when you do come into contact with parasites your digestion is killing them off!

For Small intestine inflammation, not producing enough digestive enzymes, Pancreas needing support, The liver being overburdened and needing support, Low stomach acid and what to do about that I have a whole workshop that covers that in detail called "How to Reprogram Your Gut" which will also be in the show notes ... it's a 3 hour workshop so this would become a 6 hour episode if I tried to explain every single thing that could be done although a few quick recommendations I have would be to hydrate, hydrate, hydrate .. so drinking at least half your body weight in ounces of water a day, digestive bitters or digestive enzymes and the GI Revive powder.

All of this can be found in my supplement shops which I will link in the show notes!

There are also of course food based suggestions like increasing protein, fibre, prebiotic food and probiotic foods but those aren't going to be that helpful until we really reduce the nausea.

For now what can you stomach?

- A protein powder shaken with water or almond milk or some kind of nut milk? I like the PurePaleo which you can find in my supplement shop
- Bone broth
- Any kind of organic, fresh pressed juices just to get some nutrients?
- Plain organic yogurt? You want to think about starting your day with protein this is going to go a long way in reducing the nausea so either the protein powder shake, bone broth or plain organic yogurt
- Pureed soups
- Eat small portions, don't force yourself, over time when you work to address what is creating the nausea you will be able to eat more and more eventually working up to the 90g of protein a day I suggest but that will probably take months if you are coming from this place of intense nausea
- You can make gelatin gummies with real fruit juices no added sugar there's tons of recipes online for this I like the Gelatin Beef powder by Great Lakes

- Avoid gluten and sugar this will make it worse if you can only stomach bland foods like plain pasta make it chickpea pasta

Ok circling back to the list of potential root causes (plural because there will always be more than one) for this nausea we talked about parasites, the small intestine, producing more digestive enzymes, the pancreas, the liver, stomach acid ... where I am I yes food sensitivities and especially gluten sensitivity

food sensitivities which are different from an allergy ... food sensitivities are symptoms of compromised digestive function .. it's not that someone just randomly cannot eat all these different foods it's that they have low stomach acid, not producing enough digestive enzymes and juices to effectively break down this food so now it's entering the bloodstream in a form the immune system doesn't recognize, tagged as an invader and the immune system mounts an immune response to something as harmless as a food particle that just wasn't broken down into its simplest form because digestive function was compromised

This is why I tell people don't start with food sensitivity testing if you have money to spend on testing spend it on bioresonance testing like i offer in practice or gut testing like the GI map from another functional practitioner

Nausea can also be a symptom of **undiagnosed celiac disease, gluten sensitivity or wheat reactions** .. and then a lot of people who are so nauseous and can only stomach some toast which is making it worse if the nausea is partly a symptom of wheat reactions or gluten sensitivity. Next let's chat about chemicals and heavy metals so an accumulation of **aluminum, copper and/or fluoride** in the body can also create the symptom of nausea just like parasites, encountering chemicals and heavy metals is unavoidable. We have hundreds if not thousands of chemicals and metals in our bodies at any given time ... they're in our environment and even banned chemicals can be found in our bodies decades after they have been banned.

But that isn't to fear them just like we shouldn't fear parasites there is always a way to support the body! The body is built to detox ... we just have to get out of the damn way and support the detox pathways.

I talk about how to support detox and drainage at length in the "How to Eliminate Common Gut Pathogens Workshop" but one of the things I recommend to all my clients if we either know from testing that there is a build up of chemicals or heavy metals in the body or if we suspect that based on symptoms is a binder to really make sure those are being pulled from the body.. I like and use the ones from Cellcore and again for anyone listening if you're interested in getting any Cellcore products I mention message me for my practitioner code. then you also want to as much as you possibly can reduce exposure to as many chemicals and heavy metals as possible for aluminum that would be things like anti-perspirants, aluminum foil, aluminum cookware, antacids, aspirin, anti caking agents in flower, baking powders, table salt, buy baking powder that says aluminum free and throw table salt away if you have it ... replace it with real salt I like the brand Redmond Real Salt ... aluminum cans, toothpaste. We also do not need the fluoride

in our toothpaste. I haven't used it in years and my dentist is always shocked. I like Boka Toothpaste or the doTERRA on guard toothpaste.

Copper is in things like the birth control pill and HRT (hormone replacement therapy), beers, added to tap water as fungicide, hair colour, fertilizers, dental amalgams and there are a lot of foods high in copper... we need copper in moderation... it's only going to cause problems if it is grossly eating out of proportion which can happen on a vegan or vegetarian diet. If there is stress in the adrenals, liver or we don't have enough zinc in our diet or are supplementing with it .. copper will accumulate in the blood instead of being used by the body. And finally the last potential explanation of nausea ... **the thyroid**...to support an underactive thyroid you do everything I just mentioned! Hormonal imbalances are symptoms and to address them we need to remove gut pathogens if they are present, support any digestive imbalances, support the body in detoxing and clearing chemicals or heavy metals, eat more protein, supplement with magnesium, etc.

I know this is a lot of information and it's going to feel overwhelming because i'm just firing answers at you but it's impossible for me to tell you well just do X, Y and Z because it really depends on why you are experiencing this symptom. Your body is beautifully unique so your protocol will look different than someone else's and it would be my job as the practitioner to simplify all this for you and figure out ok what are the few things you need to do to move the needle forward..

So if I had to pick the main things I would start with, not knowing anything about you, I would say start with increasing protein in whatever way you can, supporting some key nutrient deficiencies through supplementation and supporting digestion and detox.

How can you begin to increase protein? Is it with plain organic greek yogurt? A protein shake? Bone broth?

You can also try an amino acid powder supplement like the one I have in my shop called Amino Acid Supreme that you mix with water.

Hydrate!! Drink lots of water!

Consider supplementing with magnesium. You can also get this in powder and mix with water if taking supplements is difficult with nausea. If stomach acid is low you may feel nauseous taking supplements... so let's look to start to bring digestion back online through breathwork.. Yes, breathwork is a powerful tool here.. And something really gentle like digestive bitters or digestive enzymes.

If you're having at least one bowel movement a day a binder would help massively as well but it's very important that the toxins have a way to leave the body once they are bound.

Magnesium deficiency which even if you were eating enough food you would still be deficient in magnesium since it needs to be supplemented with it is no longer highly available in our food because we have really messed with our soil and depleted our soil.

I would also look at supplementing with b vitamins or even just trying B6 alone but make sure it's the P-5-P form Pyridoxal 5' phosphate this is the active form of the vitamin. If you are consuming a lot of caffeine, sugar, gluten... cut that out as much as possible. Ginger tea and peppermint tea can be very helpful from a symptomatic perspective. And getting outside in the fresh air! Breathing in that fresh air!

Q2: What ways to get off gluten

1. Don't buy it

When you go to the grocery store do not buy anything with gluten which means in the beginning you may have to bring a list of what has gluten in it

2. Focus on increasing protein, fibre and fat .. these will fill you up and balance your blood sugar which will help decrease the cravings to reach for gluten
3. Do an audit of what you currently eat and take the time to explore alternatives
4. Do your research, there are tons of gluten free blogs and gluten free recipe books there are so many incredibly resources out there it's more about setting yourself up so that you don't have the option of grabbing for gluten
5. Give yourself grace

Okey dokey that wraps up this Ask Me Anything Episode!! If you would like to submit a question for me to answer in future episodes all you need to do is submit your question or questions with as much context as possible in the form linked in the show notes of this episode.

I'm really looking forward to these segments because I think people drop into my DMs and think they are asking a simple question that I will just have a simple answer to but you can see by the root causes of nausea, there is often a lot to consider and it's not something I can just answer in my DMs or write a 2200 word IG post about

And for the lovely woman who asked this question and anyone listening ... yes you may feel overwhelmed like woah that was a lot of information but I hope you also see that there's so much that can be done. And if you think you have tried everything to eliminate your anxiety I promise you ... you haven't.