

Zone 6 – Large Intestine

The large intestine, or colon, contains the majority of the bacteria that lives in your body and houses a large portion of your body's immune system.

The large intestine and the bacteria located within it are responsible for many extremely important functions that include:

- Eliminating waste and toxins
- Excreting hormones and cholesterol
- Synthesizing important nutrients and hormones
- Supporting your immune system

Beside these critical functions, your large intestine is responsible for many important processes that help you perform well at the club and assist you in reaching your goals.

- Supporting hydration levels by reabsorbing water
- Reabsorbing critical electrolytes
- Ensuring bowel regularity and elimination of toxins through bowel movements

The most common causes of large intestine issues are poor dietary choices, history of food poisoning episodes, lack of fermentable carbohydrate in the diet, excess alcohol or sugar intake, antibiotic use, certain prescription and over-the-counter drugs, sedentary lifestyle, chronic stress and poor sleep quality and/or quantity.

Based on the questionnaire, some recommendations to address this zone are:

KNOW IT: Understand your unique metabolism through lab testing.

FOUNDATIONAL PANEL (45 markers)

Gives insight to your potential metabolic barriers to success. This panel investigates unique markers that will provide the necessary information about your individual metabolism to help guide your programming in a more concrete, customized direction.

ADVANCED PANEL (70 markers)

Builds upon the information given in the Foundational Panel to take understanding your metabolism and barriers to the next level. Through consideration of additional markers, you will have a clear, concise understanding of your metabolism with insights to digestive functioning to provide a higher degree of certainty of results.

COMPREHENSIVE PANEL (82 markers)

The comprehensive panel incorporates all the incredible markers found in both the Foundational and Advanced Panels, plus the critical pieces to ensure you have an all-encompassing picture of your metabolic functioning. Provides unparalleled information about your unique metabolism to custom-build your exercise, nutrition, lifestyle and supplement programming with the highest degree of certainty.

ALSO CONSIDER: Food Sensitivity Panel

Gain more information about how your body works by testing IgG reactions to 96 common foods. Comes with a CBC panel, which provides insight to nutrient status, oxygen deliverability, and immune system function.

Zone 6 — Large Intestine

NOURISH IT: GIVE YOUR BODY THE NUTRIENTS IT NEEDS TO FUNCTION OPTIMALLY.

- Chew your food thoroughly, 20 to 30 chews per bite
- Try to incorporate high-quality fermented food into your diet
- Avoid drinking large amounts of liquids with meals
- Consider an elimination diet
- Limit alcohol and sugar intake

SUPPLEMENT RECOMMENDATIONS

FOUNDATIONAL

LIFE TIME FITNESS AM/PM MULTIVITAMIN

- Many adults fail to meet their requirements for key vitamins and minerals. Without adequate vitamins and minerals, it's difficult to achieve optimal health. A high-quality multivitamin makes getting better nourishment more convenient.
- 3 capsules twice daily with food.

LIFE TIME FITNESS OMEGA-3 FISH OIL

- Supplementing with fish oil rich in EPA and DHA is an easy way to increase metabolic rate, improve fat-burning and promote a normal inflammation response.
- 1 to 3 capsules twice daily with food.

LIFE TIME FITNESS PROTEIN POWDER

- Protein is needed to build and repair tissue, make enzymes and promote hormone balance. It is an important building block of bones, muscles, cartilage, skin and blood. Without optimal protein intake, we cannot be fully healthy.
- As needed to meet protein needs.

ADVANCED

LIFE TIME FITNESS DIGESTIVE ENZYME COMPLEX

- Poor digestion may prevent the breakdown and absorption of key nutrients in the body, preventing optimal health and performance. These digestive enzymes will assist in the proper breakdown of foods so you can better absorb the nutrients they contain.
- 1 to 4 capsules per main meal.

LIFE TIME FITNESS MULTI-PRO 30B PROBIOTIC

- Blend of shelf-stable probiotics to help replenish intestinal flora and promote overall digestive and immune health. Contains 30 billion live, active cultures per capsule from six unique bacterial strains.
- 1 capsule per day with food.

COMPREHENSIVE

LIFE TIME FITNESS GUT.FIXSM PROGRAM

- Comprehensive, 30-day digestive health protocol designed to help support proper digestion & absorption of nutrients and restore more optimal balance of gut bacteria. Involves a 30-day modified elimination diet protocol supported by Digestive Enzyme Complex, L-Glutamine, and Multi Pro 30B Probiotic.

MOVE IT: MOVE FREQUENTLY AND TRAIN WISELY.

- Get at least 10,000 steps in every day
- Strength train at least 2 to 4 times per week
- Be mindful of exercise intensity and duration