

The Surprising Cause of the 5 Biggest Health Issues and How to Solve Them



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HEADACHES AND MIGRAINES

You really don't know how debilitating a migraine can be until you have really experienced one. I have fortunately never experienced a true migraine but have felt severe headaches and can't imagine how horrible a migraine may feel. I have had plenty of clients; friends and family members tell me about how horrible they can be.

Migraines can cause a sufferer to spend the day in bed in a blackness, vision sensitivities, even temporary blindness, nausea, shaking, vomiting and fatigue. Statistics show that over 45 million Americans get chronic, recurring headaches which increases every year, 18 million suffer from migraines and over 70 percent of migraine sufferers are woman.

Triggers/Causes:

Food Allergies/Sensitivities: Eating a food to which the body is allergic or has a sensitivity to can lead to a continuous inflammatory response. The immune system starts to fight the food as if it were an invading organism causing inflammation. Eating foods that that you may be sensitive to can trigger migraines and headaches.

Stress: Stress and emotional issues can cause migraines and headaches. Find a stress management plan that helps to teach you how to control and reduce stressors in your life and environment.

Hormone Imbalances: Most women experience migraines around the time of their menstrual cycle and understanding and gaining control of your hormones is important. Unbalanced estrogen, progesterone and cortisol are all contributing factors to increased migraines.

Recommendations:

Supplementation: CoQ10 is an antioxidant that is necessary in proper cell function and has been shown to improve migraines. In addition; adding in feverfew, raw ginger, and butterbur all help to stabilize blood vessels and control inflammation can help to reduce migraines.

Control Stress and manage hormones: Both increased stress and unbalanced hormones can be contributors to migraines so learning to control them will help to reduce migraines. Learn to control stress by including meditation, leisure walking or exercise into your daily routine. Managing stress will also help to control the hormone cortisol and help to control migraines. Also, balancing your estrogen and progesterone can help to reduce painful headaches and migraines.

Food Elimination Diet: Certain foods that have cause the body to have an inflammatory response will increase migraines. There are also certain trigger foods that can cause these headaches to come on and can be individual for each person. The only way to figure if these foods affect you is to eliminate them and monitor your reactions.

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SKIN CONDITIONS

Imagine being so uncomfortable in your own skin. This is a feeling many people have when they are faced with skin conditions such as eczema and acne.

ECZEMA

One of the most common skin conditions, it is an inflammation of the outermost layer of skin. In the early stages it may be red, blistered, swollen, weeping and extremely itchy; after much scratching by the sufferer it becomes crusted, scaly and thickened. If you suffer from this condition you know how extremely painful and sensitive your skin can be.

Causes:

Food Allergies/Sensitivities: When food allergies or sensitivities are the root cause of eczema and urticaria, the mast cells in the lower layers of the skin are believed to cause the problem. When they degranulate, the mediators that are released have a powerful effect on the capillaries (tiny blood vessels) that lie all around them in the skin. These capillaries become leakier, allowing plasma (the watery part of the blood) to seep out into the skin.

Stress: Stress is known to be associated with eczema but it is not fully understood how it affects the condition. Some people with eczema have worse symptoms when they are stressed. For others their eczema symptoms cause them to feel stressed.

Hormones: Hormones are chemicals produced by the body. They can cause a wide variety of effects. When the levels of certain hormones in the body increase or decrease some women can experience flare ups of their eczema.

Recommendations:

Diet: Reduce the amount of inflammatory foods in the diet like sugar, dairy, wheat/gluten, and increase the amounts of anti inflammatory foods that contain good healthy fats like Omega 3s like wild salmon, walnuts, olives, avocados.

Food Elimination Diet- acne can be a sign of inflammation in the body that is caused by sensitivity to a food that you are consuming. The best way to find out what food is causing the inflammation is by doing a food elimination diet or food sensitivity test.

Fix the Gut- when the gut is unhealthy it may cause acne and other skin issues. In order to fix the gut you first want to fix your diet as stated previously and then heal the gut with supplements like glutamine, licorice, omega 3s and probiotics.

Topical Solutions: For Eczema look for products that contain natural oils and fatty acids and chamomile.

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ACNE

Unfortunately acne is not only a teenagers concern but also happens when you are an adult and it can be bad. Having acne can make you feel like you want to hide your face from the world and that is no way to live.

Causes:

Food Allergies/Sensitivities: Eating a food to which the body is allergic or has a sensitivity to can lead to a continuous toxic reaction. The immune system starts to fight the food as if it were an invading organism. This can cause inflammation in the skin, showing up as acne as well as the need to eliminate the toxin.

Gut Issues: when the gut is inflamed from eating foods that are pro inflammatory or your body is allergic or has sensitivity to, it causes the gut to be inflamed and can show signs of inflammation in the skin causing acne and eczema.

Hormones: A fluctuation in hormone levels whether it is at puberty or adulthood can increase the level of oil glands under your skin grow and the enlarged gland produces more oil and causes acne.

Recommendations:

Diet: Reduce the amount of inflammatory foods in the diet like sugar, dairy, wheat/gluten, and increase the amounts of anti inflammatory foods that contain good healthy fats like Omega 3s like wild salmon, walnuts, olives, avocados.

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Topical Solutions: For acne find products that contain Benzoyl Peroxide and Salicylic Acid. For Eczema look for products that contain natural oils and fatty acids and chamomile.

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Cellulite

The dreaded cellulite is an eye sore for many that affect the appearance of the skin. Cellulite is found only in the fatty tissue and most frequently occurs in women on the hips, buttocks, and thighs. Men usually develop it on the upper body. However, one does not need to be overweight to have cellulite.

Causes: There can be many causes of food sensitivities, fad dieting, metabolism, lack of physical activity, hormones, dehydration, excess body fat, thickness and color of skin.

Recommendations:

Diet: Eat a diet rich in anti inflammatory foods and avoid pro inflammatory foods like excess sugar and processed foods. Foods that are processed and high in sugar results to storing of the empty calories as fat in your body. Avoid foods with high salt content that promote fluid retention and contribute to cellulite.

Hydrate: Drink at least two to three quarts of fresh water each day. This should be filtered or boiled water to avoid the effects of chlorine found in tap water. Limit caffeine and alcoholic beverages that can dehydrate you more

Food elimination diet– Remove foods that you are sensitive to, that causes inflammation in the body and cause cellulite. Food intolerances can make you fat and will make existing fat deposits more unsightly.

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FATIGUE

Do you feel tired every time? Can never get enough sleep to get up feeling energized or do you rely on coffee or sugar to make it through the day? We tend to blame our exhaustion on just being too busy or doing too much but can there be some hidden reasons behind your exhaustion?

Causes:

Stressed adrenals and unbalanced hormones: The Adrenals are responsible to raise cortisol in response to stress in the body. If we are constantly stressing the diet by extreme dieting, excessive working out, environmental stresses, sleep deprivation or just the stress of life; our bodies will react by having high cortisol levels. Continuously having elevated levels of cortisol will stress the adrenals which leads to us feeling exhausted.

Unbalanced Blood Sugar: Our body depends on glucose to function; our brain especially needs glucose to function. When your body has unbalanced blood sugar from lack of proper nutrition you can feel irritable, tired, nervous, shaky and light-headed. Having unbalanced blood sugar and not eating properly throughout your day can cause you to feel fatigued.

Food Sensitivity: When you eat a food that your body may not agree with, it can cause inflammation inside the body, something that you can't see or feel and to which you may not have an immediate reaction. When the body tries to digest food that it is sensitive to; it can cause an adverse immune response that can end in fatigue.

Inflammation can cause problems that can weaken the gut lining resulting in malabsorption. When your body experiences nutrition insufficiencies from malabsorption, it tends to start to store fat to help combat the lack of nutrients it is not getting.

Recommendations:

Balance Hormones: Hormones like cortisol and thyroid can directly affect fatigue and energy levels in the body. Look to get your blood work tested by a trusted health care practitioner to look at your thyroid and cortisol levels to see if they are functioning optimally.

Improve Diet: Eating 4–6 meals throughout the day balanced with the proper amount of carbohydrates, proteins and fats will help to keep blood sugar stable and prevent crashes that cause exhaustion and fatigue.

Food Elimination Diet: Removing foods that are causing inflammation in the body will help to heal the gut and eliminate the stress put on the digestive system and help the body to perform at optimal levels.

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DIGESTIVE ISSUES

Two of the biggest complaints in regards to digestive issues are gas and bloating and constipation; both are equally uncomfortable and problematic for people.

GAS AND BLOATING

Causes:

Excess Fiber: when you transition to a healthier lifestyle one would usually increase fruits and vegetables that contain high levels of fiber. Adding excess fiber when the body is not used to it can cause gas and bloating.

Food Sensitivity– eating foods that don't agree with your body or that your body has a sensitivity to will cause gas and bloating. The most common foods that cause this are wheat/gluten and dairy. Many of us cannot break down the proteins found in these foods so they cause gas and bloating.

Eating Gas Causing Foods– Foods that are difficult to digest, have a propensity towards fermentation, or have an inability to be absorbed in the gut can cause gas and bloating. Foods like beans, cabbage, broccoli, soy, fructose, inulin, fake sugars and sugar alcohols.

Recommendations:

Slow Down and Relax When Eating: Eating too fast can cause excess gas and bloating. When you eat; sit down and chew your food, don't talk with your mouth full and avoid drinking liquids till after you are done eating. This will help to reduce swelling excess air that will cause gas and bloating.

Use a Digestive Enzyme– Your body uses enzymes and bile to break down foods so that it is easily digestible. If we do not produce enough enzymes on our own we are not able to break down our food and it will cause gas and bloating. Taking a digestive enzyme with meals will help to break down foods and limit gas and bloating.

Food Elimination Diet– eating foods that your body is sensitive to or causes inflammation will cause your body to react by causing gas and bloating in your body. When you can figure out the foods that your body is sensitive to and eliminate these foods from your diet; you will reduce the amount of gas and bloating.

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CONSTIPATION

Causes:

Food Sensitivity: Eating foods that are pro-inflammatory foods that your body is sensitive to will cause constipation. Foods like wheat and dairy are known to cause constipation because they are hard to digest and many people are highly sensitive to these foods.

Dehydration: Most people are dehydrated and don't know it, optimal levels of hydration help to keep your bowels moving. Your large intestine reabsorbs almost 2 galls of fluids every day so if you are not drinking enough water or fluids your stool is going to dry out and cause constipation.

Not Eating Enough Fat and Fiber– Fiber adds bulk and volume to stool and helps our gut push it out but that only works if we are well-hydrated. Not getting enough fiber will cause the body to produce hard stool and cause constipation. Proper intake of healthy fats helps to keep the bowels lubricated and moving along, when you don't eat enough dietary fat it will cause cons and backed up stools.

Recommendations:

Food Elimination Diet: Doing a food elimination diet will help you to figure out what foods are causing your body to react by constipation when you eat them. It will help you to take those foods out of your diet.

Increase Water, Healthy Fats and Fiber. As mentioned above if you are not eating enough of these foods and not staying hydrated you may become constipated. Adding more vegetables, healthy fats like avocados and drinking water will help.

Reduce Stress: Stress can also be a major cause of constipation and other stomach issues. The gut is sometimes called the second brain and it is highly connected to the brain. When you are stressed, your body will sometimes shut down digestion to conserve energy that you have been using for stress and cause constipation. Practice stress management techniques like meditation, leisure walking and yoga.

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JOINT PAIN

Joints form the connection between the bones and provide support and help you move. Joint pain can range from mildly irritating to debilitating and may be acute or chronic. As age increase usually so does joint pain.

Many different conditions can lead to joint pain such as osteoarthritis, rheumatoid arthritis, gout which is usually triggered by something going on within the body and strains and sprains which are usually caused by some sort of external injury.

Causes:

(In reference to osteoarthritis, rheumatoid arthritis, gout)

Autoimmunity: This could be caused by autoimmunity and the body attacking itself and causing the destruction of both bone and cartilage inside the joint.

Inflammation: in the body can manifest in many different ways and one way is joint pain. What is inflammation?

Food Sensitivity: Eating foods that your body is sensitive can cause inflammation in the body. Eating foods that your body has a sensitivity to combined with a digestive system that may be impaired can cause joint pain.

Recommendations:

Physical Therapy: involving exercises that help to strengthen the muscles around the affected joint is helpful for the treatment of joint pain. Weight loss and maintaining a healthy weight can also reduce symptoms of joint pain since you have less stress on the joints.

Food Elimination Diet: Certain foods like some nightshades, eggplants, tomatoes and bell peppers have been said to aggravate joint pain. Also foods like gluten/wheat and dairy are inflammatory for the body and when taken out of the diet symptoms of joint pain lessen or disappear.

Supplementation: Spices like Turmeric and Curcumin have been in the headlines lately for their anti inflammatory properties. It has been stated that these compounds can be used to help dampen the inflammatory response within the body helping to reduce joint pain and swelling.

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