



Unlocking Digestive Health

The Secret to Shedding Stubborn Weight

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ABOUT THE AUTHOR



Jeannie Peck, DNM
Traditional Naturopath
Functional Nutrition Clinician

I am a seasoned professional in the natural health field, bringing over 40 years of experience to my practice. I hold a Doctor of Natural Medicine (DNM) degree from Clayton College of Natural Health and Pan American University's School of Natural Medicine, with a comprehensive background in naturopathy, homeopathy, and nutritional therapies involving vitamins, minerals, and herbs.

I have pursued extensive continuing education, earning a wide range of specialty certifications. These include Functional Diagnostic Nutrition®, Mastering the Thyroid, Gluten Intolerance and Leaky Gut, Laboratory Assessments, Herbal and Mineral Medicines, and Jin Shin Jyutsu®—a form of needle-less acupuncture. I am also certified as a Weight Loss Specialist and Diabetes Specialist through the Institute of Transformational Nutrition, where I remain actively engaged in ongoing studies to integrate the latest scientific research into my practice.

In addition to my expertise in natural medicine, I am a licensed massage therapist, further enhancing my holistic approach to health and wellness.

I have been a resident of Pennsylvania for over 45 years and have owned and operated a natural health clinic, Health by Design, since 2006. My practice has evolved into a tele-health clinic, allowing me to reach and support clients remotely. I specialize in working with individuals experiencing chronic fatigue, hormone imbalances, food sensitivities, sleep issues, and stubborn weight loss. I offer customized lab testing to provide targeted nutrition plans tailored to each client's unique needs.

My mission is to educate others about the benefits of natural health solutions. My goal is to reach as many people as possible to teach them how to advocate for their health and help their family members by becoming their own health coach. Through the information in this book and my more detailed courses available to the public, I hope to reach as many people as possible and teach them the right questions to ask their medical team when faced with health challenges.



HOW MAY I HELP YOU?

Areas of Expertise

“I offer a complimentary consultation so you can understand how my experience aligns with your specific health concerns.”



Initial Inquiry

Many prospective clients have questions before booking a consultation. I offer a complimentary, scheduled session to discuss what I do, how I work, and how my experience aligns with your specific health concerns.

Initial Nutrition Consultation

After scheduling, you'll receive access to a secure health portal and an email with the required health questionnaires. Please complete and upload these, along with any relevant lab results, before your appointment. The questionnaire covers lifestyle habits, medications, supplements, sleep, digestion, menstrual cycle, surgeries, and your primary health concerns.

Most clients choose telehealth for convenience and quicker scheduling. I will call you at the scheduled time—please allow a 10-minute buffer in case of delays.



HOW MAY I HELP YOU?

Areas of Expertise

"I will review your current supplements and advise whether to continue, discontinue, or adjust dosages."



Customized Lab Testing

I offer access to advanced lab testing available exclusively to health professionals. These include:

- Hormone panels (e.g, weight management profiles)
- Micronutrient assay
- Organic acid tests
- Food sensitivity panels
- Tick-borne disease testing
- Stool analysis
- Genetic testing

Some tests are at-home kits; others require a blood draw at an approved lab.



Supplement Review & Recommendations

During your consultation, I will review your current supplements and advise whether to continue, discontinue, or adjust dosages. I may recommend additional supplements, but my goal is always to minimize supplementation while addressing your health needs effectively.

HOW MAY I HELP YOU?

Areas of Expertise

“I create a personalized
nutrition plan that
eliminates guesswork.”



Targeted Nutrition Planning

Using your lab results, I create a personalized nutrition plan that eliminates guesswork. I compare your current supplement regimen with your micronutrient status and recommend professional-grade products to correct deficiencies.

Follow-Up Consultations

Follow-ups are essential to track progress and adjust your plan. The first is typically scheduled six weeks after your initial consultation, with future appointments based on your individual needs.



Referrals

I maintain a growing network of trusted physicians, licensed health professionals, and specialists. If needed, I can refer you to the appropriate healthcare professionals.

PROVEN RESULTS

Kym S.

"I had a goal to lose 22 pounds and to see the scale be at my ideal weight prior to my cruise. Guess what? I lost 24 pounds and learned how to keep it off for good! Thank you for all you taught me and for your guidance along the way!"



Ann S.

"You looked at me as a whole person and put all the symptoms and lab results together to come up with solutions. I am so thankful! I have seen numerous medical specialists and it seemed no one was listening or able to figure out what was going on with my joint pain. I am thankful to say I have no more joint pain and on a much better health track. I have told so many people about my journey and how you have helped me."



MaryAnn N.

"With the customized eating plan Jeannie created for me I lost 18 pounds and have been able to continue losing! Prior to starting the plan, I was diagnosed with diverticulitis and had severe stomach issues. Before I started the eating plan, she helped me with getting my gut inflammation under control and I have not experienced any further stomach aches and pains. Even though it was a bit challenging at first, once we figured it out, I got amazing results! I feel so much better overall. Thank you!"



Butch P.

"My goal was to lose 15 stubborn pounds I was previously unable to lose. I lost 23.4 pounds and feel great! I am very pleased with my results. All I had to do was follow the guidance of Jeannie Peck."



UNLOCKING DIGESTIVE HEALTH:

The secret to shedding stubborn weight

“Digestion starts the
moment you start to think
about food.”

Understanding Digestive Enzymes and Their Role in Gut Health and Weight Management

Many individuals experience a range of digestive symptoms, including heartburn, indigestion, bloating, gas, weight gain, fatigue, constipation, diarrhea, irritable bowel syndrome (IBS), chronic yeast infections, insomnia, gallbladder discomfort, and even pancreatitis. These issues often stem from imbalances or inefficiencies in the digestive process.

The Digestive Process Begins in the Mind

Digestion starts the moment you begin thinking about food. This mental trigger initiates the production of saliva, which contains amylase, an enzyme that begins breaking down carbohydrates. For example, when you chew starchy foods like potatoes or rice, amylase converts starch into sugar, often resulting in a subtle sweet taste.

What are Digestive Enzymes?

All living things contain enzymes. Food enzymes are responsible for the biochemical reactions that ripen plants. Enzymes are removed from our food supply in order to extend the shelf life. As we age, the supply of digestive enzymes in our gut dissipates. Without these essential nutrients, we are not able to get what we need from the food we eat. Unless supplemental food enzymes are taken, we will continue to be deficient in these necessary enzymes.

Key Digestive Enzymes and Their Functions

- **Amylase:** Found in saliva, it breaks down carbohydrates into simple sugars.
- **Lactase:** Essential for digesting lactose, the sugar in dairy products, into glucose and galactose.
- **Lipase:** Produced by the pancreas, it aids in the digestion of fats.
- **Protease:** Secreted by the stomach, pancreas, and small intestine, protease breaks down proteins into amino acids. These enzymes also help protect the gut from harmful bacteria, yeast, and parasites. Known as proteolytic enzymes, they can reduce inflammation and pain when taken on an empty stomach, and support nutrient absorption when taken with food.

Digestion and Weight Loss Connection

“Digestion starts the moment you start to think about food.”

Supporting Stomach Acid Production

Betaine Hydrochloride (HCl) helps maintain optimal stomach acidity (pH 1.5–2.5), which is crucial for activating enzymes like pepsin. Pepsin is formed when pepsinogen, secreted by the stomach lining, combines with hydrochloric acid. It breaks down proteins into polypeptides, which are further digested into amino acids in the small intestine.

Food sources of HCl support include:

- Wheat bran and germ
- Whole wheat bread
- Shrimp
- Spinach
- Pretzels

Tips to Naturally Boost Stomach Acid

1. Incorporate ginger into your meals.
2. Take a high-quality probiotic.
3. Increase your intake of zinc-rich foods.
4. Limit refined carbohydrates such as white rice, sugary cereals, white bread, and soda.
5. Chew food thoroughly to stimulate enzyme production.
6. Consider digestive enzyme supplements (consult a healthcare professional for guidance).
7. Supplement with ox bile if recommended, especially in cases of gallbladder removal or bile insufficiency.

Natural Sources of Digestive Enzymes

Incorporating enzyme-rich foods into your diet can support digestion. These include:

- Pineapple
- Papaya
- Yogurt and kefir
- Ginger
- Sauerkraut
- Miso
- Kiwi



Digestion and Weight Loss Connection

“Have you made the connection between digestion and inability to lose weight?”

What happens when my food is not digested properly?

Many people rely on temporary solutions to manage symptoms of poor digestion, such as antacids for gas relief and laxatives for constipation. However, these remedies often provide only short-term relief. When the body lacks sufficient enzymes, food particles are not properly digested, preventing them from passing through the gut wall for nutrient absorption. Instead, they enter the alimentary canal, where they form toxins that seep into the bloodstream. Even when food particles do pass through the gut wall, if they are not broken down into small enough particles for energy production, they remain unassimilated and are stored as fat and toxins. This can lead to conditions like weight gain, leaky gut, and fibromyalgia.

The Secret to Shedding Stubborn Weight

I hope you have learned that digestion and proper assimilation of nutrients in your food are foundational for any weight loss plan. I always begin my weight loss consultations with an overall review of what your daily meal plans consist of. Most people are shocked when they hear they are not eating enough, especially protein!

Women over the age of 40 often face challenges in losing stubborn weight and maintaining weight loss. While fluctuating hormones play a significant role, another key factor is not consuming enough food. Over the years, women have struggled with the concept of food, often being told that consuming too much leads to weight gain, thus believing that eating less is necessary for weight loss. If you are eating healthily, sleeping well, exercising, and maintaining an active lifestyle yet still find those stubborn pounds persist, consider asking yourself, “Am I consuming enough protein?” More importantly, with your understanding of digestive enzymes, are you effectively breaking down the nutrients in the protein you consume?

During menopause, the drop in estrogen levels causes women to store more body fat and results in decreased muscle mass. Consuming fewer calories can increase the risk of muscle loss. Why is this important? Muscle acts as your body's calorie and glucose-burning machine. When you lose muscle, your ability to lose fat diminishes. The amount of protein needed to aid in calorie burning varies for each individual. If you are a woman and your goal is to be strong, fit, shed those stubborn pounds, and have more energy, a good guideline is to consume 90–100 grams of protein daily, coupled with 30 minutes of light weight training, 2–3 times per week. The amount of daily protein recommended for men starts at 100 grams and increases with the consideration of any health challenges they may have and the amount of exercise they perform.

Digestion and Weight Loss Connection

“Consider working with a licensed health care professional.”

The Secret to Shedding Stubborn Weight Checklist

- ☐ Eat a balanced meal to include enough protein to aid in fat burning and prevent muscle loss.
- ☐ Get 7 – 8 hours of sleep each night
- ☐ Incorporate 30 minutes of weightlifting exercises, 2 – 3 x weekly
- ☐ Digestive enzyme supplementation, if needed. Consider working with a licensed health care professional to ensure you choose the proper enzymes.
- ☐ Hormone testing (to rule out deficiencies) to include estrogens, progesterone, testosterone, DHEA, cortisol, cortisone, fasting insulin, A1C, and vitamin D.

“Thank you for reading ‘Unlocking Digestive Health: The Secret to Shedding Stubborn Weight’. I trust you have learned some useful facts about stubborn weight.”

If you have questions about your health journey, I would love to help.

I offer a complimentary 15 minute telehealth consultation to assess your natural health options. I have found this is the best way for you to see if I would be a good addition to your wellness team.

If you would like to schedule your appointment click the link below.

- <https://www.hbdcclinic.com/>
- 717.556.8103
- Email: DrJeannie.Peck@Gmail.com

