

Supporting Proper Digestion & Elimination

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Quality Products for Health

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The **Digestive System** is: a transformer of food into energy, a builder and repairer of tissues, and a conveyor belt of sorts; an assembly line in reverse.

The Average American consumes 40 tons of food in a lifetime!

Have you heard that “You are what you eat”? Rather than, “You are what you eat”

How about: “**You are what you absorb!**”

Primary Problems with the digestive/elimination system:

1. **Transit Time**-This is called “peristalsis” and it can be too fast or too slow.
The Natural Health Definition of Bowel Movement says: Every time you eat, you should produce a bowel movement -like trains into a train station. One goes in, one should go out. Check your body’s transit time with the “beet juice experiment”. After you eat beets, a color change should occur: occurring in 10 hours is too fast (no absorption), but 72 hours is too slow (constipation). You may have been told that “one bowel movement a day is normal for you”, but not if you consider this: You’ve eaten three times today...you have 1 movement... You leave 2 trains in the station.... however, the next day there are 4 trains left in the station. The next day 6, and so on. How backed up can a person’s “train station” become?
2. **Enzymes** help digest food and allow for complete absorption. Do we possess enough for a lifetime? Yes, until we consider that modern foods are denatured, processed, boxed, and refined. The human body wasn’t designed for “shelf-life” and “cooked” foods as heat destroys enzymes. Raw, uncooked foods contain enzymes from nature to assist us. Enzymes are required for detoxification, too. Enzymes turn fat soluble toxins into water soluble toxins for easy elimination. Less enzymes = more toxicity.
 - a. **Food Enzymes**—A multi-enzymatic formula with pepsin (HCL), pancreatin, mycozyme, papain, bromelain, bile salts and lipase, which help you break down your food more effectively, to aid digestion and prevent reflux.
 - b. **ProActazyme**- Enzymes designed for those with serious reflux, containing no bile salts or HCL, since they may irritate esophagus if reflux occurs.
3. **Probiotics** (Pro-life) are the opposite of antibiotics (anti-life). Friendly flora problems are caused by use of antibiotics, chemicals, drugs, and the standard American diet, which all deplete our healthy gut populations.
Probiotics, such as Acidophilus, Bifidophilus Flora Force, Probiotic Eleven, Bacillus Coagulans:
 - a. Help prevent harmful organisms/parasites from making your digestive system their home.
 - b. Supplementing our diets by manufacturing additional vitamins
 - c. Providing immunity, as probiotics account for roughly 75% of our immunity.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Building Better Health Naturally



4. **Hiatus/tight stomach** - Primary causes of hiatal hernia are internalized stress &/or microbial imbalances, such as H.Pylori.
 - a. Keep your emotions in check when eating. Eat with fewer distractions and be calm. Difficult emotions lead to difficult digestion (Hiatus)!
 - b. GastroHealth is a patent herbal blend designed to help combat H.Pylori (at least 3 bottles)

5. **Lack of HCL** - HCL is in our gut to break down protein, destroy bad microbes, and stimulate enzymes/organs/bile. The stomach is lined with mucus as a barrier to HCL and sheds cells at a half-million a minute, replacing itself every 3 days.

So, is HCL Bad? The antacid industry wants you to think so. Although helpful, antacids are neither the best nor long term answer to heartburn or acid reflux.

Treatments aimed at neutralizing this acid actually make your problems worse! Poor diets, overeating, and gulping food create "heartburn".

Heartburn is usually **A LACK OF HCL – NOT AN EXCESS!**

- a. Lack of HCL = protein malnourishment. Improper levels of HCL lead to "acidity" so the blood (pH imbalance) becomes toxic, mineral deficiency results, causing the blood to look for minerals to combat acidity and stealing calcium from your bones. **Low stomach acid = acidic blood = low minerals.** We need HCL, especially after age 40. These products have HCL to help with digestion: **Food Enzymes and PDA (Protein Digestive Aid).**

Symptoms of HCL imbalance include: - Bloating/Flatulence – Heartburn – Diarrhea – Constipation - Chronic Candida - Food allergies – Acne - Immune problems

Natural Support for the Digestive/Elimination Systems:

1. **Proper diet** for the optimal care of this system is fruits, vegetables, nuts, whole grains, and seeds. Proteins should be lean and high quality, carbohydrates are better if complex, and good fats. Chew your food till creamy! — This turns your solids into a liquid, even your liquids into a liquid. Chewing well gives time for the digestive system to tell you that you are full and also ensures proper digestion and breakdown (absorption).
2. **Exercise**— ANY exercise is good, as working your muscle groups improves muscles around your intestines to help with peristalsis. Walking to hula hoop are great options.
3. **Drink Water** that is clean and fresh! Avoid constipation by drinking more water. Invest in a water filtration system. Drink a full glass one-half hour before meals. (If you are no longer hungry, you are thirsty). Avoid drinking much liquids while eating & 30 minutes after, to avoid diluting down the digestive process. Try eating a full meal without any liquids. If able, you are likely hydrated; if not, consider more water in between meals.
4. **Fiber** – There are 5 kinds of fiber – 3 soluble (pectin, mucilage, and gum) and 2 insoluble (cellulose & hemi-cellulose). Thirty years ago, the advice was 10g/day, 20 years ago it was 20g/day, but today the advice is 30-40g of fiber per day. With fiber we feel "full". It decreases our appetite and also helps with ease of bowel movements. It sweeps out toxins, lowers cholesterol and blood sugar levels, and reduces colorectal disorders. Consider **Nature's Three** - a non-toxic (with no dyes) fiber source from psyllium, oat fiber, and apple fiber. Each serving provides 2 g of fiber (1 g soluble and 1 g of insoluble). Mixable in water, sprinkled in food or used in recipes. Start slowly and drink plenty of water

Conclusion

The Digestive system maintains energy, cells, tissues, and keeps you functioning. Each day it processes about two gallons of food, liquids, and bodily secretions into 12 ounces of waste.... Very efficient indeed!

Every system in your body is affected by its function, it truly is the center to your health.

"The road to good health is paved with good intestines."