



Good Digestion & Your Health

Odds are you've experienced some sort of digestive distress or disorder. You certainly aren't alone! Many Americans suffer from gas, bloating, diarrhea, constipation, heartburn, acid reflux, irritable bowel, ulcers, colitis, food intolerances, gall stones, and many other ailments. There is help!

GUIDELINES FOR GOOD DIGESTION:

Eat real, whole, unprocessed foods. These foods are full of important nutrients your body needs. Be sure to eat plenty of fiber from vegetables, fruits, beans, and nuts to help sweep out your system. Get in healthy Omega 3 fats like olive oil, coconut oil, macadamia nuts, and avocados to help tame inflammation. Avoid refined foods plus artificial additives and preservatives.

Eat in a calm, relaxed environment and chew your food thoroughly. Digestion starts in your brain as you prepare to eat. Don't eat on the run or in a stressed state. Rest to digest! This allows your body to produce the hydrochloric acid and enzymes needed to break down your food. As we age, supplementing with digestive enzymes may be necessary.

Eliminate irritants to the gut. These can be foods such as gluten and grains, dairy products, and industrial oils (like soybean and canola). Other common food sensitivities stem from corn, eggs, peanuts, soy, sugar, and artificial sweeteners. Work with a medical professional to eliminate and irritants such as parasites, bad bacteria, and yeast.

Heal your gut. Take multi-strain probiotic supplements. These supply the gut-friendly, beneficial bacteria to your digestive tract which aid in digestion and absorption of nutrients. You may also need to repair damage done to your gut lining by using healing products like glutamine, zinc, and aloe, among others. Try drinking collagen-rich bone broth.

THE RELATIONSHIP BETWEEN DIGESTION AND YOUR HEALTH:

The health of your digestive system is directly linked to the health of your whole body. It determines which nutrients you absorb and which toxins and germs are kept out. Digestive problems can cause inflammation throughout your body. Allergies, headaches, cancer, autoimmune conditions, skin problems, fatigue, brain disorders, mental health issues, arthritis, fibromyalgia, and many other conditions have direct links to the health of your digestive system. *How?*

Your gut is an important part of your immune system.

The protective lining of your gut is just one cell thick! It protects you from toxins. But, if that barrier gets damaged, you may develop allergies or rashes, become sick, or feel the many effects from inflammation.



Your gut is also considered your "second brain".

This is called the enteric nervous system. When the gut-brain connection is compromised due to poor digestion, your brain health and emotions will suffer. Fun fact: Your gut contains MORE neurotransmitters than your brain!

There is an ecosystem of friendly bacteria in your gut. There are up to 1000 types! The most common are Lactobacillus and Bifidobacteria. These beneficial bugs support us in many ways. They help to fight infections and disease, stop diarrhea, manufacture nutrients, digest food, regulate hormones, break down toxins, and absorb nutrients. This ecosystem must be in good balance. If too many

Your gut eliminates toxins. Your liver aids in this process. Too many toxins from chemicals in food can overwork your liver. Also, if your colon gets backed-up due to constipation, your body can re-absorb toxins, yuck!