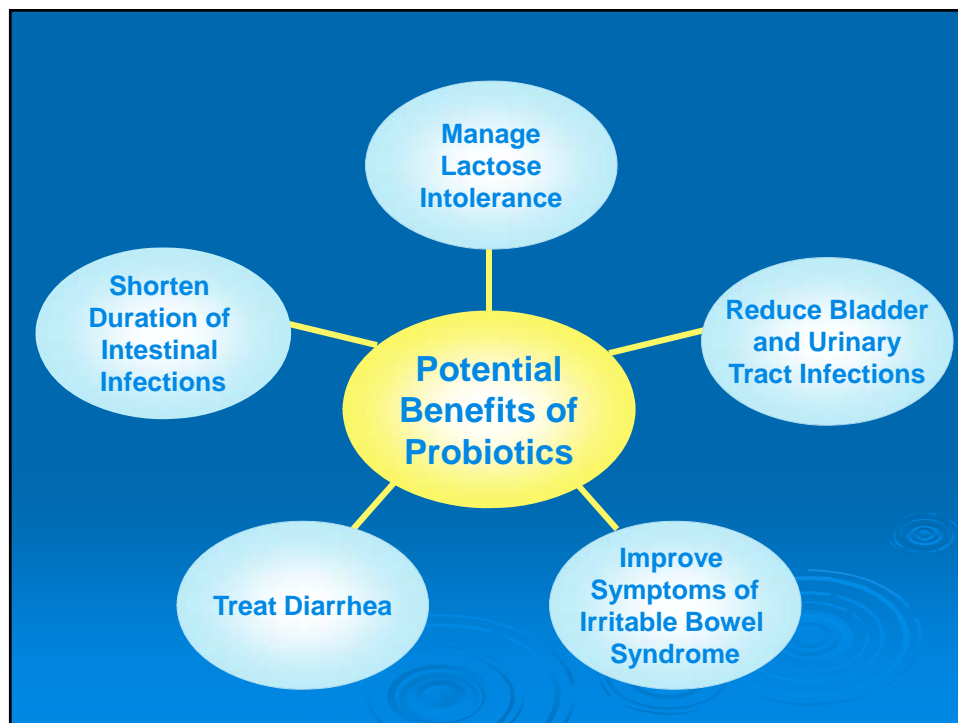


Health Benefits of Probiotics

- Can help prevent colon cancer
- ↓ LDL “Bad” Cholesterol - Cardioiva
- ↓ blood pressure
- Improve immune function & prevent infections
- Improve mineral absorption
- Prevent harmful bacterial growth in GI tract
- Improvement of intestinal barrier function
- Suppress pro-inflammatory cytokines
- Modulation of pain perception



Heal the lining of the digestive tract from top to bottom

- Ulcers, leaky gut, Celiac disease, diverticulitis, inflammatory bowel disease (IBD) and other conditions related to the lining of the digestive tract can create symptoms of inflammation, pain, indigestion, gas and bloating, and over time create issues of malabsorption, nutrient insufficiencies and potentially autoimmune disease.
- Luckily, there are several things you can do that are nourishing to the lining of the digestive system.

Ways to Support Healthy Digestion

- Ensure adequate amounts of digestive factors.
- After chewing, the food's next stop is the stomach, where an adequate amount of stomach acid (hydrochloric acid) is the next necessity.
- Stomach acid is required for adequate breakdown of proteins.
- Without adequate stomach acid, not only is protein digestion ineffective, but also digestion of vitamin B12 is seriously affected.
- Vitamin B12 digestion and absorption requires that it be liberated from protein.

Ways to Support Healthy Digestion

- In addition, intrinsic factor, the protein that is necessary for vitamin B12 absorption, is low when stomach acid is low.
- Low stomach acid (hypochlorhydria) is common, especially in older people since as we age, we make less stomach acid.
- Research suggests that as many as half of the people over 60 years old have hypochlorhydria.
- A variety of factors can inhibit sufficient stomach acid production including the pathogenic bacteria, *Helicobacter pylori*, and frequent use of antacids.

Ways to Support Healthy Digestion

- Low stomach acid is also associated with many diseases, such as asthma, celiac sprue, hepatitis, rheumatoid arthritis, osteoporosis, and diabetes mellitus.
- Signs of hypochlorhydria (low stomach acid) include a sense of fullness after eating, bloating, excessive belching, indigestion, multiple food allergies, undigested food in the stool, and peeling and cracked fingernails.
- In addition to hydrochloric acid, the production of pancreatic enzymes and bicarbonate is also compromised in some people.
- If necessary, these digestive factors can be replaced with appropriate supplementation.

Ways to Support Healthy Digestion

- Digestive enzyme support can also be obtained from fresh pineapple or papaya, which contain the enzyme bromelain, and other fresh vegetables and herbs.
- Digestive enzymes in supplement form: Digest Gold
- Processed foods, like canned pineapple, contain little enzyme activity since digestive enzymes are proteins, which are destroyed by heating, such as in the sterilization process.
- So beginning a meal with fresh fruits or salad can provide support for healthy digestion.

Ways to Support Healthy Digestion

- Support the gastrointestinal barrier.
- The gastrointestinal cell wall is the barrier between what you ingest and the inside of your body; therefore, the integrity of this barrier is vital to your health.
- Support for the mucus that covers the cells in the gastrointestinal tract is very important, especially in the stomach.
- The mucus layer is one way the stomach and upper small intestine protect themselves against the damaging effects of stomach acid.

Ways to Support Healthy Digestion

- Alcohol, over-the-counter anti-inflammatory drugs, called NSAIDs (e.g. aspirin, etc), and the pathogenic bacteria, *Helicobacter pylori* can reduce the mucous layer, leading to lesions in the stomach and small intestinal tract walls.



Ways to Support Healthy Digestion

- Research studies have shown that the small intestinal tract barrier can become leaky under some conditions.
- Cells lose their attachments to each other, resulting in a wall with holes between the cells instead of the cells forming a strong, connected and continuous surface.
- When this "leaky gut" happens, molecules can get inside the body that normally wouldn't be transported through the intestinal cell wall.
- With leaky gut, the things that shouldn't get in do, and those that should can't get where they need to be for adequate transport through the body.
- The result is the body doesn't get the nutrition it needs.

Ways to Support Healthy Digestion

- Anything that irritates the lining of the gastrointestinal tract can cause leaky gut, but a major contributor is inflammation (e.g., food allergies)
- Eliminating foods to which you are intolerant or allergic can help provide a healing environment in the small intestine
- Glutathione, a small peptide found in the highest concentrations in fresh vegetables, fruits, and lean meats is also beneficial to the small intestine, since it can directly act as an antioxidant in the intestinal tract and help decrease damaging molecules that may be produced during inflammation.

Ways to Support Healthy Digestion

- Vitamin C, from citrus fruits, and vitamin E, found in whole grain cereals and nut oils, are important antioxidants for the small intestine and work with glutathione to support intestinal healing.
- The cells that line the intestinal tract need fuel to continue their process of nutrient uptake.
- The preferred fuel for these cells is the amino acid glutamine, which can be obtained from proteins.

Ways to Support Healthy Digestion

- Support the growth of probiotic bacteria
- Foods that will supply probiotic bacteria include some yogurts, kefir, and other foods that have been fermented with Lactobacillus or contain Bifidobacteria, the beneficial types of bacteria.
- Foods that will nourish probiotic bacteria include foods that contain soy fiber, inulin (from chicory or Jerusalem artichoke), and rice fiber.

Ways to Support Healthy Digestion

- Provide for healthy intestinal transit
- Fiber, in general, supports overall transit of the food and healthy elimination.
- Some fibers, like those found in rye, wheat and flax, also can bind to environmental toxins, such as pesticides, and carry them through the digestive tract for direct elimination, decreasing the amount that is absorbed into your body.

Ways to Support Healthy Digestion

- Learn how to deal with stress effectively.
- Research has shown that the intestine responds negatively to stress, during which the intestinal lining becomes leaky, absorption is less effective, and your body is unable to selectively take up the nutrients it needs.
- Foods with a calming effect include herb teas, like chamomile.
- Alcohol, caffeine, and refined carbohydrates, like table sugar, should be avoided when under stress
- Eating meals at regular times and in a relaxed environment can also help decrease stress.

Summary

- Take care of your gut and it will take care of you!
- You are what you eat
- You are what you digest
- You are what you assimilate!
- Get lots of fiber, fruits, vegetables, whole grains, lean proteins, good fats and beans and legumes in your diet
- Drink lots of water
- Get probiotics and prebiotics on a regular basis

Remember

- Make meal times relaxed
- Take time to eat
- Allow time for food to digest
- Eat at regular intervals
- Eat smaller amounts at any given eating episode
- Take small bites
- Focus on eating, not everything else

