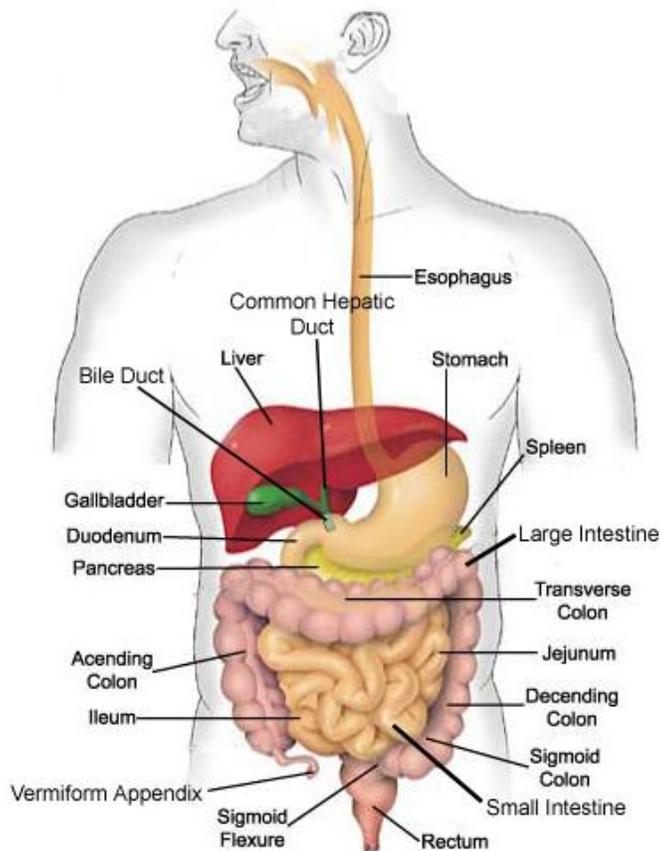


The Digestive System



How healthy are your bowels? Does that sound silly? It shouldn't. In fact, improving and maintaining the condition of your bowels is serious business.

Chances are you have digestive issues. And you're not alone. According to recent studies seventy percent of women say digestive concerns negatively impact their lives every single day.

Digestive concerns aren't a fun topic of conversation. In fact, many people have trouble talking to their own doctor about their concerns. Others suffer in silent embarrassment, worry and discomfort over the rumbling and gurgling - the cramps, bloating and gas. The constipation. Or diarrhea.

By paying attention and making a few simple changes, you can help your digestive system do the job it was made to do – absorbing nutrients and keeping things running smoothly. Learn what you can do today to help take care of your digestive system.

The Colon

Look before you Flush

It may not be a topic you are used to discussing around the dinner table or at social gatherings, but it should be one to take seriously.

Let's talk about stool. In my profession, it is a topic that comes up several times daily. Here is a brief synopsis of why it is essential to monitor your digestive health by taking the "look before you flush" approach. You will be surprised at what you will learn.

Stool is the end product of digestion. After all the "good stuff" has been broken down and absorbed to be used by the body, stool is the waste that's left over. Mostly, stool comprises of fiber, microbes, and water. Slight changes in consistency, color, size, and shape are all signs as to what is happening on the inside.

Because proper digestion is an essential part to good health, it makes sense to monitor changes in stool on a daily basis. One of the most important characteristics to note about your bowel movements is the frequency. Constipation can lead to major health problems and should be addressed immediately. Think of the bowel as a holding tank for waste that needs to be emptied at least daily. Otherwise, toxins that your body has worked so hard to eliminate can be reabsorbed into the blood stream. Even if you are having regular (i.e. daily) bowel movements, if the stool is hard to pass or looks like pellets, you still may be constipated.

The opposite to constipation, diarrhea, can also create problems, especially if it lasts longer than a couple days. Diarrhea indicates that something is irritating the bowel, causing forced elimination. Following a bland diet and avoiding food intolerances as well as known bowel irritators (caffeine is a big one) may eliminate the problem. However, dehydration and poor absorption are major concerns with chronic constipation and anyone who has had diarrhea for any length of time should consult a professional.

It is not normal to see undigested food in the stool, although some foods high in insoluble fiber, such as whole corn kernels, often will show up in the stool. If undigested food particles are common, you may not be chewing your food properly or it may be a sign that you may be lacking digestive enzymes.

Mucus is a sign of inflammation in the bowel and is common with conditions such as irritable bowel and food intolerances. Stool color will depend on diet, however other factors also come into play in determining stool hue. Bright red is a sign of blood from the lower end of the digestive tract, such as hemorrhoids. Red blood can also be the result of constipation, which can cause tearing and fissures in the anus.

Pale stools may indicate insufficient bile. Bile is made in the liver, stored in the gallbladder, and released to help emulsify fats. Poor fat digestion may also result in stools that look greasy. Conditions such as gallstones may lead to poor bile flow. When it comes to texture, a healthy stool should be toothpaste like; soft, but in one piece. Stool that easily breaks apart in the toilet bowl may indicate food sensitivity and/or inflammation.

It is normal for stool to have some odor, but if it is a recent change or if you are having a hard time standing the smell, you may want to address the problem. Usually, an increase in odor indicates dysbiosis, or altered gut flora. We need some good bacteria in order to balance the digestive system. If this balance is thrown off (antibiotics and a diet high in refined foods are big culprits), the "ugly" bugs can overwhelm the good guys, creating an odorous gas as their by-product. Supplementing with probiotics will go a long way at re-balancing the system.

Another possibility is that the food is not properly being broken down. This allows larger molecules to remain in the gut while bacteria do the work.

A normal, healthy bowel movement is one that is easily passed without straining or pain, with a medium brown color and minimal gas and odor. The stool should be consistent in size and shape.

‘Providing a means by which the body will get rid of toxins is paramount. There are studies that show that people who move their bowels three to four times a day are much healthier. They have lower incidences of cancer, lower incidences of diabetes, and lower incidences of heart disease. I truly believe that all disease begins in the digestive system – that all disease begins with what we eat.’

Dr Francisco Contreras (Oncologist – Mexico City)

If you struggle with Constipation or other Digestive Issues, consider taking **Herbal Fiberblend**

NB – Quantity and Quality of elimination!

You should not struggle with constipation or diarrhea.

Your stool should be light (float), have a pocket-like shape (not rope-like shape). Should be light in color (sign of enough fiber in diet), have no mucous on the in- or outside, should crumble when hitting the water.

Herbal Fiberblend is a special combination of fibre and 19 Herbs that cleanses and heals the colon and digestive tract and helps promote peristaltic movements. Excellent for constipation and spastic colon. A ‘one-step’ detoxification product. Helps stop Diarrhoea. Helps stabilize blood pressure and blood sugar problems. Helps heal piles and polyps. Heals haemorrhoids. A must for Cancer patients! Excellent for De-worming! Herbal Fiberblend is not a laxative and not habit-forming.

In my years of working with health and Nutrition, I have witnessed many people effectively deal with Colon and Digestive Related Issues utilizing the category of

FOOD & NUTRIENTS

- Those who completely eliminate sugar, coffee and food chemicals have better Digestive Health
- Those who eliminate food sensitivities and food allergies from their diet, have HUGE improvement in Constipation, Bloating, Gas, Diarrhea, Pain, Cramps... IBS symptoms etc.
- For quick Healing take **Herbal Fiberblend** or **Herbal Release** or both.

Herbal Release

A combination of 8 herbs that Cleanses the Lymphatic system, helps 'un-block' lymph nodes, helps with constipation, water retention, excellent for Cellulite and Varicose Veins etc.

Also consume **Fruits and vegetables on a daily basis**. At least 8 - 11 servings daily. This is a case where more is better when it comes to vegetables. When it comes to fruits and vegetables, **fresh** are always best, however, for those who are unable to hit the 8 - 11 daily servings mark, I recommend **Barleylife**. **Barleylife is a 100% dried Wholefood Juice Powder and contains** a wide spectrum of naturally occurring vitamins, minerals, Enzymes, other nutrients **as well as Phytochemicals, Chlorophyll, Anti-Oxidants and Amino-acids**. **Barleylife** has anti-inflammatory, antioxidant, and wound-healing properties. Green barley grass has a powerful alkalizing effect, since it contains buffer minerals including sodium, potassium, calcium, and magnesium, all of which neutralize acidic materials.

Consume Good Fats!

Omega 3 (an EFA) deficiency contributes to many modern-day illnesses and digestive problems. EFAs are fatty acids that are necessary for normal growth and development, for Thyroid function and for brain and skin health and for a healthy digestive tract. It cannot be manufactured in your body, you must obtain them from your diet. You get them from eating Fruits and Vegetables. Also, ensure that all of your **oils** are cold pressed and organic. The best oils by far are Olive oil and Coconut oil. Also, Flax oil, Hemp oil etc. People who don't consume fish or fish oils can benefit from using uncooked flax oil.

Supplement with AIMega

AIMega contains a balanced ratio of Omega 3, 6 and 9.

Eat Avocado pear daily – high in Omega 9 and fibre. Read the work of Dr Udo Erasmus '*Fats that Heal and Fats that Kill*'. **Eat Nuts and seeds**. If you tolerate them well, buy raw nuts and seeds, as they are loaded with vitamins and minerals. Avoid peanuts (not a nut, a legume) peanuts are on the top of the list for having the greatest susceptibility to moulds. Do not eat roasted nuts and seeds unless you roast them yourself. You can do this by lightly browning raw nuts or seeds in the oven or on a non-stick frying pan. Nuts and seeds can be eaten raw, used in a stir-fry, used to make creamy salad dressings, in Smoothies, ground as flour for cakes, or used for great toppings on casseroles. (20% of people I see do not tolerate certain nuts well). **Eat fish** at least 3 -4 times per week if you

are not allergic to it or have not chosen to be vegetarian. High quality fish in my opinion, is by far the best source of protein available for a healthy diet. Wild (north pacific) salmon heads the top of the list. Salmon contains every amino acid, an abundant supply of essential fatty acids, and every vitamin and mineral the body requires for great health. Other quality fish include sardines, herring, anchovies and trout. Fresh fish is best. Ensure canned fish is packed in water with no chemical additives. Most fish oils that are sold as supplements are not molecularly distilled for heavy metals. With the increasing heavy metal accumulation in fish, this is of great concern regarding toxicity. (Look for highest concentration of EPA and DHA).

The Small Intestines Food Sensitivities and Villi

Another important factor to consider is to **Eliminate All Wheat, Gluten, and Highly Allergenic Foods from Your Diet**

See page on Small Intestine and Villi

There is an epidemic of hidden intolerance to wheat products today, and the primary culprit is gluten. Found in wheat, this protein contains gliadins, which are molecules that can cause toxic reactions and trigger an unwanted immune response. Gliadin is water-soluble, causing it to bind to your cells.

If you are gluten sensitive, your body **will produce IgG antibodies** that will attack the cells that gliadin has attached itself to, treating them as an infection. This response causes damage to the surrounding tissue and may exacerbate other health problems throughout your body – a key factor why gluten can have such an immensely negative effect on your overall health.

Another important reason to avoid gluten is that it stimulates opioid receptors (gluteomorphs) that will impair your immune response and make you more susceptible to autoimmune diseases and infection. Casein (milk protein) also has similar challenges as it stimulates caseomorph receptors.

Gluten intolerance may be manifested by gastrointestinal symptoms, such as diarrhea, nausea, constipation, and abdominal pain, but they may be diagnosed with non-gastrointestinal symptoms as well. Therefore, to avoid triggering gluten intolerance, it is best to completely eliminate gluten from your diet.

However, do not expect to feel completely healed immediately after eliminating gluten, as it may take 30 to 60 days for the inflammation to subside, and anywhere from 2 to 12 months for the lining of your small intestine to heal.

Some people may not feel any improvements even after eliminating all wheat products (even the safer ones) from their diet and may even feel worse. This may be due to other unidentified food allergies and sensitivities – a problem that affects about 75% of the population.

Get Tested with the ImuPro blood test from MDS Labs!

Do the Following:

Identify the problem protein (consider doing the ImuPro blood test)

Eliminate the problem food

1. **Cut gluten out of diet!**
2. **Cut Casein out of diet!**
3. This is a condition of inflammation. Take **Barleylife Daily!** Barleylife is anti-inflammatory. Barleylife heals the Villi. It contains anti-oxidants like Vit A, C and E. You need Vitamins. Eat a daily balanced diet that includes plenty of brightly coloured fresh fruit and vegetables to get sufficient amounts of vitamins
4. When you carry around too few friendly bacteria and an overabundance of the bad stuff, your body doesn't make use of all the nutrients you're feeding it. Your healthy diet won't matter, nor will the nutritional supplements you take. If your digestive system isn't operating efficiently, you aren't getting the full benefit of your good nutritional habits. Not only is your health at risk, but you're throwing money away on high-quality food and nutritional supplements that your body can't make use of. The good news? Improving the health of your digestive system is often a simple, straightforward process of achieving the right balance of good and bad gut bacteria. It's a matter of moving the right bacteria, in the right amounts, into permanent residence in your digestive tract. Take **Florafood** daily to help restore friendly bacteria. Florafood also helps with production of vit A, C, E and K and all the B vit's etc.
5. Remember to **Drink Water!**

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Disclaimer: I am not a doctor, or a medical practitioner in any shape, form, or variety. NOTHING in this article/notes/recommendation represents medical advice, nor is intended to treat, cure, or mitigate any disease. NO matter how much fun any of my ideas relating to diet, exercise, or lifestyle might sound, you MUST seek medical advice before making changes to your diet or embarking on any exercise program.