

Digestive Health

One in five of us experience digestive problems at any one time, while one million people are diagnosed with a digestive condition each year in England alone!

The gut is responsible for processing the food we eat and absorbing the nutrients required for maintaining health. Modern living takes its toll on the gut however, and most people find that at least one of the following risk factors for digestive problems applies to them:

- ◆ A poor diet - particularly one high in sugar, processed items, wheat and dairy products and meat, which are all hard to digest, straining your system. Insufficient dietary fibre also of course slows digestive transit to cause problems.
- ◆ Certain drugs, particularly antibiotics - deplete your body's levels of probiotic bacteria in the intestinal tract, which are essential to maintaining healthy digestion and a strong immune system.
- ◆ Stress - diverts energy away from digestion in order to deal with more pressing demands. Chronic stress, as suffered by so many of us at work and at home, results in digestion that is constantly compromised. Stress also depletes the immune system, which is inextricably linked with digestive function.
- ◆ Heavy exercise - inhibits digestive function as it is a non-essential process during times of intense physical exertion. Increased protein intake will also slow digestion.
- ◆ Ageing process - levels of stomach acid decline with age, making it harder to break down our food. We also tend to become more sedentary, increasing the risk of constipation.

The origins of many chronic illnesses can be traced to compromised digestive function, so maintaining a healthy digestion System is of paramount importance not just to avoiding the digestive discomfort such as bloating, constipation or stomach pains that plague so many of us, but in order to protect our overall health now and for the future.

GNLD Nutritional Recommendations...

Acidophilus... 1 Cap per day... Digestive Herbal Formula... Fibre Tablets... Aloe Vera Plus

See individualized information on GNLD's Aloe Vera Plus below...