

Digestive Health

The human body is an organic machine that powers itself on food and oxygen as fuel. Digestion is the process that breaks down food into smaller pieces in order for the body to more readily absorb nutrients. In order to digest and absorb our food properly, we need a healthy combination of digestive enzymes to breakdown fats, carbohydrates and protein. Once food is properly broken down, the nutrients can be absorbed in the small intestine.

If you do not efficiently absorb the nutrients you ingest or maintain a healthy balance of beneficial bacteria (probiotics) in your intestinal tract, your overall well-being can suffer. Probiotics live in the intestine, helping with digestion and keeping harmful bacteria from inhabiting the gut.

Antibiotics kill both beneficial and harmful bacteria, making probiotic supplements important for those on antibiotic regimens.

Self Care

- [How healthy is your diet?](#)
- [Why eat organic foods?](#)
- [Life stress questionnaire](#)

Here are some other ways to maintain your digestive health:

- Avoid spicy, acidic and tomato-based foods like fruit juices, Mexican food or Italian cuisine.
- Avoid fast food hamburgers and other fatty foods. Avoid chocolate.
- Limit your intake of coffee or black tea to 1-2 cups a day, alcohol 1-2 ounces a day. Eliminate colas. If you are actively having abdominal pain avoid all coffee, tea and sodas and see your health care provider.
- Watch your weight. Being overweight increases pressure in the abdominal area, which aggravates reflux. Visit our Weight Loss page for more information.
- Don't gorge yourself at mealtime. Eat smaller food portions. Don't exercise too soon after eating.
- Don't eat within 3 hours of bedtime.
- Stop smoking now – this is critical to digestive health... and your overall health.
- Elevate the head of your bed with wooden blocks under the headboard.
- Don't elevate by using pillows, since this can increase abdominal pressure.
- Recheck at the doctor's office if you are taking medication (over the counter or prescription) and it is not helping your symptoms.

The information provided is not meant as a replacement for a physician's care.

Some or all of the above may help you feel more balanced and give you an overall increased sense of wellbeing.

- Chamomile tea soothes the digestive tract. Take one teaspoon of ginger grated and steeped in boiling water for nausea. Any combination of anise, caraway, dill or fennel seed can be steeped for tea and used to diminish heartburn. Consider "Bloat Relief Tea."
- Chew gum for 30 minutes after eating to reduce the incidence of heartburn.

Supplements

- [Zygest](#)– a combination of digestive enzymes effective for proper food breakdown.
- [Zygest Pro](#)– A digestive enzyme combined with a probiotic of Z billion bio-active probiotics.
- **BWL-Tone I.B.S.** – For those with sensitive digestion or an irritable bowel. Gentle whole herbs in this product help eliminate colon discomfort while restoring digestive health naturally without side effects.
- [Betaine HCL](#) - Betaine Hydrochloride contributes to stomach acid in the body. Betaine Hydrochloride is a digestive aid and can be used to promote enzymatic digestion.*
- [Ginger Root](#)– Used for occasional nausea, vomiting, or dizziness due to motion sickness.
- [Coloklysis](#)– Provides soluble and insoluble fibers, and is a powerful when cleansing product designed for periodic cleansing of the colon and intestinal tract.
- [Blue Green Algae](#)– is a valuable source of nutrients that people may not get from their everyday diet. It is one of the most chlorophyll – rich organisms on the planet, and is unique because it possesses characteristics of the plant and animal kingdom.
- [Phytototality Daily Greens Formula](#)– green foods powder with advanced probiotic formula.
- [Sam-E](#)– 400 mg double strength.
- [Aminologics](#)– a unique formula of bioavailable amino acids. The body's protein building blocks. The functions of this product include balancing hormones, enzymes neurotransmitter synthesis, immune system and intestinal cell health.