

\$10 BILLION A YEAR IS SPENT ON GUT PROBLEMS

Kimberly Lloyd M.S.

Digestion is one of those subjects often left out of the dinner conversation. The discomfort of bloating, gas, constipation, diarrhea, indigestion, reflux and other gastrointestinal conditions can be difficult to discuss. Yet, every human being at any age knows instinctively that good digestion is key to feeling well. From the time we are babies, we begin to suffer from digestive issues! How often do we hear babies crying because they need to burp?

Fine-tuning our digestive tracts is important for several reasons:

- The GI tract provides adequate enzymes that break down carbohydrates, proteins and fats, allowing locked up vitamins, minerals, antioxidants and building blocks to rebuild and repair our bodies.
- The gut provides a barrier against the "outside." If the gut lining is not intact and becomes permeable, (i.e. a leaky gut) then there can be an often serious progression of health troubles. If the gut barrier is disrupted, "non-authorized" compounds cross the barrier, enter the bloodstream and can promote liver problems, fatigue, depression, blood sugar disturbances, overweight, skin conditions, joint pain and kidney disruption.
- Although the body produces its own enzymes, it may not be enough to break down all the processed and cooked foods we eat. In fact, natural digestive enzyme production, which is crucial for nutrient absorption, decreases by approximately 10 percent each decade after the age of 20!
- The gut provides the first line of defense with elaborate immune cells to deactivate incoming bacteria and viruses.
- Optimal microflora produce the correct pH balance, detoxify and further break down foodstuffs, make some rare vitamins via their chemistry and optimize the ecological environment of the gut to improve the gut barrier function.

Do you know why proteins are good for you?

Lately we hear a lot about the benefits of protein consumption. A meal high in protein and low in carbohydrates produces less sugar and more even distribution into the bloodstream. This causes less of a glucose spike after a meal.

Protein during a meal or between meals gives a sense of feeling full and helps in some sound diet strategies. The amino acids that come from breaking down complex proteins are necessary to build and repair muscle, grow hair, nails, skin, build immune functions, create cell structures, produce certain hormones and replace dying cells as new ones are created.

Did you know proteins are difficult to digest?

What we eat affects how our digestive system works. For instance, eating a steak or other meats takes far more chemical and enzymatic energy than eating an apple. The fresh apple contains living enzymes that will help the stomach in digesting the apple. Protein, in general, takes considerable energy to fully digest and break down into its components of amino acids. Protein from meats is more difficult to breakdown than plant proteins. In a nutshell, it's beneficial to eat a diet high in lean proteins, but those very proteins require more enzymes to digest them.

What happens if the proteins are not broken down?

They enter the lower digestive tract undigested. These can encourage putrefying bacteria or bacterial types that thrive on undigested protein to produce toxic byproducts. These toxins can seep through the gut barrier and travel through the bloodstream, affecting various organs. Such conditions as moodiness, poor brain function, lethargy and a low level of toxicity in the body can result.

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DIGESTIVE+++ provides enzymes to break down protein

DIGESTIVE+++ contains four protein enzymes (proteases and peptidase) designed to break down a variety of bonds in the proteins to fully digest them and at the various pH ranges of the long digestive tract.

The enzyme blend in DIGESTIVE+++ works in the small intestine to digest food and absorb nutrients from proteins, carbohydrates, sugars, fats plus alpha-galactosidase, specifically to help digest sugars found in legumes and cruciferous vegetables, and lactase, to help digest sugars in dairy products.

Some digestive supplements deliver probiotics. Others provide prebiotics. Rarely does a supplement deliver digestive enzymes. DIGESTIVE+++ delivers a well-rounded formula that provides all three: a probiotic, a prebiotic blend and an enzyme blend.

Why is DIGESTIVE+++ better than other formulas?

DIGESTIVE+++ contains four protein enzymes (proteases and peptidase) designed to break down a variety of bonds in the proteins to fully digest them and at the various pH ranges of the long digestive tract.

1. If you purchase a liquid supplement that contains probiotics but you read on the label that the product has been "preserved with sodium benzoate," or other preservatives, keep in mind that preservatives are designed to kill bacteria so the shelf life will be longer. The preservatives in the product will have also destroyed the beneficial probiotic bacteria. You will have wasted your money. You are guaranteed a preservative-free product with DIGESTIVE+++.
2. Probiotics must stay alive in order to do your body good. Live microorganisms are sensitive to environmental conditions such as heat, moisture, light and oxygen. To ensure probiotics survive manufacturing processes and remain viable during digestion, DIGESTIVE+++ contains spore forming probiotic strains. Most Lactobacillus strains used in probiotic formulas are not spore forming and can lose viability rapidly.
3. Bacillus coagulans, the spore forming probiotic in the DIGESTIVE+++ formula, has received more attention lately as they inhabit and reproduce in the gut after consumption and remain viable and active for 7 days. Numerous research studies have confirmed this with Bacillus coagulans. This was the probiotic of choice used for decades in India, as it was confirmed as safe and effective, and recommended for diarrhea and colic as well as optimal gut health.
4. The DIGESTIVE+++ formula is housed in a soft-gel capsule. This dark-colored hard shell capsule keeps the product dry and avoids exposure to light. Keeping it isolated from air keeps the bacteria viable and the other components at their freshest.



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