

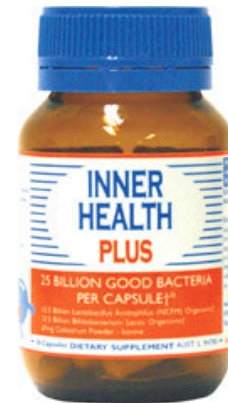
## Digestion

*By Belinda Harvy*

Do you often feel like your head is in the clouds, foggy, headaches, or bloating, constipation and other digestive problems? It sounds like your gut needs a bit of help from some good friendly bacteria, well a few million actually. As the digestive system has to deal with most of the toxic load, it is easy to cause an imbalance in the gut making us feel "rather ordinary". It's also important to know that long term use of the contraceptive pill and any course of antibiotics can kill bacteria both good and bad. For treatment it's beneficial to take a Probiotic to restore the bacterial balance of the digestive system and prevent diseases of the gut.

### Helpful Digestive Products

- Inner Health - High Potency Probiotic Powder
- Inner Health - Zinc Fix Powder
- Life Stream - Aloe Vera Juice
- Quickcleanse - Fibre Plus
- Dymatize - Glutamine Powder
- BioCeuticals - Paracea Forte



### Helpful Digestive Foods

- Apples and Apple Juice - contains pectin & are high in fibre
- Figs - contains enzyme Ficin
- Miso (fermented soybean paste) contains various good enzymes
- Pineapple - natural source digestive enzyme bromelain
- Papaya - natural source digestive enzyme papain
- Slippery Elm and Psyllium Husk - soothe and repair lining of intestines, particularly beneficial for IBS and constipation

It doesn't take much to help prevent digestive disorders and disease, just the right treatment. Please consult your health practitioner to get your gut feeling great!

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