

# Keeping Your Digestive Tract Healthy



The Gastrointestinal Tract (GI), also called the second brain, has many nerves connected to it and analyzes millions of substances to protect our body from toxins and aid the immune system. All diseases may depend on GI health. However, unhealthy GI occurs in one of every three people, resulting in cancer and many chronic diseases. Colon cancer has become the most commonly occurring cancer. Thus, maintaining a healthy GI is very important.

The most common GI problem is indigestion; the stomach is the most important digestive organ. Here, protein is broken down to amino acids when a sufficient level of gastric acid activates the enzyme. If gastric acid levels are too low, digestion and utilization of protein ceases. The resultant malabsorption and malnutrition, weakens the immune and other organ systems.



NH Nutrazyme contains complete enzymes which can break down carbohydrate, protein and lipid into tiny particles so that our body can absorb and utilize them.

NH Nutrazyme contains papaya-, pineapple-, vegetable enzymes, turmeric powder, and ginger extract. These enzymes supplement the body with additional aid for digestion and provide our body with the energy necessary for its biological functions:

1. Bromelain possesses anti-inflammatory function and could regulate immune system, inhibit platelet aggregation and help to digest protein foods;
2. Papain can help to digest animal protein;
3. Dietary turmeric (curcuminoids) has fatty acid-lowering potency.

## ● Test Your Gastrointestinal Health

Please check the comment(s) that apply to you, record the total, and determine your GI Health from score table below.

### Diet

- |   |  |
|---|--|
| <input type="checkbox"/> Often skip breakfast     | <input type="checkbox"/> Breakfast in a hurry        |
| <input type="checkbox"/> Unscheduled meal time    | <input type="checkbox"/> Lack of fruits & vegetables |
| <input type="checkbox"/> Soda and sugary drinks   | <input type="checkbox"/> High meat intake            |
| <input type="checkbox"/> Eat out > 4 times weekly | <input type="checkbox"/> No dairy products           |
| <input type="checkbox"/> Often eat late           |  |

### Bowl Movement

- |   |   |
|---|---|
| <input type="checkbox"/> Hard to pass stool                     | <input type="checkbox"/> Stool sinks to the bottom  |
| <input type="checkbox"/> Stool and gas smell                    | <input type="checkbox"/> Unscheduled bowl movements |
| <input type="checkbox"/> Sometimes very soft stool or diarrhea  |   |
| <input type="checkbox"/> Feel - can't pass all stool completely |   |
| <input type="checkbox"/> Hard stool                             | <input type="checkbox"/> Small stool                |
| <input type="checkbox"/> Dark, black stool                      |   |

### Life Style

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Smoke             | <input type="checkbox"/> Aging skin        | <input type="checkbox"/> Difficulty sleeping, Lack of sleep |
| <input type="checkbox"/> Always in a hurry | <input type="checkbox"/> Dark, black stool | <input type="checkbox"/> Lack of sleep                      |
| <input type="checkbox"/> Lack of exercise  | <input type="checkbox"/> High Stress       | <input type="checkbox"/> Acne                               |

**Score Table :**  
 Determine your GI Health based on your GI Health Test.

Score	0	<4	5-10	11-14	>16
Comment	Healthy	Aged		Declining	Very Poor
	OK	Maintain	Improve diet & life style	Total change diet pattern & life style.	Consult your health professional