



Keeping your Gut in Check



The Gastrointestinal Tract (GI), also called the second brain, has a multitude of neural connections and analyzes millions of substances to protect our body from toxins and aid our 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.

GI Problems

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.

Bloating: The most common sources of gas forming in the GI are the mouth, and the GI itself. The main gases formed, (hydrogen, methane, and CO₂), result primarily from the fermentation of bad bacteria. Thus, when undigested food enters the intestine, it produces significant gas after fermentation.

Constipation: Defined as three or fewer bowel movements per week, constipation results in serious risks including: intestinal nerve damage, unbalanced diet, environmental, and emotional issues. If the problem persists, hemorrhoids, anal fissure, chronic abdominal pain, and anal sphincter dysfunction may occur. Also, if stool waste and toxins remain in the colon too long, their reabsorption can result in cell mutation and cancerous cell development.

Nutrients	Function
Nutrazyme	<ul style="list-style-type: none"> ● Enzyme Sources: papaya-, pineapple-, vegetables, turmeric powder, ginger extract ● Increases digestive ability and energy necessary for biological functions.
Flora Rich	<ul style="list-style-type: none"> ● Contains: Lactobacillus acidophilus, Bifidobacterium bifidum, Lactobacillus bulgaricus, Bifidobacterium longum, Streptococcus thermophilus. ● Regulates bowel movements.
Green Barley	<ul style="list-style-type: none"> ● Rich in antioxidants, enzymes, vitamin B complex, protein, dietary fiber, chlorophyll, minerals. ● Neutralizes stomach acid and prevents constipation.
HepCare	<ul style="list-style-type: none"> ● Maintaining a healthy liver can help normalize gallbladder secreting bile acid and digestive enzyme, which aids digesting dietary fat.

Gastrointestinal Health Test

Please check the comment(s) that apply to you, record the total, and determine your GI Health from score table below. (Each cell worth 1 point.)

Diet	Bowl Movement	Life Style
<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"/> High meat intake <input type="checkbox"/> No dairy products <input type="checkbox"/> Eat out > 4 times weekly <input type="checkbox"/> Soda and sugary drinks <input type="checkbox"/> Often eat late	<input type="checkbox"/> Hard to pass stool <input type="checkbox"/> Feel - can't pass all stool completely <input type="checkbox"/> Hard stool <input type="checkbox"/> Small stool <input type="checkbox"/> Sometimes very soft stool or diarrhea <input type="checkbox"/> Dark, black stool <input type="checkbox"/> Stool and gas smell <input type="checkbox"/> Unscheduled bowl movements <input type="checkbox"/> Stool sinks to the bottom	<input type="checkbox"/> Smoke <input type="checkbox"/> Aging skin <input type="checkbox"/> Acne <input type="checkbox"/> Lack of exercise <input type="checkbox"/> Difficulty sleeping, Lack of sleep <input type="checkbox"/> High Stress <input type="checkbox"/> Always in a hurry <input type="checkbox"/> Lack of sleep

Score Table : Determine your GI Age and Health based on your GI Health Test.

Score	0	<4	5-10	11-14	>16
GI Age = Actual Age (AA) +	AA	AA+5	AA+10	AA+20	+30
Comment	Healthy		Aged	Declining	Very Poor
	OK	Maintain	Improve diet & life style.	Total change diet pattern & life style.	Consult your health professional