

# WELLNESS review

## The Digestive System

The digestive system is the centre of health, so come in today and let our specialised staff help you to achieve optimal health and wellbeing by restoring your digestive health.

### *Is your digestive system not feeling quite right?*

Do you only pay attention to your digestive system when there is a problem? Maybe after you have eaten a large meal and feel bloated? Or perhaps you pay attention to your digestive system only when you have had changes in bowel movements, like diarrhoea or constipation? If this is the case, some digestive support in the form of a probiotic could be useful!

Probiotics are "good bacteria" that help keep your digestive system in good condition. Digestive problems are often a sign that the bacteria in your digestive system are out of balance, and since your digestive system is the centre of health, it is extremely important that you keep it healthy!

### *Did you know?*

Did you know that you have over 400 species of good bacteria inside your digestive system and they weigh up to 3kg? In fact, you have more bacteria living inside you than you have cells in your entire body! There are approximately 100 trillion bacteria in your digestive system, the vast majority of which live in your bowel. The balance of all these bacteria is essential for your health and wellbeing.

### *Good bacteria can protect you!*

Your digestive system is in constant contact with the outside environment through the food that you eat. In your lifetime, you will eat approximately 22 tonnes of food. This food and the fluids you consume could be carrying potential pathogens that could make you sick. Good bacteria can protect you from getting sick from these potential pathogens.

### *Balance is essential for health. . .*

It is essential for health and wellbeing that the bacteria, or flora, in your digestive system is kept in a healthy balance. An imbalance of flora within the digestive system can lead to many common symptoms including:

- Poor digestive function
- Diarrhoea
- Constipation
- Irritable bowel syndrome
- Bloating
- An increase in allergies and eczema
- Chronic disease

### *How do good bacteria keep you healthy?*

Good bacteria aid in:

- Breaking down food and producing nutrients.
- Absorption of nutrients.
- Maintaining the motility of the digestive tract, ensuring good bowel motions.
- Inhibiting the growth of bad bacteria.
- Maintaining a healthy immune system.

### *LGG: One of the good guys!*

*Lactobacillus rhamnosus* GG (LGG®) is a well researched, clinically proven probiotic. It is one of the most beneficial strains of bacteria available. It has been shown to have many beneficial effects on health and is safe to use in people of all ages.

LGG® is able to prevent and repair damage to the wall of the digestive system that could be due to pathogens in food, bad bacteria and some medicines. It increases the density of the protective mucus in the digestive system and protects the digestive system from bacterial damage, particularly from *E.coli* bacteria. Unlike some bacteria, LGG® can survive the acidic conditions of the digestive system and is able to adhere to the intestinal wall, ensuring its effectiveness. LGG® also boosts the natural defence mechanisms of the body by promoting good health within the digestive system, encouraging the growth of beneficial bacteria and inhibiting the growth of bad bacteria.

### *LGG®: Keeping you healthy!*

When taken regularly, LGG® can help keep you healthy. It has been shown that when given to children it can help decrease illness, particularly respiratory tract infections. LGG® has also been shown to decrease the risk of stomach upset, including diarrhoea, in both adults and children and can also shorten the duration of diarrhoea if you do get sick.

### *Is your baby at risk of developing eczema?*

If you are pregnant and you, your partner or someone in your immediate family has eczema or allergies, then your baby may also be at risk of developing eczema. Fortunately, there is something you can do to reduce this risk. Research has shown that taking LGG® during pregnancy and breastfeeding decreases the risk of your baby developing eczema! If your child already has eczema or allergies, giving them LGG® may alleviate their allergic symptoms.

### *Not all probiotics are created equal. . .*

As you can see, maintaining good bowel flora is an important key in maintaining health and wellbeing. Good bowel flora can be achieved by taking probiotics. However, not all probiotics are the same and it is important to use the right probiotic for you. Make an appointment today and get the right probiotic for your health needs.

