

No.4/October 2010

**MEDIA
PLANET**

DIGESTIVE WELLNESS

3
TIPS

TAKE CONTROL OF YOUR BODY FROM THE INSIDE OUT

Successful businessman
Steven Bramson battles Crohn's
disease and does not let it win

Probiotics
Get the good
bacteria you need



Heartburn or GERD
Learn when
you need to see
a physician



CHALLENGES

At every **stage of life**, from infancy through our senior years, nutrition is essential to keeping our bodies running at their best.

Optimize your health

As we age, our nutrient needs change with our bodies. But for those with digestive issues, proper food choices not only help them lead a healthier life, but often a more comfortable one.

Digestive issues are more common than most people think. Approximately 12 million people in the United States suffer from a food allergy. That's equivalent to one in every 25 people or four percent of the population. Many more suffer from food intolerances. Celiac disease affects an estimated one percent of Americans. And one in five experience symptoms of irritable bowel syndrome, which affects twice as many women as men. If you have a chronic digestive condition, a carefully planned diet can make a difference. With certain diseases, what you eat may reduce symptoms. In other cases, diet can be the primary treatment leading to improved health.

The importance of dietary fiber

Dietary fiber is defined as indigestible carbohydrate. It's classified into soluble (in water) and insoluble fiber—each with specific properties and possible health benefits. Soluble fiber dissolves in water; it forms a gel when water is added to it. Insoluble fiber absorbs liquid and

What's in a name?

Whether you are trying to treat disease, lose weight or just make healthier choices, it may be hard to figure out whom to listen to for advice. Hearing someone is a "nutritionist" often makes the person sound like they're educated and trained in nutrition science and health issues. But in many states, titles like "nutritionist" and "diet counselor" are not regulated, so terms like these can be used by people who are not qualified to give accurate nutrition advice. While some nutritionists may have an educational background in nutrition science, others may have little if any actual nutrition training or just mail-order credentials. Even if a person holds degrees from accredited institutions, nutrition may not be his or her specialty.

Who is the qualified nutrition expert?

When you need trusted, accurate, timely and practical advice, seek the advice of a registered dietitian.

With our education and exper-

ience, RDs have the skills and knowledge to translate nutrition science into practical meal planning. A registered dietitian can help you navigate food allergies; work with your healthcare team by helping you change your eating plan pre- or post-surgery; and help you find ways to work with health problems such as irritable bowel syndrome.

in the intestine it adds bulk to stool. Both types of fiber are important in the diet and have digestive system benefits. But fiber can be a double-edged sword for persons with intestinal disorders. Certain high fiber foods, such as bran, may increase gas production and bloating.

If you find that fiber is gas producing or seems to be a problem that

"Approximately 12 million people in the United States suffer from a food allergy. That's equivalent to one in every 25 people or four percent of the population."



Judith C. Rodriguez, PhD,
RD, FADA, LDN
President, American Dietetic Association

causes you to feel bloating or pain, it is usually insoluble fiber (mainly found in cereals or whole grains) that is the problem. Soluble fiber, mainly found in vegetables and fruits, is less likely to be a problem.

When adding fiber to the diet, it is best to do so slowly over a period of weeks. If gas or distention occur, try reducing the dose of fiber and reducing consumption of gas-producing

foods, such as beans, cabbage, legumes (e.g., peas, peanuts, soybeans), apples, grapes, and raisins.

A physician or registered dietitian can provide individual advice on dietary fiber consumption. Experiment with fresh foods.

Visit the American Dietetic Association at www.eatright.org to locate a registered dietitian near you. The American Dietetic Association is the world's largest organization of food and nutrition professionals. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

The content in this special advertising section was not developed by the American Dietetic Association. The American Dietetic Association does not endorse any of the advertisers appearing within this special advertising section.

 American Dietetic Association

TIP

1

ADD FIBER TO
YOUR DIET

WE RECOMMEND



Manuel Villacorta, MS, RD, CSSD gives his diet recommendations for patients with IBS

PAGE 7

Lactose intolerant people can still get their probiotics

p. 5

Between 30 and 50 million Americans are lactose intolerant, yet they still need these good bacteria found in probiotics.

The dynamic gut-brain connection

p. 8

The intestinal tract is a crucial chemical factory for our thoughts and emotions.

MEDIA PLANET

DIGESTIVE WELLNESS,
4TH EDITION, OCTOBER 2010

Country Manager: Allan Chiu
allan.chiu@mediaplanet.com
Editorial Manager: Jackie McDermott
jackie.mcdermott@mediaplanet.com

Responsible for this issue

Publisher: Michelle Grinblat
michelle.grinblat@mediaplanet.com
Business Developer: Brian Munoz
brian.munoz@mediaplanet.com
Designer: Missy Kayko
missy.kayko@mediaplanet.com
Contributors: American Dietetic Association, American Gastroenterological Association, International Foundation for Functional GI Disorders, Melissa Milan

Distributed within:
Los Angeles Times, October 2010
This section was written by Mediaplanet and did not involve Los Angeles Times News or Editorial Departments.

Source: IFFGD



NEWS

Question: How can nausea and upset stomach be treated at home?

Answer: Nausea is often associated with irregular stomach contractions. Natural remedies like ginger can be used to calm the stomach, and OTC products including antihistamines, bismuth subsalicylate, and antacids all work to find immediate relief.

Relieve nausea or an upset stomach

Nausea or “upset stomach” is the sensation or urge to vomit.

A wide variety of stimuli can cause nausea; it can be caused by almost any medication, acid reflux, motion sickness, infection, depression, anxiety or pregnancy.

Fortunately, there are many over-the-counter and home remedies that can help to relieve nausea. If nausea is accompanied by vomiting, hydration is crucial. The most therapeutic liquids are those that contain electrolytes like

sodium, potassium and magnesium. Water, fruit juice, and clear soda may also be helpful.

Ginger has been used to treat nausea for years; it contains two essential oils that help to restore the rhythmic contraction to the stomach, thereby soothing the stomach and allowing the nausea to subside. Ginger tea, candy, capsules, foods cooked with ginger or ginger sauce, ginger snaps and ginger ale may all be used to relieve nausea. Ginger is an herb and it is generally safe, though your doctor should be alerted if it is used regularly.

Acupressure can also be used to treat nausea. This is done by using the middle and index fingers to press firmly down on the groove between the two large tendons on the inside of your wrist, right at the base of your palm. Special wristbands can be purchased OTC that apply this similar pressure.

Over the counter medications are also popular treatments. These medications are thought to delay gastric emptying time through a direct action on the GI wall and work by decreasing smooth muscle contractions. They

are indicated for the relief of nausea caused by upset stomach resulting from overindulgence in food or drink.

Though nausea does not usually require emergent medical care, it should be evaluated by a medical professional if it is severe, continues for more than two to three days or is accompanied by significant vomiting or dehydration. If toxic ingestion or drug overdose is suspected, medical attention should be sought immediately.

MELISSA MILAN, MD, MS
editorial@mediaplanet.com



TIPS

Settle your stomach and relieve pains

- **Drink a hot** herbal tea with peppermint oil.
- **Use a heating pad,** hot compress, or hot water bottle to place heat over your stomach.
- **Do some light exercise** like going for a walk. Sometimes, light movement aids digestion.
- **Treat upset stomach** with over the counter medications.

Emetrol®. Safe for your child and strong enough for your adult upset stomach.

No wonder for over 60 years, Emetrol® has been recommended by doctors and pharmacists and trusted by mothers. Emetrol® relieves upset stomach associated with nausea due to overindulgence in food and drink.



#1 Pharmacist Recommended Over-the-Counter Product for Nausea*

*Emetrol® finished number 1 in the “Nausea Remedies” category with 61.00% of pharmacist recommendations in the Pharmacy Times 2010 OTC Survey of Pharmacists Recommendations.



NEWS

Question: What are probiotics and how do they promote health?

Answer: Probiotics are live microorganisms that help to improve digestive health by boosting the beneficial microorganisms in our gut.

Improve your health with probiotics

Digestive health is one of the keys to a healthy immune system. As we age, our digestive system becomes less effective.

This is partially due to a decrease in the beneficial bacteria in our digestive tracts. Crucial to digestive health is the maintenance of a delicate balance between the disease-causing and the beneficial bacteria living in our gut. When this balance goes awry, nutritional deficiencies and impaired immune function can develop.

Fortunately, there are preventive measures that can both restore and maintain a healthy digestive system. Probiotics are live microorganisms that do just that. These powerful, yet friendly microbes have the potential to prevent and treat many disease states.

"The evidence to date is that probiotics can help to improve the gut microflora, thereby improving both immune function and food digestion," explains Dr. Jeannie Gazzaniga-Moloo, registered dietician and spokeswoman for the American Dietetic Association.



"The evidence to date is that probiotics can help to improve the gut microflora, thereby improving both immune function and food digestion."

Jeannie Gazzaniga-Moloo, MD
Registered dietician and Spokeswoman for the American Dietetic Association

Look for "live"

There are many probiotic-containing products on the market today, including yogurt, kefir, aged cheese, and many others. If you are choosing a

product based on its probiotic ingredients, make sure that it contains "live cultures." Probiotics that have specifically been found to aid in digestion are *Lactobacillus acidophilus* and

Bacillus coagulans.


In order to benefit from probiotics, it is important to consume foods that are also rich in prebiotics; these are fiber-containing food ingredients that stimulate growth of the beneficial bacteria in the gut. Prebiotic sources include soybeans, lentils, raw leafy vegetables, oats and barley. "Probiotic food sources are not going to do us any good unless we consume foods such as lentils and whole grains, which allow the microorganisms to thrive in our gut," Gazzaniga-Moloo adds.

MELISSA MILAN, MD, MS
editorial@mediaplanet.com



It takes guts...to live well

Living well begins with authentic health that originates in your gut, where an amazing 70 percent of your immune cells reside! Dr. Ohhira's exclusive probiotic formula includes the prebiotic medium necessary to support live, viable bacteria. Daily use of Dr. Ohhira's Probiotics® supports healthy digestion and boosts immunity so you can live your best life, all the time!



Dr. Ohhira's Probiotics®

Visit www.EssentialFormulas.com and discover the Dr. Ohhira Difference!

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

peak nutrients

digest plus™
digestive plant enzymes, HCl & probiotics

transform your life

100% vegetarian

A high-potency formula with herbs, plant enzymes + probiotics for improved digestion and optimal gastrointestinal health

order online or call toll free (866) 338-3883

www.peaknutrients.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PROFESSIONAL INSIGHT

QUESTION & ANSWER



You've heard about probiotics and would like to take advantage of these powerful and beneficial microbes, but what if you are lactose intolerant?

■ As the health benefits of probiotics have come to the medical forefront, more and more foods and beverages are being fortified with live cultures of probiotic bacteria. Though most of the original research on probiotics was focused on dairy-containing products, a multitude of non-dairy probiotic sources exist on the market today.

Gleaning health benefits from probiotics isn't just for individuals who can tolerate dairy without difficulty. In fact, recent studies have demonstrated that probiotics such as *Bifidobacterium longum* and *Bifidobacterium animalis* may actually help to alleviate some of the symptoms of lactose intolerance by modulating the natural microbiotic environment of the colon.

Though there is evidence that some lactose-intolerant individuals may be able to consume up to 15 grams of lactose (about one cup of milk) per day, without symptoms, non-dairy probiotic sources pack the probiotic punch without any concern for unpleasant symptoms like bloating and gas, which are well-known to the lactose-intolerant individual.

The list of non-dairy probiotic sources includes traditionally fermented foods like bean paste such as tempeh and miso, kimchi, sauerkraut, and fresh fermented vegetables. New product innovations that deliver great taste in addition to probiotic efficacy include juices in convenient "shots" and quarts and fermented teas. By implementing these foods into one's diet, today's lactose intolerant individuals can maintain their probiotic needs.

MELISSA MILAN, MD, MS
editorial@mediaplanet.com

Heartburn or GERD? When to see a doctor

Gastroesophageal reflux disease or GERD affects one in five or more adult men and women in the U.S. While the disease usually can be treated effectively, its symptoms often are unrecognized or misunderstood.

GERD occurs when stomach contents flow back (reflux) into the food pipe (esophagus). Repeated backwash can irritate the lining of the esophagus, possibly leading to complications such as erosion of the esophagus, bleeding, narrowing of the esophagus, or, in a few cases, a potentially precancerous condition called Barrett's esophagus.

Most people with GERD have mild symptoms, with no visible evidence of tissue damage and little risk of developing complications. Chronic heartburn is the most frequently reported symptom. Because heartburn is so common, it may be ignored or self-treated. It is time to see a doctor if heartburn:

- persists or becomes more severe
- happens at night and wakes you from sleep
- occurs two or more times a week
- has been occurring for five years or more



William F. Norton
Publications Editor
International Foundation for Functional Gastrointestinal Disorders

■ creates pain that interferes with daily activities.

Acid regurgitation (refluxed material into the mouth) is another common symptom of GERD. Other symptoms may include trouble swallowing, sore throat, or hoarseness in the morning. Sometimes there are no apparent symptoms, and the presence of GERD is not revealed until complications appear.

A diagnosis of GERD should be made by a doctor. No cure exists, but symptoms usually can be reduced through lifestyle changes, medicines, surgery, or a combination of methods. Lifestyle changes include:

- stopping smoking
- avoiding alcohol and fats
- reducing caffeine, chocolate, citrus and tomato products
- not lying down within three to four hours after eating
- elevating the head of the bed 6 inches
- sleeping on one side (usually the left).

If symptoms persist after lifestyle changes have been made, a doctor might suggest prescription medicines, such as H2 blockers or proton pump inhibitors. Surgery may be an option if medicine is ineffective or undesired, or if serious complications arise.

Most people with GERD have a form of the disease that can be controlled. But GERD may lead to complications if left untreated. See a doctor to have symptoms checked and to develop an effective treatment plan for GERD.

William F. Norton is Vice President and Publications Editor for IFFGD (the International Foundation for Functional Gastrointestinal Disorders). More information about GERD, including its symptoms and treatment options, can be found at aboutGERD.org.



WILLIAM F. NORTON,
PUBLICATIONS EDITOR

International Foundation for Functional Gastrointestinal Disorders

Juicy. Goodness.

Why do GoodBelly Probiotic Juice Drinks make you feel so good? Well, for starters, GoodBelly is packed with live and active probiotic cultures to help strengthen your core digestive health and support your immune system. And, GoodBelly is a dairy-free, organic juice drink – perfect for those of you who just can't stomach yogurt everyday. Boost your juice with the power of probiotics. **GoodBelly. Your Belly's Best Friend.**



GoodBelly® PROBIOTIC JUICE DRINK

So Not Yogurt!

Go to goodbelly.com and sign up for our 12-Day Challenge to receive valuable coupons.

INSPIRATION

Steve Bramson, a successful 40-year-old businessman, husband, and father, describes his most recent attack of Crohn's disease, "It felt like my intestines were being ripped apart." After five surgeries, a multitude of tests, and numerous drug regimens, Bramson refuses to let his disease take the win.

Achieving personal and professional success while controlling Crohn's disease

■ **Question:** What is Crohn's Disease?

■ **Answer:** Crohn's Disease is an inflammatory disease of the intestines that may affect any part of the gastrointestinal tract.

Unfortunately, Crohn's is an insidious, incurable disease. Though modern medicine has given longevity to patients with Crohn's, long periods of remission are punctuated with sudden, unpredictable relapses. "It is psychologically debilitating because there is really no way to predict the time or duration of an attack," Steve Bramson emphasizes.

Bramson knows the enemy well, intimately almost. Since being diagnosed with the disease thirty-one years ago, Bramson has experienced nine major attacks, each one exponentially worse than its predecessor. Through each battle, Bramson has grown more resilient. And as a result, his life and career have continued to flourish. "It has actually helped me to focus on my work. In fact, when my disease was at its worst, putting more energy into my work helped me to conquer the pain."

Bramson was diagnosed in early adolescence; at a time when his pe-

ers and even his identical twin were thriving, he was very sick. "I had flu-like symptoms, unexplained weight loss, [rectal] bleeding, night sweats, fever, and severe right lower quadrant abdominal cramping." Like most Crohn's patients, Bramson's early symptoms could have accounted for a multitude of different conditions. "My grandmother died of Crohn's in the late '50's, so my doctors were able to isolate the diagnosis perhaps more quickly than in other Crohn's disease patients," Bramson notes. "I also had a lot of eye irritation and a great deal of fatigue. When I was in school, I could barely keep my head up during class. I was utterly exhausted."

Bramson is now the Vice President of North American Sales for Humanscale, a company that he has been with for the last fifteen years,



"My grandmother died of Crohn's in the late '50's, so my doctors were able to isolate the diagnosis perhaps more quickly than in other Crohn's disease patients."

Steve Bramson
Pictured with wife and daughter

which offers innovative ergonomic design solutions for the home and office. For someone who has struggled with what many doctors consider one of the most insidious and elusive diseases that exists, Bramson is surprisingly positive. "It is all about taking control of your life and your disease. Attitude is extremely important."

Continuing the search

Bramson has never backed down in his search for the most innovative treatment and for the best doctors to care for his disease. While he has great respect for each of the specialists that comprise his team of doctors, Bramson emphasizes, "It is important to be your own advocate and to make sure that you un-

derstand your treatment options at every step of the process."

Bramson credits his resilience, proactive approach to life, and the supportive nature of his family, friends, and colleagues for his ability to cope with the disease. He notes that Humanscale has been incredibly supportive. "When things were really bad, my company allowed me to travel to Mount Sinai Hospital in New York, so that I could see Dr. Lloyd Mayer, a gastroenterologist known for his expertise in the treatment of Crohn's disease."

Bramson offers advice to others who are struggling with Crohn's, "It is important to do as much research as you can. Go to support groups. Remember, you are your best advocate and you should never let anyone dictate the course of your treatment unless you are 100 percent comfortable with it. You need to rally the best resources and team of doctors that you can find. In the end, we need to be able to control the disease, and not vice-versa."

MELISSA MILAN, MD, MS
editorial@mediaplanet.com

PROFILE

Facts about Crohn's Disease

■ **Crohn's Disease** is a chronic, episodic inflammatory bowel disease.

■ **The exact cause** is not known but genetic (inherited),

and environmental factors are thought to play leading roles.

■ **Has peak occurrences** between the ages of 15 and 35, but has been reported in every decade of life. It is more common in Caucasians and Jews.

■ **Common symptoms include** abdominal pain and diarrhea. Pain is felt in the area of the navel or on the right side. Joint pain, lack of appetite, weight loss, fatigue and fever are also common.

PROFESSIONAL INSIGHT

QUESTION & ANSWER

Are there any dietary recommendations or restrictions for patients with IBS?

IBS is an individualized problem that makes it challenging to provide general recommendations for all sufferers. The following are known possible triggers.

- Fried foods
- Beans
- Caffeine
- Raw and cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)
- Concentrated sugars (sugar alcohols, fructose, and lactose)
- Dairy products
- Alcohol

These may not all have to be eliminated from the diet. The best recommendation for IBS is to keep a



Manuel Villacorta, MS, RD, CSSD
National Spokesperson, American Dietetic Association

food journal and mindfully observe the effect of dietary intake. Eliminate those foods which are problematic. Since stress is also a common trigger, it is very important to relax, take time to eat, and chew your food.

Chamomile tea, drunk 3-4 times per day has been shown to decrease abdominal spasm in IBS sufferers. Supplementing with probiotics or eating foods with live cultures such as kefir, yogurts (if tolerated) and miso, are helpful in alleviating symptoms.

Millions of people have irritable bowel syndrome (IBS), a common, chronic, functional bowel disorder.



The puzzle of IBS

A “functional” disorder is a problem that cannot be completely corrected by a procedure, surgery or medicine.

Instead, the problem lies in how body systems function together. In the case of IBS, it's the nervous system and the digestive system, also called the brain-gut connection.

According to the American Gastroenterological Association, this gastrointestinal (GI) disorder is characterized by abdominal pain and alterations in bowel pattern. It is common for people to have loose stools or diarrhea and then constipation, alternating over the course of a day. IBS is diagnosed by symptom-based criteria because there is no blood, urine or stool test.

IBS is challenging to patients and health-care providers because the causes of the symptoms are not well understood and treatment options are not consistently effective. People with IBS can have variable levels of distress, ranging from episodic to mild-to-severe abdominal pain that at times disrupts work or school. Studies indicate that IBS patients commonly report additional symptoms, such as upper GI pain, intestinal gas, somatic pain, fatigue and frequent awakenings.

My work has led me to view IBS with a biopsychosocial framework. Brain-gut communication influences the symptoms of IBS: pain, diarrhea and constipation. Pain



Margaret Heitkemper, PhD, RN, FAAN
Author of the American Gastroenterological Association's book "Master Your IBS."

is often relieved by a bowel movement, but frequent loose stools, hard stools or the feelings of incomplete evacuation can limit patients due to their need to use the toilet. While it is not clear whether stress initiates IBS, it is accepted that stress can trigger symptoms or make them worse. For years, clinicians had only anti-diarrheal medications, laxatives, and bulk-forming and antispasmodic agents to help patients manage IBS symptoms. These drugs have multiple side effects that often limit their long-term use for many people.

There are several non-drug approaches that are effective, such as relaxation, hypnotherapy and short-term psychodynamic psychotherapy, which can be used in combination with drug therapy, if needed. Thus, the good news is that IBS symptoms can be successfully managed with self-awareness strategies that focus on:

■ **Cognitive behavioral therapy:** based on the hypothesis that IBS symptoms are due, at least in part, to over-recognition of and attention to visceral abdominal sensations. Patients can use relaxation and behavior changes, combined into a

program of self-management strategies, to reduce symptom distress.

■ **Relaxation techniques:** specific relaxation exercises—abdominal breathing, reading, exercising, etc.—lead to a sense of balance that helps patients deal with stresses.

■ **Dietary choices:** eat small, frequent, well-balanced meals; take recommended vitamins and minerals; avoid or limit specific trigger foods; and get adequate fiber and fluids.

■ **Healthy thoughts:** identify and challenge false beliefs, perfectionistic tendencies, overgeneralization and “should” messages, and replace these thoughts with healthy, accurate ones.

For more information, visit www.gastro.org/patient-IBS.

“Margaret Heitkemper, PhD, RN, is an author of the American Gastroenterological Association's book “Master Your IBS: An 8-Week Plan to Control the Symptoms of Irritable Bowel Syndrome” and principal investigator of the study from which the book was developed at the University of Washington, School of Nursing”



MARGARET HEITKEMPER, PHD, RN, FAAN
editorial@mediaplanet.com

Mighty MICROBES

PROBIOTIC HEALTH SOLUTIONS

ORDER NOW 714-669-8400

HEALTHY DIGESTION ENERGY & IMMUNITY BOOSTER

“As a physician working with tons of patients I have such appreciation for the health benefits of Mighty Microbes, and we make sure all our patients know about it as it is fundamental to good health. This product has been instrumental in healing for people with severe problems like irritable bowel and colitis. It is a must for such a person.”

-Dr. Conrad G. Maulfair, Osteopathic Physician



WWW.MIGHTYMICROBES.COM

NEWS

Do you get **butterflies in your stomach** when you're nervous? Have you wondered why anxiety and depression drugs are used for intestinal upsets?

The dynamic gut-brain connection

We've all heard about the body-mind connection, but where does it begin? The answer lies in the intestinal tract, which not only turns our food into fuel, but also is a crucial chemical factory for our thoughts and emotions.

This chemical factory in the intestines is called the enteric nervous system and it is found in the stomach, esophagus, intestines and colon. It manufactures the same neurotransmitters or brain chemicals that the brain does. Surprisingly, the nerve cells

in your gut manufacture 90 percent of the serotonin in your body. Serotonin helps balance moods and enhances sleep.

So, in a sense, the body has two brains: the brain in the head and the brain in the gut and both develop in the fetus from the same bundle of embryonic tissue. In fact, there are more nerve cells or neurons in the digestive tract than any other place in the body!

When the stomach "gets upset", so does the brain and vice versa. What we eat affects how we think and feel. And how we handle stress affects the health of our digestive tracts. It's a two-way street. It's amazing to see how people's emotions, sleep, energy and cognitive function improve when

"Balance the stress in your life. Meditate, pray, affirm, breath. Take time to appreciate the good things."



Dr. Laura Thompson
CEO and Founder of SCICN, the Southern California Institute of Clinical Nutrition

their digestive tracts become well again.

Keys to a healthy gut-brain connection

Avoid allergic foods. The most insidious irritant to the digestive tract is gluten, which is the "sticky" molecule found in wheat, rye and barley. A myriad of studies have shown that gluten damages the intestinal lining. Many people report how their bowel problems clear up and they feel better mood-wise when they eliminate gluten.

Enhance digestion. Enzymes and probiotic supplements like acidophilus can provide digestive assistance.

Avoid antibiotics. They wipe out your good bacteria, which can

cause gas, bloating, bowel problems and ineffective absorption of nutrients from your food.

Eat real food. Eat fresh vegetables and fruits that contain natural enzymes. They digest better. Avoid processed food that causes stress on the digestive tract.

Balance the stress in your life. Meditate, pray, affirm, breathe. Take time to appreciate the good things.

Dr. Laura Thompson is the CEO and Founder of SCICN, the Southern California Institute of Clinical Nutrition in Carlsbad, California. SCICN offers long distance phone and in-person consults in the areas of family nutrition, digestive health and natural hormone balance. 800-608-5602. www.scicn.com



Got gas, bloating, reflux, constipation, IBS?

For relief, call us today at 800-608-5602.
Free 15-minute consultation.

www.drlaurathompson.com
www.ibsnutrition.com

