



Knowledge is
your secret
weapon to good
health.

GUT HEALTH

Digestive Conditions

Digestive issues are becoming increasingly common and can seriously undermine overall health. Some of the most common ones encountered are Diverticulosis/itis, IBS, Crohn's, Colitis and Leaky Gut. While they all have their distinguishing characteristics, they all involve damage to intestinal tissues and chronic inflammation in the gut, which can travel to other areas of the body. Symptoms can include constipation/diarrhea, pain/spasms, fever, chills, headache, bloating/gas, nausea/vomiting/loss of appetite, fatigue, anxiety, depression, abnormal stool (blood/mucous), problems with defecation, rashes, fever, brain fog and weight gain. This gut inflammation can lead to many nutrient deficiencies as the body is unable to efficiently absorb the nutrients ingested through the intestines.

Contributing Factors

Digestive enzyme deficiency, low stomach acid, stress, depression, inadequate chewing, imbalanced gut flora (dysbiosis), antibiotic use, overeating, chemical sensitivities, excessive fluid intake with meals, diet high in processed/refined foods, improper food combining, infections/overgrowth (parasites, yeast), low fibre and/or omegas in the diet, dehydration, poor diet, food allergies/sensitivities (gluten, dairy, sugar, coffee, preservatives, artificial ingredients), nutrient deficiencies, certain drugs, smoking, overloaded liver/toxicity

Lifestyle Recommendations

- Consider an elimination diet of common allergens for 4-6 weeks or book an appointment with a naturopathic doctor for a food sensitivity test. Rotate foods every 4 days.
- Avoid refined/processed foods, sugars, sweeteners, trans fats, alcohol and caffeine and be aware of triggers such as spicy foods. Focus on organic whole foods that are anti-inflammatory, nutrient dense and high in fibre. Ferment, soak and sprout foods when applicable (ex. grains, beans, nuts)
- Reduce stress, use calming nutrients, adaptogens, natural sleep aids, and consider acupuncture.

Product Recommendations

- Support food breakdown: Digestive Enzymes, Betaine HCl, Bile Salts, Bitter Herbs (Dandelion, Milk Thistle), Ginger
- Probiotics: High Bifidobacterium for large intestine (colon), High Lactobacillus bacteria for small intestine
- Constipation aids: Insoluble/Soluble Fibre blend, Magnesium Hydroxide, Triphala, Rhubarb Root, Prune Juice, Cascara Sagrada, Senna (short term)
- Diarrhea support: Soluble Fibre, Activated Charcoal, Saccharomyces Boulardii, Mastic Gum
- Digestive repair nutrients: L-Glutamine, C-NAG, Zinc L-Carnosine, Colostrum, Vitamin D
- Important nutrients to help prevent deficiency: Multivitamin/Mineral Formula, Vitamin D, Vitamin K2, Zinc, Iron, Calcium, Magnesium, Omega Fatty Acids (High EPA Omega 3, GLA Omega 6)
- Soothe irritated membranes: Marshmallow Root, Fenugreek, Slipper Elm, Licorice Root/DGL, Aloe Vera
- Ease bloating/gas: Fennel, Caraway, Chamomile, Ginger, Cilantro, Peppermint
- Control inflammation: Curcumin/Turmeric, Chamomile, Quercetin, Bromelain, Omega 3
- Immune support (many gut conditions have an auto-immune component): Plant Sterols, Beta Glucans, Mushroom Blend
- A liver/colon detox can be considered to reduce toxic load. Fight Candida or Parasitic infection if necessary.

Book a free 15 minute consult with a GNN Product Advisor!

116 Park Rd W, Steinbach, MB R5G 1V6 PH.204.326.9565

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