



Knowledge is
your secret
weapon to good
health.

GUT HEALTH

Gastritis

Gastritis is an inflammation of the stomach which leads to erosion of the uppermost mucosal layer, leaving underlying tissue vulnerable to damage. Many cases will cause no symptoms, however when they do exist, they include: heartburn, upper abdomen pain, bloating, nausea/vomiting, belching, black stool, loss of appetite, weight loss, and can eventually lead to ulcers and bleeding.

Contributing Factors

Ingestion of mucous irritants, heavy spices, tobacco, high doses of radiation, acute stress from illness or injury, H. Pylori infection, auto-immune diseases, alcohol use, non-steroid anti-inflammatory drugs, Crohn's, bacterial, viral, or fungal infections

Lifestyle Recommendations

- Eliminate triggers such as smoking, food sensitivities, alcohol, drugs, spices and refined/processed foods.
- Focus on organic whole foods as much as possible. Include lots of fresh vegetables, fruits, clean sources of protein and plant-based healthy fats.
- Increase water intake. Ensure you are getting at least 8-12 cups per day, depending on your activity level, climate, and the amount of caffeine you are consuming.

Product Recommendations

Stomach lining repair: L-Glutamine, C-NAG, Zinc L Carnosine

Fight H. Pylori: Saccharomyces Boulardii, Mastic Gum, Garlic, Oregano, Citrus Extract

Reduce inflammation: Omega 3 (High EPA Fish Oil), Bromelain, Turmeric/Curcumin

Support digestion: Digestive Enzymes, Probiotics, Fibre

Support immunity: Plant Sterols, Beta Glucans, Mushroom Blends

Heartburn relief: Calcium & Magnesium Bicarbonate, Aloe Vera

Soothe irritation: Slippery Elm, Ginger, Chamomile, Marshmallow Root

Protect cells with antioxidants: Vitamin A, Vitamin C, Vitamin E, Zinc, Selenium, Pycnogenol

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

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