

# Improving your digestion

Nothing created by man compares to the magnificent design of the human body. For example, today you will produce 10 litres of digestive juices to break down the food you eat and enable it to pass through your 'inside skin', the gastrointestinal wall, a 30 foot long tract with a surface area the size of a small football pitch which effectively replaces itself every four days.

The health of your gastrointestinal tract is maintained by a team of some 300 strains of bacteria and other micro-organisms.

Like all other animals, we spend our physical lives processing organic matter for waste. How good we are at it determines our energy level, longevity and state of body and mind. A lack of nutrients and the wrong kind of food can result in faulty digestion, faulty absorption, abnormal gut reactions including bloating and inflammation, gut infections and poor elimination.

The knock-on effects disrupt every body system including immunity, the brain and nervous system, hormonal balance and our ability to detoxify.

## How good is your digestion?

Fail to chew your food properly?

Suffer from bad breath?

Get burning sensation in your stomach or regularly use indigestion tablets?

Often have an uncomfortable feeling of fullness in your stomach?

Find it difficult to digest fatty foods?

Often get diarrhoea?

Often suffer from constipation?

Often get a bloated stomach?

Often feel nauseous? Often belch or pass wind?

Fail to have a bowel movement at least once a day?

Feel worse, or excessively sleepy after meals?

Score 1 point for each 'yes' answer.

If you scored more than 4, we advise you to consider consulting a nutritional therapist or nutritionally oriented doctor.

CONTACT LIANNE SIMS AT FOOD ROUTE NUTRITION TO DISCUSS HOW  
NUTRITION SUPPORTS DIGESTION **0798 405 1800**