



Gut Grief!

Q: I get a lot of gas and bloating. I feel like I have horrible digestion. What can I do to remedy this?

A: If there is one thing that I love treating it's the gut. Great health starts with proper digestion. Many people suffer from poor digestion and gut related conditions. When treating the digestive tract, I keep these 4R's in mind.

REMOVE - Remove all food sensitivities. Your foods can be either your friend and improve your digestion or can be your foe and cause inflammation in your gut leading to many digestive symptoms (cramping, constipation, diarrhea, gas and bloating) as well as other symptoms (fatigue, painful joints, and eczema). A simple blood test can let you know what your food sensitivities are.

REPLACE - In order for your digestion to work you may need to replace your digestive juices. These may include digestive enzymes and stomach acid.

REINTRODUCE - Your digestive tract is filled with friendly intestinal bacteria. Poor intestinal flora can lead to many digestive symptoms as well as yeast infections, canker sores and diarrhea. Good bacteria help to keep yeast and harmful bacteria out of our systems. Anyone who takes antibiotics should be using probiotics (*L.acidophilus*) to replenish their gut.

REGENERATE - Part of having a finely tuned digestive tract is having healthy cells that line the tract. Demulcent herbs such as marshmallow root and slippery elm can help to sooth an irritated tract. L-glutamine is an important amino acid to nourish the cells in your gut.

Whether your gut-related problems have you just a little uncomfortable or doubled over in pain, practicing the four R's will help you achieve the fifth: **RECOVERY!** Come in to A New Leaf and we'll help you heal your digestive tract.