

Your digestive system is about more than what foods you eat. Poor digestion affects the body in many ways, including energy levels and nutrient absorption. Over 70 percent of your immune system is in your digestive tract, making healthy digestion a key element in overall wellness.



6 Habits to Support Digestive Health



1. Chew Your Food

Chewing food well allows your saliva to start breaking the food down for smoother digestion. Avoid overwhelming your digestive system with big meals; eat smaller, more frequent meals instead.



2. Handle Stress

When you're stressed, the fight-or-flight reaction begins and digestions slows. Your body shuts down blood flow, which affects digestive muscles. Take time to relax, breathe, and lessen the stress in your life.



3. Get Regular Exercise

When you exercise, you support the muscles of your intestines, which helps maintain regularity. Exercise also supports healthy digestion function by reducing stress.



4. Take Supplements

Your health care professional can recommend supplements targeted to your needs. From enzymes to probiotics, there is a wide range of Standard Process and MediHerb products to support your digestive health.



5. Stay Hydrated

Drinking water supports regularity and the health of the digestive system.



6. Eat More Fiber

Eat a well-balanced diet, and avoid processed foods, sugars, and highly refined carbohydrates. Fiber-rich foods are excellent for digestion. Dietary guidelines recommend 25-35 grams of fiber a day.

Quality

From Seed to Supplement®

At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs. For these reasons and many more, we proudly recommend Standard Process supplements, formulated following the whole food philosophy of the company's founder, Dr. Royal Lee.

Digestion

Vital to Whole System Health



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



Meet Your 2nd Brain

The nervous system of the gut runs its whole length and is often called “the second brain,” because it contains a network of more than 100 million neurons. These neurons are cells that send information via electrical and chemical connections.

Naturally, this “brain” doesn’t work like the brain in our heads, but it can operate the digestive system independently. The digestive system decides when and where to move food, release hormones, and remove waste.

What’s your gut feeling?

People often become accustomed to dealing with the occasional discomfort of:

- Heartburn
- Gas
- Constipation
- Bloating
- Belching
- Diarrhea

Sometimes these digestive challenges interfere with day-to-day living. Supporting healthy digestion can be a good step toward a healthier lifestyle.



Get Expert Guidance

Digestive issues are signs that you need to pay attention to. Your body can’t use nutrients from the food you eat unless it is digested correctly.

Ask your health care professional for personalized recommendations like:

- Healthy food plans to follow
- Exercise options that work with your life
- Nutritional supplements and herbs to support your individual needs*

The digestive system is central to your health. Start some healthy habits to take good care of your digestive system.