

Health Notes



Digestive Health

Digestion is important because without it we cannot receive our nourishment for overall well-being. Our digestive system is the 'brains' of our body, when it is not working correctly this is a signal that something is wrong and needs to be corrected in order for us to enjoy optimum health.

Digestive disorders are indicated by some of the following symptoms:

Bloating, gas, constipation, diarrhoea, brain fog and fatigue. Unexplained weight gain or loss.

And also dis-eases such as:

Irritable bowel Syndrome (IBS)

Colitis

Crohn's Disease

Allergies, Asthma

Acid reflux.

Our digestive system is complex.

The complexity comes from:

The foods we eat

Our Food especially commercial food is full of chemicals, additives, food colouring, growth hormones and antibiotics. Commercial food lacks nutrients because the soil has been depleted from mono-culturing and excessive use of pesticides and herbicides. Today, commercial food is not only missing those essential nutrients such as minerals in the soil which carry over into our food but vitamins such as antioxidants, which keep our immune system strong, and stop accelerated ageing in humans.

The environment

Our environment today is full of chemicals in our air, water, cleaning products and personal hygiene products, and this affects the liver and lymphatic system. Having too many chemicals to

eliminate creates health disturbances in our body. Colon cancer and other cancers are among those diseases which stem from too many chemicals. Consequently, it also disturbs the hormonal system.

And only acknowledged in fairly recent times - **our emotions and stress**

Our emotions have a profound effect on our digestion; *anger, too much worry and anxiety* are three powerful emotions which affect our digestive health.

The trouble with many digestive disorders is that they creep upon us to the point that feeling 'below par' becomes almost 'normal'. But still patterns continue:

Inability to lose weight

Constantly feeling tired and irritable

Feeling overwhelmed by stress and or sleeping disorders

It doesn't have to be this way –

book an INDIVIDUALISED digestive consultation with Atri Wilson today.

