

Digestion and gut health:

IS SOMETHING WRONG with your digestion? It is possible that you suffer from some type of **digestive disorder– inflammatory bowel disease, irritable bowel, bloating, constipation, diarrhoea, heartburn, reflux and gas.**

Most of us do not recognize or know that digestive problems wreak havoc over your entire body leading to **allergies, arthritis, autoimmune disease, rashes, acne, chronic fatigue, mood disorders, autism, dementia, cancer and more.**

Having a healthy gut is important to your entire health. It is **connected** to everything that happens in your body. That is why I almost always start helping people treat chronic health problems by fixing their gut.

The health of your gut determines what **nutrients are absorbed** and what toxins, allergens and microbes are kept out. Intestinal health could be defined as the **optimal digestion, absorption and assimilation** of food. Your microbiome must be in balance for you to be healthy.

Your gut is a huge chemical factory that helps you **digest** your food, it also **produces** vitamins, help **regulate** hormones, **excrete** toxins and produce healing compounds that keep your gut healthy. Too many of the wrong ones like parasites, yeasts or bad bacteria, or not enough of the good ones like lactobacillus or bifidobacteria can lead to serious damage to your health.

Your gut must break down all the food you eat into its individual components, separate out all the vitamins and minerals and move everything across that one cell thick layer into your bloodstream for you to stay healthy.

In the modern world there are many things that throw the gut off balance, you may have read this because you are suffering from IBS, inflammatory bowel conditions or related conditions (chronic diarrhoea, constipation, bloating, reflux, cramps) and if so, hopefully you can see that exploring your case history and with functional testing, nutritional therapy may help to uncover what has been causing these symptoms and in turn create a bespoke plan to restore you back to health.