



Wellbeing solution for healthy digestion

Gastrointestinal disease occurs much more commonly than it is diagnosed. Gastrointestinal disease includes diseases of oesophagus, stomach, small and large intestines and rectum. Many of the symptoms appear to be minor irritations, and people simply put up with them. Such symptoms include:

- Reflux
- Heart burn
- Stomach bloating
- Stomach cramping
- Wind
- Abdomen tender to touch
- Constipation / diarrhoea

70% of our immune system resides in our gut so these symptoms can act as a warning sign that our digestion is not working properly and of future ill health. Poor digestion affects almost every body system and is a risk factor for arthritis, eczema, asthma, heart disease, some cancers, chronic fatigue and diabetes.

In fact, almost all chronic diseases involve some degree of digestive dysfunction. **So if any of the above symptoms occur more than just occasionally, we advise you to ask us for an appropriate treatment.**



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What causes Gastrointestinal disease?

There can be many causes of poor digestive health and these include pancreatitis, coeliac disease and lactose intolerance. But the most frequent causes are poor diet and nutrition.

Diets containing excess levels of carbohydrates, especially high glycemic index carbohydrates, lead to increased levels of insulin. In the gut, levels of digestive enzymes, gastrin and pepsin, decrease and the production of stomach acid reduces. Proteins aren't digested as well as they should be and the acidification of minerals (e.g. calcium, magnesium) decreases. The release of gastroenteric neuro-peptides decreases and digestion is impaired.

So what does this mean?

The result of poor digestion is:

- Reduced absorption of protein and fatty acids
- Reduced absorption of minerals
- Increased activation of mucosal immune cells
- Increased sensitivity to foods
- Inflammation (pain, heat, swelling, redness) in tissues throughout the body
- Decreased immunity to pathogens
- Overgrowth of bad bacteria in the small intestine

But isn't too much stomach acid my problem?

Many people are prescribed medicines such as Omeprazole, Pantoprazole and Ranitidine to reduce the amount of acid the stomach produces. They are often prescribed for heart burn or reflux.

But ... heart burn is not caused by too much stomach acid, rather that the valve at the top of

the stomach is not closing off properly, which means the acid isn't staying your stomach. There can be many causes of this, but the most common one is eating a diet that contains too much sugar and simple carbohydrates. Often a change in diet will correct the underlying cause of the problem, and allow you to stop taking your medicine. Sometimes you may also need some herbs to soothe the oesophagus to enable it to heal up while you are correcting the faulty valve at the top of the stomach.

That sounds too hard, why don't I just take Omeprazole?

All medicines have their benefits and side effects, including Omeprazole. But lowering your stomach acid levels masks a bigger problem. Heart burn is a sign that your digestion is not working properly, which can lead to nutrient deficiencies. Stomach acid also triggers your body to produce digestive enzymes. No digestive enzymes, means poor digestion of nutrients and all the diseases listed before.

So why do medicines that lower stomach acid improve my heartburn?

By lowering stomach acid, the reflux of stomach contents into the oesophagus does not burn. However, the reflux still happens. The burning is relieved, but the underlying condition is not. When stomach acid is high, your body produces a number of hormones that actually signal the valve between the oesophagus and stomach to close off. So increasing stomach acid will actually stop heart burn.

Just a note of caution, please speak to your doctor or pharmacist before stopping any medicine. It can be difficult to come off acid-lowering medicines since flare-ups of symptoms can occur.

Treatment Plan:

1. Stop the damage

Increase protein and decrease high GI carbohydrates in the diet.
Stop eating foods you are sensitive to.
Reduce alcohol.
Increase flavonoids from fruit and vegetables.
Review the need for anti-inflammatory drugs (NSAIDs) if used.

2. Healing agents

Use nutrients such as glutamine, n-acetyl glucosamine, slippery elm to calm the gut for at least 3 days before starting betaine. These can be stopped after a few months.

3. Correct dysbiosis

Use a probiotic and possibly a slow release antibiotic depending on results of tests.
Continue using a probiotic for 6 months.

4. Stimulate digestion

Add betaine HCl with pepsin to increase gastric acidity and help the gut break down proteins. Take 5 minutes before each meal and for up to 24 months.
After 7 days, add in digestive enzymes, also taken 5 minutes before each main meal. They may need to be taken for 6 months.

5. Replace minerals

We suggest you take a multi-mineral preparation to ensure that the levels of key minerals are returned to normal. This can be stopped after 4 months.

As a gift from us, present this voucher for \$25.00 off when you spend \$100.00 on your Wellbeing solution for a healthy digestion.

One voucher per person only. Not valid with any other discount or club points.