

## How Healthy is Your Gut?

Content provided by Live Right Health

Gut health is more than just a part of your digestive system. It's the cornerstone of your overall well-being, influencing everything from your energy levels to your brain function. Did you know that a healthy gut is crucial not only for digestion but also for hormone production and immune system regulation?

It's not just your stomach that's affected by your gut health. Brain chemicals like serotonin and dopamine, which influence your mood, sleep, and appetite, are produced in your digestive system. This connection between your gut and your brain can help you understand why emotional shifts can affect your gut health and vice versa. It's a reminder that your mental health is closely tied to your gut health.

Signals from the gastrointestinal tract may also affect metabolism, raising or reducing the risk for health conditions like type 2 diabetes. Research estimates that about ten percent of arterial wall hardening associated with heart disease may be caused by unhealthy gut microbes not doing their job of removing cholesterol or regulating blood pressure.

When your gut health is out of balance, it can have serious consequences for your immune system, leaving you more susceptible to illnesses. But maintaining a balanced gut is not just about avoiding the bad. It's also about promoting the good. A healthy gut can help keep inflammation in check and prevent harm before it occurs. It's a reminder that your gut health is a key player in your overall health, and it's worth taking care of.

### Good Gut Health Matters

When the gut lining is inflamed, the health of your gut begins to break down, resulting in many symptoms and health conditions.

- ✓ You may suffer from chronic abdominal discomforts such as increased gas, bloating, stomach distention or abdominal pain.
- ✓ You may suffer from chronic diarrhea or constipation, or you may fluctuate between the two
- ✓ You may be more prone to colds, viruses, and infections or are slow to heal and recover from them
- ✓ You may have changes in mood (that are not attributed to a life situation)
- ✓ Your sleeping patterns may be more disruptive than normal.
- ✓ You may suffer from a lack of concentration or focus.
- ✓ You may struggle with tiredness/lack of energy.
- ✓ You may have more frequent autoimmune flare-ups than usual or have been diagnosed with an autoimmune disorder.
- ✓ Unexplained weight gain or recently been diagnosed with Type II diabetes

### Good Gut Health with Healthology GUT-FX

GUT-FX is the ultimate formula to help repair, heal, restore and support your gut. Healthology GUT-FX provides the building blocks your body needs to repair the lining of the intestinal tract. The GUT-FX formula supplies amino acids such as L-glutamine and N-acetyl-glucosamine (NAG) that increase blood flow to the digestive tract and heal the intestinal walls. The additional herbs in GUT-FX help reduce the damaging inflammatory response and soothe digestion by protecting the delicate mucus membranes of the intestinal lining. GUT FX also provides probiotics to help rebalance the composition of the gut microbiome

GUT-FX provides a well-rounded approach to supporting gut health, which improves our ability to absorb nutrients, eliminate toxins, balance the immune system, and support neurological hormones. This unique formulation reduces the damage caused by unmanaged inflammation and helps modulate the immune system positively.

Consider Taking Healthology GUT-FX as an everyday natural solution to better your gut health if you suffer from any bowel diseases, inflammatory conditions, or any form of bowel or abdominal discomfort. Take in combination with Healthology Soluble Fibre if you suffer from chronic diarrhea or constipation, are more prone to colds, viruses, and infections, or have more frequent autoimmune flare-ups or need to manage cholesterol.

Healthology GUT-FX- Mix 1 teaspoon (6g) with water or juice before use, and drink once daily. Take at least 2-3 hours before or after antibiotics. Take a few hours before or after other medications or natural health products.

### **Take Your Gut Health to the Next Level**

Take the right type of fibre every day. Healthology Daily Fibre Blend is a blend of insoluble fibre. Its most important role is to promote bowel regularity. It provides bulk to the stool, keeping waste through the digestive tract. Insoluble fibre attracts water into your stool, making it softer and easier to pass with less strain on your bowels. Insoluble fibre is also important for keeping us full after eating because it takes up space in the digestive system. It curbs cravings and promotes feelings of satiety to help us maintain a healthy weight.

Consider Taking Healthology Daily Fibre Blend if you suffer from chronic constipation, diarrhea, fecal incontinence, diverticulitis, or hemorrhoids or looking for weight management.

Healthology DAILY FIBRE BLEND provides a healthy boost of fibre that can easily be added to meals and snacks. It contains 3g of fibre per serving and is non-GMO, Certified Organic, and free from additives.

Healthology Soluble Fibre Blend dissolves in water and gastrointestinal fluids when it enters the stomach and intestines. It is transformed into a gel-like substance, which is digested by bacteria in the large intestine. Soluble fibre is an excellent source of food to promote good gut bacteria. Because soluble fibre can slow down the rate of digestion, it provides many other health benefits, such as reducing the amount of digested carbohydrates. It absorbs fat and can prevent some dietary cholesterol from breaking down and being digested. It may also help lower cholesterol and stabilize blood sugars.

Consider Taking Healthology Soluble Fibre if you suffer from IBS that produces chronic diarrhea. Soluble fibre is also an excellent choice if you are trying to lower your cholesterol, slow down the digestion of carbohydrates, manage weight, stabilize blood sugar, lower cholesterol, reduce heart disease risk, and promote healthy digestion.

Healthology SOLUBLE FIBRE BLEND provides 5 grams of soluble fibre from a Certified Organic, non-GMO blend of Baobab and Acacia fibres. It does not contain artificial sweeteners, colours, sugars, or additives and is less likely to cause constipation than psyllium-containing formulas that are often recommended.

Extra Support When You Need It- Healthology Go Lax Bowel Formula - Although we should strive to identify and fix constipation's cause(s), we may occasionally need additional support to keep our bowels moving regularly. Healthology GO-LAX gently and effectively relieves occasional constipation by stimulating the colon's natural peristaltic action and drawing water into the bowel to soften stool, making it easier to pass. GO-LAX gently activates the colon's pelvic nerves and motility receptors to enhance peristalsis and promote bowel motility. It also soothes and heals the digestive tract to improve irritable bowel syndrome (IBS) symptoms, including reductions in pain and straining and improved stool consistency and frequency.

Consider Taking Healthology GO-LAX if you occasionally need a gentle push to get your bowels moving or if you regularly take prescribed medications that lead to constipation.

Healthology GO-LAX does not contain purgative herbs like senna and cascara sagrada, which can cause cramping pain and are more likely to cause laxative dependence. It can be taken every few days when things get sluggish or once or twice a week for colon maintenance.