

NUTRITION TIPS FOR CONSTIPATION AND DIARRHOEA – adding in probiotics.

Many people today are faced with ongoing gastrointestinal issues; changing bowel actions varying from constipation to diarrhoea, wind, rumbling, or having irregular consistency with bowel actions.

It is important to understand that a wide variety of bacteria and other micro – organisms help keep the digestive system running smoothly by breaking down food and processing waste. These beneficial bacteria are known as probiotics – tiny, living organisms that contribute to the health and balance of the intestinal tract.

Taking probiotics reintroduce the correct balance of good bacteria into the gastrointestinal tract from the oesophagus down and compensates for any disruption that may have occurred from antibiotics to surgery or partial removal of any of the tract. Probiotics enable the body to assimilate and absorb nutrition better into the blood stream, help move food through better and provide a more consistent output of the food that you have consumed.

Probiotics are important for anyone taking daily medication for reflux – these can dramatically change the flora of the gut and production of digestive enzymes. Many people find reflux symptoms reducing alone on probiotics without the need of medication. Probiotics also support gut health for anyone with reoccurring thrush or Candida – often as a result of being on antibiotics for bowel or bladder.

There are many good products to choose from; available from health food stores or chemists. Look for products that have a balance of several bacteria on the label and for best value for money one that needs refrigeration. Consumption of probiotics can be long term and there are no known side effects, drug reactions or toxic level so be assured adding

them into your daily regime might make a huge difference to the way your body digests and absorbs food and nutrition.