



There's an old saying, "you are what you eat". At Xtend-Life, we say "you are what you digest". The saying might not catch on, but read on for tips on how you can help your digestive system – whether you prefer a DIY approach, or how we might be able to give you a boost.



The science of digestion

The modern lifestyle brings a lot of benefits, but health gut isn't always one of them. That's why Total Balance and Kiwi-Klenz take a scientific approach to digestion.

Take a closer look at ingredients designed to help with digestion.

[Learn more](#)

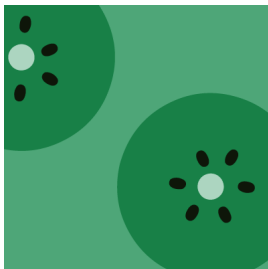
DIY Digestion

Whether it's summer or winter where you live, we've got a couple of ideas to help you with your health kick.

Kiwifruit in a salad

Being New Zealander's, we naturally love anything kiwi and kiwifruit is the star of this salad which has everything but the skin.

[Get the recipe](#)



Pizza gets a healthy makeover

When a salad just isn't enough, it's nice to know a pizza can be guilt-free. Swap salt and fat for fibre and flavor with this pizza idea.

[Get the recipe](#)



The story behind digestive enzymes

Your refresher on digestive enzymes. What they are, why you need them and signs your enzyme deficient.

[Learn more](#)

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