

## Digestive Tune up

The only thing you can lose is a host of health problems. Gain a healthy digestive system and in turn provide your body with endless health benefits. Read on and decide for yourself.

Did you know that if your digestion is not working well, you will be more prone to allergies, rashes, hives, arthritic pain, sinus problems, and all the associated 'dis-ease' states that are synonymous with poor gut function. It has been stated that 90% of our immune system is in the 'gut'. The mucosal lining in the digestive system is our front line of defence. If this is in a poor condition, poor health follows. The friendly bacteria in our digestive system, determines our immunity. Interestingly enough, there are more neurons (nerve cells) in the gut than in the spinal tissue and the peripheral nervous system - (i.e. all your nerves all round the body). These produce serotonin - the feel good hormone. No serotonin - no good vibes. Poor gut function can also morph into chronic tiredness. Now you understand why almost any complementary health practitioner will ask you 'how is your digestion?'

We know as well that stress negatively affects your digestive function but maybe not to extent that

Higher stress leads to:

- Increased cholesterol
- Deficiency in essential fatty acids
- Deficiency in Hydrochloric acid - (essential for digestion)
- Raised cortisol (a stress hormone leading to inflammation) salt retention
- Insulin resistance (a pre-cursor to diabetes)
- Thyroid and other endocrine problems
- Reflux
- Disturbance in the good bacteria in the gut
- Increased pro-inflammatory factors.

If you do not produce enough Hydrochloric acid in the stomach, you will not be able to have a good balance of the helpful bacteria as they are unable to stick to the gut lining and colonise as they should.

Poor gut function also plays a role in toxicity of our system. Our bodies can be a breeding ground for harmful microbes and chemicals. One of the primary sites in the body for toxins is the colon. When the colon becomes toxic, harmful bacteria, fungi and parasites proliferate. A

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toxic gut can become a home to a host of parasites. Parasites stimulate the immune system and wreak havoc with our digestion and assimilation.

Eating healthy will not help in obtaining proper nutrition if the digestive system or gut is not functioning properly. At DANNÉ we recommend a good digestive tune-up to get rid of any overgrowth of bad bacteria, parasites and microbes that shouldn't be there, and restore the gut function back to optimal health.

The DANNÉ digestive tune-up includes:

### **Helico X**

Dosage: 2 capsules after each meal or six before sleep with a glass of hot water.

Action: To alleviate the symptoms of the upper intestinal track, gastric ulcers, gastritis, digestive discomfort, bloating, nausea, and acid reflux.

RRP \$30



### **GUT Clear**

Dosage: 3 capsules before meals in the morning and 3 capsules after meals and before bed. Take with hot water.

Action: Analgesic & antidiarrheal, clears the lower intestinal track, eliminates bacterial overgrowth of malign gut flora (non-symbiotic).

RRP \$35.00



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## **GUT BUG**

Dosage: 3 capsules before meals in the morning and 3 capsules after meals and before bed. Take with hot water.

Action: Kills parasites in the lower intestinal track.

RRP \$38.00



## **Gut Repair**

Action: Protects the gastrointestinal environment, maintains digestive health.

Dosage:

1 scoop dissolved in water or juice or can be added to food. Scoop included in the bottle.

RRP \$36.00



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