



## Healthy Digestion



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Founder

### Additional Recommended Supplements for Optimal Health...

#### Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D or](#)
- [Liquid Cal-Mag-Zinc](#)

These supplements may be purchased on [Our Store](#):

[FreedomFromMenopause.com](#)

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. **WARNING:** Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Good nutrition is not only what you eat, but also what you digest and absorb. The two most important factors in promoting proper digestion are enzymes and fiber. Unfortunately, many of us do not produce enough enzymes, nor do we ingest enough fiber through our diets to achieve optimal intestinal health. Deficiencies can lead to irregularity and the associated pain and discomfort of indigestion. Thankfully, there are nutritional measures we can take to aid in greater nutrient absorption and healthy digestion.

#### Fiber

Fiber is deficient in the diets of most Americans due to frequent consumption of over processed foods, stripped of their natural fiber content. The recommended intake of fiber for the general public is from 25-35 grams per day for optimal health. Short term inadequate fiber intake can cause stomach discomfort, such as constipation, and over time it can lead to more serious and uncomfortable complications like diverticulosis. Fibers are classified into two categories according to their structure and how they work in the body. Insoluble fibers, such as cellulose, hemicellulose, and lignin, do not dissolve in water. Soluble fibers, such as gum and pectin, do dissolve in water. We need both types of fiber every day.

Our Fiber Product: [Super Fiber Tabs](#)

- Contains both soluble and insoluble fiber
- Promotes cardiovascular health by binding dietary fats
- Complements a weight loss program

#### Enzymes

Enzymes are as essential to the body as water. They help to break down proteins, fats and carbohydrates and liberate the micronutrients so they can be utilized by the body. When taken for digestive support, enzymes can reduce the amount of gas and bloating that occurs when consuming foods that may not be properly digested due to lack of sufficient enzymes.

#### **Why should I supplement with enzymes?**

- Enzymes are found in the food supply, but often not in sufficient amounts needed by the body
- The prevalence of cooked and processed food are two factors that increase the need for digestive enzymes
- By the age of 50 up to 30% of the enzyme production in the body stops and up to fifty percent of adults do not produce enough enzymes to properly absorb nutrients
- A deficiency in digestive enzymes can lead to lack of energy or constant hunger
- May help with constipation, gas, bloating, and heart-burn
- Promotes a healthy immune system

#### **How do I choose a digestive enzyme supplement?**

- Choosing a broad range enzyme product will help support the digestion of various food components including protein, carbohydrate, fat and fiber
- Be sure the enzyme activity is tested by standard procedures recognized by the USP (United States Pharmacopoeia) and FCC (Food Chemical Codex)

#### **How often can I take enzymes?**

- Enzymes can be taken before every meal or snack or they can be taken only before foods that may cause digestive upset
- Enzymes are safe to take along with any normal supplement routine.

Our Enzyme Product: [Digestive Complete](#)

#### References:

Galisteo M, et al. .A Diet Supplemented with Husks of Plantago ovata Reduces the Development of Endothelial Dysfunction, Hypertension, and Obesity by Affecting Adiponectin and TNF- $\alpha$  in Obese Zucker Rats. J Nutr. 2005 Oct;135(10):2399  
Simpson J, et al. Pathogenesis of colonic diverticula. Br J Surg. 2002 May;89(5):546-54.