

## ***Digestion and Elimination: What do you put in your body?***

Energy: 1 gram of carbohydrate = 4 calories, 1 gram of protein = 4 calories,  
1 gram of alcohol = 7 calories, and 1 gram of fat = 9 calories

The process of breaking down food for energy begins in the mouth with mechanical chewing. For some, just taking time to slow down and chew their food instead of “swallowing it whole,” improves digestion. Food passes to the stomach where “acid” further breaks down food and kills unwanted bacteria and microorganisms. **GastrAcid** is a nutritional supplement to aid this process. This formula supports breakdown and adequate absorption of protein, calcium, vitamin B12 and iron. Most people with indigestion or bloating immediately after eating need this assistance to actually increase stomach acid production, but have been fooled by advertisements for heartburn and symptom relievers for “acid indigestion.” If you have acid you will break down and digest food. Most symptom relievers block stomach acid or neutralize it for relief; however this limits the digestive process and therefore your ability to derive nutrients and energy from your food. Inadequate stomach digestion allows fermentation and gas production causing pressure and contents to reverse back through a “valve” into esophagus, producing “heart burn” and discomfort. This valve should remain closed, but is weakened by excessive pressure, obesity, alcohol, smoking, and lying down when full.

Food passes from the stomach to the small intestines where the stomach acid is supposed to be neutralized and additional enzymes from liver, gall bladder, and pancreas continue digestion. For people who get the “pit in their stomach” or belly-ache 45 minutes to an hour after eating, this is usually where they need nutritional support in the form of **PanXyme pH**. This supplement improves protein, fat and carbohydrate digestion. The small intestines absorb nutrients into the blood stream and pass contents to large intestine where water balance is maintained. Inadequate **water** intake or “Sluggish bowels” allow too much water to be absorbed causing hard stools or constipation. Appropriate **fiber** intake with **fruits and vegetables** or supplements helps to normalize bowel pattern. A single gram of fiber can bind up to 15 grams of water! High fiber diets reduce the rate of colon and rectal cancers. Fiber also lowers fat absorption, aids weight loss, and helps eliminate cholesterol. Proper elimination reduces abdominal pressures which can cause belly hernias, aggravate diverticulosis, irritate herniated discs in the back, and cause hemorrhoids from straining.

Irritated bowels or a fast transit time does not allow enough time for water absorption and therefore causes loose stools or diarrhea. This is often caused by food borne illness, and sensitivities to wheat, gluten, dairy, corn or other “allergies.” A loss of normal gut bacteria causes health problems such as yeast infections, and allows bad bacteria to flourish in the gut. Antibiotics often kill the healthy gut bacteria and this balance must be restored by eating whole **yogurt** or using a supplement. **Lacidofil** maintains healthy flora, supports gut immune function and helps with chronic constipation, bloating and lactose intolerance. (**B6 complex**) All **B-Vitamins** are vital for digestion and processing food for fuel energy.

Dosage: A one month trial of daily use often produces desired results, then the supplements can be used on an as needed basis.

**GastrAcid:** Take one capsule after meals.

Note: these two are not generally taken together. Choose one to try at a time.

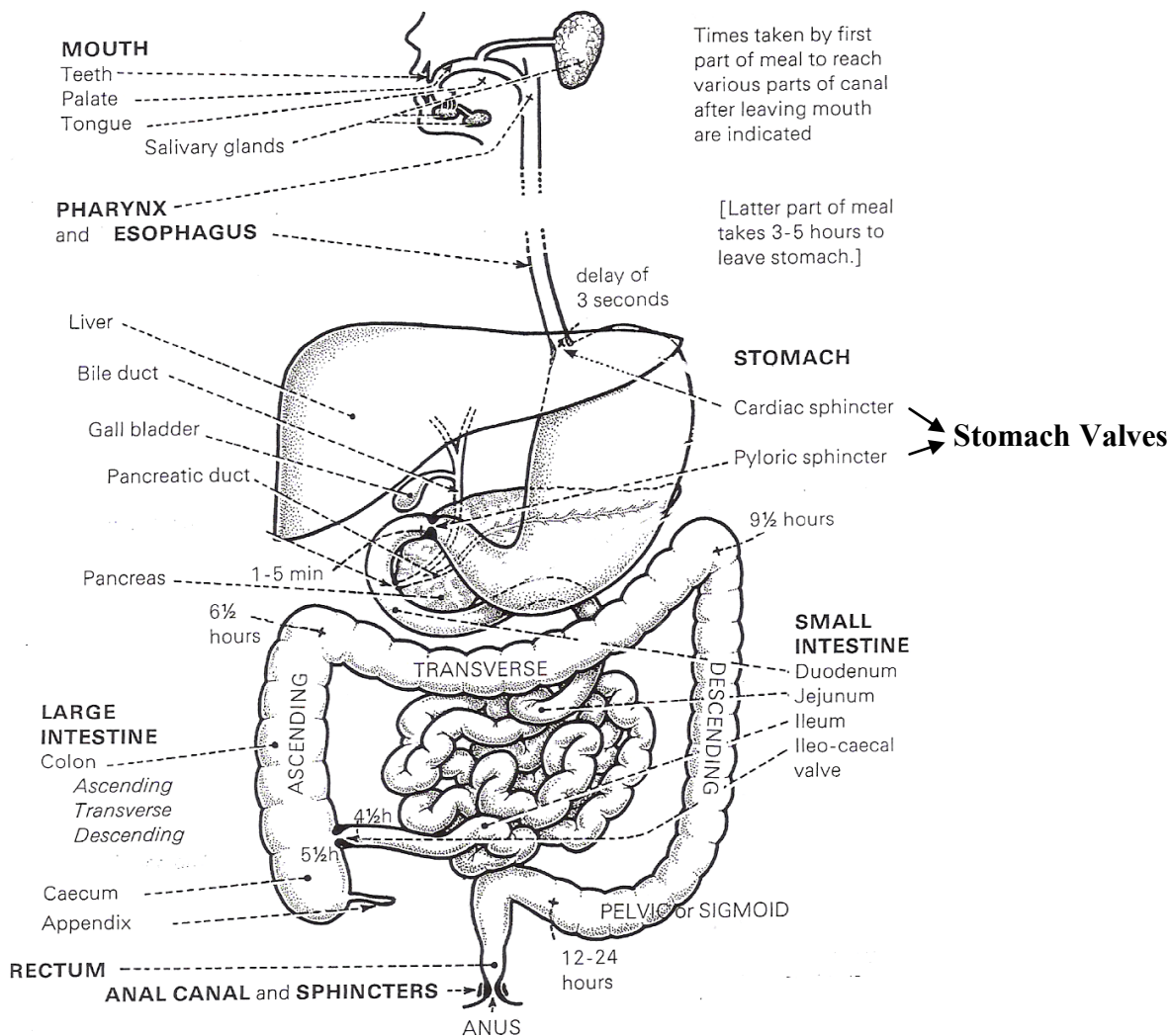
**PanXyme pH:** Take one capsule with or after each meal.

**Lacidofil:** Prevention = 1 capsule per day

Treatment: Adults (over 12 years) – 3 capsules two times per day

Children 36 months to 11 years 1 capsule per day

Store in cool dry place or refrigerate to maintain potency.



During its progress along the canal **FOOD** is subjected to **MECHANICAL** as well as **CHEMICAL** changes to render it suitable for absorption and assimilation.

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