

GAS AND BLOATING



Natural Gas

Everybody passes some gas every day. It is normal to pass gas some 14 to 23 times daily. For some, intestinal gas can be a problem leading to an uncomfortable sensation of bloating, cramping pain, or embarrassment.

Gas comes from two sources: air that you swallow and gas that is created by intestinal bacteria. Bacteria are normally found in the gut and use undigested food you have eaten as "bacteria chow."

The scientific name for this process is fermentation, the same process that causes bread to rise and puts the bubbles in beer and champagne. About 90% of rectal gas is created by intestinal fermentation.

Reducing Emissions

Treatment of excessive gas and bloat is possible and involves reducing intestinal gas at three critical points: the food you eat, the power of your digestion, and the balance of "good" and "bad" bacteria in your gut.

Diet plays a big role in determining how much gas you make everyday. At your next visit in my office, I can help you make the best food choices to reduce the amount of gas you make.

For the complete program, ask for "Gas and Bloating: The Answer is blowing in the Wind" Brochure.

Boost Digestive Power

OPTIGEST

by MyBestHealth

- Reduces intestinal gas



In order to reduce intestinal gas, you will also need to maximally support your digestion which slowly weakens over time.

To boost your digestive power and reduce the amount of undigested food that will feed the gut bacteria that make gas, I recommend using Optigest by MyBestHealth, one to two capsules with each meal.

PRODUCT #	SIZE
228	90 tab

Balancing Act

SACCHAROMYCES

by Allergy Research Group

- Controls gas and bloating



If you are familiar with the concept of releasing Preying mantis into a garden infested with aphids, you will understand the recommendation of taking the supplement Saccharomyces, a beneficial yeast that kills the gas-causing yeast, Candida. By using Candida's natural enemy Saccharomyces, you reduce gas without any harsh chemicals. Three days after doing its job, Saccharomyces exits your gut.

PRODUCT #	SIZE
182	50 cap

DGL PLUS

by Pure

- Soothes gastritis
- Unique herbal blend

Upper intestinal and stomach gas can come from gastritis, an irritation in the lining of the stomach. The herbal blend, DGL Plus by Pure, is designed to coat and soothe gastritis.

Take two (2) capsules of DGL Plus before each meal.

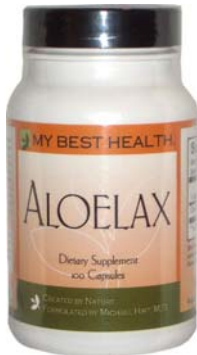


PRODUCT #	SIZE
134	60 cap

ALOELAX

by MyBestHealth

- *Non-habit forming remedy for constipation*



Aloe vera has long been recognized for its important healing properties. Most of the health-enhancing benefits of aloe come from the soothing gel that can easily be expressed from the cut edges of an aloe leaf.

Also useful is the latex membrane that holds the gel inside the aloe leaf. This natural latex is used as an herbal laxative because it both stimulates the intestines to help push the waste out and stimulates water to enter the intestines and help flush the waste out. AloeLax is a safe, concentrated, and non-habit forming herbal remedy for constipation. Expect to pass a stool within 10 hours of using AloeLax.

PRODUCT #	SIZE
226	100 cap

Kills Bad Bacteria

TANALBIT TANNATES

by Intensive Nutrition

- *Treats Irritable Bowel Syndrome*
- *No prescription antibiotics side effects*



Every so often unwelcome guest bacteria will settle in your colon. This can result in uncomfortable symptoms such as diarrhea, gas, bloating, and cramping. Tannates can also be used to help treat some patients with Irritable Bowel Syndrome.

Tannates are natural plant antibiotics that can help restore your gut to its normal state by killing the bad bacteria, but without the side effects of prescription antibiotics.

PRODUCT #	SIZE
193	60 cap

Repopulate Gut with Healthy Bacteria

VITAFLORA & BENEDOPHILUS

by MyBestHealth

Both intestinal bacteria and yeast can also contribute to intestinal gas and bloating because these little critters eat your undigested food and release 'gas' as a by product. To re-populate your gut with healthy bacteria, use VitaFlora for the large bowel and BeneDophilus for the small bowel.



NAME	PRODUCT #	SIZE
VitaFlora	207	60 caps
Benedophilus	117	60 caps

