

Tips For a Healthy GI Tract

It is important to note that although you may be eating “healthy food”, there are other things to consider such as:

- How well do you digest the food?
- How well do you absorb it?
- How well do you utilize it on a cellular level?
- How well do you get rid of waste from metabolic reactions?

To maintain the integrity of your Gastro-Intestinal tract, please follow the following guidelines.

The 4 “R” program

1. REMOVE

- Remove harmful or pathogenic micro-organisms – **Ex:** pathogenic bacteria (E.Coli, H.Pylori, Yeast and Parasites (worms, Ameobas).
- Avoid foods that you are intolerant or allergic to. Doing a food allergy panel through a lab is helpful in discovering hidden food intolerances and delayed food sensitivities.
- Work on the “terrain” - Create an environment that the micro-organisms don’t like to live in. Avoid processed foods and try to only eat organic food, free of chemicals, additives and preservatives. Choose naturally raised, hormone-free meat. Avoid farm-raised fish; wild fish is best!

*Click [here](#) to see if you need to detoxify. Click [here](#) to read about some great herbal cleanse programs.

2. RE-INOCULATE

Replenish the “good” bacterial flora with Probiotics (Acidophilus/Bifidophilus), “live” cultured food (yogurt, kefir) and fermented foods (buttermilk, miso, Sauerkraut, Kimchi, olives, pickles, apple cidar, vinegar, etc...). [Probiotic 11](#) is a great supplemental source of Probiotics, which contains 11 different strains of “good” bacteria.

3. REPLACE

As we age, we get depleted of many nutrients that are “building blocks” for manufacturing certain things necessary for proper digestion, such as hydrochloric acid and digestive enzymes. Stress, chemicals (pesticides) and processed/refined foods also deplete our body of essential nutrients. Good foods or supplements to take are:

- [Digestive enzymes](#) with bile and [HCL](#) (hydrochloric acid)

Note: When detoxifying, it is good to take a “protein enzyme source” between meals. This helps to “clean up” the excess build up of protein in the body, especially in the joints, which causes Gout or Arthritis. [Protease Plus](#) is a great source of protein enzymes. **Papaya and pineapple both contain enzymes that help to digest protein.**

- [B-Vitamins](#) – they help with many bodily functions including digestion

- Including some uncooked vegetables in our diet is a good way to give the pancreas a break from always having to manufacture digestive enzymes. Uncooked vegetables are full of natural enzymes.

Note: Do not eat a complete “raw food diet” because this can be hard on the stomach and spleen. To learn more about which foods and cooking methods benefit each organ, click [here](#).

- To help improve liver and gallbladder function, which secrete bile for breakdown of fats, you may want to include beets or beet juice in your diet. Lemon water also helps the liver. Supplements or foods containing the following, also help to support these organs: Taurine (meat, dairy, and highly concentrated in seafood), [Vitamin C](#), [Milk Thistle](#), [Dandelion](#), [Ginger](#), [Lecithin](#).

Note: [Greenzone Capsules](#) contain all the above (except Dandelion), including beets and lemon.

4. REPAIR

Proper nutritional support that helps to repair the lining of the GI tract:

- Avoid refined or processed foods (junk food, bakery items)

- Minimize alcohol consumption and avoid sugar

- Avoid drugs and prescription or over-the-counter medications, including antibiotics

- Do a deep tissue “repair and detoxification” program. Use herbs and supplements to repair & stimulate the growth, repair and function of the intestinal mucosa (lining of the intestinal tract) as well as aid in gut detoxification. This not only improves digestion, but it will help to improve colon health. **Mucilaginous herbs**, such as Marshmallow and Slippery Elm, are helpful to take while healing the intestinal tract. Vitamin A is also beneficial in repairing mucosal membranes such as the intestinal tract. Fish oils are also a good source of Vitamin A.

Note: After any detox program or after taking antibiotics, make sure to “Re-Inoculate” the “good flora” with sources of probiotics.

For additional lifestyle tips, please read our “[Top 20 List](#)”.

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