

## Weight Management

### What is Dysbiosis?

Your large intestine plays host to thousands of micro-organisms some of which are beneficial and actually help to keep colon cells protected from disease and decay and others which are potentially harmful like yeasts, parasites and some not so friendly bacteria which can actually harm colon cells and create bowel toxicity. A healthy colon is one that is populated with strong healthy numbers of good or 'Probiotic' bacteria. If your levels of probiotics have taken a tumble and the not so healthy bugs have been able to become more established then you are likely to experience wind and bloating after eating.

Sometimes it's necessary to have a stool analysis to ensure that there aren't any bad bacteria or parasites, or candida lurking.

### What is Poor Gut Motility or Constipation?

Having poor gut motility sets the scene for a stagnant bowel and this means that levels of probiotics start to decline whilst the not so friendly bugs start to flourish. Vast amounts of toxins are produced as these bugs set to work on the end products of digestion and this can result in damage to colon cells and an increased risk of colon cancer. Bloating, pain and constipation predominate along with a feeling general toxicity, frequent headaches and a coated tongue. Poor bowel motility can occur as a result of poor intestinal muscle function brought about by an imbalance between calcium and magnesium, lack of dietary soluble fibre or simply from being dehydrated.

### What can you do to help?

- Make sure you drink plenty of water
- Increase your daily soluble fibre intake a day with vegetables, lentils, beans oats, and brown rice .reduce eggs, bananas, cheese, bread and pasta which actively reduce gut motility.
- Increase magnesium rich foods which help to restore gut function - green leafy vegetables, nuts and seeds.

## How to improve your digestion

Making dramatic changes to your diet can be difficult to do and even harder to sustain for any significant length of time. However, it doesn't take much to make a difference; why not start today with the following 5 simple changes that can help to improve your digestion:

- Add a tablespoon of sauerkraut as a side accompaniment to a salad as this is high in good probiotic bacteria
- Ginger, peppermint and fennel are valuable tools for reducing gas and can be added to food as herbs or drunk as herbal teas.
- Fruit can also cause bloating, particularly when eaten straight after a main meal. It is best to eat it separately, either 30 minutes before a meal or at least two hours after.
- Swap your usual fruit yoghurt for a natural, preferably organic, bio-yoghurt to boost your beneficial bacteria. Remember that the probiotic drinks are often high in sugar which is not good for bloating.
- Include fresh papaya or pawpaw (which contains papain) and fresh pineapple (which contains bromelain) in your diet. These are good sources of beneficial digestive enzymes