

## Digestive Perspective

Digestive complaints are quite common in the US, as the Center for Disease Control reports that millions of Americans suffer from unhealthy digestion – a problem of epidemic proportion. The most recent study done in 2001 stated that there were **31.6 million visits to office-based physicians for digestive system symptoms** (reference - <http://www.cdc.gov/nchs/fastats/digestiv.htm>) .

You can walk into any drug store or grocery store and find numerous over the counter drugs to assist in dealing with the symptoms of an imbalanced digestion such as belching, acid reflux, flatulence, diarrhea and constipation. Everyone experiences the occasional symptom from eating too much of course, but most people are dealing with a chronic, long-term issue. If this is the case for you it is important to understand what is going on with your digestion so that you can begin to solve the problem. **Chronic digestive imbalances can lead to further, more serious illnesses if left unresolved.** We'll be exploring the issue of digestion in much greater detail in the articles to follow.

Now, I'm sure you have heard the common expression "you are what you eat." It's true that all of your organs, tissues and cells require nutrients for energy, and your digestion allows the food that you eat to become the nutrients that your cells receive. An ineffective or overtaxed digestion can result in toxic backups where what you eat isn't turned into nourishment. With this in mind, it may be better said that "you are what you are able to digest;" and wouldn't it make sense to take steps to ensure the best possible digestion to help nourish your body? So, how do you know that your digestion is even healthy?

For starters, you wouldn't have any immediate negative symptoms when you eat, such as acid reflux or a sense of heaviness in the stomach. You would feel energized after a meal, instead of feeling tired or even sleepy. You would be eliminating daily without having to rely on stool softeners or laxatives. You also wouldn't experience any abdominal cramping. These are all tell-tale signs that indicate a weakened digestive system.

Our *Spa on Green Street Wellness Program* offers important solutions to this vital area of your health. Digestive complaints are often simply due to an imbalance of proper nutrition and sensitivities to certain foods, such as wheat or dairy. Also, having a balanced intestinal environment with the right concentration of beneficial bacteria (more on this later) is a must with today's modern diet being the way it is. Chronic stress is also a contributor to poor digestion as it impacts the energy of your nervous system which in turn has its effect upon your digestion. Our BioEnergetic assessment will assist in restoring the energy to your body by first identifying these stress markers and revealing any food sensitivities you may have. Furthermore, it helps to point to natural solutions in the form of nutritional, herbal and/or homeopathic supplements that work together to support and sustain your commitment to a healthier lifestyle. Here's to a healthier and happier digestion!