



NEWSLETTER NO. 6 June 2010

The 100% Health Survey (2010)

Your road to health.... Find out why many are in suboptimal health and how healthy people stay healthy.

Digestion

As many as 83% of the population reports to have constipation (i.e. less than one bowel movement per day). Most people also report to suffer from bloating and gas.

The dietary factors that most influenced poor digestion were a high consumption of red meat, salty and sugary snacks.

A high consumption of nuts and seeds reduced the likelihood of very poor digestion by 1/3. It was the single most significant positively associated food.

Source: 100% Health Survey, Patrick Holford

What to do

A good digestion is the key to good health. It is important for mood, immune system, absorption of nutrients, bone health, detoxification, energy, hormonal balance, lipid metabolism and blood sugar regulation.

Drinking enough water and consuming plenty of fruits and vegetables also positively influences digestive health.

If digestive problems persist, it is worthwhile considering if food intolerance is present. A Western diet is high in wheat and dairy, something that is not well tolerated by many. An imbalance in the gut flora after antibiotic use, poor diet, medication and alcohol consume, and high levels of stress may also throw the digestion out of balance. Furthermore a lack of stomach acid and digestive enzymes may contribute to a poor digestion.

Many of these factors could lead to a vicious circle, but they can all be addressed by making some simple changes to dietary habits and using nutritional remedies to support digestion. If you are suffering from poor digestion, consider a visit to have your diet checked and consider to give your digestive system a break by following a gentle detox programme.

Friendly Bacteria – What are they?

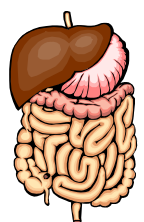
Within our intestines there are many billions of bacteria. In a healthy digestive system, the majority of these bacteria should be of the “friendly” variety meaning that they are beneficial to our health. The names of the good bacteria in the gut which are present in the highest proportions are *Lactobacillus Acidophilus* and *Bifidobacterium bifidum*. There are also a number of bacteria that are not good for us, but if we have enough of the friendly bacteria, the “bad guys” are unable to increase their numbers to a level that is detrimental to health. Our gut bacteria weigh about 3.5 pounds and constitute more bacterium than the total number of cells in our body! With this in mind it is easy to see why when the balance of good and bad bacteria is disrupted, our health can suffer.

What are the benefits of friendly bacteria?

- Manufacture of B vitamins
- Play an important part in our immune system
- Increase the absorption of minerals
- Produce lactase to digest milk
- Enhance bowel function by promoting waste to pass through the large intestine efficiently
- Help control cholesterol levels
- Act as anti-carcinogens
- Produce antibiotics to control levels of bad bacteria, viruses and fungi.
- Alter the acidity of the gut to make the environment undesirable for pathogens

Symptoms of bacterial imbalance:

- Constipation, Diarrhoea
- Bloating, Indigestion
- IBS
- Food intolerances
- Lack of energy
- Acne, Eczema, Psoriasis, Rheumatoid arthritis, Autism and more.....



Source: Dr Renata Micha (Harvard School of Public Health, Boston, MA) and colleagues, Circulation, 17. May, 2010.

For more information about courses or for a personal **Optimum Nutrition consultation**, contact:
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Don't change your medication or start a supplement regime without consulting a health professional.