

## **Go with Your Gut**

If you have problems with your digestion, you're in good company. More than 100 million Americans have digestive problems. Whether it's irritable bowel syndrome, bloating, constipation, diarrhea, heartburn, reflux, or gas, getting your digestion in order will bring you much needed relief and save you from potential embarrassment.

Don't let digestive discomfort become a fact of life. By making simple changes, you can help your digestive system find its groove again so it can absorb nutrients and keep things running smoothly.

Stay hydrated: the best way to stay regular is to keep hydrated and encourage the flow of food through your intestines. Dehydration is one of the most common culprits of constipation. Not drinking enough water slows your digestive system down, forcing it to get water from your food waste. The result is hard, difficult-to-pass stools. You know you are getting enough water if your urine is clear (as opposed to yellow) all day long.

Keep on moving: Exercise may be the next best thing for your digestion, as it stimulates all the muscles in your GI tract. Brisk movement speeds up digestion, makes your organs work more efficiently, and signals your intestinal muscles to contract. A toned colon pushes out stools better and keeps your gut in good shape.

Choose healthy fats: Fried and rich foods throw a wrench into your digestive tract, making it sluggish. Instead, opt for healthy fats to help support the GI tract. To help break down your food, Hazle Drugs brand of "Digestion Eze" is a comprehensive blend of enzymes that supports healthy digestive function. Bromelain, Ox Bile, Pancreatin and Papain have been formulated to optimize the breakdown of fats, carbohydrates and protein for maximum assimilation resulting in proper active digestion. These enzymes aid in breaking food down properly and allowing nutrients to be absorbed in the small intestine.

Choose bulk: Fiber is constipation's sworn enemy. The typical American's low-fiber diet causes all the wrong bacteria and yeast to grow in the gut, damaging its delicate ecosystem. Fiber quickly plows its way through a plugged-up gut by softening stools and adding bulk. Seek out fresh fruits, vegetables, whole grains, and legumes.

Probiotics: Gut-dwelling friendly bacteria keep pathogens in check, aid nutrient absorption, reduce bloating, and boost immune function. Especially relevant is their ability to normalize bowel movements.

Hazle Drugs brand of "Probiotic Balance" can aid in proper digestive balance maintaining a healthy gastrointestinal tract. Probiotic Balance contains 8 strains and has 4 Billion potency to promote positive probiotic balance and help support immune function. If you have any questions regarding Hazle Drugs nutritionist formulated "Probiotic Balance" or "Digestion Eze", please contact Clinical Nutritionist, Bill Spear, R.Ph, CCN at Hazle Drugs 1 E. Broad St., Hazleton, Pa. 18201 570-454-2476

***Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist.***

***He is available for personal Nutritional Consultations at***

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***Call for more information or to schedule your Nutritional Consultation today!***