

The Gut Decision That Could Save Your Digestive Health

By Lorin Shields-Michel – Healthy Living Article

We've all made them—gut decisions that are based not on facts but on feelings. Somehow you just know that what you've decided is right. You feel it... in your gut. But there is another kind of gut decision you can make, one that focuses specifically what your digestive system needs in order to function properly and healthily.

At some point in our lives, we've all suffered from some type of digestive ailment. Perhaps it was a case of constipation, or the opposite, diarrhea. Some people suffer from more extreme and chronic problems. In fact, according to the National Institutes of Health, 60 to 70 million people are affected by digestive problems, some so severe that approximately 234,000 die each year. There are 14 million hospitalizations each year, at a cost of nearly \$107,000 billion annually. As many as 1.9 million people are disabled because of their digestive health. One person who suffered from debilitating digestive health was Jordan Rubin, the bestselling author and founder of Garden of Life health supplements.



About Digestion

Digestion begins in the mouth where our saliva contains the digestive enzyme amylase. When we chew food, we break it down into smaller particles so that it can be digested. If people don't chew food thoroughly because they eat quickly or because they have problems with their teeth, they may increase the burden on the digestive organs, including the stomach, small intestine, the gallbladder, liver and pancreas.

The stomach mechanically mixes food. It also releases substances that chemically break down food, such as hydrochloric acid. Hydrochloric acid, often called stomach acid, helps digest proteins, fat, vitamins and minerals, maintains the acidity of the stomach, and helps kill bacteria, viruses and parasites.

Next, enzymes from the pancreas and small intestine are released into the small intestine to continue the digestion process and to enable the body to absorb carbohydrates, fat and protein. In addition, bile salts secreted from the gallbladder help with the digestion and absorption of fats and the fat-soluble vitamins A, D, E and K. The small intestine is the primary organ involved in the absorption of nutrients. Anything that interferes with the secretion of enzymes or bile salts, or disrupts the absorptive walls of

the small intestine may result in vitamin and protein deficiencies as well as a host of other issues.

There are a number of things that happen between eating and eliminating waste. The preceding is only an overview. When problems arise is when you're not feeding your body what it needs in order to properly digest food and keep it running smoothly and efficiently. Naturally, eating a healthy, balanced diet helps. But external factors like stress can contribute to digestive problems. Those problems can range from acid reflux disease to chronic liver disease, irritable bowel syndrome (the dreaded IBS) to pancreatitis to name only a few.

Probiotics

Probiotics (from "pro" meaning positive and "biotic" meaning life) are living microflora that play a critical role in maintaining good digestive health. Probiotics, which are the opposite of antibiotics, are actually present in many live foods, but are often destroyed by heat processing. These live probiotic cultures populate the intestinal tract and play a positive role in digestive and immune system health. How do they do that? By supporting normal intestinal comfort and function; helping maintain a healthy, balanced immune system; and helping support a normal gastrointestinal balance between good and potentially bad bacteria.

"In Primal Defense Ultra, we have created the ultimate high-potency, broad-spectrum probiotic formula," says Modena. "It provides a 15 billion live cell count of 13 different organisms including soil-based probiotics called Homeostatic Soil Organisms." Homeostatic Soil Organisms are super probiotics that restore balance to the gastrointestinal tract. They activate and encourage gut restoration by attaching themselves to the intestinal mucosa. On the gut wall they reproduce to form colonies that essentially eat any harmful bacteria and other pathological microorganisms.

Primal Defense Ultra includes probiotic species like *Bacillus subtilis* to support a healthy lactic acid bacteria count and healthy pH levels in the gut. The formula also includes *Saccharomyces boulardii* to produce certain nutrients that nourish the intestinal mucosa, promoting a healthy intestine while supporting the normal barrier function of the intestinal epithelium. Translation: it arms the front line of the body's defense system with ammunition to fight the bad stuff.

