

Trust Your Gut

**What Bloat, Burn,
and Irregularity
Reveal About
Your Health**

LifeExtension®
Stay Healthy, Live Better



Healthy Gut, Healthy You

You're only as healthy as your gut! And it makes sense when you realize how much your digestive system actually does. From breaking down food, absorbing nutrients, and eliminating waste, the gut is essential to your health and well-being.



Beat the Bloat

When pain or discomfort caused by gas interferes with your daily routine, something may be wrong. But there's often an easy fix. Replenishing your gut with digestive enzymes is safe, easy, and effective for "deflating."



Quench the Burn

More than 60 million Americans suffer from heartburn. The very common condition affects about one out of every three people at least once a month. Unfortunately, it's often mis-treated, leading to more pain and lots of side effects. Here, you'll learn about the real solution to heartburn.



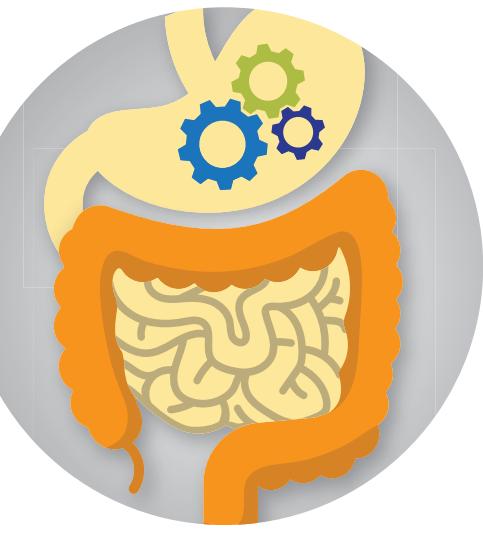
Irregularity and You

It's common to have irregularity from time to time. However, if you experience diarrhea and constipation, chronic abdominal pain, and bloating, you may have a condition called irritable bowel syndrome (IBS). Natural approaches have been shown to be quite effective at diminishing IBS symptoms.



#1

**Healthy Gut,
Healthy You**



Unhealthy and unbalanced diets have resulted in 18%–22% of all Americans having some form of digestive disease.¹

Healthy Gut, Healthy You

Your digestive system is innately tied to your overall health. Often referred to as the body's "second brain," your gastrointestinal (GI) tract is 30-feet long and comprises your mouth and pharynx, esophagus, stomach, small and large intestine. Your GI system is largely responsible for your immune response, vitamin and mineral absorption from food, hormone regulation, and even your mood.

Chewing your food is the first step in helping you break down what you eat to nourish your body. Once food is swallowed, healthy bacteria that live within your gut as well as secretions of digestive chemicals break it down further, extracting the necessary nutrients and removing the rest as bodily waste.

Unfortunately, due to changes in our diets and lifestyles, many people are afflicted with digestive tract issues. Unhealthy and unbalanced diets have resulted in 18%–22% of all Americans having some form of digestive disease.¹





#2

**Beat the
Bloat**



Bloating may be related to your diet and lifestyle choices, such as consuming too many fatty foods or carbonated beverages. Additionally, poor eating habits such as eating too quickly and not chewing your food properly may result gas and bloating.

Beat the Bloat

Largely considered rude, burping and passing gas are actually natural—often caused by swallowing air while eating or from the digestion of food. However, when pain or discomfort caused by gas interferes with your daily routine, something may be wrong. One in 10 Americans say they suffer from bloating regularly, regardless of whether they've eaten a large meal.²

Abdominal discomfort characterized by bloating or gassiness is often the result of what you eat as well as a lack of digestive enzymes that should help to quickly break down food. These enzymes are responsible for helping break down proteins, carbohydrates, and fats for proper absorption.

When your body lacks enzymes that are necessary to break down one or more of these types of nutrients, symptoms of bloating and excessive gas may develop.

Bloating may also be related to your diet and lifestyle choices, such as consuming too many fatty foods or carbonated beverages. Additionally, poor eating habits such as eating too quickly and not chewing your food properly may result in swallowing air and inadequate breakdown by enzymes in saliva — both of which contribute to gas and bloating.

Stress and anxiety can also lead to bloating and abdominal discomfort for several reasons. When people try to cope with stress, we engage in behaviors such as gum-chewing or smoking, which can result in swallowing more air and creating a buildup of gas. Additionally, stress irritates your intestines, so they are more sensitive to the feeling of gas moving through your digestive tract.

There are some easy dietary and lifestyle changes you can make to help reduce bloating and abdominal discomfort. While you may take a daily multivitamin to help get the nutrients you need to stay healthy, you could also take a supplement to raise your digestive enzymes to a healthy level.

Digestive enzyme supplements have been proven effective in optimizing digestion and reducing bloating, gas, and abdominal pain.³ Many of these supplemental digestive enzymes are derived from plants and when taken with a meal help your body to properly break down food and better absorb nutrients.

This is especially important for older adults. Studies have found that as we age, our bodies produce fewer digestive enzymes, causing abdominal distress and poor absorption of nutrients.⁴ In addition to taking supplements, these dietary and lifestyle changes can have a big impact:

1. Eating smaller portions and limiting foods that are too rich or fatty:

Large meals and those high in fat make you feel fuller and take a long time to digest.

2. Eating more slowly: It takes time for your brain to receive the

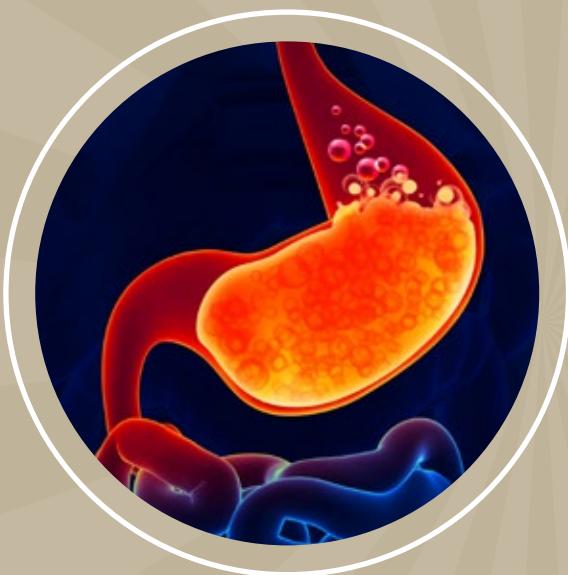
signal from your stomach that you are full. Eating slowly prevents overeating and reduces the amount of air you swallow with bites of food, helping to lessen bloating.

3. Reducing your intake of difficult-to-digest foods: Examples

include beans, cabbage, cauliflower, and dairy.

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#3

Quench the Burn

Quench the Burn

More than 60 million Americans suffer from heartburn at least once a month and more than 15 million Americans experience heartburn symptoms every day.⁵ Heartburn is usually a burning pain in your chest that often worsens when you bend over or lie down.

A common misconception is that heartburn occurs from the overproduction of stomach acids. In fact, heartburn is caused when the muscular band around the bottom of your esophagus doesn't tighten properly, allowing the stomach acid to go back up, or reflux, into the esophagus.

Pregnancy, obesity, and constipation put excessive pressure on the stomach, and overeating results in too much food in the stomach—all of which commonly contribute to a weaker esophageal sphincter. Some foods such as tomatoes, garlic, onions, citrus fruit, caffeine, and alcohol relax the esophagus and exacerbate heartburn.

Luckily, there are natural ways to treat heartburn:

Licorice Root Extract:

This has an anti-inflammatory response, relieving pain and discomfort in the esophagus caused by heartburn. Additionally, licorice may help to provide a protective barrier between the esophagus and stomach acid by increasing mucous production. Look for deglycyrrhizinated licorice which has parts of the glycyrrhizin found in licorice removed, making it a much safer option for long-term use.⁶⁻⁹



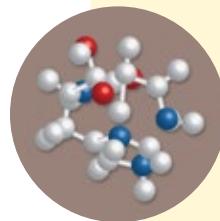
Calcium Carbonate

In chewable tablet form, it can establish healthy pH levels within the esophagus without disrupting gastric pH levels required for proper digestion. Chewable calcium encourages strong, healthy muscles, including those that work to help your body swallow foods, blocking acid reflux.^{10,11}



Zinc-L-Carnosine

This mineral increases production of the protective layer of mucus found on the wall of the stomach. This anti-inflammatory response lessens gastric discomfort and helps to decrease the amount of harmful bacteria in the gut.^{12,13}



Alginic Acid

For temporary relief, alginic acid creates a floating protective foam barrier between the stomach acid and the esophagus.¹⁴



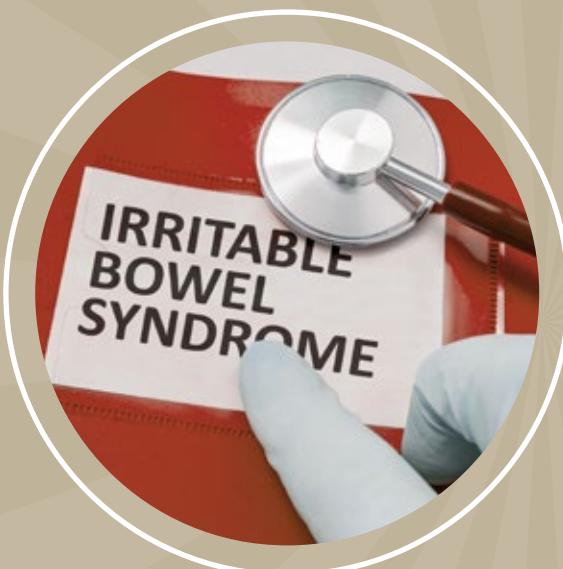
The Dangers of Proton Pump Inhibitors

Many Americans take acid reducing medications known as proton pump inhibitors (PPIs). These prescription and over-the-counter medications block the production of stomach acid.

PPIs are intended to be taken for two-to-eight weeks; however, many people stay on these medications much longer than that. Unfortunately, several risks are associated with long-term use of proton pump inhibitors.

- 1 Stomach acid not only helps to digest food, but also provides a barrier to toxins and pathogens we digest in the food we consume. So when people reduce the amount of stomach acid through PPIs, they can increase the likelihood of developing some digestive problems.
- 2 PPIs may result in an increased risk of osteoporosis and decreased bone mineral density.¹⁵
- 3 They may be linked to dementia. A recent study conducted by the German Center for Neurodegenerative Diseases found an association between PPI medication and increased risk of dementia in the elderly. Mouse studies have shown that PPIs increase the level of abnormal and toxic proteins in the brain that have been linked to neurodegenerative diseases.¹⁶





#4

Irregularity and You



There are some easy dietary and lifestyle changes you can make to help reduce bloating and abdominal discomfort. While you may take a daily multivitamin to help get the nutrients you need to stay healthy, you could also take a supplement to raise your digestive enzymes to a healthy level.

Irregularity and You

It's common to have irregularity from time to time. However, if you experience diarrhea and constipation, chronic abdominal pain, and bloating, you may have a condition called irritable bowel syndrome (IBS).

IBS can present itself in people in various ways. Some people have constipation, known as IBS-C; others experience diarrhea, referred to as IBS-D. You can primarily experience one or the other — but some people may experience both.

Eleven-percent of Americans suffer from IBS, and this gastrointestinal disorder can be caused or aggravated by many factors.¹⁷

Luckily, most people can control the effects of IBS through dietary and lifestyle changes.

Change your diet:

Caffeine, alcohol, dairy, and fatty foods may taste good but could trigger symptoms of IBS. Cut these foods from your diet or limit them, and make sure to stay hydrated throughout the day.

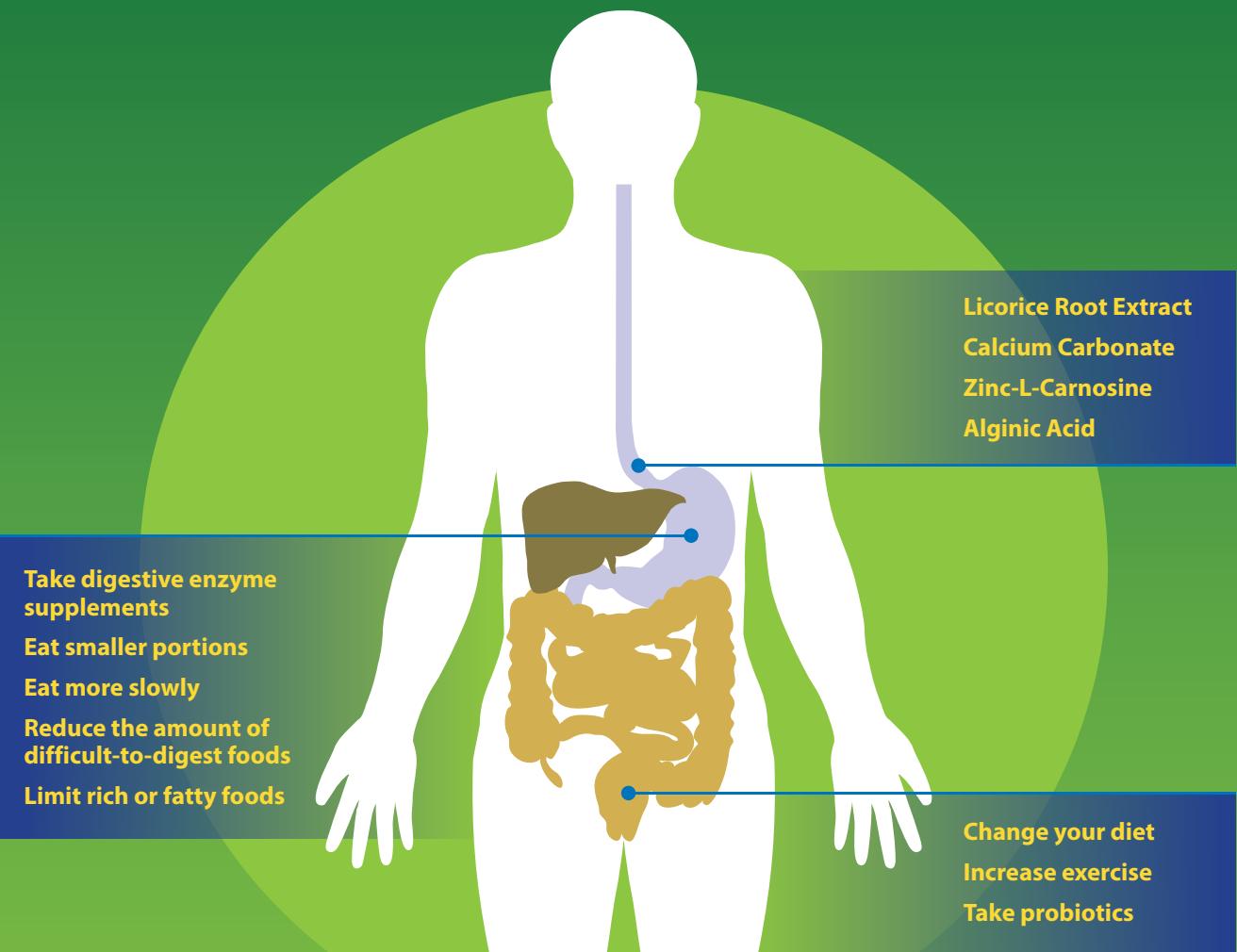
Increase exercise:

Stress can trigger IBS symptoms, causing abdominal pain. Exercise is a great way to reduce stress, stimulate normal function of the intestines, improve your health, and lessen the severity of IBS.

Take a supplement

Probiotics will help introduce healthy bacteria in the gut to support proper function, as IBS is associated with a shift towards pathogenic bacteria in the gut.

Suggestions to Manage Bloat, Burn, and Irregularity



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