

**GASSY?
PAIN?
BLOATED?**



**HERE'S SIX
THINGS TO
CONSIDER**

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Worried About Your Guts?



An astonishing number of people have difficulty with their digestive systems.

Digestive complaints are probably the most common presenting symptoms in office and can be very distressing, affecting everyday life. There is also a great deal of confusing information about digestive disorders and poor understanding about how digestion works.

I can tell you from 20 years of experience that there are typically only a handful of major issues that create digestive difficulties.

Number 1 – Poor Water Intake

Do you have heartburn?

Burp, fart or get bloated a lot?

Feel like the digestion is too sluggish and that it is aggravated by lots of protein?

Your digestive system needs to transfer about 10 liters of water per day back and forth across various different sections of the tract to make basic digestion work. That doesn't mean that you need to drink 10 liters, but you need to drink enough to replace daily losses. This means drinking about a third of your weight in pounds in ounces of water (so, 150 lb is 50 oz of water).

Drinking adequate water can pretty much sort out heartburn, even if it is long standing. It can help create a better flow through the liver and make better quality bile. It can assist your digestive enzymes to work more efficiently. It can prevent constipation and it is the only way to make up for draining fluid losses in diarrhea.



Don't drink lots of fluids directly with your meal. Drink before a meal by 15 to 20 minutes and only use enough liquids in a meal to feel like you need to get the food down.

How we can help you: at Resonance

we can identify if you are not sufficiently hydrated with simple in-office tests. We can also help to soothe symptoms caused by poor water balance while you take the time to heal it!

Number 2 – Not Chewing

Do you feel like you don't tolerate carbs well?

Do you get reflux?

Do you feel like there is a lead weight in your stomach after eating?

Chewing is actually important. The more you chew, the better able your body is to anticipate what is coming down the pipe! Taste, smell, and the action of chewing start a cascade of preparatory steps in the next organs of digestion.

How we can help you: we can teach you simple ways to make sure that you are eating properly and check for other reasons why you might not be chewing enough.

Number 3 – Medications causing problems

Are you using aspirin, Tylenol or anti-inflammatories more than once per week?

Do you commonly use acid suppressing meds like Pantoloc, Kantac?

Have you used antibiotics more than once?

Common pain medications commonly trigger bleeding in the stomach. This effect is universal and can actually get quite serious. The stomach will often react by decreasing its activity, and this actually lessens the response in the next steps of digestion.

Taking acid-lowering drugs interferes with the first step of digestion. Unfortunately, that means that it affects all of the subsequent steps as well. Acid blockers are the most used over-the-counter and prescription drugs, and an unappreciated cause of further digestive issues.

Taking antibiotics can really mess with your normal flora. The balance of bacteria in your gut can actually really help you or really hinder you. Too little flora is not great, and neither is too much. Research is showing that bacterial populations are unique to you, to how you were inoculated as a child and to how you currently eat.

How we can help you: You may not know this yet, but there are some effective tests and strategies for healing a damaged or compromised gut wall and to rebalance the flora. The degree of intestinal compromise and the types and quantity of bacteria in your gut can be identified from stool samples and a customized treatment plan can be made for you so that you can avoid the use of drugs that can create problems.

Number 4 – Eating way too much at one time.

Feeling stuffed after a meal?

Need to nap after eating?

Burping up the taste of dinner?

Your digestion really can't handle as much some people try to physically stuff in. Overeating is a common trigger for digestive complaints. At rest, the stomach is the size of your fist. When eating, it can expand to about a liter maximally. And then it will take 2-4 hours to process everything you put into it enough to go to the next stage of digestion.

How we can help you: we can help you to understand how to put together an eating strategy that will maximize your digestive efficiency.



Number 5 – Eating stuff that you have reactions to.

Do you have eczema? Asthma?

Do you get sudden unexplainable diarrhea or constipation?

Feel like your energy should be better than it is?

Does your abdomen feel swollen and painful?

Your digestive tract is dominated by immune tissue. Your body has to really filter through what is coming in and

figure out what is something to absorb and what is something to defend against or let go. If you eat something that your immune system has decided it doesn't like, an inflammatory defense reaction will start. A reaction can take up to 72 hours to become obvious. Most people eat only maybe 15 food items most commonly. So, if even one of them creates a problem, it starts to get confusing which food is the issue. There are several approaches to this. You can do an Elimination Diet, or you can do a blood test to look for IgG. There are several types of food reaction that you can have, so further investigation might be necessary.

How we can help you: Resonance can run a test for sensitivities and/or create a custom diet for your sensitivities to help heal and decrease the immune response to foods.

Number 6 – Eating a set of foods that really doesn't work for your metabolism.

Do you feel like you eat healthily but it doesn't show or feel like you do?

Do you have an inflammatory disease like arthritis or colitis?

Have you suffered from cancerous complaints?

Even though you CAN eat most things, doesn't mean you should. It's actually possible to figure out what the best foods are for you. It takes a little bit of testing and some guided trial and error, but in our most seriously ill patients or those who are the most health conscious, it works really well.

How we can help: Resonance Wellness uses testing to determine what your best diet strategy is. We can tell you what foods will work best to balance your metabolism and eat to make the biggest improvements in your health. That way there will be no more guessing!

Naturopathic doctors at Resonance Wellness can help you to figure out what is wrong and then help make a plan to solve it.



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Stop feeling like your guts control you!

Come and make a plan with us today.

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