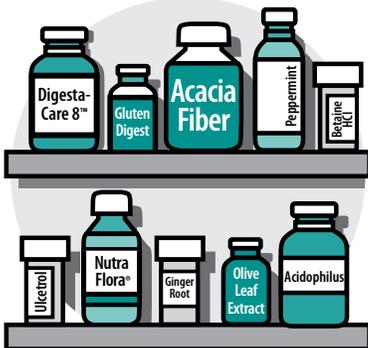


What's in Your Medicine Cabinet? *The Perfect 10!*

by Squires & Wood



Hippocrates says ‘all diseases begin in the gut’. Let’s be positive!
All health starts in the gut. Here’s why.

If your gut or gastrointestinal (GI) system isn’t working optimally, many nutrients you take won’t be absorbed, and will instead exit without so much as a goodbye! What’s the point of supplementing and eating healthy if you don’t actually get the benefits? The GI system is complex, and the process of keeping it healthy can be too. To give you a hand, we’ve organized our best GI-helpers below in an easy-to-follow chart. This makes determining your individual GI health plan as simple as possible. You might not need all 10 steps in the chart, and we are always happy to help you choose what’s right for you.

So, if your GI tract needs help, an important pairing to keep in mind to restore healthy gut flora (bacteria) is Olive Leaf Extract or ESE™ and Acidophilus ES™. These two work together to ensure that the “good bacteria” outnumber the “bad” in your GI tract. Olive Leaf Extract will help clear out overgrowth of yeast and harmful bacteria that may prevent adequate nutrient absorption. Acidophilus ES™ probiotic will replenish the “good bacteria” tipping the equation back in your favor.

THE PERFECT 10		
TyH PRODUCT	CODE	ROLE IN DIGESTION
Olive Leaf Extract Olive Leaf ESE™	419 420	Fights yeast and candida overgrowth in the GI tract, setting up the ideal environment for beneficial bacteria to grow and thrive.
Acidophilus ES™	112	Full spectrum probiotic to replenish and keep the “good bacteria” in charge, promote proper digestion and maximize nutrient availability.
Digesta-Care 8™ Digesta-Care ES™	132 407	Enzymes to break apart foods to maximize digestion. Helps decrease bloating and constipation.
Gluten Digest	504	BioCore® DDP IV enzyme specifically required to break apart the gluten protein.
Ginger Root	140	 The anti-nausea herb which also stimulates digestion and has anti-inflammatory properties for most GI woes.
Ulcetrol™	350	Helps protect and heal delicate stomach lining with patented PepZin GI®.
Peppermint Gels	395	Aids in indigestion and helps alleviate symptoms of IBS and Crohn’s. Enteric-coated capsules ensure a slow release.
NutraFlora® FOS	334	“Fertilizer” to promote the growth of friendly flora in the GI tract. Studies show that one gram per day of FOS can increase beneficial bacteria by over 500% in 4 weeks.
Betaine HCl	325	Helpful for those with low stomach acid. Also contains pepsin, an enzyme that breaks apart proteins.
Acacia Fiber (Organic)	390	Gently adds fiber without bloating or gas. Easy on those with IBS and other GI disorders. Aim for a daily total fiber of 23 grams for women, 38 for men. Mixes up easily, even in water!



Here’s a sample of what’s in the TyH Online Health Library to help you keep your GI system healthy. Not online? Let us know and we’ll include any article with your next order!

- ◆ *Acidophilus, Benefits Beyond the GI Tract*
- ◆ *Acacia Fiber: The Organic Way to Go*
- ◆ *Clear & Replenish: Healing the Gut*
- ◆ *Digestion 101, Q&A*
- ◆ *Digestion: Your Highway to Health*
- ◆ *Digestive Enzymes: Eat for Health with Enzymes*

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