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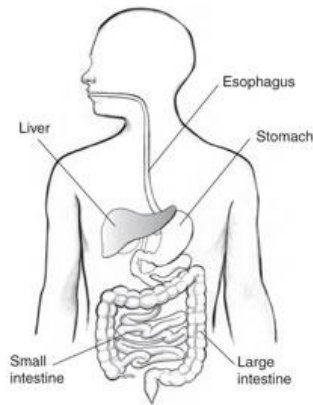
NATURAL MANNA

Let's talk Guts in May!

The Good News! You **don't have** to live with niggling symptoms like bloating, indigestion, flatulence, cramps and abdominal pain. Around 50% of my clients consult me because of poor digestive function and persistent symptoms, another 30% because of food intolerance and poor absorption of nutrients in the gut and the remaining 20% for a large variety of other health disorders.

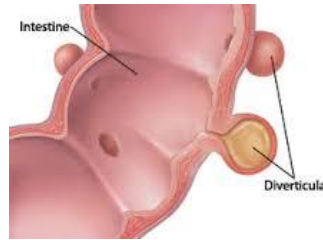
Without exception the 80% with digestion and absorption problems also experience concomitant health symptoms like anxiety, irritability, weight gain or weight loss, hormone imbalance and in some cases, depression. Really good reasons to do differently whatever they have been doing and the first stop would be to look at adapting their diet and using other lifestyle interventions.

So let's look at some of the common digestive problems and some simple first-step strategies to take before resorting to long-term medication.



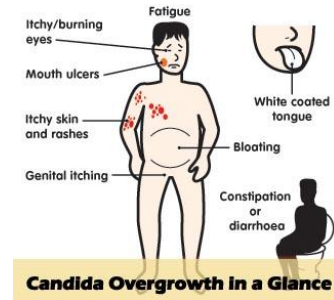
IBS

Diagnosed indiscriminately when GP presented with intermittent symptoms such as bloating, flatulence, abdominal pains, especially when patient links it to specific foods or stress. A 'cleansing' diet of fresh fruit and vegetables, whole grain foods, proteins such as fish, poultry, eggs and some pulses can help keep flare-ups to a minimum. Some people benefit from eliminating refined sugar, wheat gluten and some dairy products. Some practitioners recommend a long-term supplement of a pro- or pre-biotic beneficial



DIVERTICULITIS

This occurs when pockets are formed along the intestine and foods gets lodged. The food rots and causes infection with resultant pains and other uncomfortable symptoms. Usually diagnosed after exhaustive tests. Symptoms can be controlled by eating a balance of soluble and insoluble fibrous foods, avoiding processed items and high fat - high sugar foods. Similar to IBS approach a diet of fresh foods can be of enormous benefit. Again, long term use of pro-biotic in capsule form can be extremely helpful in controlling symptoms.



CANDIDA/YEAST OVERLOAD

80% of my clients in the past 2 years have presented with this potentially serious health problem. The cause usually has roots in previous prescribing of anti-biotics and other long-term medications together with the Standard Western Diet of high complex carbohydrates, processed foods and refined sugar intake. Notoriously difficult to eradicate, the Candida Diet is quite restrictive but together with specific supplements and pro-biotic therapy it is possible to reduce the overload and regenerate beneficial bacteria in the gut to improve overall health.

bacteria capsule.

Digestive Disorders can be distressing to live with but generally can be well controlled by diet and regular gentle exercise such as walking or swimming. Not taking action is not an option as left long term these seemingly niggly symptoms can cause a strain on the body's system and functions and lead to other problems developing.

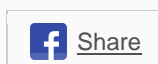
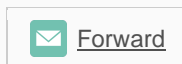
Natural Manna can tailor make a diet for your personal health problems and health goals, which will provide you with an opportunity to maximise your overall health, vitality and wellbeing. It is an investment well worth making.

Health Information Leaflets dealing with Digestive Disorders in more detail can be obtained from Natural Manna's Website:

www.natmanna.weebly.com or by emailing me at

naturalmannanutrition@gmail.com

Yours in good health: Janx

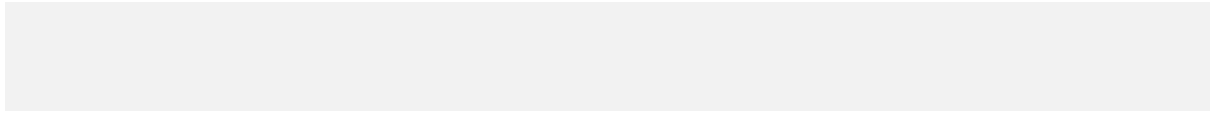


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