



DETOX

It may not make for polite conversation, but good bowel health is fundamental to our health. In fact, some nutritionists consider the bowel to be our first line of defence against illness and infections. A well functioning bowel and an effective digestive system are both fundamental to optimum well-being.

Detox diets and cleansing regimes are the current buzz words, although few people really understand what they mean. We all know that bowel function is important to good health and fibre is involved, but many do not appreciate the number of toxins and potentially harmful substances that can only be removed through the bowel.

If the content of the bowel is not regularly purged then the toxins must be stored in fatty deposits in and around the organs, eventually spilling over into the blood. A build up of waste products will stress the entire body, but can seriously damage the liver, kidneys and immune system. Making it all the more important to consume plenty of fresh water, anti-oxidant and fibre-rich foods, and natural supplements ⁽¹⁾. The aim is to mobilise waste while gently cleansing the bowel naturally.

Poor digestion robs us of the vital nutrients in our food, meaning that we do not get the benefits of even the healthiest of diets. Bloating and wind are signs of digestion problems which may stem from a lack of digestive enzymes or from having the wrong type of bacteria in our gut. Building up good bacteria and consuming fresh whole-foods which are easy to digest is essential. Natural health supplements can also improve digestion and provide nourishment that is easy to absorb. Herbs such as Garlic ⁽²⁾ and Ginger can improve digestion, while Goat Milk is highly nutritious and easy to digest.

In an ideal world we would eat only fresh produce prepared directly from source, spend our days in open fields and fresh air, never require prescription drugs or encounter tobacco smoke, radiation or stress, and sleep soundly every night.

In the real world we eat foods that are hard to digest and often lacking in nutritional value. We have sluggish, clogged bowels which invite infection and we take medications which override our natural processes. Our bodies are bombarded with smoke, pollution, stimulants, radiation and stress every day. And when was the last time you had a full night sleep?

Natural fibre supplements which absorb water and flush out the built-up toxic waste are a good start, while other water-soluble fibre feeds the beneficial micro-flora in the gut ⁽³⁾. Natural herbs such as Wheatgrass, Barley Grass and Chlorella gently manicure the intestines. Healing of any lesions or inflammation can be promoted by Aloe Vera which soothes and protects the intestinal walls ⁽⁴⁾.

Deep Blue Health products which can improve digestion include:

Detox 5-in-1 - contains wheatgrass, inulin (natural fibre), barley grass, chlorella and Aloe Vera.

Garlic - stimulates bile production and assists with digestion.

Goat Milk - rich in protein and calcium that is easy to digest

Spirulina - a super-food which contains phytonutrients, vitamins, minerals and essential fatty acids and fibre to encourage elimination of toxins.

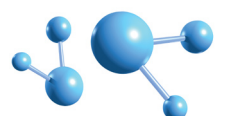
Squalene - rich in vitamin A and D to support organ function, the removal of impurities and healthy skin.

Wheatgrass - supports normal body function and bowel cleansing.



References:

- <http://www.who.int/mediacentre/factsheets/fs172/en/index.html> - Preventative medicine
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- <http://www.mayoclinic.com/health/prebiotics/AN02032> - Prebiotics
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