

How Healthy Is Your Digestive System?

Did you know that having a bowel movement every day is *not* a guarantee that your digestive system is healthy? There are actually many parts to your digestive system and they all have to be working together for optimal digestion and optimal health.

Are there signs when a digestive system is unhealthy?

Digestive problems are sometimes obvious in that the problems you experience are clearly digestion-related (e.g. constipation or acid reflux). Frequently, however, they are hidden behind other symptoms. Are you full of energy? Do you sleep well each night? Is your mood stable? Do you have pain? If you answer yes to one or more of these questions, it is a fairly good indication that your digestive processes may not be working optimally. Just like a car burns more oil as it gets older, your body produces less of the various enzymes and elements necessary for optimal digestion as you age.

Why is digestive health important?

Maintaining digestive health is essential to your body's well-being. A healthy gut enables your body able to receive nourishment. With properly absorbed nutrients, the body is able to create energy to do almost anything – from running a marathon to simply keeping your heart beating.

The process starts before the food even enters our mouths. You smell the food and your body prepares for the incoming nourishment. Then, once food is in your mouth, digestive enzymes in your saliva help to break down the carbohydrates. In your stomach, hydrochloric acid goes to work, then enzymes from your pancreas continue the process. Once in your small intestines, good bacteria breaks down the food even further and bile is released. Finally, the digested nutrients are absorbed through the intestinal walls and the waste is pushed to the colon and released from the body. All of this must happen for a healthy body and optimal functioning.

What can you do to help your digestion?

Be proactive with your health. In our society, people often only go to the doctor when they are sick. It takes a lot more effort to help someone who is sick than to heal small problems as they arise. Simple solutions like chewing your food thoroughly, avoiding "stress-eating," consuming whole, organic foods, and taking certain digestive enzymes or probiotics can work wonders for digestive problems. Don't overlook the power of getting blood flowing to areas that affect digestion. Acupuncture and massage can offer surprisingly huge relief. Solutions like these seek to address the root cause of discomfort so you don't simply mask the real problem.

Even small improvements to your digestive health can make a world of difference in your overall wellness. Science discovers more about the gut biome every year – and it's become clear that the link between digestion and chronic illness is a powerful one. We recommend having your health analyzed early and often.

We'll do the testing and you'll be on the path to a healthier you!

Acupuncture • Delta Pulse™ • Diet Therapy
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Mei Zen Cosmetic Acupuncture • Rapid Release Therapy
Saliva Hormone Testing • Targeted Nutritional Support • ZYTO Technology



Meet Nature's Balance Founder Janine Jozwiak

Janine earned a Bachelor of Science degree in Applied Psychology from Loyola University and a Master of Science degree in Counseling from George Williams College. She went on to earn a Master's of Acupuncture from the Midwest College of Oriental Medicine and graduated summa cum laude. Immediately following, she passed the National Board Exam to become a licensed acupuncturist. In 2007, she founded Nature's Balance Acupuncture & Wellness Center. Janine is one of the few professional acupuncturists who is certified in advanced Mei Zen Cosmetic Acupuncture.

FREE
Consultation
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