

# WHY YOU NEED HEALTHY BOWELS

**By Jason Shon Bennett**

THE BOWEL (COLON)  
OR LARGE INTESTINE  
ABSORBS NUTRIENTS AND  
ELIMINATES BODY WASTES.

In a healthy bowel, this is achieved with the help of good quality fibre and billions of friendly bacteria, which inhabit the colon. Some practitioners believe keeping the colon healthy is the single most critical factor to our overall health and vitality.

**The intake of good quality fibre is important every day.**

Fibre is vital to ensure that waste material is moved efficiently and regularly through the colon, so that undigested matter is not left for long periods in the bowel. Much of the fibre in our diet comes from wheat bran (present in breads and cereals), which can be irritating to the bowel, particularly people with sensitivities to wheat or gluten, symptoms of which can be bloating and discomfort in the colon.

**New 100% Natural bowel product recommended by experts in the UK.**

Lifestream Bowel*Biotics*+ formula is presently recommended by Gastroenterologists, Doctors and Natural Practitioners in the UK. Containing psyllium husks (a natural fibre) that gently moves waste through the bowel, along with Prebiotics and Probiotics, which maintain healthy intestinal bacteria. It helps maintain regularity whilst supporting and maintaining a healthy bowel system. Unlike many fibre and bowel products, Lifestream Bowel*Biotics*+ contains NO polydextrose, maltodextrin, sorbitol, sugar, preservatives,

artificial flavours or colours, gluten, wheat, and No GM ingredients. It is suitable for vegetarians, diabetics, during pregnancy and breastfeeding.



## DID YOU KNOW

- Our skin, appearance, energy and vitality is usually a reflection of our inner digestive and bowel health
- Many health conditions can be traced to intestinal problems
- Antibiotics can kill the good bacteria in the gut as well as the bad bacteria
- 1 in 3 people regularly suffer digestive upsets like irregularity, bloating & wind
- By middle-age, people often have between 1-7kg of undigested faecal matter stuck in their colon