

BLOCKED AND BLOATED?

WHY YOU NEED HEALTHY BOWELS.

Did you know?

- By middle-age, people often have between 1–7 kilograms of undigested faecal matter stuck in their colon – and that is after a bowel motion.
- One in three people regularly suffer digestive upsets, which include irregularity, bloating and wind.
- Antibiotics can kill the good bacteria in the gut, as well as the bad bacteria.
- Our skin, appearance, energy and vitality is usually a reflection of our inner digestive and bowel health.

Practitioners believe that keeping the colon healthy is the single most critical factor to overall health and vitality. Whatever else you do for your health, never underestimate the importance of a clean colon.

You need good quality fibre and probiotics every single day.

Fibre is vital to ensure waste material is moved efficiently and regularly through the colon, so undigested matter is not left for long periods in the bowel.

Lifestream Bowel*Biotics+* contains psyllium husks (a natural fibre that is gluten and wheat-free) that gently moves waste through the bowel and also contains prebiotics and probiotics for maintaining healthy intestinal bacteria. It helps maintain regularity whilst supporting and maintaining a healthy bowel system.

Aloe Vera is rich in enzymes, amino acids, glycoproteins, polysaccharides and minerals such as Zinc. The secret weapon for your overworked and run down digestive system, helping with bloated stomachs, soothing the stomach and intestine. Use Aloe Vera with Bowel*Biotics+* to help you have an effective healthy digestive system.

