

GREEN GUT GLOW

GUT HEALTH

HEALTH FACTS

- Your gut is often referred to as the body's second brain, it refers to the entire gastrointestinal tract. It starts at the mouth, travels through the esophagus, stomach, small intestine, large intestine/colon, and ends at the rectum. The digestive system includes this GI tract, along with the liver, the pancreas, the gall bladder.
- A healthy gut is needed because it aids in the digestion of the foods you eat, absorbs nutrients, and uses it to fuel and maintain your body.
- An imbalance of unhealthy and healthy microbes in the intestines may contribute to many health issues, some very serious, as your gut is directly connected to not only your hormones, but your immune system, your nervous system and even your brain!
- The gut and its microbes also control inflammation! According to Harvard Medical School, chronic inflammation plays an important role in the development of many diseases.



WHY WE NEED IT

- Taking this GutHealth drink once a day, aids in the balancing of gut bacteria and in a healthy gut flora.
- Its blend of prebiotics, probiotics and enzymes can work together with your body to help support gastrointestinal health.
- Ideal for daily use, this natural health product helps to digest proteins and contains ginger which is traditionally used in herbal medicine to help relieve digestive upset.

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