

ON THE Camelback CORRIDOR NEWS

News & Information Exclusive to Camelback Road's Business, Residential, Culinary & Retail Communities

Better Digestion For Optimal Health

Digestive disorders have reached epidemic proportions in the US with over 60 million Americans, one-third of adults suffering from diseases and conditions of the digestive system and GI tract.

Digestive disorders are the result of poor dietary and lifestyle habits, including chronic stress, alcoholism, and smoking. Symptoms may vary from occasional indigestion and gas and to a wider range of symptoms, such as constipation, diarrhea, acid reflux, digestive tract bleeding, and severe abdominal cramping.

Our body's digestive system is actually quite an amazing garbage disposal system. It breaks down food, absorbs nutrients and gets rid of the leftovers. Yet, when this process of digestion is altered, you have a digestive disorder.

In addition to a well-balanced diet and exercise, one of the keys in the prevention of digestive disorders and disease is maintaining a healthy gastrointestinal system. The health of our GI tract affects all other body systems. Normal gut function is so critical in maintaining general health that if severely altered, it can impair the immune system and the ability to fight disease.

Two very common types of digestive disorders treated in our office are Leaky Gut and Irritable Bowel Syndrome - Leaky Gut Syndrome or Intestinal Permeability is a condition that causes an alteration in the way nutrients and chemicals are absorbed into the bloodstream.

The lining of the GI tract becomes altered, more permeable, and toxins from digested food actually "leak" into the blood from the intestine. Our immune system begins to attack these toxins resulting in a number of conditions including, IBS, inflamed joints, autoimmune disorders, chronic fatigue, Fibromyalgia, weight gain, and more.

Irritable Bowel Syndrome (IBS) is a condition that is characterized by inflammation of the intestine causing abdominal pains, cramps, and alternating constipation and diarrhea. It is worsened with chronic emotional stress. The diagnosis of IBS is often made once a Gastroenterologist rules out the serious Inflammatory Bowel Diseases, such as Crohn's Disease and Ulcerative Colitis.

Both Leaky Gut and IBS are diagnosed with a comprehensive health history and specialty lab tests that can also identify secondary bacterial infection and any potential liver imbalance. Both can be treated effectively with advanced nutrition, lifestyle and dietary modification.



Basic tips and products available to improve digestion and gut health

u Digestive enzymes breakdown the various food types for better absorption.

Indigestion is often the result of eating food groups that do not digest well together and insufficient levels of natural digestive enzymes. In this case a high quality digestive enzyme is recommended. Pineapple, papaya and ginger are excellent digestive aids.

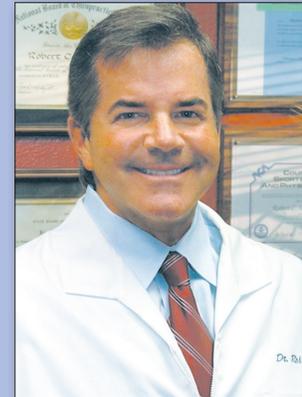
◆ Lactobacillus and Bifidobacterium are probiotics (friendly bacteria) for the gut - This is important to maintain healthy GI function and its role with the immune system.

Men and women alike would benefit from a daily dose of probiotics.

◆ Eat smaller meals, chew your food thoroughly and limit fluid intake with meals - By eating smaller more frequent meals, you place less strain on your digestive system.

We tend to gulp down fluid with our meals and this can inhibit digestion. Sip only water during the meal, and drink as little as possible.

◆ Got Fiber? - Dietary fiber has a number of health-promoting activities. Fiber holds



By **DR. XANTHOS, D.C., C.C.N.**

water and provides bulk to stools, which speeds up transit time of food and helps prevent constipation.

Americans are suffering needlessly from these disorders. Many of these conditions are treated effectively with the use of medical foods and nutrients that are designed to reduce inflammation, heal the damaged GI lining, and restore the healthy balance of friendly bacteria.

If you are experiencing a chronic condition, we highly recommend consulting a health care professional that is experienced in diagnosing and treating digestive disorders.

OTCC News readers can schedule a free Nutritional Consultation and Dietary Evaluation with our center by calling 602-264-4040.

If you are experiencing any of the following symptoms, recurring abdominal pain, blood in the stool, unexplained weight loss, or fever, contact Dr. David Drewitz at The Digestive Health Center of Arizona. 602-266-5678.

Dr. Robert Xanthos is a Board Certified Clinical Nutritionist and Director of The Wellness Center at Spine In Motion - Sports Injury & Back Pain Clinic - 5112 N. 40th St. Suite 101 - 602.264.4040. Receive your free copy of the complete article and "How To Cure Your Child's Grumpy Tummy" by emailing Dr. Xanthos at drx@spineinmotion.net.