

Intestinal Health

A healthy digestive system is often taken for granted until one or many problems surface and incapacitate the individual. A large part of the system lies in the small and large intestines. These organs are responsible for many important processes you may not realize. In addition to the apparent absorption of food, the intestines produce 95% of the body's Serotonin, often called the 'feel good' hormone. In a large percentage of people suffering from depression, it has been shown that serotonin production and serotonin levels are low. Another major contribution made by the intestines is its production of Immunoglobulin A (IgA) which directly stimulates the immune system's ability to defeat foreign bacteria and keep you well. Without IgA presence, the individual will experience a much greater frequency of colds and infections than normal.

A huge contributor to these intestinal problems is based on the foods we eat. Unfortunately the high carb, high sugar, and high trans-fatty acid diets (the hydrogenated vegetable oil content) that we consume do not grow the beneficial lactobacillus bacteria. It instead stops their growth and grows more harmful colonies of bacteria. It can be corrected by altering the diet and replenishing the good bacteria. We have an excellent product called Floragen 3 which contains close to 20 billion cultures per capsule-the most I've seen in any product. Taking 1 to 2 daily will definitely aid in restoring normal intestinal function and helps those suffering from cholecystitis, irritable bowel syndrome, MS, and Crohn's. For more information, see Larry or visit www.larryspharmacies.com