



What is Intestinal Health?

The intestines (or bowels) complete the process of **digestion** (breaking down the food we consume on a daily basis). Most chemical digestion and **absorption of food occur in the small intestine** - a long, coiled organ about one inch in diameter.

The intestinal glands (tiny organs found in the lining of the small intestines) **release digestive enzymes and mucus to aid the digestive process**. Nutrients are absorbed throughout the small intestine. Glucose, amino acids, water-soluble vitamins, and minerals are absorbed into the blood vessels that then carry the completely digested food throughout the body.

Enzymes from the pancreas and intestinal glands continue the breakdown of proteins and change starch into simple sugars and fats into fatty acids. The body digests and absorbs fat with the help of bile - a thick yellow green fluid released by the liver. Bile is stored in the gallbladder and released into the duodenum.

What Causes Intestinal Problems?

When food is not digested properly, it lies in a semi-digestive state in our intestines (bowels). A multitude of 'good' bacteria gather in the intestine to help digest the food further. A common by-product of this fermentation process is intestinal gas. Further **gastro-intestinal disorders can result from irritation of the bowel**, due to food intolerance or other irritants - and cause irritable bowel syndrome (IBS), impacted stool (constipation) and watery stool (diarrhea).

Help for Intestinal Problems

Natural Remedies

Many herbal and homeopathic remedies have been formulated with specific ingredients to **promote abdominal health and support** the digestive system. Matricaria recutita is a medicinal herb, used for centuries as a natural anti-inflammatory and anti-spasmodic. Its calming properties make it an extremely effective treatment for digestion problems. Similarly, the homeopathic preparation Carbo Veg. is particularly effective for individuals suffering from indigestion, sporadic constipation and diarrhea, sour belching, wind and bloating.

Tips for Intestinal Health

Improving the 'bacterial flora' (amount of 'good' bacteria) in your GI tract can be a wonderful way to promote intestinal health and maintain the bacterial balance in

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

your intestines. Here are some tips:

- Minimize your use of antibiotics and try a natural alternative. Certain natural products have antibiotic properties but don't disrupt the friendly bacterial flora in the body. These items include vitamin C, zinc, echinacea, honey, and aloe vera.
- If you do take antibiotics, try to supplement them with pro-biotic yoghurt that contains live cultures. Look out for the words "live" or "active" culture on the label.
- Decrease your intake of sulfur-based preservatives. Check labels for sulfur dioxide, sulfites, bisulfites, metabisulfites or sulfates.
- Eat a generous helping of oatmeal (not the pre-packed variety) at least once a week. Good bacteria must be able to 'grip' on if they are going to flourish and colonize in the GI tract. Fortunately, oat fiber is a rich source of water-soluble beta-glucans, which have been associated with the ability to enhance the function of the immune system.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

Great Health Sites

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Related Natural Remedies:

Gastronic Dr. : Promote healthy digestion and encourage comfort after meals

Recognizing the need for natural support for trouble-free digestion, Native Remedies has developed Gastronic Dr., a 100% herbal remedy containing natural ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

Gastronic Dr. is a capsule that **is used every day for the continued support of the digestive tract**. Regular use of Gastronic Dr. safely supports digestive health and all organs and structures involved in digestion, as well as the mucus membranes of the digestive tract. Gastronic Dr. also helps to **maintain the natural balance of essential organisms** (such as probiotics) in the digestive tract, further promoting easy, healthy digestion.

This formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance - exactly as nature intended!

[Learn more about Gastronic Dr.](#)

Gasolve Relief : To support normal levels of gas in the bowels and support healthy digestion

Gasolve Relief is a 100% herbal natural remedy for **supporting the digestive system and normal levels of gas in the gut**.

Just a few drops in a little water or juice will help support digestive calm, soothe the digestive system and **discourage common gas, flatulence and belching**.

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This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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