

WHAT ABOUT FIBRE?

Many people suffer from digestive problems ranging from indigestion or 'heart burn' to constipation and hiatus hernia, and invariably these things are linked to the need for the proper balance of fibre in the diet. In the early stages these problems may be no more than an inconvenient irritation, but if unchecked they can become a serious health factor.

The digestive tract, or food tube, is a very sensitive organism lined with essential villi that are burned up every time you eat something, more so for heavier meals containing meat and fats which are harder to digest and assimilate. Even in the most healthy digestive system, the villi take four hours to recover after each passing of food.

LAZY BOWEL

Also, the lack of soft fibre in the food mix can slow down the passage of food through the digestive system, increasing the damage to villi, and leading to the re-absorption of harmful waste digestive acids in the bowel, thus damaging the nutritional process.

That is why it is so important to have the right balance of fibre and space meals out so as to allow these organisms to fully recover before eating again. Without this break - irregular snacking can be a serious problem - the damaged villi are unable to cope and the digestive process gradually becomes less and less efficient, contributing to poor health and increasing weight.

There are lots of apparent remedies available, but most of them provide temporary comfort rather than correcting the root cause - even cloaking the cause while the condition actually gets worse.

It has often been said that if going to the loo is an unpleasant experience, there is something wrong - similarly with indigestion and 'heartburn' - these are warning signs that shouldn't be ignored.

THE RIGHT KIND OF FIBRE?

You often hear that we should eat more fibre, but it is rarely explained that there are several types of fibre, of which some are better for you than others. They fall mainly into two groups - soluble (oats, barley and root vegetables) and not soluble (wheat and corn) and too much of the latter without enough of the former is likely to harm you rather than do you good.

SOLUBLE OR INSOLUBLE

Insoluble Fibre - wheat and corn - eaten to excess, can form a coarse material in the food tube which damages the villi and irritates the bowel, making it more difficult for these sensitive organisms to recover from the passing of food and the digestive process.

On the other hand, soluble fibre, speeds up the passage of food elements and softly bathes the nutritional tract while absorbing the waste acids and toxins which result from the digestive process, safely transporting them through the bowel and eliminating them in soft comfortable stools, thus helping to keep the 'food tube' clean and in optimum condition, ready for the next digestive process to begin again.

Insoluble Fibre can be likened to a scouring pad - Soluble Fibre to a sponge, which gently bathes the digestive tract and bowel leaving it clean and healthy!

MAKE THE RIGHT CHOICES

By carefully choosing the right balance of fibre, the whole digestive system can be restored and maintained in optimum condition for the assimilation of nutrients from your food, and the efficient elimination of waste products.

In all of this process, the presence and availability of adequate calcium plays a vital part, about which more information will be found in the product information pamphlet 'Sound Nutrition and Calcium'.

If having followed the above guide lines you are still experiencing difficulties with your digestive system or bowel, take a look at the following Information Pamphlets about products which will assist you in resolving the problem:

Sound Nutrition & Calcium

Alfalfa - source of rich soluble fibre

Time release Vitamin C

Super Supplemental Vitamins & Minerals

Everyone's Guide to Healthy Eating

Click on any of the above items to go directly to the chosen Product Pamphlet.

Nature's Sunshine Products

For further information about Nature's Sunshine Products and their complete range of Quality Food Supplements go to www.naturessunshine.co.uk