Some tips for a healthy digestive system

**Chew your soup and drink your solids**
Chewing is the first part of the digestive process and we do not do enough of it. Good lubrication is needed to combine digestive enzymes with food and to help the absorption of nutrients. The more you chew, the more saliva you produce, so get chewing!

**Rest after each meal**
In the same way, don’t rush around after you have eaten. Allow time to rest – this gives your stomach a better chance of breaking down your food properly.

**So, it’s clear as far as eating is concerned:**
the early bird may get the worm, but the second mouse gets the cheese.

This old Zen saying should apply to how you eat your food – don’t rush it. In any case, eating too quickly can cause excess gas, so keep your mouth closed whilst chewing (others will appreciate it).

**Don’t eat too late at night.**
Eat small meals, and reduce fat in the meal as much as possible.

**Hydrate before you eat**
It is a good idea to drink around 25-30 minutes before eating. Drinking too much during a meal can dilute the digestive enzymes and therefore impede good digestion. Of course, as with all things, there is a balance to be made here. I am not saying don’t drink anything at all and of course don’t stop drinking the wine in moderation if you have no underlying digestive problems, but if you can keep drinking during your meal down to a minimum, then this would be the best plan of action.

**Don’t drink tea or coffee immediately after a meal**
For the same reasons as not drinking during a meal, don’t drink just afterwards either. Give yourself a break of around 30 minutes at least.

If you would like any further information on PD2 you can FREEPHONE us on 0500 127249 or visit www.healthybowels.com

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**A new dual action digestive aid to support your digestion under both acidic and less acidic conditions.**

Contains: Calcium carbonate with a blend of digestive enzymes comprising protease, amylase, glucoamylase, invertase, lipase and malt diastase
Support your digestive system with our new breakthrough formula PD2

I’m delighted to introduce you to our new digestive health formula, PD2. Keeping your bowels healthy is not just about what goes on in your bowels. It can quite often be related to how well your digestive system works earlier on in the digestive tract as well. This is why PD2 is such an important addition to the successful HEALTHY BOWELS RANGE.

PD2 is a new dual action digestive aid. It is based on research from Holland that has shown that a combination of calcium carbonate with a specifically formulated blend of digestive enzymes can help support the digestion of food across a broad range of acidity in the stomach and the intestines.

Digestive enzymes produced by the body require very specific conditions in order to work optimally. Digestive enzymes produced in the stomach require acidic conditions (low pH) in order to work efficiently. Pepsin, an enzyme that helps you digest protein, is produced in the stomach only when the acid levels are high and requires acidic conditions for optimal protein break down.

Other digestive enzymes, however, require the more alkaline (higher pH) conditions of the small intestines in order to function correctly and ensure that the digestion processes are completed.

A dynamic gastrointestinal model developed in Holland has been used to study the PD2 formulation. This experimental model is a patented technology that simulates the condition of the human stomach and small intestine when food is being digested and absorbed.

The prime feature of the apparatus is that it allows for sampling at various times during the digestive process both in the stomach and the small intestine under varying acidic conditions.

Results showed that specific digestive enzymes (proteases, amylase, lipase, invertase) promoted digestion in specific parts of the apparatus (stomach or small intestine), depending on the acidic conditions present. However, introduction of the PD2 formulation promoted optimal digestion in both the stomach, where conditions are more acidic, and in the small intestine, where the environment is less acidic (more alkaline).

This indicates that the PD2 formulation has the ability to support digestion under both acidic and less acidic conditions. Many digestive enzyme formulae are only able to work in one or the other.

The PD2 formula combines calcium carbonate with a blend of digestive enzymes comprising protease, amylase, glucoamylase, invertase, lipase and malt diastase.

PD2 may help support the body’s own digestive processes, helping food to be digested thoroughly and efficiently in conditions of both high and low acidity.

Why are digestive enzymes so important?

Digestive enzymes play a vital role in your overall health. They break down your food so that you can absorb all those vital nutrients that you need to live and stay healthy.

The process of digestion starts even before we begin eating. The mere sight or smell of food can trigger our digestive enzymes so they’re ready to help digest food and release vital nutrients into the body like vitamins, minerals and fatty acids.

Our bodies make enzymes naturally. However bodies don’t always work to plan. As we age, follow restrictive or processed diets, come under pressure or fall ill, digestion can become more difficult and the number of natural enzymes in the body may start to decline.

You may find it harder to cope with spicy foods, and find some foods less easy to digest than others – foods like vegetables or beans that can ferment in the small intestine and produce uncomfortable and embarrassing wind. Food intolerances and allergies can also affect the efficiency of the digestive system.

There is also another issue concerning digestive enzymes. Most fresh food, historically, has contained sufficient levels of natural enzymes to aid in the digestive process. However, much of the food we eat today, because of the way it is prepared and stored, contains less active enzymes than it used to. 

Efficient digestion

Sometimes your body may need a little assistance but your requirements for good digestion may differ, depending on whether the acid in your stomach is high or low.

This is where PD2’s unique structure can help. Unlike most digestive enzyme formulation, PD2 can support your digestive system under both conditions.