Welcome.

Gut Check: Are Your Intestines Getting the Nutrients They Need?

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A recording of this webinar will be available at
www.nspwebinars.com

A phone recording will be available at
1-712-432-0453 PIN 8626
(not a toll-free call)
Enter your questions for our Q&A session as we conclude

April Regional Meetings!
• New products, new programs and why we all love Nature’s Sunshine! Let’s show your guests why this is such a great company!
• www.naturessunshine.com/regionalmeetings
• 7:00-9:00 pm (California 7:30-9:30 pm)
• Call Customer Service to register yourself and your guests!
• Join us for a fun, exciting evening!

Announcing New Monthly Themes!
Did You Know?

• The Health Sciences Department writes a scientific paper each month?
• We create a new poster & flyer each month?
• We have a health webinar each month?
• We have product specials each month?
• The above items are all related to the same health topic?

Monthly Theme

• We’re enhancing this by:
  – Putting everything in one place!
  – Marketing the information each month
  – Providing additional and improved marketing materials
  – Designing targeted product promotions
    • 1-15 2 products 9/3, 4/1, $ off
    • 16-31 2 products 9/3, 4/1, $ off
  – Aligning our efforts with national awareness campaigns – April is IBS Awareness Month.

Theme Materials - Example

Available Now!
• Webinar
• Poster & Flyer
• Scientific update
• Product promotions
• POP display
• Bag stuffers
• Email to forward

Coming later this year!
• Newspaper ad template
• Radio ad templates
• Social Media templates
• myNSP e-cards
• Shelf talkers (digital)
The Road to Good Health is paved with Good Intestines.

-Bumper Sticker

Intestinal System Overview

- Also known as our “sewer system”
- The intestinal system forms the lower part of the digestive tract, which secretes mucus, eliminates waste products and is responsible for reabsorbing water and electrolytes.
- It is a functioning organ, not just a tube.

Intestinal System Anatomy

- The colon consists of:
  - Cecum
  - Ascending colon
  - Transverse colon
  - Descending colon
  - Sigmoid
  - Rectum
Colon Physiology Simplified

- Your colon, also known as lower bowel, is only 5-6 ft long.
- The cecum, at the beginning of the ascending colon, receives water, fiber and foods the body is unable to break down from the small intestines.
- The contents are then moved through the four defined areas.
- **Peristalsis** - smooth muscular walls of the colon contract to move waste through the colon
  - Takes 12-24 hours depending on roughage, health of liver, congestion, etc. Since bile stimulates peristalsis action, the health of your liver and gallbladder can affect your colon.

Colon Physiology Simplified

- Much of the water and mineral salts are reabsorbed into the body
  - If colon is toxic, then it also reabsorbs some of those toxins in this process, which leads to autotoxicity, aka leaky gut.
- The remaining semisolid matter to be excreted is about 50-60% water combined with bacteria, indigestible cellulose material (fiber), dead cells, and other waste materials absorbed out of the body, along with indigestible food.

Sounds simple, yet sadly, the modern world threatens our health
55%  
Of the average American diet is fast food.

2,833  3,770  
Average global daily calorie consumption  Average US daily calorie consumption

“Death Begins in the Colon”
- An estimated 90% of all degenerative disease begins in the digestive/intestinal tract.
- When these membranes are overloaded with mucous & toxic material, they no longer are able to process and absorb nutrients correctly.
- Intestinal inflammation and weakness will increase absorption of toxic material into the blood and lymph streams, a condition referred to as leaky gut syndrome, which adversely affects every system of your body.
Questionnaire

How Healthy Is Your Colon?

- Do you have less than two bowel movements per day?
- Is your stool hard and dry?
- Can you have a bowel movement without straining?
- Do you delay your bowel movements?
- Do you eat fewer than 5-7 servings of fruits and veggies daily?
- Do you consume less than 25 g of fiber daily?
- Do you have a stressful lifestyle?

Should you focus on intestinal health?

- Simple signs include:
  - Bad breath, body odor
  - Constipation, bloating
  - Fatigue
  - Foul-smelling stools
  - Clay-colored stools
  - Itching
  - Headaches
  - Joint pain

Conditions Related to Poor Colon Health

- Headaches
- Indigestion
- Chronic fatigue
- Joint pain
- Skin problems
- Diarrhea
- Constipation
- Backache
- PMS
- Bad Breath
- Hemorrhoids
- Gas and bloating
- Sore throat
- Impaired sexual response
- Depression
- Irritability
- Anxiety and worry
- Loss of memory and concentration
- Sinus and lung conditions
**When the colon isn’t happy...**

- When our transit time is slow, the rest of our body is affected.
- If waste remains in the colon too long, too much water is reabsorbed, and we become constipated...and food putrefies.
- It allows toxins to build in the lymphatic system, intestines and the bloodstream.
- We increase risk of reabsorbing toxins and become autointoxicated.

**Transit Time**

- Many things can slow down transit time, resulting in constipation:
  - Stress
  - Medications
  - Poor dietary habits
  - Inadequate fiber
  - Lack of water
  - Lack of exercise

**Transit Time**

- Many things can speed up transit time resulting in Diarrhea and a poor assimilation of nutrients.
  - Viruses
  - Antibiotics & Medications
  - Harmful bacteria and parasites
  - Emotional stress
  - Inflammatory bowel disorders
  - Food choices
Keys to Colon Health

- Pure Water: weight/2 = # oz per day.
- Proper Diet: need high fiber & low refined foods to decrease risk
  - Avoid mucus-forming foods
- Exercise: hula hoop, rebounder, stretching, walking, swimming...movement 😊
- Stress Reduction: stress often tightens the bowels, affecting peristaltic movement
  - Mg, Nutri-Calm, Intestinal Soothe & Build, CLT-X

Healthy Choices

Dietary suggestions to maintain a healthy system

- Eat more whole foods: grains such as rice & oats, nuts, beans, vegetables, fruits
- Avoid “white” bread and use whole grain breads with at least 3 g of fiber per serving.
- Drink at least 64 ounces of hydrating fluids each day.
- Avoid mucus-forming foods and be careful with wheat.

Fiber

- Dietary fiber is a blanket term used to describe non-digestible carbohydrate substances found in the cell wall of plants.
- **Soluble fiber** promotes the regular movement of waste through the GI tract, absorbs & swells like a sponge, traps sugar and binds cholesterol...
- **Insoluble fiber** adds bulk, which helps to absorb & scrub and thus eliminate toxic substances.
- While many foods naturally contain dietary fiber, refinement removes much of the beneficial material from the foods we eat.
3 Great Fiber Products:

- **Psyllium**: a nutritious grain that helps cleanse and move the bowels, contains a type of mucilage - a water-loving compound capable of trapping water in its chemical structure to form a gel substance.
- **LOCLO**: 5 grams total dietary fiber to help maintain healthy cholesterol levels, while supporting colon health.
- **Everybody’s Fiber**: Gentle combination, intestinal support.
- **All** are natural stool softeners and support the natural growth of bacteria in the intestine.

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Friendly Bacteria

- Fish cannot live in clean water, they need a certain flora, **so do we!**
- Like everything else in nature, bacteria consume material to grow and multiply.
- They also produce by-products/waste. Some of these by-products can benefit the bacteria, others are regarded as defense mechanisms.
- These defense molecules try to protect the bacteria from harm, even if it means destroying their world, which in some cases is us!

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Friendly Bacteria

- The colon houses over 500 species of bacteria.
- Functions:
  - 1. Helps produce many vitamins, such as K, Biotin and most B vitamins (anti-stress vitamins), including B-12.
  - 2. Manufacture lactase which helps digest dairy
  - 3. Improve digestive efficiency
  - 4. Encourage proper bowel function
  - 5. Recycle & eliminate toxins
  - 6. Work to reduce cholesterol levels
  - 7. Strengthens immune system & protects area from the ‘bad’ bacteria
  - 8. Change levels of acidity.
  - 9. Produce antibiotic-like substances, which helps protect us from bacteria, viruses and yeast.
• Microorganisms performing essential functions in the body are affected by: aging, adverse intestinal pH, microbial interactions, environmental and dietary factors, stress, physiological factors, peristalsis, bile acids, host secretions and immune responses.

**Probiotic Eleven=Part of the Solution**

• Probiotic Eleven is a unique combination of healthful probiotics to help maintain and replenish intestinal supply.

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**Probiotic Eleven**

• This specially formulated blend contains strains of important gut-beneficial organisms and prebiotics (non-digestible foodstuffs, including fiber) that serve as food for the probiotics in the colon.

• 11 strains of beneficial bacteria:
  - *Lactobacillus rhamnosus*, *L. brevis*, *Bifidobacterium bifidum*, *L. acidophilus*, *L. bulgaricus*, *L. plantarum*, *Streptococcus thermophilus*, *B. infantis*, *B. longum*, *L. casei*, *L. salivarius*
  - FOS (short- and long-chain).

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**How Probiotic Eleven Works**

• Clinical studies have shown that short- and long-chain fructo-oligosaccharides (FOS) improve growth of friendly microorganisms, enhance mineral absorption, support bowel health and function, and promote immune function.

• Various strains of bacteria help promote proper digestion & intestinal functions, and support our immune system.

• Helps maintain a healthy ratio of ‘good’ & ‘bad’ bacteria – you need both.
Probiotic Eleven
• If you are on a cleansing product/program, you need Probiotic Eleven.
• If you have been on antibiotics, you need Probiotic Eleven.
• If you need intestinal system support, look to Probiotic Eleven.
• If you score high on the body assessment intestinal area, you need Probiotic Eleven.
• If your diet is deficient in cultured/fermented foods, you likely need Probiotic Eleven.

Where do you start?
At the foundation, my most common three resources for intestinal recovery & maintenance:
Water - Fiber - Probiotic Eleven

In Closing..
• If you have a wound, you clean it out to speed recovery. Same concept with your intestinal system. Your body can heal itself better in a clean, balanced, nourished environment. Plus it responds more quickly, needs less maintenance.
• You can use the wonderful variety of cleanses Nature’s Sunshine offers to help, but you need a healthy foundation to maintain health.
Teresa Bertke

- Regional Manager
- Certified Natural Health Professional
- Owner of natural health business for 20 years

Helping Others

- Many people come in taking medications and have had symptoms for some time. I always start them with whole aloe leaf & probiotics.
- If symptoms are just starting, I use regular aloe vera & probiotics.
- I then put them on the “baby food diet.”

Benefits of Aloe Vera

- Nourishes the digestive and intestinal systems.
- Soothes internal tissues of the digestive and intestinal tracts.
- Contains vitamins, minerals and other important nutrients.
- Supports intestinal health.
Baby Food Diet  
Acid Digestion Diet

- No fried food, pork, pop
- Protein – chicken, turkey, fish
- Steamed Vegetables – celery, carrots, white & sweet potatoes, green beans
- Fruit – cooked apples, ripe bananas
- Grains – oats and rice
- Dairy – cultured dairy or rice/soy substitutes

Program to help with bowel issues

- Aloe Vera
- Slippery Elm
- Probiotics
- Stomach Comfort
- Papaya Mints
- Helping the body to be more alkaline, we can avoid the issues that stem from inflammation.

Before taking other herbs

- Strengthen and improve digestion and intestinal system first.
- Then give herbs to help with other issues.
Let's answer some questions...

Product Promotions
Available April 1-15

Buy 9 Get 3 Free
11838-1  $215.55
Buy 4 Get 1 Free
11509-7  $95.80
$2 off
11700-5  $21.95

Product Promotions
Available April 1-15

Buy 9 Get 3 Free
12199-9  $128.25
Buy 4 Get 1 Free
9575-0  $57.00
$2 off
11127-7  $12.25
Thank you for joining us!

Our next scheduled monthly theme webinar will be on **Tuesday, May 1st** on Joint Health