

Let me give you the straight poop: much like sex and money, digestive health is one of those topics that most people feel uncomfortable discussing. That doesn't mean, however, it should be ignored. So here it goes!

Burping, farting, belching, passing gas, bloating, diarrhea, constipation and irritable bowel syndrome (IBS) are all words that denote poor digestive function. The Canadian Digestive Health Association says that 70% of Canadians have some form of digestive complaint. You may or may not be surprised to hear this but just because it is common, does not mean that you need to suffer.

### Don't Gloat If You Don't Bloat

99% of the DNA that makes you is of bacterial origin. There may be up to 150 different bacteria in and on you. Scientists refer to this mass as a "microbiome" that can either be attached to your gut lining



## Digestive Health

By: Dr. Nik Bair-Patel, Chiropractor

in films or lattices or swimming freeform, in your stool. These three and a half to five pounds of bacteria generate waste and depending on the types of bacteria that have colonized you from an early age, can dictate your health. In fact, twin studies have shown that an obese identical twin eating the same diet has different bacteria than their normal weight sibling.

Evidence indicates that your diet affects the balance of different families of bacteria and can therefore lead to a change in your health status. For example, a high sugar, low fibre diet can result in bacteria that will lead to an inflammatory response at the gut level which can be the source of a wide array of health conditions as complex as Alzheimer's Disease,

blocked arteries and mood disorders. Even if it doesn't cause bloating and gas, it can have a major impact on your immune system, your nervous system and even your skeletal system.

### Take Care of Your Microbiome

As pet owners know, it is best to feed your animals well in order to minimize their risk of poor health. The same goes for your gut microbiome: feed it right and it will be good to you for all your life. You and your microbiome will walk gracefully into old age, healthy, happy and active.

And you won't have to discuss those embarrassing poop issues ever again!

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### ASK THE EXPERT:

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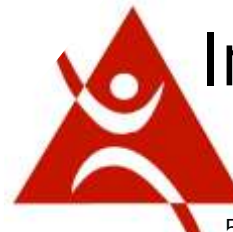
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