

# National Gut Health Week 22nd – 28th August 2011

Submitted by: Higher Nature

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An estimated one third of the UK population regularly suffers from digestive illnesses (<http://www.highernature.co.uk>), including a wide range of complaints including constipation, diarrhoea, IBS, stomach aches and nausea. Make sure your readers know how to protect their digestive system during National Gut Health Week (<http://www.highernature.co.uk>).

At this time of year, many people will be travelling abroad and are likely to be exposed to many harmful bacteria, yeasts and pathogens. When travelling to foreign countries, the microflora in your gastrointestinal tract (<http://www.highernature.co.uk>) is suddenly (and without warning) exposed to a variety of microbes that it isn't used to. This can result in digestive upsets, such as diarrhoea. Locals have the chance to build up a resistance to the bacteria, whereas holidaymakers are more exposed.

The following digestive health tips will ensure your readers maintain a healthy digestive system and have a healthy, happy holiday!

- Prepare for holiday – take a good probiotic (containing Lactobacilli and Bifidobacteria) about two weeks before travelling, to help to build a better gut microflora to protect against any foreign invaders. Probiotics are available in capsules or powder form, for those who don't like swallowing capsules
- While on holiday – continue taking the probiotic throughout the trip and for two weeks after returning
- Protect against bloating – take a supplement containing a broad spectrum of digestive enzymes and culinary herbs

If readers are still suffering on-going digestive discomfort after returning home, parasites are surprisingly easy to catch from contaminated food or water. However, a simple stool test can determine whether or not they are present in the digestive tract.

For more information on digestive health supplements and health screens, contact Hazel [hgray@higher-nature.co.uk](mailto:hgray@higher-nature.co.uk) or on 0870 066 4123

For details of our full product range, visit Higher Nature (<http://www.highernature.co.uk>)

