

Go with your gut



Your gut is your gastrointestinal system and includes your stomach, intestines, and colon. It digests and absorbs nutrients from food and excretes waste. About 200 different species of bacteria, viruses and fungi live in your large intestine. The bacteria and other micro-organisms in your gut are known as your gut microbiome. The bacteria help to break down food, turning it into nutrients your body can use.

It is understood that there are links between gut health and:

- + The immune system
- + Mental health
- + Autoimmune diseases
- + Endocrine disorders – such as type 2 diabetes
- + Gastrointestinal disorders – such as irritable bowel syndrome and inflammatory bowel disease
- + Cardiovascular disease
- + Cancer
- + Sleep
- + Digestion

While our gut health cannot be specifically measured, some signs that you may have poor gut health include:

- + Digestive symptoms – such as gas, bloating, constipation, diarrhoea and heartburn
- + High frequency of infectious illnesses – such as the common cold
- + Mood/emotional state – such as high stress, low mood or anxiety
- + Sleep disturbances or fatigue



How to stay on top of your gut health

Iberogast® IBS + DIGESTIVE RELIEF is a clinically proven^{1,2} all-in-one herbal solution to effectively relieve 6 digestive symptoms. Iberogast® IBS + DIGESTIVE RELIEF is an effective treatment for medically diagnosed IBS and a range of digestive symptoms such as heartburn, stomach pain and cramps, indigestion, bloating and gas, constipation, diarrhoea and nausea so you can feel good on the inside. The formula has been carefully chosen and combined to work at their best together in a multi-targeted action to help:

- + Regulate stomach movement, alleviating constipation and diarrhoea
- + Relieve stomach pain
- + Soothe and calms the nerves in the stomach
- + Relieve cramps, bloating and gas
- + Prevent excessive acid production, alleviating indigestion



References

1. Madisch 2004 FD
2. Madisch 2004 IBS



Diet

- + Eat fibre and a diverse range of foods
- + Limit ultra processed foods
- + Drink water
- + Eat fermented foods



Exercise

Regular cardiovascular exercise such as walking and cycling can stimulate the muscles of the gut to move digestive contents through the body. Exercise can also positively affect the gut microbiome.



Stress

Can impact your gut health. It's important to look after your mental health and wellbeing to maintain your gut health.



Sleep

Not getting enough or sufficient quality of sleep may impact your gut microbiome and may contribute to digestive discomfort.



Probiotics

Speak to your Healthcare Hero about what probiotics would best suit your needs.