

Cathy's tips on gut imbalances

The prevalence of gut problems is growing. Research shows that 30% of Australian adults suffer from stomach aches and cramps every few months or more. In addition, about 2/3 of the female population will experience bloating which can be exacerbated during the menstrual cycle or during periods of stress.

The festive season couldn't come quicker for the majority of us who enjoy indulging in a variety of food and drink that we would otherwise avoid. Foreign foods and interruptions to regular routine are common triggers for stomach aches and pain.

Fat, gluten, dairy and caffeine may aggravate stomach symptoms along with artificial sweeteners such as aspartamate (diet drinks), sorbitol and mannitol. Other factors that play havoc in your gut include imbalances in stomach acid, and gut bacteria, heavy metal toxicity, and excess free radicals. These factors can easily be indentified with our in-house urine testing, and treated with a variety of supplements that aim to balance the digestive tract's natural flora. Food sensitivities can be reduced with the use of Allergy Elimination Technique as well as identifying which foods to avoid to promote a robust gut.

Increases in stress cause the body to produce extra cortisol, a hormone that encourages the body to store fat. Your midsection is four times more prone to store stress-induced fat than the rest of your body. Neuroemotional Technique can help to keep stress levels under control before your body starts to create aberrant patterns that can in turn affect your whole nervous system.

As we are moving into the warmer months it can bring a change in lifestyle and eating habits.

To find out ways to ensure you enjoy the warmer months without the discomfort of gut disturbances call 9386 4335 where our practitioners can identify food triggers and help you to remain in shape for the season.