

Digestive Health

What Are Digestive Diseases?

Digestive diseases are also known as gastrointestinal diseases. The digestive system consists of a series of hollow organs that join together in a long tube. The digestive system runs from the mouth to the anus and includes the esophagus, stomach, small intestine, large intestine, liver, gallbladder, and pancreas.

There are a number of digestive disorders that may cause symptoms like blood in the stool, changes in bowel movement, abdominal pain, unexplained weight loss, and chronic heartburn.

What Causes Digestive Disease?

Digestive diseases are diverse and may be caused by different factors like bacterial or viral infection, inflammation, lactase deficiency, intolerance to certain foods, poor circulation in the intestines, gallstones, stress, anti-inflammatory drug side effects, and a number of dietary factors that include eating unnatural foods and overeating.

Digestive Health FAQ

Q: Which product is best for high cholesterol, inflammatory bowel disease, and moderate plaque?

A: Serranol and Prescript-Assist. Try to follow the really healthy foods plan in this book.

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“My digestive health has improved dramatically since following your advice. I take Gastro Enzyme capsules three times a day, along with Prescript-Assist and Curcuminx4000. My symptoms of fatigue have improved, my digestion feels much stronger and my inflamed bowels are beginning to heal. Thank you so much!”

- Margaret, East Yorkshire

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Follow the Health Plan as recommended for the best results:

DIGESTIVE HEALTH PLAN

The plan below is designed to improve digestive health and to ease the symptoms of any digestive system disorder. When combined with a naturally healthy lifestyle, it's possible for the body to naturally begin to heal itself and over a few short weeks, the results will be long-term good health, when committed to the plan below.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:*

- **Gastro Enzyme Therapy** - Take 3 capsules daily. Gastro Enzyme Therapy can relieve gastritis, colitis and other digestive problems.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. **(See www.Probiotic29.com/studies.)**
- **Curcuminx4000** - Take 1 capsule x 3 times daily before each meal. Curcumin is a powerful antioxidant that can provide support for digestive problems and reduce pain and inflammation.

Do not take the next two items until you have completed 30 days on the plan above:

- **Essential Digestive Plus** - For healthy digestion and absorption. Take 1 capsule as you start your meals, 3 times per day.
- **SerraEnzyme 80,000IU** - Take 2-3 tablets daily. SerraEnzyme contains Serrapeptase, a proteolytic enzyme that can provide powerful support for a healthy digestive system.