

# CNH Newsletter

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Center for Natural Healing  
800-757-9731



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## 1. New Products from Gaia Herbs!

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Gaia has just released four new products!



[Acai Berry Liquid Phyto-Caps](#) are now available and provide super antioxidant support\*!

In the [Rapid Relief Product line](#), three new formulas are focused on digestive support and include [Reflux Relief](#), [Gas & Bloating](#), and [Natural Laxative](#).

[Reflux Relief](#) is a special combination of botanical and mineral nutrients specifically designed to provide relief for occasional heartburn and acid indigestion while promoting healthy stomach function.

[Gas & Bloating](#) goes to work quickly to help reduce bloating, gas and the feeling of heaviness that can occur after meals.

[Natural Laxative](#) is a comprehensive, well balanced, all-natural herbal formula that works quickly and gently for occasional constipation.

All are available now!

To order, call us at 1-800-757-9731 or order [online](#)...

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## 2. Digestive Health

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As promised my article this month is on digestion. Last month we talked about cellular health and how it is the most foundational part of good health. And as I said last month, we are only as healthy as our cells. As our cells become healthier, we want to make sure that they are getting the nourishment they need. Which brings us to the next most important piece - our digestion.

## **Introduction to Digestion**

Let's start with some basics on the digestive process. As you may know, digestion begins in the mouth. It is one of the reasons why many herbalists believe that it is important to taste your herbs. The digestive process continues in your stomach and completes in your small intestine. Digestion is also assisted by the liver and pancreas which create digestive juices that work in the small intestine. The purpose of the digestive system is to take in the nutrients that we need in order to provide the body with the raw materials it needs to perform all its functions.

Other things to remember are that many of your neurotransmitters are made in the small intestine and 60-80% of your immune system resides in the small intestine, making proper digestion and intestinal health even more important.

## **How Does Digestion Get Out of Balance?**

There is so much talk of inflammation even in the medical field. It is a fairly safe assumption that most Americans have some sort of bowel inflammation and aren't getting all the nutrients they need from their food. When I was thinking about this concept I thought of an experience I had last summer. I mulch my garden just like most people do. We had so little rain that the mulch turned into this hard, solid mass covering my garden. When the rain finally came, the water simply ran off the mulch and never got to the soil beneath. Needless to say I broke up the mulch for the next rain. Well, an inflamed bowel won't be that bad but you get the idea. An inflamed bowel, often caused by candida or infection, will not be able to take in and use the nutrients that a healthy bowel will.

How you eat, when you eat, and what you eat all play an important part in healthy digestion. And it goes without saying that stress greatly impacts digestive function.

## **The Final Piece**

Our large intestine is the main drain for excretion, so if we are constipated, re-toxification occurs causing more complications in our journey toward health. In summary, the digestive system is the hub of the whole body, so why not keep it as healthy as possible!

Supplements that Support Intestinal Health:

To help soothe symptoms and begin re-balancing...

[Natural Laxative](#)

[Gas & Bloating](#)

[Reflux Relief](#)

For deeper re-balancing...

[Sweetish Bitters Elixir](#) - helps with the breakdown and assimilation of foods

[Liqui-Lieve Phyto-Caps](#) - designed to support organs of elimination

[CHIAFresh Daily Fiber](#) - gentle support for regularity

[Skin & Nail Support](#) - I actually like this one for digestion also. Skin health is so closely related to digestion and liver function. This formula contains herbs for both systems.

From our Pro line (Energetix)...

AminoGest - Fermented white fish protein used to assist with gut renewal and repair (please call for details)

Flora Synergy - our professional quality probiotic - great stuff; reminds the body to release excess candida (please call for details)

GALT Immune - Similar to AminoGest but with the addition of Colostrum and Beta Glucan to support repair of the gut associated lymphoid tissue (immune system)

**Food Tips:**

*Chew your food well.* Take time eating your meals. By chewing your food well and relaxing while you are eating, you are already making very positive steps towards good digestion.

*Eat as much un-processed food as possible.* Your body recognizes healthy, whole foods and uses them more effectively than processed foods.

*Spice your foods.* Food becomes medicinal when the right spicing is added to it. You will digest your food better by adding some favorite spices such as turmeric, ground or whole cumin, mustard seeds, parsley, basil, garlic, etc.

*Sprout your nuts and seeds.* Soaking pumpkin and sunflower seeds overnight and then adding them to your cooked cereal in the morning is a great way to get added minerals and protein in your breakfast. The soaking begins the sprouting process which is rich in enzymes needed for digestion.

*Vegetarianism and raw-food diets are not meant for everyone.* There is a art to being a healthy vegetarian and people who already have impaired digestion are often not able to digest raw foods even though the foods are rich in enzymes.

So that's the basics on digestion. Feel free to call for any further information - we love talking to you. Next month - detoxing. The next step in moving towards optimum health.

Have a healthy, joyful month!

Love,  
Sierra

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4. Product Highlight - Rapid Relief Gas & Bloating  
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**RAPID RELIEF GAS & BLOATING**

Fast-acting Relief for Gas, Bloating and Digestive Discomfort\*

- **Pure Vegetable Charcoal**
- **Fast-acting relief for gas, bloating, and digestive discomfort\***
- **Micronized herb powder is used instead of binders or fillers - resulting in optimal concentration and maximum absorption\***

Gas & Bloating goes to work quickly to help reduce bloating, gas and the feeling of heaviness that can occur after meals. Pure natural Vegetable Charcoal and Fennel Whole Phytocomplex Concentrates promote the absorption and elimination of gastrointestinal gas. Completing this formula is a proprietary blend of different herbs that provides beneficial effects for the gastrointestinal system. Star Anise, Caraway and Cumin are used



to help improve digestive function, and the soothing properties of Chamomile and Lemon Balm freeze-dried extracts, naturally processed to ensure the best concentration and absorption, provide natural relief to the intestine.\*

This formula contains Vegetable Charcoal, Fennel seed (*Foeniculum vulgare*), a Proprietary Blend of Cumin seed (*Cuminum cyminum*), Organic Chamomile flower freeze-dried extract (*Matricaria recutita*), Star anise seed (*Illicium verum*), Organic Lemon Balm leaf freeze-dried extract (*Melissa officinalis*), Caraway seed (*Carum carvi*), Fennel seed essential oil (*Foeniculum vulgare*), Peppermint leaf essential oil (*Mentha piperita*), Marjoram leaf essential oil (*Origanum majorana*), and Vegetable cellulose (capsule).

[More info...](#)

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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