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Successfully Optimizing Digestive Function

I am thrilled to share my clients' success with you. After having suffered from diarrhea, she has had her first formed movement in months. This is only 6 days after beginning the protocol. I couldn't be more happy for her.

Gut health is a cornerstone to overall health.

As a Naturopath, I like to first eliminate unwanted guests, support drainage pathways, reduce inflammation and heal and seal the gut.

Gut issues can cause weight changes, mental and mood disorders, immune dysfunction, hormonal imbalance, skin conditions, allergies and cardiovascular disease...

Optimizing digestive function is crucial for overall health and well-being as the digestive system plays a central role in absorbing essential nutrients, eliminating waste, and maintaining a healthy balance of gut microbiota. When digestion is compromised, it can have widespread impacts on other systems in the body:

1. **Nutrient Absorption:** Efficient digestion is necessary for the breakdown of food into nutrients that can be absorbed by the body. Poor digestion may lead to nutrient deficiencies, impacting various systems like the immune system, nervous system, and musculoskeletal system.
2. **Immune System:** The gut is a significant component (70%) of the immune system, with the gut-associated lymphoid tissue (GALT) playing a crucial role in immune function. Digestive imbalances can weaken the immune response, making individuals more susceptible to infections and chronic inflammatory conditions.
3. **Mental Health:** The gut-brain axis links the gut microbiota to the brain, impacting mood, cognition, and mental health. Neurotransmitters like Serotonin, Dopamine and GABA are produced in the gut, providing the microbiome is healthy. That is why digestive issues, such as dysbiosis (imbalanced gut flora) or leaky gut syndrome, can contribute to conditions like anxiety, depression, and cognitive dysfunction.
4. **Inflammation:** Poor digestive function can lead to increased gut permeability, commonly referred to as leaky gut. This allows harmful substances to pass through the gut lining and trigger systemic inflammation, potentially impacting conditions like autoimmune diseases, allergies, and chronic pain.
5. **Skin Health:** The gut-skin axis highlights the connection between digestive health and skin conditions. Digestive dysfunction, particularly dysbiosis or inflammation, can contribute to skin

issues like acne, eczema, and psoriasis.

6. Energy Levels: Proper digestion is essential for breaking down food into energy. Inefficient digestion can lead to nutrient deficiencies, affecting energy production and causing fatigue and lethargy.

7. Hormonal Function: hormones are converted and processed in the gut e.g bad forms of estrogen are processed by bacteria which ensure proper elimination.

We can also optimize digestive function by:

- Consuming a balanced diet rich in fiber, probiotics, and prebiotics to support gut health and improve nutrient absorption.

- Managing stress levels, as chronic stress can impair digestion through the gut-brain axis.

- Identifying and addressing food sensitivities or intolerances to reduce inflammation and promote overall health.

- Incorporating digestive enzymes or herbal supplements to support digestion and alleviate symptoms like bloating or indigestion.

- Practicing mindful eating habits, such as chewing food thoroughly and eating at a relaxed pace, to enhance digestion and nutrient assimilation.

By prioritizing digestive health and supporting optimal function, we can positively influence the well-being of various body systems, leading to improved overall health and vitality.