



Health Matters

by

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Statistics show that over 40% of patients who visit internists do so for gastrointestinal issues, but 90% of those with problems never consult a physician. Many factors affect gut health and, in lots of cases, can cause symptoms of Irritable Bowel Syndrome (IBS). Inadequate enzymes, insufficient fiber, lack of beneficial bacteria and/or impaired nerve motility are linked to IBS. More than 95% of serotonin, the body's key neurotransmitter, is secreted in our intestine. To manage symptoms of IBS, we suggest increasing fiber and probiotics, eliminating allergic-type foods, learning techniques to adapt to stress and using **enteric-coated peppermint oil gel-caps**. According to published trials, 90% of participants taking peppermint oil gel-caps had significant improvements in increased rhythmic contractions, reduced inflammation and relief from painful spasms. Dr. Oz advocates using this supplement, as well. As always, we guarantee your satisfaction.

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