

Bowel Dysfunction

Possible Causes and Contributing Factors:

- Psychological stress
- Food allergy/sensitivity (especially dairy, gluten, citrus, shell fish, tobacco, red peppers, tomatoes, potatoes, egg plant, gelatin)
- Infection
- Parasites
- Bowel inflammation and bacterial imbalance (primary or secondary to HCL insufficiency and biliary/pancreatic insufficiency)

Suggested Dietary Changes:

- Drink 10 full glasses of pure water daily
- Increase fresh vegetables, however, avoid lettuce and foods in the cabbage family (broccoli, Brussels sprouts, cabbage, collard greens, kale) until the flatulence and diarrhea are under control
- Experiment by eliminating dairy and gluten

**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.*