Curious About Gut Health?

On a scale of 1-5 how would you rank your overall health? Where would you like your health to be 3 months from now?

Did you know that 27% of Canadians go to bed feeling tired, 58% of Canadians feel tired throughout the day & 3 out of 5 of Canadians are overweight?

Our body needs help when it's not getting what it needs nutritionally to grow, build, repair & replenish itself. Even if we think we are eating well (and let's face it, a whole lot of us aren't) because of soil depletion, crops that were grown decades ago were much richer in vitamins & minerals than most of us get today.

As a result, we need to replenish or refill, top up, fill up, recharge, reload our bodies and return it to its earlier condition through the use of supplements in our diet. This does not mean that supplements replace eating wholesome food, getting a good night's sleep, managing stress, hydration & exercising. All of that is part of having a healthy life style.



So, no matter what health issues we may have or not have, the bottom line is that we can benefit our overall health by creating & restoring the friendly bacteria in our gut. Inflammation & gut health is the best place to start. Some of the things that throw our body out of balance is if we've had to take antibiotics, which as we know kill off the good gut bacteria.

Perhaps you haven't had to take antibiotics and you may think that all is well. If so consider this- because the animals have been given antibiotics regularly to ward off infection, when we consume animal or dairy products, those antibiotics enter our system as well, which slowly but surely continue to destroy our gut flora. Think of what that does to our good bacterial gut flora over a long period of time?

This is one of the biggest ways we throw our body out of balance, & it's not something that we can easily restore without help. We have neglected this first step of taking care of our gut microbiome and have jumped ahead & tried to resolve other health issues in our lives before laying the solid foundation we need to build good health.

I’ve found some great natural, plant-based products that target gut health, blood sugar balance and inflammation. I really love these products and would like to share how they've helped me and how they can do the same for you.

I'd love to send you some information. Just hit reply and I'll get back to you. (Cora -if people wanted to get in touch with me for this info, how would they do that? I’d have to say something different when this is being posted on the website vs. the newsletter – right?)

To Your Optimal Health,

Love & blessings,

Brenda