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Tips to Naturally Improve Your Digestion

Everyone experiences occasional digestive issues such as upset stomach, gas, heartburn, nausea, constipation or diarrhea.

It's when these symptoms occur frequently that they cause major disruptions to your life. The good news is that diet and lifestyle changes can have a positive impact on your gut health.

The typical Western diet — high in refined carbs, saturated fat and food additives — has been linked to an increased risk of developing digestive disorders, according to research published by the National Institutes of Medicine.



The list of foods that can cause digestive problems is long. Food additives, including glucose, salt and other chemicals, are high on the list. Trans fats, found in many processed foods, have shown negative effects for your health, and research by the National Institutes of Medicine shows they may increase your risk of developing gut and bowel problems.

Studies also have shown that artificial sweeteners and sugar alcohols decrease the number of healthy gut bacteria and increase the number of harmful gut bacteria, according to a research article published by *Comprehensive Reviews in Food Science and Food Safety*, (2018), Wiley Online Library.

Fortunately, scientific evidence suggests that diets high in nutrients protect against digestive diseases, according to research by the National Institutes of Medicine article *Nutritional Protective Mechanisms Against Gut Inflammation*.

Here are some tips to help you naturally improve your digestion.

- Eat a diet based on whole foods and limit the intake of processed foods.
- Get plenty of fiber. A high-fiber diet promotes regular bowel movements and may protect against many digestive disorders. There are three common types of fiber: soluble, insoluble and prebiotics.

Soluble fiber absorbs water and helps add bulk to your stool. Insoluble fiber acts like a giant toothbrush, helping your digestive tract keep everything moving along.

Soluble fiber is found in oat bran, legumes, nuts and seeds, while vegetables, whole grains and wheat bran are good sources of insoluble fiber.

Prebiotics feed your healthy gut bacteria. Prebiotics are found in many fruits, vegetables and grains.

- Add healthy fats to your diet. Good digestion may require eating enough fat. Fat helps you feel satisfied after a meal and is often needed for proper nutrient absorption.

It also keeps food moving smoothly through your digestive tract. Research shows that increasing your fat consumption can relieve constipation, according to the National Institutes of Health. Avocados, cheese and whole eggs provide good fats.

In addition, studies have shown that omega-3 fatty acids may decrease inflammation in your digestive tract. Foods high in beneficial omega-3 fatty acids include flaxseeds, chia seeds, nuts (especially walnuts), as well as fatty fish like salmon, mackerel and sardines.

- Stay hydrated. Low fluid intake is a common cause of constipation. As a general recommendation, experts say drinking 50 to 66 ounces (1.5 to 2 liters) of non-caffeinated fluids per day can prevent constipation. However, you may need more if you live in a warm climate or exercise strenuously.

Another way to help meet your fluid intake needs is to include fruits and vegetables that are high in water, such as cucumber, zucchini, celery, tomatoes, melons, strawberries, grapefruit and peaches.



July ALTRUM NEWS It's Never Too Early to Protect Prostate Health

Men and women each may face health concerns unique to their gender. Research reveals that most men may experience a problem with their prostate gland at some time in their lives. This issue of ALTRUM News focuses on ways to help men protect prostate health throughout their lives.

February is National Heart Month. Learn about the connection between your heart and your brain in the February issue.

ALTRUM Supplements to Support Healthy Digestion

Ultra Daily Enzymes is an all-natural, high-potency, digestive enzyme supplement that supplies powerful food enzymes to digest protein, fats, carbohydrates, fiber, milk, lactose, beans/legumes and many other nutritional factors to release their life-supporting nutrients.

Ultra Daily Enzymes may help improve your digestion and help ensure you attain the maximum level of nutrient absorption.*

Ultra Daily Enzymes Support (DEU)

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DGS01 CA(6) 142.20 149.35

Ultra Probiotics[™]

Research continues to support the essential role probiotics play in promoting health by supporting the digestive and immune systems.*

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Ultra Probiotics is a universal probiotic providing 20 billion live cells of beneficial microflora cultures in a single dose.* This formula is gluten-free and shelf-stable, which means it requires no refrigeration.*

Ultra Probiotics

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DUP01	EA (1) 60-count.	35.65	37.45
DUP01	CA (6) 60-count	203.50	213.70



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