

Health Advice # 6 "Death Begins In The Colon"



Digestive health can affect other areas of our health—weight, energy, skin and immunity—in ways we might never have imagined. It's important to understand the link between digestive health and overall wellness. Ask any coroner. Autopsies often reveal colons that are **plugged up to 80 % with Waste Material.**

- The small intestine is where the majority of digestion and absorption of nutrients takes place.*
- The health of your digestive system can significantly affect your immune function.
- A majority of Americans consume only about 14 grams of fiber per day, while the Institute of Medicine recommends 38 grams for men under age 50, and 25 grams for women in the same age group.*

In your everyday life, your body may be exposed to toxins. Maintaining your digestive health can help your body neutralize and eliminate them from your system.

Supporting your body's ability to absorb nutrients and eliminate toxins enhances your weight-loss efforts. Improve your body's nutrient.

**To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)
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