

## Digestive Disturbance

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**Digestive disturbances** may be avoided by using simple common sense: eating moderately and regularly and choosing unprocessed whole foods with an emphasis on fresh fruits and vegetables.

The Western diet is notoriously acidic. Recent research suggests there is a link between acidic diets and the rise in cancer of all types. To see if you are including alkalizing foods in your diet visit [www.thewolfeclinic.com/acidalkfoods.html](http://www.thewolfeclinic.com/acidalkfoods.html)

In my practice, most people who come to see me for digestive complaints acknowledge that their diet could be more nutritious and wholesome. There may be a reliance on coffee, fast food and snacks that substitute for a meal when the work schedule is demanding. Skipping meals altogether produces stomach acid causing symptoms like regurgitation, heartburn, and acid reflux. Discomfort may be severe enough to produce an inability to take any pleasure in eating.

Often people will experience symptoms of irregular movement such as **constipation, diarrhea**, or an **alternation** of these states. This results in a build-up of toxins or an inability to absorb and assimilate nutrients. Diagnoses of **Colitis, Irritable Bowel Syndrome (IBS)**, and **Crohn's Disease** are becoming more common.

Allopathic medicines, including antibiotics, suppress the body's innate healing response. Although they may relieve symptoms temporarily, these drugs do not address the root cause and symptoms often return in a more severe form than before.

The digestive system is intricately linked with every other system in the human body. It is affected by lifestyle stresses, thoughts, and emotions. Homeopathy addresses the whole person and stimulates the immune system in specific ways to restore balance. When a homeopathic remedy is prescribed by a professional homeopath, you will not only experience a permanent freedom from symptoms but also an enhancement of your quality of life.