



LIFEPHARM GLOBAL NETWORK

DO YOU EVER FEEL TIRED, MOODY OR
OUT OF SORTS FOR NO PARTICULAR REASON?

Not for Distribution



THE REASON MAY SURPRISE YOU:

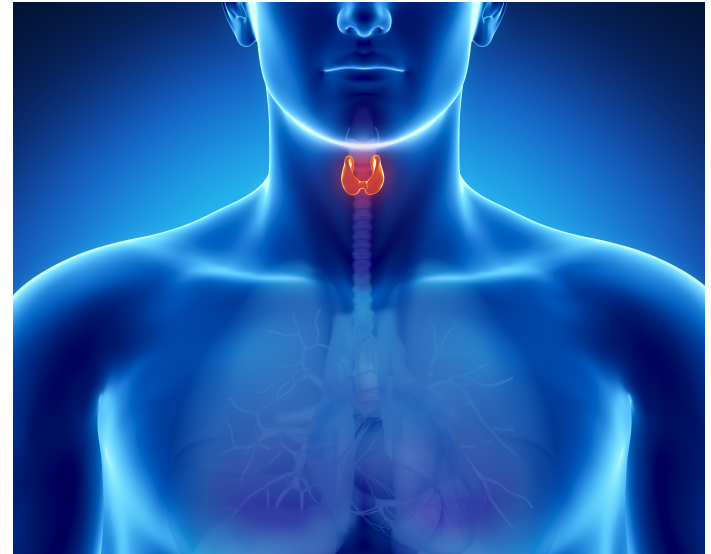
- Your gut and your thyroid could be out of balance.
- Scientists and health practitioners know you can't have a healthy gut without a healthy thyroid and vice versa.
- This is known as the healthy gut-thyroid axis.





FIRST, LET'S CHECK OUT THE THYROID GLAND:

- Located in the front of the neck
- Important for metabolism, growth and maturation of the human body
- Helps regulate bodily functions by releasing steady amount of hormones into bloodstream
- When the body requires more energy, more hormones are produced





WHAT HAPPENS WHEN TOO MANY HORMONES ARE PRODUCED?

OVERACTIVE THYROID = HYPERTHYROIDISM



Symptoms may include hot flashes, sweating, trembling, weight loss, diarrhea, hair loss, nervousness, hyperactivity, emotional instability, irritability, fatigue, insomnia, restlessness, potency problems, racing heartbeat





WHAT HAPPENS WHEN TOO FEW HORMONES ARE PRODUCED?

UNDERACTIVE THYROID = HYPOTHYROIDISM

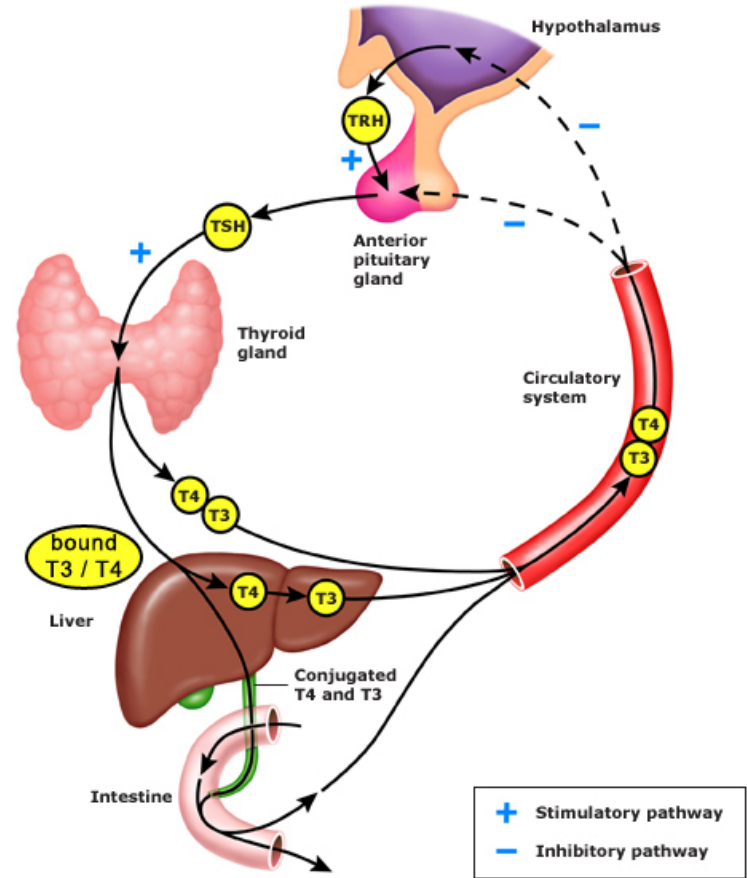
Symptoms include general loss of energy, slowing metabolism, overweight, fatigue, difficulty concentrating, mental slowness, constipation, sensitivity to cold, slow pulse, thickening or swelling skin, dry skin, deep hoarse voice, brittle dry hair, loss of sexual desire, depression.





HOW IS HORMONE PRODUCTION RELATED TO THE GUT?

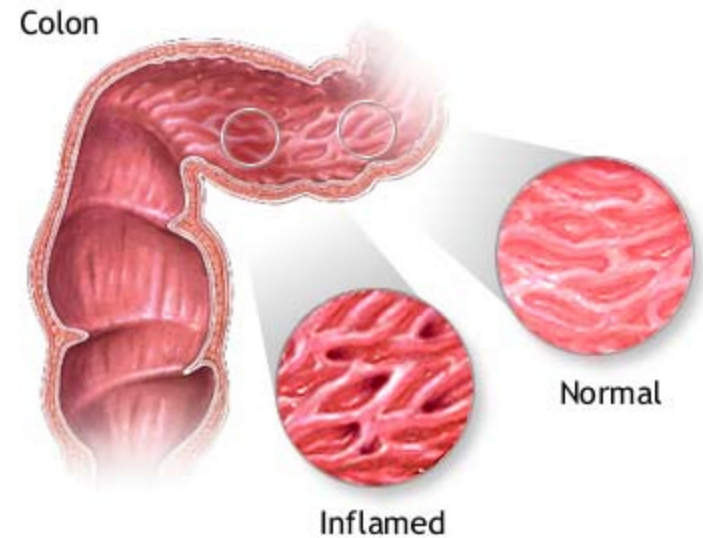
- The thyroid gland produces three hormones: T3, T4 and Calcitonin.
- T3 and T4 increase basal metabolic rate and optimize calorie burning, heart rate, libido, energy and mood.
- Calcitonin helps maintain a healthy level of calcium in the blood.
- Healthy gut bacteria assists in converting about 20 percent inactive T4 hormones back into the active form of T3.





WHAT HAPPENS WHEN THE GUT DOESN'T FUNCTION PROPERLY?

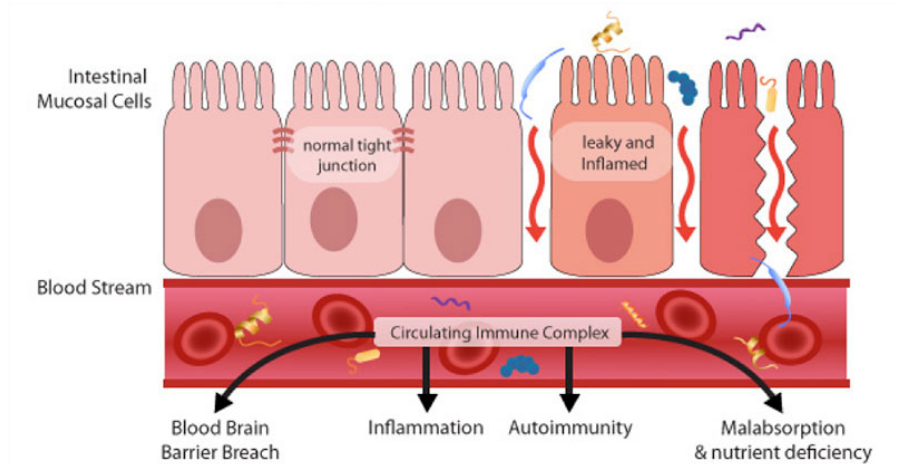
- Imbalance between harmful and beneficial bacteria in the gut significantly reduces the conversion of precursor thyroid hormones to active T3.
- People with poor gut function may have thyroid symptoms but normal lab results.
- Inflammation in the gut also reduces T3 by raising cortisol levels.





HOW DO THYROID HORMONES AFFECT THE STOMACH AND SMALL INTESTINE?

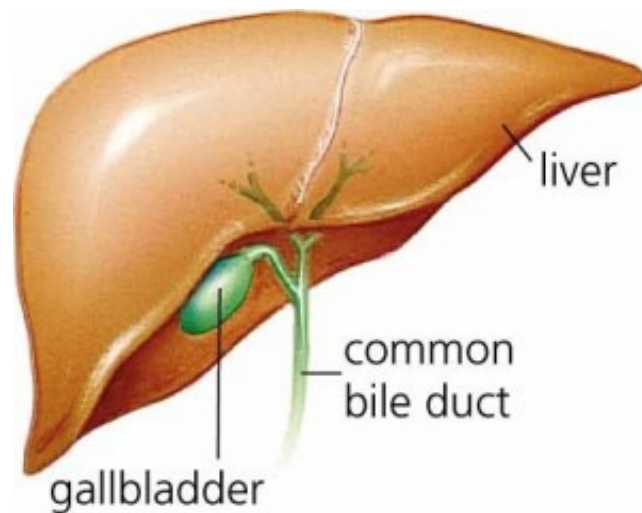
- Tight junctions in the stomach and small intestine are closely associated areas of two cells whose membranes join to form the gut barrier.
- T3 and T4 hormones have been shown to protect the gut mucosal lining from stress-induced ulcer formation.
- When the junctions are not tight, the gut becomes “leaky,” allowing harmful bacteria to penetrate the lining.





WHAT PREVENTS EXCESS HORMONES FROM BEING CLEARED FROM THE BODY?

- A sluggish gall bladder interferes with proper liver detoxification and prevents hormones from leaving the body.
- Hypothyroidism (underactive thyroid) impairs the gall bladder function by reducing the flow of bile.





HOW CAN WE MAINTAIN A HEALTHY GUT-THYROID AXIS?

- **Step one:** figure out what is causing the dysfunction.
 - + Possibilities include hypothyroidism, low acid production in the stomach, infections, imbalance of good and bad bacteria, food intolerances, stress.
- **Step two:** address these factors and remove any potential triggers.
- **Step three:** restore integrity of the gut barrier.





HOW CAN WE RESTORE THE GUT-THYROID BALANCE?

- Healthy lifestyle: sleep seven to nine hours a day, reduce stress, eat a sensible diet, avoid gluten if gluten-sensitive.
- Specific ways to restore balance:
 - + Obtain adequate dietary iodine. Iodized table salt only provides 10 percent of what is required for thyroid hormone production. Eat sea kelp, ocean fish and quality sea salt with natural iodine.
 - + Avoid bromine. It is used primarily in baked goods and pasta. Bromine competes with iodine to produce thyroid hormones.
 - + Minimize exposure to heavy metals such as mercury and lead. Drink purified water if possible.





WHY DOES DIGESTIVE+++ HELP RESTORE GUT-THYROID BALANCE?



- Low thyroid function can slow digestive transit time, causing constipation, inflammation, infection and malabsorption.
- Constipation can impair hormone clearance and cause elevations in estrogen.
 - + Raises thyroid-binding reactions
 - + Decreases the amount of free thyroid hormones available to the body
- Many consumers have reported that DIGESTIVE+++ promotes bowel regularity and helps relieve temporary constipation.





HOW DOES DIGESTIVE+++ WORK TO HELP RESTORE THE GUT-THYROID AXIS?



- The formula contains enzymes, probiotics and prebiotics, all of which work together to promote complete digestive health.
- The probiotic *Bacillus coagulans* inhabits and reproduces in the digestive tract to ensure a predominance of beneficial bacteria in the gut to support the gut barrier function.
- The prebiotic blend helps the other beneficial flora to coexist.
- The enzyme blend helps break down dietary fats and proteins, which supports the smooth functioning of the gall bladder.





ARE YOU NEW TO DIGESTIVE+++?

- Consume for at least six months to give your digestive system the chance to re-establish normal gut flora and remove harmful flora.
- Avoid processed sugars and carbohydrates, because they feed pathogens in the gut. The probiotic will not have a chance to benefit your system.





UNPLEASANT INITIAL RESPONSE TO DIGESTIVE+++?

- Give your body a chance to adjust by decreasing consumption.
- For example, take one soft-gel capsule every other day or every two days.
- Give your body several weeks or a month to adjust.
- Then gradually increase to the recommended amount: one soft-gel capsule before mealtimes once or twice daily.





WHAT *NOT* TO DO WHEN YOU FEEL THE “BLAHS”:

- Don't reach for caffeinated energy drinks.
- Don't look for other temporary fixes.





THE SOLUTION: TRY DIGESTIVE+++ AND SEE IF YOU FEEL AN IMPROVEMENT

- Remember to give yourself an adjustment period.
- Your gut-thyroid axis got out of balance over time. It needs time to get rebalanced.
- Establish healthy lifestyle habits as you incorporate DIGESTIVE+++ into your daily regimen.

For the detailed article about Gut & Thyroid Health, click here:
<http://www.lpgnconnection.com/eNewsletter/article-2015/2015/08/wk-4/article-5.html>

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.



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