



Peter Jackson

Author of 'Passionate About Bowel Health' and founder of the breakthrough Lepicol range.

The perfect combination of products for your bowel health.

To keep your bowels healthy often requires a multi-faceted approach if you want to use natural ingredients to achieve this. There is usually no one magic bullet that will cover everything.

I have used all my 28 years experience in the health industry to work out a combination of three products that offer the ultimate, broad-based approach to your bowel health. These three products complement each other because they work to keep your bowels healthy in three different ways. *These products are the perfect combination for your bowel health as they work so well together.*

The first step to bowel health is to gently cleanse and regulate your bowels on a daily basis and keep them free of toxic waste with the **Lepicol Original Formula.**

Lepicol contains three natural ingredients which work independantly and together to cleanse your bowels.

Psyllium husks

This is the first ingredient. It is a natural plant fibre which I often refer to as the Rolls Royce of fibre. Because of its soluble nature, psyllium forms a soft gel when mixed with water. This acts like a gentle broom as it goes through the digestive tract, sweeping and cleaning as it goes. Its absorbent nature helps to prevent waste matter remaining too long in the system and the consequent build up of impacted waste on the colon wall. **This role is vitally important to the long term health of your bowels.**

The great thing about this fibre is that it is brilliant for both constipation and diarrhoea. In the case of constipation, the soluble nature of the fibre helps to prevent waste matter drying up in the colon and becoming hard. This makes stools easier to pass without any unnecessary straining. On the other hand, the soft gel that is formed by the fibre when mixed with water is extremely soothing even to the most sensitive of systems. If your transit time is too fast and you are not forming proper stools, then the soft gel helps to slow things down naturally, and this process helps the natural, healthy bacteria (probiotic cultures) to get a foothold and flourish.

Probiotic cultures

Probiotics are important for the on-going bowel cleansing process. Nearly 1000 studies around the world have now confirmed that maintaining a positive level of healthy bacteria can be absolutely crucial to the long term health of your bowels.

Practitioners believe that the balance of good over bad bacteria in your colon should be around 85 to 15 percent but keeping this balance in your favour is not always that simple.

The delicate balance can be easily compromised because of the mucus forming diets that so many of us in the UK consume. These tend to clog our digestive systems and make them sluggish. The longer waste matter hangs around, the more it putrefies (goes rancid) and this process feeds the bad, unfriendly bacteria.

Just taking probiotics in the form of yoghurts or capsules is not always the answer. To begin with probiotics don't always survive the digestive process and may not make it to the colon where they are most needed.

Also, as I have mentioned in the section on fibre, if your system is moving too fast then the probiotics are unable to hang around long enough to get established. They just fly on through.

This is why combining the probiotics with psyllium husks is so important for your bowel health as these two ingredients work so well together. The psyllium provides a stable, moist environment for the probiotics to flourish.

The third ingredient, inulin, is just as important as the other two.

Inulin (a prebiotic fibre)

Inulin is a very special type of fibre. It not only provides extra fibre in a very soluble form to complement the actions of the psyllium husks, **it also helps you produce your own bifidum bacteria**, one of the most important strains of healthy bacteria.

Many vegetables contain inulin. The best sources are leeks, onions, cabbages and onions. Our ancestors were great consumers of Inulin and used to consume more than 50g per day. As vegetables of today only contain small amounts, providing inulin in Lepicol is an easy way for you to consume healthy levels. The inulin used in Lepicol is derived from chicory.

The wonderful thing about this natural food ingredient is that it is very stable and doesn't start working until it reaches your large bowel. Also, it acts as a food source for other bacteria and for this reason it complements and helps stabilise the probiotic cultures contained in Lepicol.

This synergy that exists between inulin and probiotics is now recognised in scientific circles as the 'synbiotic' effect. It is this effect, along with the gentle 'chamois leather' effect of the psyllium that works so efficiently to keep your bowels clean and healthy.

So, regulating your bowels and keeping them 'clean' and 'friendly' is a good starting point.

The next step is to ensure your digestive tract and colon wall have the nutrients it needs to thrive.

The second step to bowel health is to feed your digestive tract with Glutamine and other important nutrients by taking **Maxtract, a daily multi vitamin specifically formulated for bowel health**

Once foods arrive in the small intestine, they're broken down ready for absorption through the gut wall into the bloodstream. The barrier between the gut and the blood is already full of holes, even in a healthy person, but the openings are of a particular size, designed to allow tiny particles of food to pass through and to keep out the waste matter not wanted. They act a bit like a sieve or strainer with very tiny perforations. In a healthy person, most vital nutrients are absorbed this way.

When the membrane of the colon wall becomes inflamed, ulcerated or otherwise damaged, large molecules of food leak through to the lymph system and general circulation before they have been properly digested. This can lead to allergic and inflammatory reactions in the body.

Maintaining the health of the digestive tract is therefore an absolute vital part in keeping your bowels healthy.

There are certain nutrients such as calcium and folic acid that have been proven to be important for the long term health of the digestive tract. However, there is one nutrient that stands head and shoulders above all others when it comes to bowel health. This is the amino acid, Glutamine.

I often refer to this nutrient as your gut's best friend because it is in every cell that lines your digestive tract. These cells have to be replenished every four days and in order to achieve this efficiently, they need lots of glutamine. Normally you should get sufficient levels of glutamine in your diet but this nutrient can be adversely affected quite quickly by a number of factors.

Stress is the obvious one, both physical and mental, but the long term use of anti-biotics and pain killers can also prove to be detrimental. If levels of glutamine are allowed to be depleted and are not replenished then this can lead to your guts becoming 'leaky,' leaving them unable to perform their normal function and you open to infection. In some cases, an inflammatory response in the joints might be the result of a leaky gut.

The easy way to get a daily supply of glutamine and other important nutrients for bowel health is to take Maxtract.

If you do this daily then there is no need to take your normal multi vitamin as Maxtract meets the recommended daily requirements of more than 11 nutrients.

Why glutamine and multi vitamins are good for your bowel health

Whereas glutamine is the most important nutrient for bowel health, there are a whole host of others that have also been shown to be of benefit. In fact there have been three studies in the last few years that have supported this statement.

The first study was reported recently in the Lancet. It looked at the long term use of multi vitamins and their effect on colon health. The results were very conclusive. **Long term use of multi vitamins was very protective and reduced the incidence of colon disease.**

The second was a study from Harvard university where they analysed food questionnaires given to 88,756 women in the nurses's health study. They concluded that women who had taken multi vitamins for over 15 years had a significantly lower risk of colon disease than those who did not take supplements. (The nurses study is one of a number of studies going on around the world into the long term effects that diets have on our health).

Other pilot studies in europe have supported these findings.

Why are we so deficient in important nutrients?

The outcome of these studies does not surprise me as it is estimated that most of the food we eat today contains barely half of the vitamins and minerals it did fifty years ago. These nutrient deficiencies, it seems, are more prevalent than we dare to admit.

Today's high yield wheat crops offer only half of the protein they did a century ago. Processing methods by their very nature depletes food nutrients.

The length of time it takes to pick, transport stock onto a supermarkets' shelves means food has lost much of its nutritional value by the time it finally gets to your plate. Whilst alternatives such as organic foods are free of dangerous GMOs and many toxic pesticides and feritlisers, they are far from perfect as it can take decades for soil to fully recover from years of abuse.

How chemicals and food processing methods affect our food.

The over-cultivated soil in which we grow our food is depleted of zinc, manganese, chromium, molybdenum and magnesium.

The super phosphate fertilisers we use in place of manure contain mainly nitrogen, potassium and phosphorus, but are deficient of the many vital trace elements contained in good, old fashioned manure.

Refining wheat into white flour strips it of between fifty and eighty percent of its cobalt, magnesium, zinc, chromium and manganese.

Refining sugar cane into white sugar depletes it of ninety-nine percent of its magnesium.

And so it goes on.

It seems that we do not get all the important nutrients from our food that our parents and grandparents did.

This is why I recommend taking Maxtract as your choice for a daily multi vitamin and mineral formula. It contains the all-important ingredient, glutamine, which other multi vitamins don't.

Maxtract is therefore my recommendation for the second product in the perfect combination of products for your bowel health.

The third product has different attributes to Lepicol and Maxtract. It is a purified fish oil and it acts as a natural anti-inflammatory.

The third step to bowel health is to help prevent inflammation by taking Dr Tolonen's E-EPA

Dr Tolonen's E-EPA is a purified fish oil. It is not like the normal Omega 3 fish oils you have been hearing all about. This is because it goes through a double cleansing process that removes all the potential contaminants.

If you have read any newspapers in the last few years you will have learned how important omega 3 fish oils are to your health, particularly for your heart and joints. What you may not know is that a number of studies have also now shown that Omega 3 fatty acids are amazing for bowel health as well!

This is because of their anti-inflammatory attributes. In the same way that Omega 3 fatty acids can help reduce inflammation in your joints, they can also help to reduce inflammation in your bowels. Because of this fact, their long term consumption can be extremely important for your bowel health, particularly if your bowels are of the 'sensitive' kind.

E-EPA - a sure way to get the benefits of fish oil without any pollutants.

We are all told to eat lots more oily fish but there is growing concern that the levels of mercury now found in fish could be harmful. So if you consume lots of oily fish, you are faced with the difficult situation that the benefits might be outweighed by the negatives.

A good example of this anomaly is the advice given to pregnant women. On the one hand they are told to eat more oily fish because the unborn child needs lots of fatty acids for development, and then on the other hand advised not to eat more than two portions per week because of the danger of mercury poisoning for the unborn child.

How crazy is that?

When looking for a good source of Omega 3 for the Lepicol range, I wanted one that I would be happy for me or my family to take and I wanted one that was guaranteed to be free of impurities.

For this reason I decided to opt for Dr Tolonen's E-EPA purified fish oil from Finland. Because of the two different cleansing processes it goes through, it is guaranteed to be free from mercury and other contaminants. It's more expensive but it contains much higher levels of EPA (Eicosapentaenoic acid) which is the main active ingredient that has the anti-inflammatory benefits.

So, there we have it. E-EPA works in a different way to the Lepicol Original Formula and Maxtract and makes up the final link in the **perfect combination** for bowel health.

Other reports available:

- 1. Feel lighter and have more energy in less than four days**
- 2. How I overcame Irritable Bowel Syndrome with three natural ingredients**
- 3. A Leaky Gut report – could Glutamine be the missing link for your bowel health?**
- 4. Natural nutrients that have been shown to work synergistically to reduce the symptoms of Inflammatory Bowel Disease.**
- 5. Reduce the appearance of scars with something as natural as Mother of Pearl**
(I sometimes touch on other subjects other than bowel health when I find a natural ingredient that works particularly well – Mother of Pearl is one of those ingredients).

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Simply Freephone 0500 127249 and order by phone
Go to our website www.healthybowels.com and order online.