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PLANET HEALTH'S NEWSLETTER

Manuka Honey and Diverticulitis

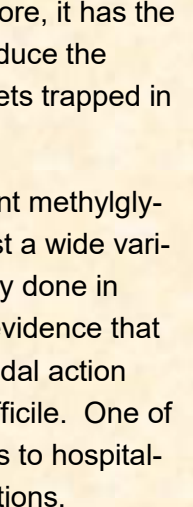
Diverticulitis is a disease caused by an infection in the gut and although it has been thoroughly studied, medical professionals still do not completely understand its cause. It is believed however to be due to a low fiber diet. When one consumes a low fiber diet, the intestines have to work harder (push harder) to move digested food through the bowel. It is believed that this increased pressure is what causes the small pockets in the intestines to form. However, many people can have these pockets and never feel any pain from it while others suffer with fever, chills, diarrhea, nausea, vomiting and belly pain. These symptoms are caused when food gets trapped in the pockets and the area becomes infected. One of the bacteria's seen to increase in people is the bacteria *C. difficile* which is a bacteria that naturally exists in the gut. However, in the presence of inflammation and infection the good gut bacteria are reduced and can no longer keep this *C. difficile* in check. This however, is not the only bacteria that can flourish in the presence of infection caused by diverticulitis.

Although there are no direct studies on manuka and diverticulitis if we look at the research that exists on manuka honey and digestive disorders, we can draw the conclusion that it would be helpful to those who suffer from this condition. Manuka has been reported to have an inhibitory effect on 60 species of bacteria, some species of fungi and viruses. Therefore, it has the ability to limit bacteria growth and reduce the chances of an infection when food gets trapped in these pouches.

Manuka honey's antibacterial agent methylglyoxal has been proven to work against a wide variety of pathogenic bacteria. In a study done in Wales, using Manuka 18+, provide evidence that manuka honey does exhibit bactericidal action against bacterial infection from *C. difficile*. One of the most common bacterial infections to hospitalize people with gastrointestinal infections.

According to a study done in 2013, manuka honey has also been found to increase and support the growth of *Bifidobacterium* via the presence of a variety of oligosaccharides. *Bifidobacterium* is one of the good gut bacteria that works to keep the gut healthy.

Resource: vitamin retailer magazine



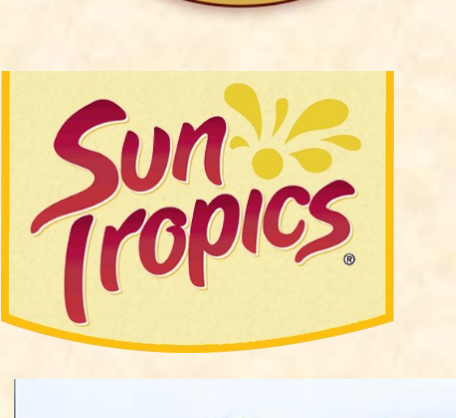
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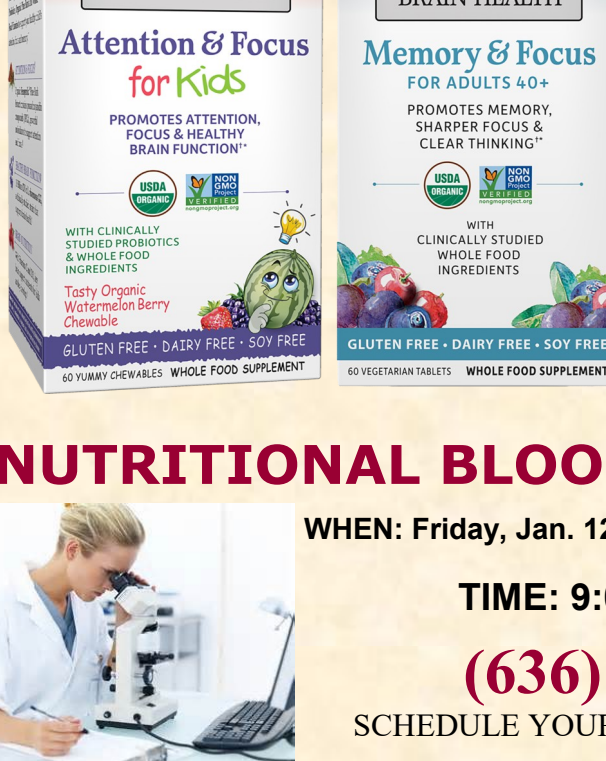
Natural Remedies for Diverticulitis

- **Manuka Honey:** For intestinal infection and inflammation, 1 teaspoon twice a day.
- **Fiber** (Oat Bran, Psyllium, ground flaxseed, chia seeds, Acacia fiber)
- **L-Glutamine:** A major metabolic fuel for the intestinal cells. Take 500 mg twice daily, on an empty stomach
- **Aloe Vera Juice:** Promotes the healing of inflamed area.
- **Pau d'arco:** Has an antibacterial, cleaning, and healing effect. Drink two cups of pau d'arco tea daily.
- **Garlic (Kyolic):** Aids in digestion and destroys unwanted bacteria and parasites. Take 2 capsules 3 times daily with meals
- **Multi-enzyme Complex:** Needed to break down proteins. Use a formula high in pancreatin.

What's New?



- Grain Free
- Gluten Free
- Dairy Free
- Soy Free
- USDA Organic
- Vegan Friendly
- Non GMO



NUTRITIONAL BLOOD ANALYSIS



WHEN: Friday, Jan. 12, Sat. Feb 10, Sat. Mar 10, 2018

TIME: 9:00 AM - 5:00 PM

(636) 527-8888

SCHEDULE YOUR APPOINTMENT TODAY

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