

ENERGIQUE®

guide to
**DIGESTIVE
SUPPORT**



NATURAL REMEDIES
from the Heartland®

Building a Strong Digestive Foundation

A healthy digestive tract has a direct impact on all other body systems and overall wellbeing. Appropriate nutrient absorption provides the building blocks needed for the proper functioning of the intricate systems of the body. Additionally, the gastrointestinal tract includes extensive amounts of immune and nervous system tissues, contributing to significant interactions within these systems. The gastrointestinal (GI) tract is also one of our most important pathways for the elimination of toxins neutralized by the liver. Because of these fundamental interrelated processes, using these protocols to revive and rejuvenate GI health can be an important step in supporting overall physical and mental health. It is worth shoring up this foundational system when strategies to address seemingly unrelated concerns don't seem to be working. Especially consider working on GI support before using holistic approaches to support detoxification, immune, and endocrine systems.

ENERGIQUE®



NATURAL REMEDIES
from the Heartland®

Upper GI

Page 3

Gut Membrane Integrity

Page 5

Microbiome Support

Page 7

Colon Support

Page 9

Digestive Protocols

Page 11

Practitioner Services

Page 14

Meet Our Experts

Page 15



Upper GI

The upper gastrointestinal (GI) tract is a high acid environment designed to initiate protein digestion as well as creating a barrier to help protect the digestive tract from food-borne pathogens. The complex signaling via chemical messengers that starts in the upper GI also stimulates activities that happen in other parts of the digestive tract. Proper timing and secretion of stomach acid are important for digestive comfort and set the stage for effective nutrient absorption and gut motility. Sometimes when digestive activity is inadequate in the lower GI, we need to also investigate the upper GI function.



Gastropar™ may temporarily relieve indigestion, flatulence, nausea, retching, vomiting after eating or drinking, minor burning in the stomach. Energique® Glandular/Organ Homeopathics stimulate the body's various endocrine glands and/or organs to improve their functioning. Drainage remedies are built-in for the particular area being addressed.**

ENERGIQUE HAND-SUCCESSED HOMEOPATHIC

GASTROPAR - 1 OZ.

Suggested use: Adults and children 5 to 10 drops orally, 3 times daily or as otherwise directed. If symptoms persist for more than 7 days consult a healthcare professional. Consult a physician for use in children under 12 years of age.

SUPPLEMENT FACTS

Gentiana Lutea 3X, Sambucus Nigra 3X, Symphytum Officinale 3X, Stomach 6X, Arsenicum Album 12X, Bismuthum Subnitricum 15X, Carbo Vegetabilis 12X, Lycopodium Clavatum 12X, Nux Vomica 12X, Phosphorus 12X

*Daily Value (DV) not established

Other ingredients: Demineralized water, 20% ethanol



Our Black Radish has been used in Europe as an aid to digestion and a booster to the liver and immune system.**

ENERGIQUE SPAGYRIC FORMULA

BLACK RADISH (ROOT) - 1 OZ.

Suggested use: Take 10 to 30 drops in water or juice 3 times daily or as otherwise directed. Shake well before use.

SUPPLEMENT FACTS

Raphanus sativus niger (root)

*Daily Value (DV) not established

Other ingredients: Purified water, 25% ethanol



Our PYLORICOM™ combines black walnut, cassia, sweet wormwood, uva-ursi, clove, and thyme to help support the stomach and intestines.**

EXCLUSIVE ENERGIQUE SPAGYRIC FORMULA

PYLORICOM - 2 OZ.

Suggested use: 10 to 30 drops in water or juice 3 times daily or as otherwise directed. Shake well before use.

SUPPLEMENT FACTS

Black Walnut (green hull), Cassia (bark), Sweet Wormwood (leaf stem flower), Uva-Ursi (leaf), Clove (bud), Thyme (leaf)

*Daily Value (DV) not established

Other ingredients: Purified water, 25% ethanol

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NATURAL REMEDIES
from the Heartland®



To order online: www.energiquepro.com
email: orders@energiquepro.com
phone: 800.869.8078



Dual-action formula, combining the demulcent effect of sodium alginate with melatonin to support LES tone. Supports the normal synthesis of melatonin in the gut, which occurs at 400 times the rate of pineal synthesis. Combines immediate symptom relief with long-term supporting nutrients. Backed by breakthrough scientific research on melatonin's importance in the GI tract.

ENERGIQUE DIETARY SUPPLEMENT

ESOPHA-TONE PM (60 veg cap)

Suggested use: As a dietary supplement, adults take 2 capsules 30 minutes before bedtime or as directed by a health professional only.

SUPPLEMENT FACTS

		% DV
Vitamin B-6 (from Pyridoxine HCl and Pyridoxal-5-Phosphate)	20 mg	1176%
Folate (400 mcg Folic Acid)	680 mcg DFE	170%
Vitamin B12 (as Methylcobalamin)	50 mcg	2248%
Sodium	65 mg	3%
Sodium Alginate	600 mg	*
Betaine HCl	150 mg	*
L-Tryptophan	150 mg	*
Melatonin	6 mg	*

*Daily Value (DV) not established

Other ingredients: Vegetable capsule (cellulose), microcrystalline cellulose, magnesium stearate and silicon dioxide.



Protezyme™ offers a high potency blend of enzymes to aid in the digestion of protein. Taken between meals, this synergistic blend supports muscle and joint health, and helps promote the healing processes.

ENERGIQUE ENZYME FORMULA DIETARY SUPPLEMENT

PRTOEZYME (180 veg cap)

or as directed by a health professional only.

SUPPLEMENT FACTS

		% DV
Calcium (from calcium citrate)	34 mg	3%
Protezyme Enzyme Blend	512.5 mg	*
Protease (Fungal)	250,000 HUT	*
Papain (from Papaya) (Sulfites)	150,000 USP	*

*Daily Value (DV) not established

Other ingredients: Maltodextrin, microcrystalline cellulose, vegetable capsule (cellulose), dextrin, magnesium stearate and silicon dioxide.

Contains Sulfites. If you have an allergy to sulfites, you should not use this product

YOU MIGHT ALSO LIKE:

- Nasuea Vomiting HP (Homeopathic)
- Gastrotone (Spagyric Herbal Combination)
- H. Pylori 12X (Homeopathic)
- Nux Vom 30C (Homeopathic)
- Gingercom (Spagyric Herbal Combination)
- Licorice (Root) (Spagyric Herbal Single)
- Primazyme (Dietary Supplement)



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Gut Membrane Integrity

The lining of the small intestines is designed for selective absorption of nutrients, utilizing the vast surface area created by enfolded microvilli that create the interface with the lumen of the gut. The mucosa of the small intestines also incorporates essential enzymes such as lactase to aid proper digestion. Other digestive enzymes are released into the digestive tract to ensure the breakdown of food into particle sizes small enough to be absorbed. When the lining of the intestines is healthy, it is selective in the size and type of particles that are transported through the gut wall. The immune system also has an extensive presence in the digestive tract to help the body guard this barrier between itself and the outside world. A healthy gut only allows small particles into our circulatory system, which are too small to activate the monitoring cells of the immune system. When these systems go awry, other systems in the body can become compromised as they are overwhelmed by substances that would normally not be allowed across the gut membrane. Other systems could be impacted by nutrient deficiencies. When thinking about supporting the health of this vital protective gut barrier, it can be important to also consider the health of the vast microbiome that lives in the intestines. Many practitioners utilize a microbiome support protocol before or as part of their full GI support program.

Intestipar™ may temporarily relieve weak digestion, bloating, abdominal pain and diarrhea.** Energique® Glandular/Organ Homeopathics stimulate the body's various endocrine glands and/or organs to improve their functioning. Drainage remedies are built-in for the particular area being addressed.**



Fennelcom™ is a combination of fennel seeds, chamomile, licorice root, bilberry fruit, yarrow, slippery elm, solomon's seal, tansy, and witch hazel to support the stomach and intestines.**



L-Glutamine helps maintain intestinal integrity by supporting the health of the mucosal lining of the gastrointestinal tract.

ENERGIQUE HAND-SUCCESSED HOMEOPATHIC

INTESTIPAR - 1 OZ.

Suggested use: Adults and children 5 to 10 drops orally, 3 times daily or as otherwise directed. If symptoms persist for more than 7 days consult a healthcare professional. Consult a physician for use in children under 12 years of age.

SUPPLEMENT FACTS

Gentiana Lutea 3X, Arsenicum Album 12X, Cinchona Officinalis 12X, Colocynthis 12X, Nux Vomica 12X, Phosphorus 12X, Intestinal Mucosa 30X

*Daily Value (DV) not established

Other ingredients: Demineralized water, 20% ethanol

EXCLUSIVE ENERGIQUE SPAGYRIC FORMULA

FENNELCOM - 2 OZ.

Suggested use: 10 to 30 drops in water or juice 3 times daily or as otherwise directed. Shake well before use.

SUPPLEMENT FACTS

Fennel (seed), Chamomile (flower), Licorice (root), Bilberry (fruit), Yarrow (aerial parts), Slippery Elm (bark), Solomon's Seal (root), Tansy (aerial parts), Witch Hazel (leaf)

*Daily Value (DV) not established

Other ingredients: Purified water, 25% ethanol

ENERGIQUE DIETARY SUPPLEMENT

L-GLUTAMINE (60 cap)

Suggested use: As a dietary supplement, adults one capsule 1 to 3 times daily, preferably between meals, or as directed by a health professional.

SUPPLEMENT FACTS

	% DV
L-Glutamine	500 MG *

*Daily Value (DV) not established

Other ingredients: Vegetable capsule (hypromellose), rice flour and magnesium stearate

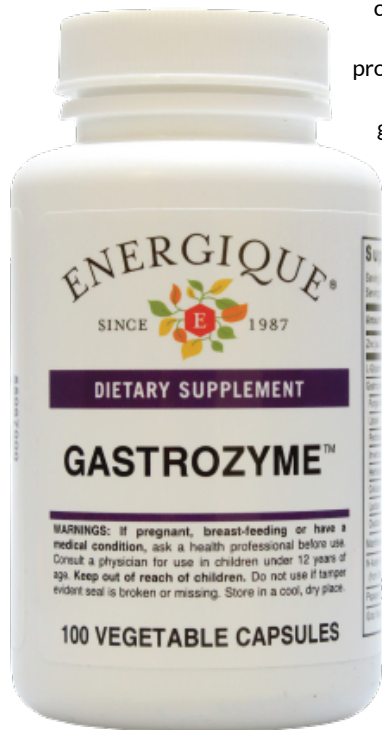
Contains NO wheat, gluten, soy, milk, egg, fish, shellfish, or tree nuts.

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Gut Membrane Integrity



Gastrozyme™ features digestive enzymes combined with stomach-soothing herbs and probiotics to make this the ultimate blend for gastrointestinal comfort and health.

ENERGIQUE DIETARY SUPPLEMENT

GASTROZYME (100 cap)

Suggested use: As a dietary supplement, adults one capsule three times daily with meals, or when G.I. discomfort occurs.

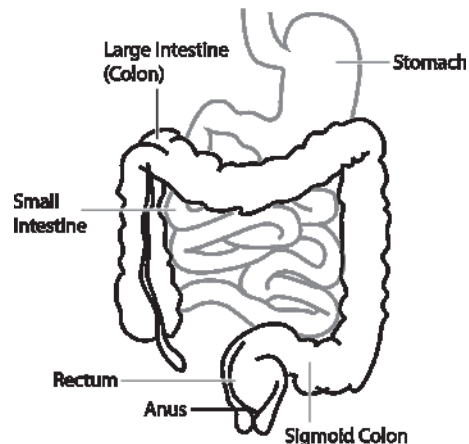
SUPPLEMENT FACTS

		% DV
Zinc (as Zinc Carnosine)	5 mg	45%
L-Glutamine	50 mg	*
N-Acetyl Glucosamine (from Shrimp and Crab)	40 mg	*
Marshmallow (root)	35 mg	*
Papaya (leaf)	25 mg	*
Gastrozyme Enzyme Blend	19 mg	*
Amylase^^	2,000 DU	*
Invertase	350 SU	*
Cellulase	300 CU	*
Pectinase	10 endo-PGU	*
Lactase	80 ALU	*
Hemicellulase	250 HCU	*
Lipase	80 FIP	*
Diastase	20 DP°	*
Gotu Kola (aerial parts)	15 mg	*
Fructooligosaccharides (from Inulin)	13.5 mg	*
Licorice (root)	12.5 mg	*
Glycine	10 mg	*
Gastrozyme Probiotic Blend	9 mg	*
<i>Lactobacillus bulgaricus</i>	120 mil CFU	*
<i>Lactobacillus acidophilus</i>	140 mil CFU	*
<i>Bifidobacterium longum</i>	120 mil CFU	*
<i>Bifidobacterium bifidum</i>	120 mil CFU	*
<i>Lactobacillus rhamnosus</i>	120 mil CFU	*
<i>Streptococcus thermophilus</i>	120 mil CFU	*
<i>Lactobacillus casei</i>	120 mil CFU	*
<i>Lactobacillus salivarius</i>	120 mil CFU	*
<i>Lactococcus lactis</i>	120 mil CFU	*
Slippery Elm (bark)	5 mg	*

*Daily Value (DV) not established

Other ingredients: Vegetable capsule (hypromellose and water), microcrystalline cellulose and medium chain triglycerides

Contains Shrimp and Crab.



YOU MIGHT ALSO LIKE:

- Glutenstat (Homeopathic)
- Dairy Antigens (Homeopathic)
- Grain and Seed Antigens (Homeopathic)
- Gut Brain Spectrum (Homeopathic)
- Digestizyme Plus (Dietary Supplement)
- Una De Gato (Dietary Supplement)
- D3 125 MCG (Dietary Supplement)
- Zinc Picolinate 35MG (Dietary Supplement)
- N-Acetyl Cysteine (Dietary Supplement)
- Marine Omega 3 Pro (Dietary Supplement)

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Microbiome Support

Billions of bacteria live in the intestines, directly affecting the body's nutrient absorption, immune function, and metabolism. They help the body with nutrient digestion and even produce some of our vitamins while serving as a type of barrier against an imbalance in the flora of the gut. Our microbiome may also support the immune system by maintaining the protective barrier function of the intestines. Just as digestive health is vital to our whole body health, our gut, immune, and mood health can also be influenced by the health of our microbiome.



Parastat™ may temporarily relieve itching of anus, colic, bloating, pain and constipation.**

ENERGIQUE HAND-SUCCESSSED HOMEOPATHIC

PARASTAT - 1 OZ. (To be renamed VERMISTAT)

Suggested use: Adults and children 5 to 10 drops orally, 3 times daily or as otherwise directed. If symptoms persist for more than 7 days consult a healthcare professional. Consult a physician for use in children under 12 years of age.

SUPPLEMENT FACTS

Artemisia Vulgaris 3X, Cina Maritima 3X, Filix Mas 4X, Sabadilla 3X, Spigelia Anthelminia 3X, Baryta Carbonica 12X, Calcarea Carbonica 12X, Sulphur 12X, Terebinthina 12X

*Daily Value (DV) not established

Other ingredients: Demineralized water, 20% ethanol

ENERGIQUE HAND-SUCCESSSED HOMEOPATHIC

LYMPHASTAT F - 2 OZ.

Suggested use: Adults and children 5 to 10 drops orally, 3 times daily or as otherwise directed. If symptoms persist for more than 7 days consult a healthcare professional. Consult a physician for use in children under 12 years of age.

SUPPLEMENT FACTS

Echinacea 3X, Tabebuia Impetiginosa 3X, Abies Nigra 12X, Lycopodium Clavatum 12X, Nux Vomica 12X, Phosphorus 12X, Pulsatilla 12X, Sepia 12X, Skatolum 15X, Candida Albicans 30X

*Daily Value (DV) not established

Other ingredients: Demineralized water, 20% ethanol

EXCLUSIVE ENGERIQUE SPAGYRIC FORMULA

VERMICOM - 2 OZ.

Suggested use: 10 to 30 drops in water or juice 3 times daily or as otherwise directed. Shake well before use.

SUPPLEMENT FACTS

Wormwood (leaf stem flower), Oregon Grape (root), Neem (leaf), Cascara Sagrada (bark), Senna (leaf), Wood Betony (leaf stem flower), Pumpkin (seed), Black Walnut (green hull), Black Cohosh (root), Clove (bud), Garlic (bulb)

*Daily Value (DV) not established

Other ingredients: Purified water, 25% ethanol

NOTICE: This product contains Senna and Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Senna and Cascara Sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or you are pregnant, nursing, taking medication or have a medical condition.

Contains Betelnut and Black Walnut.



Lymphastat F™ may temporarily relieve symptoms associated with fungal conditions; heartburn and distention, burning on urination, flatulence, apathy.**



Our Vermicom™ blend of wormwood, black walnut and cascara sagrada to help support microflora balance and healthy bowel movement frequency.**

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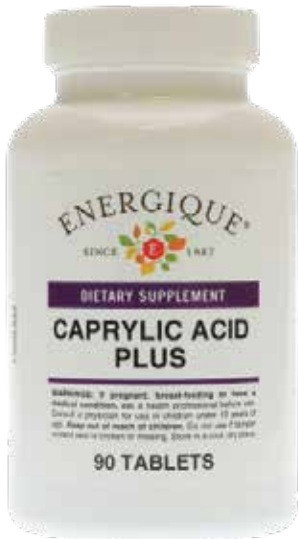
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NATURAL REMEDIES
from the Heartland®



To order online: www.energiquepro.com
email: orders@energiquepro.com
phone: 800.869.8078

Microbiome Support



Our Caprylic Acid Plus tablets provide a delayed release form of caprylic acid with herbs to support healthy microbial balance.

ENERGIQUE DIETARY SUPPLEMENT CAPRYLIC ACID PLUS (90 TAB)

Suggested use: As a dietary supplement, adults one capsule daily or as directed by a health professional.

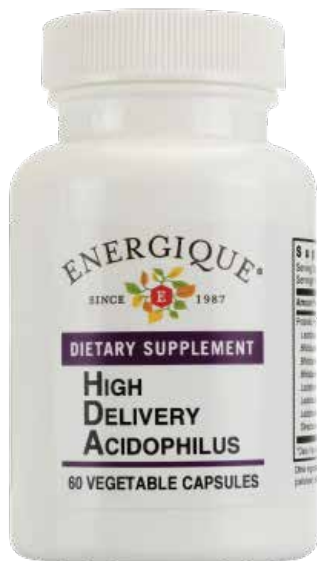
SUPPLEMENT FACTS

		% DV
Calcium (from Dicalcium Phosphate)	48 mg	*
Phosphorus (from Dicalcium Phosphate)	37 mg	*
Sodium (from Sodium Caprylate)	30 mg	*
Caprylic Acid (from Sodium Caprylate)	200 mg	*
Pa u d'Arco (bark)	50 mg	*
Black Walnut Hull Extract	13 mg	*
Cloves (Flowerbuds)	1 mg	*

*Daily Value (DV) not established

Other ingredients: Microcrystalline cellulose, ethylcellulose, hydroxypropyl cellulose, stearic acid, magnesium stearate, clear coat (hypromellose and polyethylene glycol) and silica

Contains Black Walnut. If you have an allergy to tree nuts (including Black Walnut), you should not use this product.



Energique's High Delivery Acidophilus (HDA) combines 8 different cultures to support healthy digestion through internal flora balance. HDA is packed with more than 14 billion beneficial live bacteria.

ENERGIQUE DIETARY SUPPLEMENT HIGH DELIVERY ACID (60 CAPS)

Suggested use: As a dietary supplement, adults one capsule two times daily or as directed by a health professional.

SUPPLEMENT FACTS

		% DV
Probiotic Proprietary Blend	250 mg	*
Lactobacillus Acidophilus	4.2bil CFU	
Bifidobacterium Bifidum	1.4bil CFU	
Bifidobacterium Infantis	1.4bil CFU	
Bifidobacterium Lactis	1.4bil CFU	
Lactobacillus Bulgaricus	1.4bil CFU	
Lactobacillus Casei	1.4bil CFU	
Lactobacillus Plantarum	1.4bil CFU	
Streptococcus Thermophilus	1.4bil CFU	

*Daily Value (DV) not established

dioxide, vegetable stearate and maltodextrin.

Live friendly bacteria from eight beneficial cultures. 14 billion total count at time of manufacture.

YOU MIGHT ALSO LIKE:

- Parasite Infection (Homeopathic) *to be renamed GI Clear P*
- Parasite Detox (Homeopathic) *to be renamed Vermiclear*
- Candida Cord (Homeopathic)
- Artemesiacom (Spagyric Herbal Combination)
- Goldenseal Root (Spagyric Herbal)
- Black Walnut (Spagyric Herbal)
- Monolaurin (Dietary Supplement)
- Enervimin Flora Focus (Dietary Supplement)



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Colon Support

The large intestines absorb water and any residual nutrients still within the digestive tract. It is also the home of a significant portion of our microbiome, which may digest fibers converting them into nutrients. Some of these nutrients are utilized by the cells lining the large intestines to generate the energy needed for cellular integrity. Colon motility also ensures the evacuation of anything that cannot be digested and toxins that have been released by the liver into the gut for elimination. By supporting appropriate motility, we can help ensure these toxins leave the body instead of remaining in the lumen where they might be reabsorbed. Therefore, It can be especially important to support colon health before starting a detoxification protocol.



Colostat may temporarily relieve flatulence associated with constipation.**

ENERGIQUE HAND-SUCCESSSED HOMEOPATHIC

COLOSTAT - 1 OZ.

Suggested use: Adults and children 5 to 10 drops orally, 3 times daily or as otherwise directed. If symptoms persist for more than 7 days consult a healthcare professional. Consult a physician for use in children under 12 years of age.

SUPPLEMENT FACTS

Rhamnus Purshiana 3X, Spigelia Anthelmia 3X, Taraxacum Officinale 3X, Hydrastis Canadensis 6X, Cajuputum 6X, Alumina 12X, Cina 12X, Cinchona Officinalis 12X, Lycopodium Clavatum 12X, Magnesia Phosphorica 12X, Mandragora Officinarum 12X, Nux Vomica 12X

*Daily Value (DV) not established

Other ingredients: Demineralized water, 20% ethanol



Our Cascaracom™ blend features cascara sagrada, senna, and blessed thistle to support liver health and bowel movement frequency.**

EXCLUSIVE ENERGIQUE SPAGYRIC

CASCARACOM - 2 OZ.

Suggested use: 10 to 30 drops in water or juice 3 times daily or as otherwise directed. Shake well before use.

SUPPLEMENT FACTS

Cascara Sagrada (bark), Senna (leaf), Frangula (bark), Blessed Thistle (aerial parts), Butternut (bark), Flax (seed), Ginger (root), Pleurisy Root (root), Slippery Elm (bark), Tansy (aerial parts), Wormwood (aerial parts)

*Daily Value (DV) not established

Other ingredients: Purified water, 25% ethanol

Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because Senna, Frangula and Cascara Sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or you are pregnant,



Our Digesticom™ blend features a blend of Ayurvedic and complementary herbs to support and fortify the digestive system.**

EXCLUSIVE ENERGIQUE SPAGYRIC FORMULA

DIGESTICOM - 2 OZ.

Suggested use: 10 to 30 drops in water or juice 3 times daily or as otherwise directed. Shake well before use.

SUPPLEMENT FACTS

Angelica (root), Boldo (leaf), Catnip (stem leaf flower), Fennel (seed), Ginger (root), Papaya (leaf), Peppermint (leaf), Sage (leaf), Triphala [Ayurvedic herbal formula: Amla, Belleric Myrobalan, Chebulic Myrobalan] (fruit), Myrrh (resin)

*Daily Value (DV) not established

Other ingredients: Purified water, 25% ethanol

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Colon Support



Colo-Cleanse™ is a powder blend of fibers and bowel supporting herbs designed to help healthy bowel movement frequency.

ENERGIQUE DIETARY SUPPLEMENT

COLO-CLEANSE (16 OZ.)

Suggested use: As a dietary supplement, adults mix one scoop vigorously with 6 oz. or more of water or juice 1-3 times daily or as directed by a health professional.

SUPPLEMENT FACTS

		% DV
Calories	15	
Total Carbohydrate	4g	1%
Dietary Fiber	3g	11%
Protein	<1g	<2%
Vitamin C (Ascorbic Acid)	45mg	50%
Sodium	5mg	<1%
Proprietary Powder Blend: Psyllium (husk), Guar Gum, Cascara Sagrada (bark), Senna (leaf), Celery (seed), Cinnamon (bark), Ginger (root), Plum (Prune) (fruit), Raspberry (leaf), Alfalfa (leaf), Aloe Vera (leaf), Barberry (root bark), Black Walnut (hull), Citrus Pectin, Dandelion (leaf), Echinacea Purpurea (root), Licorice (root), Marshmallow (root), Trace Mineral Complex, Uva-Ursi (leaf), Yellow Dock (root)	5.64g	*

*Daily Value (DV) not established

Other ingredients: none

Contains Black Walnut. If you have an allergy to tree nuts (including black walnut), you should not use this product.

NOTICE: This product should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not take this product if you have difficulty swallowing.

ENERGIQUE DIETARY SUPPLEMENT

COLO-EASE (100 veg cap)

Suggested use: As a dietary supplement, adults take two capsules 1 to 2 times daily or as directed by a health professional.

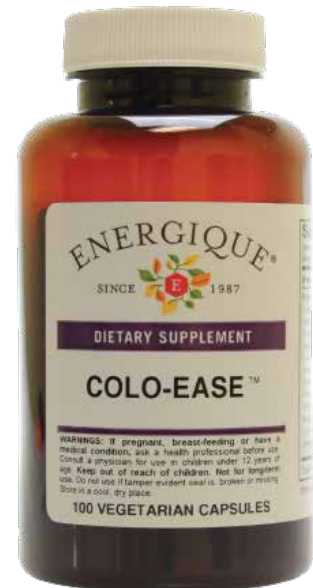
SUPPLEMENT FACTS

		% DV
Proprietary Blend 940 mg: Cascara Sagrada (bark), Buckthorn (bark), Butternut (bark), Cayenne (fruit), Ginger (root), Irish Moss, Licorice (root), Slippery Elm (bark), Chinese Rhubarb (root), Earthzyme Blend [Lactobacillus acidophilus, Barley (grass), Alfalfa (grass), Black Walnut (hulls), Kelp, Krebs Cycle Powder, Spirulina, Trace Mineral Powder]		

*Daily Value (DV) not established

Other ingredients: Vegetarian capsule (pullulan)

Contains Black Walnut (hulls) and Milk Derivatives. If you have an allergy to tree nuts (including Black Walnut) or milk/dairy, you should not use this product.



Our Colo-Ease™ features a combination of beneficial herbs in a base of minerals and trace elements from ancient sea deposits combined with cultures derived from phytoplankton to offer support for the colon and healthy bowel movement frequency.

YOU MIGHT ALSO LIKE:

- Colopar (Homeopathic)
- Regencom (Spagyric Herbal Combination)
- Cape Aloe (Dietary Supplement)
- Magnesium Chelate (Dietary Supplement)
- Eliminaid (Dietary Supplement)
- Colonsweep (Dietary Supplement)



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Digestive Protocols

Building a Strong Digestive Foundation

A healthy digestive tract has a direct impact on all other body systems and overall wellbeing. Appropriate nutrient absorption provides the building blocks needed for the proper functioning of the intricate systems of the body. Additionally, the gastrointestinal tract includes extensive amounts of immune and nervous system tissues, contributing to significant interactions within these systems. The gastrointestinal (GI) tract is also one of our most important pathways for the elimination of toxins neutralized by the liver. Because of these fundamental interrelated processes, using these protocols to revive and rejuvenate GI health can be an important step in supporting overall physical and mental health. It is worth shoring up this foundational system when protocols for seemingly unrelated concerns don't seem to be working. Especially consider working on GI support before protocols to support detoxification, immune, and endocrine systems.



Upper GI

The upper gastrointestinal (GI) tract is a high acid environment designed to initiate protein digestion as well as creating a barrier to help protect the digestive tract from food-borne pathogens. The complex signaling via chemical messengers that starts in the upper GI also stimulates activities that happen in other parts of the digestive tract. Proper timing and secretion of stomach acid are important for digestive comfort and set the stage for effective nutrient absorption and gut motility. Sometimes when digestive activity is inadequate in the lower GI, we need to also investigate the upper GI function.

Upper GI	Product	Key Benefit	Dosage
Herbal	Black Radish	Supports healthy digestion and cleanses stomach	10-30 drops 3 times daily
Herbal	Pyloricom	Supports healthy microbiome in upper GI	10-30 drops 3 times daily
Homeopathic	Gastropar	Soothes stomach	5-10 drops 3 times daily
Nutritional	Esopha-Tone PM	Combines immediate symptom relief with long-term supporting nutrients	2 capsules before bedtime
Nutritional	Protezyme	Enzymes to support comfortable digestion of proteins	2 tablets 2 to 3 times daily

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Digestive Protocols

Gut Membrane Integrity

The lining of the small intestines is designed for selective absorption of nutrients, utilizing the vast surface area created by enfolded microvilli that create the interface with the lumen of the gut. The mucosa of the small intestines also incorporates essential enzymes such as lactase to aid proper digestion. Other digestive enzymes are released into the digestive tract to ensure the breakdown of food into particle sizes small enough to be absorbed. When the lining of the intestines is healthy, it is selective in the size and type of particles that are transported through the gut wall. The immune system also has an extensive presence in the digestive tract to help the body guard this barrier between itself and the outside world. A healthy gut only allows small particles into our circulatory system, which are too small to activate the monitoring cells of the immune system. When these systems go awry, other systems in the body can become compromised as they are overwhelmed by substances that would normally not be allowed across the gut membrane. Other systems could be impacted by nutrient deficiencies. When thinking about supporting the health of this vital protective gut barrier, it can be important to also consider the health of the vast microbiome that lives in the intestines. Many practitioners utilize a microbiome support protocol before or as part of their full GI support program.

Gut Membrane Integrity	Product	Key Benefit	Dosage
Herbal	Fennelcom	Supports mucus membrane integrity and digestive comfort	10-30 drops 3 times daily
Homeopathic	Intestipar	Eases bloating while supporting intestinal health	5-10 drops 3 times daily
Nutritional	Gastrozyme	Combines enzymes with herbs and nutrients for digestive health	1-2 capsules 3 times daily
Nutritional	L-Glutamine	Supports health of the mucosal lining of the GI tract	1-2 capsules 1-3 times daily

Microbiome Support

Billions of bacteria live in the intestines, directly affecting the body's nutrient absorption, immune function, and metabolism. They help the body with nutrient digestion and even produce some of our vitamins while serving as a type of barrier against an imbalance in the flora of the gut. Our microbiome may also support the immune system by maintaining the protective barrier function of the intestines. Just as digestive health is vital to our whole body health, our gut, immune, and mood health can also be influenced by the health of our microbiome.

Microbiome Support	Product	Key Benefit	Dosage
Herbal	Vermicom	Supports microflora balance	10-30 drops 3 times daily
Homeopathic	Parastat	Detoxification and microbiome support	5-10 drops 3 times daily
Homeopathic	Lymphastat F	Detoxification support with relieve of bloating and apathy	5-10 drops 3 times daily
Nutritional	Caprylic Acid Plus	Supports microbiome balance	1 capsule 1-3 times daily
Nutritional	High Delivery Acidophilus	Blend of 8 species to support internal flora balance	1 capsule 2 times daily

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.



Digestive Protocols

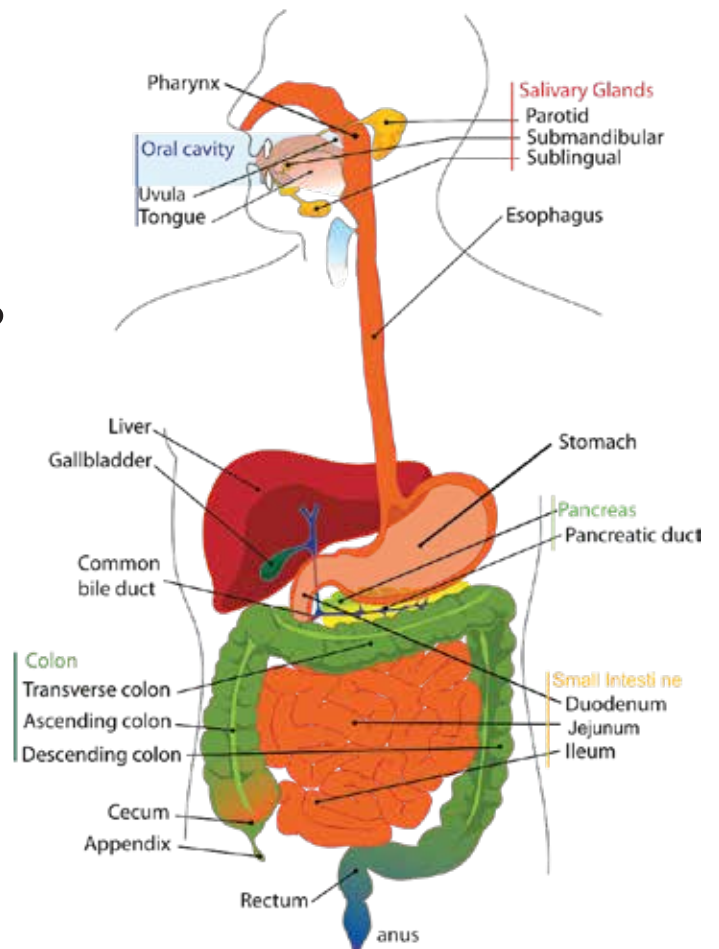
Colon Support

The large intestines absorb water and any residual nutrients still within the digestive tract. It is also the home of a significant portion of our microbiome, which may digest fibers converting them into nutrients. Some of these nutrients are utilized by the cells lining the large intestines to generate the energy needed for cellular integrity. Colon motility also ensures the evacuation of anything that cannot be digested and toxins that have been released by the liver into the gut for elimination. By supporting appropriate motility, we can help ensure these toxins leave the body instead of remaining in the lumen where they might be reabsorbed. Therefore, It can be especially important to support colon health before starting a detoxification protocol.

Colon Support	Product	Key Benefit	Dosage
Herbal	Cascaracom	Supports bowel regularity and digestive comfort	10-30 drops 3 times daily
Herbal	Digesticom	Gentle, comprehensive digestive blend including Triphala for bowel health	10-30 drops 3 times daily
Homeopathic	Colostat	Supports detoxification and regularity	5-10 drops 3 times daily
Nutritional	Colo-Cleanse	Fiber powder combined with herbs to support regularity	1 scoop mixed with water 1-3 times daily
Nutritional	Colo-Ease	Herbs in capsule form to support regularity	2 capsules 1 to 2 times daily

Questions for our staff doctors?

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Dr. Laurell Matthews, ND

Dr. Laurell Matthews, ND, has a bachelor's degree in biochemistry and received her doctorate in Naturopathic Medicine from Bastyr University. She has a life-long interest in the underlying mechanisms behind homeopathy, with a passion for helping people understand how to be healthier using dietary and lifestyle changes along with other natural medicine modalities like botanical medicine.



Dr. Ian Spohn, ND

Ian Spohn, ND, is a staff naturopathic doctor for Energique. He earned his doctorate in Naturopathic Medicine in 2016 from the National University of Natural Medicine in Portland, OR, receiving an additional certificate in homeopathy. He enjoys challenging the dogmas of both conventional and alternative medicine, and is a passionate supporter of the paleo diet and classical homeopathy.



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