

Gastric Bypass & Malabsorption

When the body fails to properly absorb vitamins, minerals and other nutrients from food, various nutritional deficiencies develop. The symptoms can show up in many different ways, from dry skin to mental difficulties such as depression or an inability to concentrate; from constipation or diarrhea to muscle cramps and weakness; from fatigue to vision problems, especially night vision; and a number of other ways depending on the individual. Malabsorption is also self-perpetuating. The failure to absorb certain nutrients and to transfer amino acids across the intestinal lining interferes with the production of needed digestive enzymes and causes further malabsorption, since these nutrients are essential in the absorption process itself. A vicious cycle results.

Besides being a serious condition in itself, malabsorption is a factor in other medical and physical problems. The body needs all nutrients in balance because they work in concert. If there is a deficiency in even a single nutrient, the body can no longer function as it should, and all kinds of things can go awry. The result is disease. Malabsorption is a common contributing factor to a wide range of disorders, including cancer, heart disease, osteoporosis, and, because immune function is damaged by a lack of necessary nutrients, all types of infection.

Those with malabsorption problems must take in more nutrients than the average person to compensate. In supplying these nutrients it is best to bypass the intestinal tract as much as possible. Most people who have had gastric bypass surgery are unable to break down supplements taken in pill or capsule form. Liquids provide nutrients in forms that are more easily assimilated.

Body Balance is a combination of organically grown aloe vera and nine different sea vegetables in a liquid form for optimal absorption. It provides more than 120 different nutrients, including minerals, vitamins, amino acids, enzymes, essential fatty acids, in synergy with a broad spectrum of phytonutrients. It is a live whole food...it hasn't been heat-treated, which destroys nutrients. The nutrients in Body Balance are completely bio-available for immediate assimilation at a cellular level. Body Balance requires virtually no extra energy from the body to absorb and assimilate, and this process begins right in the mouth as it is absorbed through the mucous membranes straight into the blood stream. It has the addition of black cherry and honey to make it taste great, and is completely safe for children as well as adults. One of the things that we know is that the soils that our foods are grown in are very depleted. So even if someone is eating a very healthy diet, they are still not getting what they need for optimum health. If the goodness is not in the soil, then it is not going to be in the food grown in that soil, which is why we turned to the sea. When you couple that with the malabsorption issues people experience after this surgery, there is a huge need for something like this product. It gives a very strong foundation of nutrients that the body can use to begin to do all the repair work, the building of healthy new cells, the communication between cells and different parts of the body, etc. etc.

There are many studies about aloe vera and how wonderful it is for gastro-intestinal health. These studies show that aloe improves bowel regularity, increases protein absorption, decreases the presence of unfriendly bacteria and yeast, and increases water content of the stool. It also has powerful healing properties for healing and keeping healthy the intestinal lining. (Most of us are familiar with the healing power of aloe on the skin....well, it works the same INSIDE the body). The different sea vegetables have all kinds of powerful regenerative nutrients that are in addition to the minerals, vitamins etc. For example alginate is present in a number of the different sea plants in Body Balance, and one of the things it is used for clinically is to control reflux problems. The Body Balance is primarily a mineral supplement, and these are the key to protein and vitamin utilization.....without these essential nutrients that are virtually missing from supermarket food, it doesn't matter how many vitamins or other supplements you take, the body can't use them without the minerals as a foundation.

Amino Charge is a protein powder that is made into a drink....tastes REALLY good! The unique property of this product is that the amino acids are fully bio-available, unlike other protein powders on the market. When someone has this surgery, protein is not broken down properly into amino acids, which are needed for virtually all life functions. As well as the body not getting the amino acids it needs, the undigested protein ends up as toxic matter in the intestinal tract.

Osteoprocare or **OsteOmegaCare** are calcium/magnesium supplements in a liquid form that utilizes the most bio-available form of calcium, which is calcium orotate. Extra calcium supplementation is definitely needed by people post surgery, and the extra Essential Fatty Acids are needed by the body to repair the cells along the intestinal walls, as well as to assist the body in the proper utilization of fats. Magnesium is important for energy production, as well as assisting in the absorption of calcium and other minerals.

True Greens is a wonderful combination of all kinds of healing and regenerative foods. Again, here is a way of getting maximum nutrition with the minimum of stress on the digestive system. True Greens is high in chlorophyll, which has cleansing and rebuilding qualities. The green foods in here are rich in minerals and can aid the body in absorbing other nutrients. True Greens is phytonutrient and antioxidant rich, which is vital for a body that has undergone by-pass surgery to repair and rebuild.

A **Colon Cleanse** is recommended as soon as the stomach has healed.

Other considerations:

Do not consume wheat products until healing is complete.

Avoid caffeine, as this interferes with the absorption of iron.

Do not consume any fried or fatty foods, or margarine. These unhealthy fats coat the stomach and intestinal wall, and block the absorption of nutrients into the body.

Keep meat to a minimum, as it is very difficult to digest and is acid-forming.

Avoid all junk food, such as potato chips and candy.

Eat a diet high in complex carbohydrates, including lots of fresh vegetables, brown rice, millet, quinoa, and fresh fruits.

Eat small meals.

Drink 8 large glasses of good water a day.