IT DOESN’T MATTER WHAT YOU EAT

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You can eat all the organic fruits, organic vegetables, free-range meat, raw dairy, and fermented foods you want but it if you’re not properly digesting and absorbing those nutrients you’ve wasted a lot of really great food, and money. Perhaps you’ve worked really hard to change your diet but still have nagging health issues. It’s possible you’re not getting the full health benefit of the whole foods you’re eating? They’re simply not being digested and absorbed and end up literally passing right through your system.

SYMPTOMS OF POOR DIGESTION

If you’re eating a ‘clean’ diet and are experiencing the following symptoms on a regular basis, you may be suffering from poor digestion.

- Skin Issues : rashes, hives, acne, eczema, psoriasis
- Digestion Issues: gas, heartburn, bloating, diarrhea, constipation, foul stools, undigested food in stools
- Muscular/Skeletal : joint pain, chronic muscle pain (backache), arthritis

If your diet is not ‘clean’, you need to take care of that first. A ‘clean’ diet is free from toxins (hydrogenated oil,