

Digestive Challenges

(Acid reflux, bloating, Crohn's, UC, IBS, Celiac, etc)

Dr. Abrienne Goss, ND

Is your life being completely controlled by gut distress? Do you never know when it will have you buckled over in pain or discomfort? There are several different ways that your intestines can show imbalance: acid reflux, constipation, diarrhea, gas and bloating, IBS or IBD (Crohn's and Ulcerative Colitis) are all signs of imbalance. There are 60-70 million people in the US suffering from digestive disorders with the total health care burden, being just over \$141 billion annually (1). **One way to manage these conditions is through medication, however, as this may offer relief, the question you always want to ask, is, "Did the therapy restore balance?"** If not, what else can be done?

Why is it so important to get help for digestive conditions? You may have heard the concept, "Your gut is your second brain". **Like the brain, the digestive tract affects every organ system in your body!** With intestinal imbalance, there is often inflammation. If there is inflammation in your digestive tract, there is poor absorption. That means at a biochemical level, it is impossible for your body to get all the nutrients it needs to support balance. While short term, your body can handle this, over a period of time other major health concerns may appear as a result.

The best way to treat digestive imbalance is to restore proper function! Your doctor should be primarily interested in making this happen. For instance, **if you are experiencing heartburn, one option for treatment is an acid blocker medication. Yes, it will provide symptom relief, but NO it will not restore proper function.** Why do you have acid reflux in the first place? Do you have excess stress in your life? Do you really have too *little* stomach acid causing acid reflux? Do you have an infection in your stomach? Are you eating foods that you are sensitive too? Do you have a hiatal hernia? This is where I start with my patients. The work is never done until we have done the best we can to restore proper function. **If you are reading this article, you are most likely tired of having your digestive system control your life. You are ready to be set free.** Use this article as confirmation to make a change! Call to schedule a Comprehensive New Patient Exam or schedule a Free 15-minute Consult to see if you are a good candidate for Naturopathic care. **541.585.3726**

Link

1. <http://digestive.niddk.nih.gov/statistics/statistics.aspx>

Dr. Abrienne Goss
541-585-3727
www.DoctorWilesGossNd.com