

A healthy digestive system is the key

We are just not made to digest the food we eat today and for over 100 years doctors and scientists have realised that a healthy gut is the key to a good immune system and we are just beginning to wake up to the need to clean up our act.

We have evolved from Hunter gatherers who foraged and expended a lot of energy hunting and searching for food, through the Peasant farmer era when we settled and worked the land to today's generation who eat processed, fast food with little nutritional value, few live bacteria and live with intestines coated with mucoid plaque and colons full of rotting meat and vegetation. The average human today carries somewhere between 5 and 28 lbs of faecal matter in their colon.

Not a pretty thought!

So what can we do about it?

Well first – realise the dilemma we face to keep healthy.

Our intestine when clean and healthy absorbs food readily and satisfies our hunger with less food intake. Our food is digested by the good bacteria present in the gut and releases nutrients into the system. However when the gut is coated with mucoid plaque which has built up through years of poor nutrition containing fats, sugars, chemical toxins and the like, then the food cannot get through as easily and the bad bacteria, which are in the majority, cause putrefaction and the release of toxins leading to the decay of the digestive system.

Neways provide a three step system to help with the clean up process. It is simple effective and inexpensive and that has to be a great combination.

Step 1

Take Puri Tea for a few days to clear out the bowels and help with the colon cleanse process. This and New Vera, which helps break down and clear the fats and sticky substances around the cells, will start to make the body more effective in processing food intake.

Step 2

Start taking Neways Advanced Probiotic twice daily.

We need to increase the percentage of good bacteria in the gut by feeding live beneficial bacteria into our system. By adding at least 5 million live cells every day we can make a great difference to the way we digest food and extract the nutrients. That of course helps satisfy the appetite and leads to a decrease in 'snacking' which is one of the biggest challenges to anyone trying to lose weight.

Step 3

Get rid of the parasites living inside you with a course of Neways Para Free and Feelin' Good. This two month course will help cleanse the body of all those 'nasties' which are grabbing the good nutrition and leaving you with a nutritional void that screams out to be filled and leaves you with that hungry sensation.

