

# Overindulge This Season?

## get your gut back in balance

You've heard it more than a dozen times by now if you've been a subscriber to this magazine for any length of time ... your gut health is key to many aspects of your overall health.

From digestive issues, to energy levels, to the function of your immune system, and so much more, your gut plays a role.

The gut microbiome (also known as gut flora, gut microbiota, or gastrointestinal microbiota) is a vast, complex community of microbes (natural, probiotic bacteria). Nourishing this community of microbes keeps the gut healthy and supports health issues such as weight management, mood, and more. Think of the gut microbiome as the group of worker bees that keep the hive (your body) functioning for a healthy, happy queen bee (you!).

At times, the microbiome can become unbalanced due to antibiotic usage, poor diet and overindulging, and environmental factors. This can lead to occasional bloating, digestive discomfort, infrequent bowel movements, or an overall sluggish feeling.

Probiotic products can increase the amount of beneficial bacteria to the gut, which could work for a while, but the imbalance may strike again. Not just that, but every person's microbiome is so unique that what works for one person may not work for someone else.

If probiotics aren't cutting it or you want to shift your individual microbiome balance once and for all, the solution might be Country Life Vitamins Gut Connection.

This line of supplements uses a whole food prebiotic fermentate to feed the naturally occurring probiotics in your gut to nourish and maintain what's necessary for supporting a healthy digestive lining. The powers of yeast and fermentation combine to offer benefits like helping to build nutrients and metabolites to promote a vibrant, healthy microbiome.

For this season, which is generally filled with temptations like Halloween candy, baked goods, warm pasta dishes, and other carb-heavy foods, it's a good idea to start with the base product that focuses on digestion, Digestive Balance.

The ingredients in Digestive Balance improve gut microbiome health, reduce occasional digestive distress and bloating (definitely need that this time of year!), and support a favorable shift in gut microbiota.\*

*"I want to be able to enjoy the treats and indulgences of the holidays, and with Country Life Digestive Balance, I can with less drastic bloating and sluggishness."*

- Carol Kicinski, Simply Gluten Free

*Learn more about Gut Connection and how it's all connected in our multi-issue, 3-part series about gut health.*

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

