



KePro

Harmonizing Gut Bacteria & Digestion

A Multi - Functional Food

**Living
with
IBS**



**Building
a healthier
you
naturally**

**Living with Irritable
Bowel Syndrome?**

Anyone who has experienced Irritable Bowel Syndrome knows how horrible it can make you feel.

What is Irritable Bowel Syndrome (IBS)?

IBS is a collection of symptoms that often point to bad bacteria over growth & poor digestion, including:

- Abdominal pain
- Alternating diarrhea and constipation
- Bloating
- Constipation
- Diarrhea
- Gas
- Urgency

Those affected by IBS can also experience depression, anxiety, insomnia, fatigue,, belching, and sometimes nausea.

What Causes IBS?

While the cause of IBS are unclear, there are several theories from the medical community. We do know bad bacteria overgrowth is a major contributor.

Depression and Anxiety: In many cases these symptoms follow IBS.. While emotional stress does activate the release of stress hormones and shuts down digestive function, it does not cause IBS. **In come cases it is simply that the body can't digest food properly and without proper nutrition and a healthy gut these symptoms are the result.**
Now we know gut bacteria can affect your mental state! Now called the gut-brain axis.

Serotonin Imbalance: scientist have learned, the biochemistry in the **gut** on a neurotransmitter called serotonin, a chemical made in a healthy gut. Serotonin is what gives you the happy feelings. A healthy amount of B vitamins can help up life mood, calcium can help with anxiety.

Gut Infection: People with a history of food poisoning were often diagnosed with IBS, physicians prescribed antibiotic therapy. It works well short term. As it turns out, IBS may be the result of gut infections, lack of enough good bacteria and or an imbalance of good to bad bacteria.

Bacterial Overgrowth: IBS may be related to SIBO. In support of this theory, we know that you can help IBS with a balance of good to bad bacteria from probiotics, diet changes and lifestyles changes.

Recently, scientist has connected the dots. We know that stress, bad bacteria over growth, neurotransmitters, the immune system, bio films and diet play a role in the development of IBS.

One hallmark sign of both IBS and bacterial overgrowth is gas and bloating.

While stress will *always* irritate digestive function, research shows that both foods, a leaky gut, the destruction of good bacteria and unhealthy bio films contribute to symptoms of IBS.

THE GUT-BRAIN CONNECTION

IBS symptoms frequently worsen with the occurrence of stressful life events.

Over the last 20 years, research has revealed that the bacteria and the immune system. The gut microbiome, where trillions of microbes reside in the human body, can actually interact with the brain. Your gut bacteria produce molecules that enter the bloodstream — it's through these molecules that the gut communicates with the brain. They can even impact behavior and cause food cravings for bad carbs and sugar.

Bad bacteria, improper nutrition issues can affect not only digestion, but mood and emotional states.

IBS and Your Damaged Digestive System

The digestive system and the brain are an interconnected network of nerve tissue. The digestive system is your "second brain." And your "second brain" can give out orders, as well as the brain that belongs to your central nervous system. In fact, the digestive system contains *more* nerve tissue than the brain.

Besides nerve tissue, a thin lining of cells along the gut wall protects your body from large food particles and bacteria called Bio films. Beneath this cell wall is your immune system. Above this cell wall are bacteria and yeast. Altogether, this is your inner ecosystem. **It needs to be protected with a balance of good healthy foods and probiotics.**

When the digestive system is damaged there may be

Too Little Stomach Acid - An infection or stress hormones can both impair the production of stomach acid. This brings the digestive process to a halt.

Enzyme Deficiency - The small intestine needs specific enzymes to keep food and bacteria moving along. When there are not enough enzymes, food putrefies in the small intestine.

Bacterial Overgrowth/ Good VS Bad - The small intestine should be relatively free of bad bacteria. The bulk of bacteria and yeast that make up your inner ecosystem is found in your large intestine. Large colonies of bacteria in the small intestine can cause cramping, pain, gas, and bloating.

Leaky Gut A -permeable gut lining allows yeast, toxins from bacteria, and large food particles into your bloodstream. This is also known as “leaky gut.”

Food Sensitivities - An inflamed and “leaky” gut will allow food particles to cross into the bloodstream. This activates a response from the immune system. One of the best ways to heal food sensitivities is to seal the leaks!! There are some foods that you may always be sensitive to for other reasons.

Nutritional deficiencies - Can be caused by an unhealthy digestive system, along with a diet lacking in the nutrition your body need. As bad bacteria take over and push out the good bacteria, protective barriers are broken down, bio films deteriorate, the above signs will start to happen and get worst over time.

Also referred to as SIBO (small intestinal bacterial overgrowth), this bacterial overgrowth is caused by low stomach acid, enzyme deficiency, and leaky gut. While some doctors may recommend antibiotics to improve SIBO symptoms, antibiotic use can often trigger a vicious cycle. Antibiotics can disturb digestive system flora and predispose some people to IBS.

The vicious cycle continues. Bacterial overgrowth can lead to leaky gut. It can also contribute to the development of food sensitivities & erode healthy Bio films.

Start harmonizing Gut Bacteria and Digestion with KePro

Did you know that you can help diminish the symptoms by nourishing your gut with real nutrient dense foods? As with many other health issues, your **gut health** is an important tool in the fight against IBS. To find out why, let’s look a little deeper.

Want to help your intestines, boost your energy, and help your body detoxify and just be healthier?

KePro is a delicious & nutritious way to help keep your intestines healthy while keeping you regular and comfortable. It's very easy to incorporate into your daily routine — just Scoop, pour and blend for a healthy smoothie, so easy!!!

Changing your food choices, getting the right kind of probiotics and in the right amount for you can be key. Getting the right nutrition for your needs, plus sun shine and exercising is a great way to love your body.

Learning what foods help and which one make IBS worst.

Natural fermented dairy is a great one, when properly made, healthy oils and fats, real fiber, fresh fruit and vegetables all are needed to maintain a health digestive system.

Did you know most forms of fiber, oils are not helping your body?

Foods that hurt your digestive system

Sugar, soda, energy drinks, any foods with preservatives, fast food, processed meat, processed refined carbs, chips, overly process oils, even the ones you think are good for you. In today's world there are so many food choices that can disrupt the digestive system ecology and the number of cases of ISB continue to raise as a result.

Better decisions +Actions = Results

First, we must make the decision to change our eating habits and think before we reach for a food item and ask ourselves, is this food helping or hurting my digestive system?

Is this food affecting my mood? is this food causing inflammation? Start to listen to your body and feel how foods effect you.

One site you might want to check out is KePro group, on face book, to learn about foods, healthy diets, recipes, the 80/20 rule, probiotics, nutritional deficiencies.

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Thank you for your interest in KePro and hope this answered your questions.

We are here for you on your journey to feeling your best!

If you have any other questions or would like learn more.

Please visit

KeProForYou.com

Every Sip Counts! Be sure to start your day off right with KePro as it will help you on your journey to a healthier + better you.

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