

# WHEN GOOD DIGESTION GOES **BAD**

Here are some common causes of a compromised digestive system:

- **Poor diet** – A diet that is deficient in essential nutrients affects the digestive system’s ability to function effectively and can lead to many chronic conditions.
- **Overuse of antibiotics** – Antibiotics kill both “good” and “bad” bacteria, leading to an imbalance in vital intestinal flora. If the good bacteria (often called probiotics) are not restored the bad bacteria will take over, leading to a poorly functioning gut and immune system.
- **Chronic infections** – An overgrowth of bacteria (like *H. pylori*) or fungi (like *Candida* yeast) can aggravate chronic conditions and contribute to malabsorption of vital vitamins, minerals, and amino acids.
- **Food intolerances** – Food allergies, intolerances and sensitivities can all lead to digestive woes. Identifying and eliminating foods that cause unsavory reactions will help.
- **Stress** – Chronic stress and negative thinking can literally upset your digestive system. Over time, stress can cause serious damage to your guts, leading to things like ulcers and hypochlorhydria (low stomach acid).
- **Lack of digestive enzymes** – Without the right combination of digestive enzymes, food can’t be broken down efficiently, which leads to vitamin, mineral, and amino acid deficiencies.
- **Low hydrochloric acid (HCL)** – A low output of HCL (aka hypochlorhydria) can lead to bacterial and yeast overgrowth, which aggravates many chronic conditions.