

Digestive Health Recommendations

In addition to special herbal formulations, some general protocols are helpful to address digestive health.

- Eat a balanced, nutritious diet, with a plenty of different vegetables
- Avoid too many raw or cold foods and eat mostly cooked foods
- Avoid deep fried foods
- Eat simple meals and take care with food combining
- Avoid foods or combinations of foods that you have found difficult to digest
- Make time for exercise daily
- Get sufficient rest
- Restrict or reduce alcohol and coffee consumption
- Avoid stress and keep an optimistic outlook



Experience the Sun Herbal difference now

Sun Herbal is the leading supplier of prepared Chinese medicines in Australia and New Zealand with ChinaMed® and Black Pearl® brands. You can be assured of getting safe and consistently reliable medicines made from the finest quality ingredients and concentrations.

Ask your healthcare practitioner how Sun Herbal can help you to manage your digestive health today!



Your healthcare practitioner

Disclaimer. The contents of this flyer (the 'Content') is intended only as a guideline on possible treatment strategies. The Content is not offered as medical advice and should not be considered to be medical advice under any circumstances. If you have a medical condition, you should always seek the advice of a qualified healthcare practitioner. Never disregard professional medical advice or delay in seeking it because of Content in this flyer. Your reliance on any information provided by the author in this flyer is solely at your own risk. Neither the author nor the publisher can be held responsible for the improper or inappropriate use or application of any of the Content of this flyer by any person.

Your digestive health with Chinese herbal medicine



The Sun Herbal range of concentrated Chinese herbal formulas can help you manage 'Change of Life' effectively and naturally.

Our Traditional Chinese Medicine (TCM) brands include:



The digestive system in Traditional Chinese Medicine (TCM)

TCM stresses the importance of a healthy diet and lifestyle in the maintenance of good health and the prevention of disease. Particular attention is given to healthy functioning of the digestive system, as this is the means by which the health giving properties of foods and herbal medicines are able to be assimilated and used by the whole body. Therefore, it is not surprising that TCM has a comprehensive approach to the diagnosis and effective treatment of commonly occurring digestive health problems.

TCM treats the person as a whole, and the digestive system is seen the gateway to whole body health. Therefore, it is usually given priority when a treatment program is being planned. With centuries of recorded clinical experience to draw upon, Chinese herbal physicians have a vast storehouse of knowledge on how to correct digestive disorders and re-establish optimal functioning of the digestive system. The main difference between TCM and Western approaches is that while both may be effective in relieving troublesome symptoms in the short term, only TCM herbal treatments aim to restore normal, healthy digestive functions over the long term.

The concept of Qi

The concept of Qi - the basic substance of the universe – underlies all of TCM. All changes are seen as variations in the state of this fundamental substance: Qi. When looking at the human body, the functional activities of the various internal organs and systems are seen as expressions of the different types of activity of the 'health Qi'. For instance, the Qi of the Stomach has a descending movement, in that it sends food downwards into the small and large intestines in the process of digestion. If the Stomach Qi becomes disordered and begins to move upwards instead of downwards this can give rise to reflux or nausea, and in extreme cases may lead to vomiting.

Our lifestyle and activities have specific effects on the body and this is easily understood in terms of Qi. If we lead a sedentary life and avoid exercise our Qi becomes sluggish; we

experience less energy and become tired more easily as we 'adapt' to this type of lifestyle. Similarly, our internal organs are influenced by this and their Qi becomes weaker and does not move or flow as freely, limiting their normal functional activity. When the digestive organs are affected in this way we may experience bloating, sluggish digestion and constipation.

Each different food has a specific quality of Qi, and this is also affected by the way that it is prepared (e.g. cooked or raw) and eaten (e.g. in a relaxed way or 'on the run'). In much the same way that being in the company of a forceful personality can influence the way we think, talk and move our bodies, each food that we eat has a distinct influence on the functioning of our internal organs. According to TCM, foods are just like medicines, but they are not as strong nor as quick acting. Both have a specific type of Qi that profoundly affects the functioning of our bodily systems and processes.

How are digestive health problems treated?

While there are certain acupuncture points and herbal formulas that are commonly used to address specific symptoms, the actual treatment that you are given may involve the application of different acu-points and different herbal formulas, based on your unique individual clinical features. TCM practitioners examine the tongue and pulse, and take a detailed case history so that they can detect the underlying imbalances that have led to your particular digestive problem. TCM looks at the person as a whole in order to understand how the distressing symptoms have developed. In turn, the TCM practitioner will direct the treatment to the whole body, aiming to restore overall health while also addressing the specific digestive problems in each case.

Herbal formulas to enhance digestive health

With over 150 different herbal formulations, Sun Herbal products help address and relieve some of the common digestive symptoms, such as:

- Stomach ache
- Heartburn
- Nausea
- Bloating
- Indigestion
- Belching
- Early satiety
- Gas
- Loose stools
- Constipation

Your practitioner's role to help your wellness

Your practitioner has been trained to recognise signs and symptoms of imbalance and whenever possible, to intervene early to prevent development of chronic illness. They are also trained to recognize the 'red flag' symptoms that indicate that further Western diagnostic investigation is required in order to rule out the presence of a serious disease.

Your practitioner can help you understand the causes of your health problems as well as your constitutional strengths and weaknesses. Generally, you will also be given dietary and lifestyle advice as well as Chinese herbal medicines, in order to speed recovery and prevent recurrence.

