

ARE YOU ABSORBING YOUR NUTRIENTS?

StoneTree Naturopathic Clinic, Collingwood, ON

Are you chronically tired? Do you have poor hair quality, and splitting nails? Do you heal slowly, or get sick all the time? The problem may be that you're not absorbing your vitamins and minerals properly.

The nutrients you eat are absorbed at two points in the body. If either point doesn't work right, you can experience any number of health complaints.

1. Your Digestive System

The first and most obvious is your gut. You eat your food, digest it and absorb all the great nutrients into your blood.

Some problems that can impact that process include:

- *Low digestive juices:* Decreases in stomach acid or digestive enzymes due to stress, chemical exposures or aging can change our ability to properly absorb minerals and macronutrients like proteins.
- *Problems with gut flora:* The little critters that live and work in our digestive system can be disturbed by antibiotic use or other chemical exposures.
- *Food intolerances:* Eating foods that we are intolerant to creates a low-grade inflammatory response in our gut, and makes it difficult for nutrients to get in.

2. Your Cells

The less obvious point of absorption is at the cellular level. This is where we get the nutrients from the blood into our cells where all the great biochemical work happens.

This point of absorption is an “active process”—your cells need to use energy to move nutrients from outside the cell, into the cell. When we're healthy, this process works well. As we become less well, though, it becomes more difficult to get the benefit of the great food that you might be eating or the supplements you might be taking.

Problems that arise at the cell level include:

- *Low grade nutrient deficiencies:* A diet full of low nutrient foods will gradually starve out your cells so that they can't make the energy required to get the nutrients in.
- *Toxic body burden:* Toxins in the body are powerful disruptors to your energy making systems (one of the reasons toxic people feel so tired). If you can't make the energy, the cell can't absorb the nutrients.

To learn more about healthy & sustainable weight loss, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at feelbetter@stonetreeclinic.com
www.StoneTreeClinic.com