



Welcome to WISE PHARMACY Online

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Are your habits eating at you?

Many digestive symptoms are often intensified or caused by what, when, why, and how much you eat. Some are more sensitive to dairy or gluten. But diets high in processed sugars and unhealthy fats and low in fiber and nutrients can affect digestive balance and comfort for almost anyone. Eating caused by stress or in stressful settings also upsets digestion. So can larger portions and late meals. Simple changes can make a big difference. **Common approaches may alleviate digestive symptoms, but they may only temporarily mask the underlying issues or have potential adverse effects.** Your digestive system is complex and easily influenced by microflora and microbial balance, digestive enzymes, and the integrity of the gastrointestinal (GI) tract's protective lining. When the body's natural balance or healthy function of any of these areas is disturbed, digestive discomforts can occur. Some common "bandage" approaches for temporary relief can also contribute to offsetting a healthy balance of stomach acid or GI microflora that can lead to additional symptoms later. **More help for addressing underlying issues for long-term relief.** Targeted nutraceuticals help relieve digestive discomforts while supporting many other aspects of overall health. Probiotics address a wide array of GI complaints and support immune health by promoting healthy microflora balance. Green tea and arabinogalactans also support microbial balance. And plantain fruit extract, astaxanthin, and phosphatidylcholine support the GI mucosal lining. You may also benefit from rice bran fiber to promote intestinal motility. **Don't settle for temporary digestive symptom relief.** Schedule a visit to learn about a simple plan for long-term digestive health.



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Day	From	To
Mon	09:00	06:00
Tue	09:00	06:00
Wed	09:00	06:00
Thu	09:00	06:00
Fri	09:00	06:00
Sat		
Sun		