

Strength & Vitality Bulletin

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When we sent you our last newsletter we did not think that it would be 6 months before the next one would appear. However that has transpired and the major reason for this is due to having difficulties with our main operating computer. Despite the best of intentions Gordon managed to damage the CPU (the brain of the computer) when fitting it into the replacement Motherboard that followed on from trying to get a new MSI Tomahawk 550 board to work. This proved to be faulty after over a month of determined effort to get beneficial results. However it frequently would lock up, and many times upon being rebooted send two messages that interfered with getting into the Windows 10 operating system. After all of this it was sent back to PB Tech (business who sold it to us) and a lengthy email explaining all the difficulties using this new motherboard. After evaluating it PB Tech honoured the warranty by issuing a full refund (quality service from a business of integrity) and so we moved onto purchasing an ASUS 570 TUF motherboard from them to replace the errant original purchase. That's when Gordon managed to sadly damage the CPU, and this letter is now being written up using an old 486 Motherboard that had been last used about 7 years ago. So until a new CPU is purchased the TUF motherboard sits awaiting a new brain before it can be put into operation. Please don't draw the obvious conclusion!!

Kind Regards Gordonna

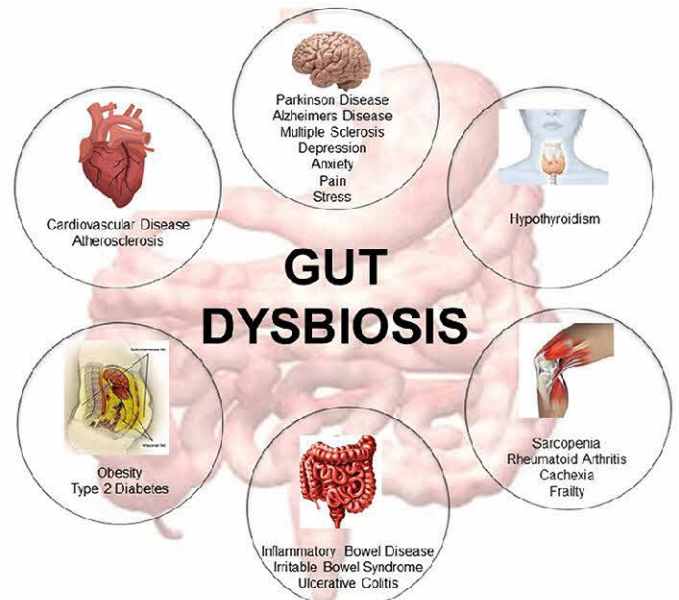
DIGESTIVE DISORDERS ARE UNSETTLING

Proper digestion is a key component of enjoying good health

Those words at the centre of the illustration to the right, basically sums up the basis for this ever-growing problem in our society. Gut dysbiosis means an imbalance of the gut's microbial community, and this shows up as conditions such as: inflammatory bowel diseases (IBD),

It all takes place in what is known as the small intestine, and involves the liver, pancreas, spleen and gall bladder.

irritable bowel syndrome (IBS), diabetes, obesity, cancer, cardiovascular and central nervous system disorders. There are other conditions that are also attributable to having an



More than the 19 conditions mentioned above can be associated with poor digestion, however by far the bulk of these highlighted make up the majority of health issues confronted by the citizens of New Zealand.

unhealthy gut, such as bacterial, fungal and parasitical infections, leaky gut syndrome (source of many problems) and allergies. The latter named is frequently overlooked as being attached to having poor digestion, and many of their particular allergy

without realising that by improving one's digestion and bowel habits a lot of them simply disappear. The purpose of this article is to briefly explore the various health conditions arising from digestive difficulties, and more importantly how to correctly address the main problem.

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