INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

INTEGRATIVE MEDICINE

5620 WILBUR AVE., SUITE 220 TARZANA, CALIFORNIA 91356 PHONE: 818.345.2828 FAX: 818.345.2848

MICHAEL HIRT, M.D., A.P.C.

DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE

DIPLOMATE AMERICAN BOARD OF NUTRITION

Bella Belly

Support for a happy tummy

WHAT IT IS:

- · An enzyme that supports normal intestinal function
- Targets patients with food intolerances
- Great for patients needing to reduce the irritation of gut histamine

Why You Need It:

- Important for patients with any of these conditions:
 - headache, stomach ache, stomach cramps, bloating, diarrhea, nausea, vomiting, increased gastric acid secretions, vertigo, nasal congestion, runny nose, sneezing, tearing eyes, asthma, high blood pressure, palpitations, gives, itching, flushing, eczema, and PMS.

Many people know there are certain foods that cause them "tummy trouble." These are foods that can trigger one or more of the symptoms listed above. Scientists have discovered that many of these symptoms are caused by a histamine reaction that occurs during the digestion of certain foods. Many food intolerances are caused by gut histamine.

Food intolerances are different for each person. One person's delicacy is another person's gastronomical nightmare. Food intolerances are different than IgE food allergies (allergies that can be deadly by blocking air flow or causing an unsafe drop in blood pressure). Far more people have food intolerances than have food allergies.

How It Helps:

Breaks down histamine in the gut before it can cause the symptoms of food intolerance

Food histamine is a very irritating substance to the intestinal tract and the body as a whole. Many food intolerances are caused by food histamine activity in the gut. When the gut cannot

manage intestinal histamine, food intolerance symptoms can occur. Bella Belly supports patients who need to breakdown symptom-causing histamine in their intestinal tracts.

Research studies have confirmed clinical benefit in patients using histamine-metabolizing enzymes to support patients who have the symptoms of food intolerances. Bella Belly is not absorbed into the body but stays exclusively in the intestinal tract.

Bella Belly should be taken 10 to 15 minutes before meals that contain foods that your body does not handle well. If every meal seems to cause symptoms or if you not sure which foods are problems, then take Bella Belly before each meal.