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DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE
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Bitter Truth

Stimulating Healthy Digestion

WHAT IT IS:

- A blend of organic herbs for patient with gas, bloating, and weak digestion

WHY YOU NEED IT:

- Important for patients with IBS symptoms including gas, bloating and nausea.
- Great for patients with poor motility, like gastroparesis
- Targets patients with nausea, indigestion, heartburn, and acid reflux
- Fast acting, non-drug formula
- Safe and organic herbal blend

HOW IT HELPS:

Herbal bitters are a classic remedy for patients wanting healthy digestion. The Bitter Truth contains some twenty herbs known by traditional herbalists to support healthy gut functioning.

When taken before meals, the Bitter Truth works to stimulate a healthy cascade of intestinal functions that promote good digestion and intestinal motility. These herbs are known to assist digestion by triggering all of the enzymes and motions that make up healthy gut function.

When this calvacade of intestinal processes is not triggered as expected, then patients may experience the classic symptoms of indigestion, nausea, constipation, reflux, gas and bloating.

The nearly two dozen herbs found in the Bitter Truth are best taken before a meal, but will also work when taken after meals or whenever symptoms are experienced.

Remember, the Bitter Truth is not a remedy for stupidity and gluttony. Always take good care to select healthy, nutrient-dense food, chew each bite 40 (yes, 40) times, and complete your meals well before bedtime. Sometimes, when even this is not enough, the Bitter Truth can promote healthy digestion whenever you need it.

Usual dosage: three to five sprays in your mouth preferably before each meal or snack.
May be taken after meals if indigestion and related symptoms occur unexpectedly.