



Bacteria Support Health

It's time for a reality check. We've been taught by clever marketing campaigns that bacteria are bad. The truth is, the majority are actually beneficial - even necessary - to our survival and good health.

Even though you can't see them, trillions of microorganisms call your digestive tract home. Known as your [gut microbiota](#), this ecosystem is critical to your health. In fact, your microbiota helps you digest food, fight disease, influence your mood and energy and so much more!

Learn more about the incredible world that lives within you at: www.CDHF.ca/Microbiota

PRE and PRObiotics can be good for your microbiota...and health!

Just like us, our microbiota needs to be fed to survive, thrive and keep us healthy. To keep the number and diversity of the health-supporting microorganisms in your gut up, you can ingest PRObiotics (live microorganisms in the form of supplements or probiotic-fortified foods) as well as PREbiotics (such as fibre-rich foods!) which are food for probiotics and our microbiota.



[Learn how pre and probiotics benefit your health.](#)

Healthy Gut Summit

Join us at our **FREE** public education event

Mon | Nov 7 | 2016 7:00 - 8:30 pm

The Design Exchange Centre, Toronto, ON

Learn how to protect and enhance your overall health from national health experts. Topics include:

- Healthy Microbiota. Healthy You.
- IBS - Do Probiotics and FODMAP diets help?
- Celiac Disease and Gluten Intolerance
- IBD - Treatments and Pregnancy
- Diet and Digestive Health
- Food Demo - healthy recipes and nutrition tips to make every bite count

All of this is free but you must register to attend and seats are limited so [Register Right Now](#).



REGISTER NOW

**then share our
Healthy Gut Summit Flyer**

with family, friends & colleagues!

CDHF Raises \$75,000 for GUM to BUM Health!



Sept 17 - 18 | Collingwood, ON



Presented in proud partnership with:



Get your guts in gear for a health revolution.

Our team of cyclists demonstrated incredible efforts on and off their bikes at our annual RISE event raising \$75,000 to support education, awareness and research into gastrointestinal disease.

THANK YOU to these brave ambassadors – riders and sponsors alike – who's efforts make it possible for Canadians like you to take control of your digestive health with confidence and optimism.



Activia not only joined us once again as our **Presenting Partner** but brought along their own fundraising and cycling team! Danone has contributed over \$1 million to support our programs.

Janssen, Liver Care Canada, and Shire joined us this year as **President's Challenge Partners**.

We sincerely thank all supporters!



(Queen's Team Pictured Above) See the entire CDHF RISE team in action: www.CDHF.ca/RISE2016

This event happens every year in September... so mark your calendars to
join the CDHF RISE Revolution team in 2017!



Canadian Digestive Health Foundation | 905.847.2002 | info@CDHF.ca | www.CDHF.ca

Canadian Digestive Health Foundation **UNDERSTAND. TAKE CONTROL. LIVE BETTER.**
Helping you take control of your digestive health with confidence & optimism.

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