



## **Research from the Canadian Association of Digestive Health and Research Says, “Snuffle Mats are Good for People Too.”**

**Calgary, AB – April, 1, 2016** – On March 30, 2016, Calgary Humane Society released a video encouraging its supporters to make a snuffle mat for their pets. The Calgary Association of Digestive Health and Research (CADHR) quickly reached out with their own statistics and review on the snuffle mat.

John Flannigan, Lead Researcher, CADHR said, “We have been using devices similar to the snuffle mat for years to help our patients with gastrointestinal disorders properly digest their food.”

The CADHR suggests using a snuffle mat for finger food, snacking and dry meals.

“Our research has shown that the slow process of methodically searching and reaching for food, combined with the mental focus needed to do so, causes the digestive track to secrete more enzymes, resulting in a greater chemical reaction within the body while breaking down foods. This leads to a faster absorption of nutrients.”

Flannigan went on to say that in a control test of research subjects, it was found that seven out of 10 participants saw significant improvement in their mental and physical wellbeing from replacing a bowl or plate with a long fiber carpet (similar to a snuffle mat) to eat their snacks out of.

The subjects were tested eating chips, popcorn, carrots, chicken fingers and kale salad out of the carpet (utensils were optional, and had no bearing on the test results.)

“We here at The CADHR were shocked by the success of the results, and we quickly began using this new method for all of our treatments.”

Blood samples testing the participant’s glucose, insulin and hydrochloric acid levels before, and after, their meal was enough proof that their design, called the Munchie Twist, was working to improve digestion. But Flannigan and his team of researchers were more interested in the effects their new discovery was having on the brain.

“Brain scans were taken throughout the entire eating time [a 15 minute average] and we were all blown away. We hadn’t seen focus like this in the medical community since the release of the Rubik’s Cube in 1974.”

<http://www.calgaryhumane.ca/research-from-the-canadian-association-of-digestive-health-and-research-says-snuffle-mats-are-good-for-people-too/>