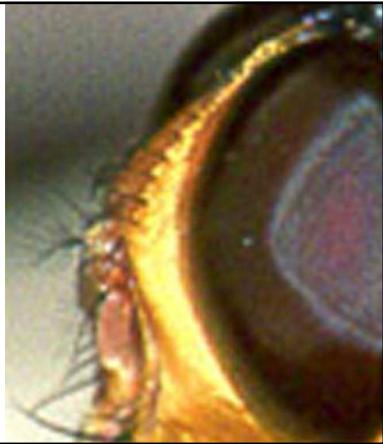


HOW
WOULD
YOU
COMBAT
THIS?



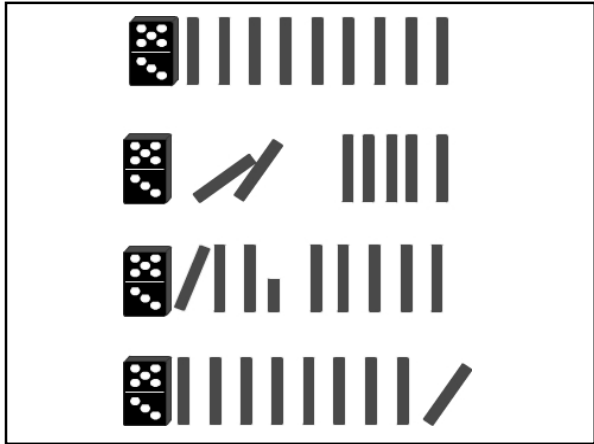
Answer...

...A Rolled Up Newspaper



All 50 trillion cells in the human
body need 5 basic things.

- Oxygen
- Water
- Nutrients
- Elimination
- Temperature



Digestion Mouth

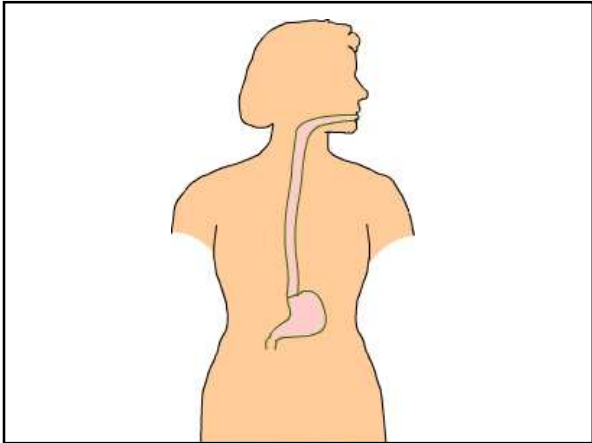
- Smell and Taste
- Manually grind down food (increases surface area for digestive juices to work on)
- Enzymes (amylase) (requires saliva's pH to be close to neutral)

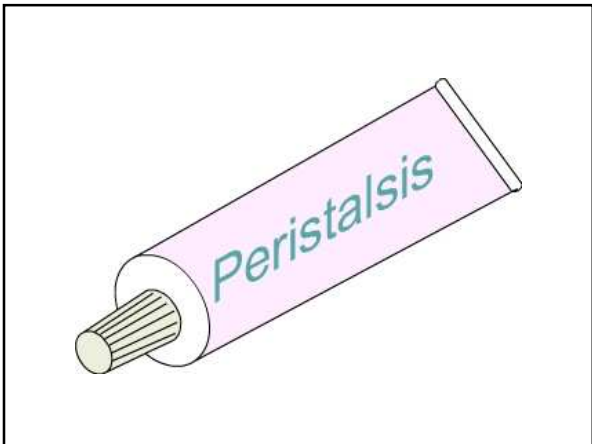
Body Systems

<ul style="list-style-type: none"> • Digestion 1. Mouth 2. Esophagus/stomach 3. Liver 4. Pancreas 5. Intestine • Absorption 1. Small Intestine 2. Large Intestine 	<ul style="list-style-type: none"> • Elimination 1. Bowel 2. Kidney 3. Respiratory 4. Skin • Immune 1. Lymph nodes 2. Tonsils 3. Appendix 4. Spleen
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Body Systems Cont.

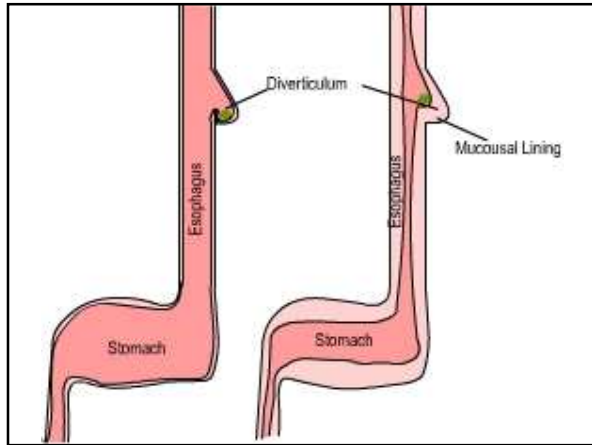
- Glandular (Messengers)
 1. Pituitary
 2. Pineal
 3. Thyroid
 4. Parathyroid
 5. Thymus
 6. Adrenals
 7. Ovaries/Testes
- Circulatory
 - Structural
 1. Bones/Joints
 2. Muscles
 3. Skin
 4. Hair
 - Emotion/Intellect/Spirit
- Nervous
 1. Brain
 2. Nerves

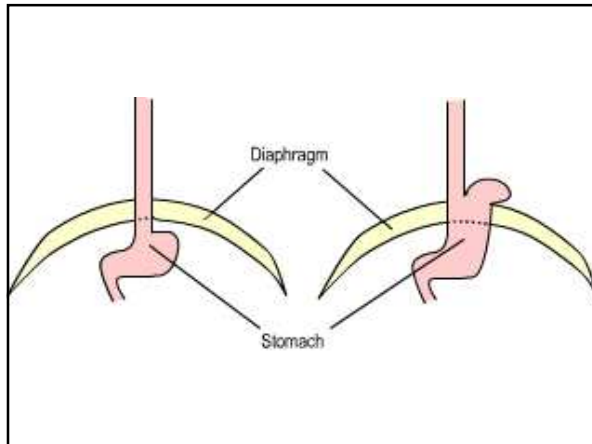




Need for easy Peristalsis

- Medulla
- Cal/mag for muscle strength
- Mucosal lining for lubrication and volume to push against
- No obstruction
- No kinks in the tubing





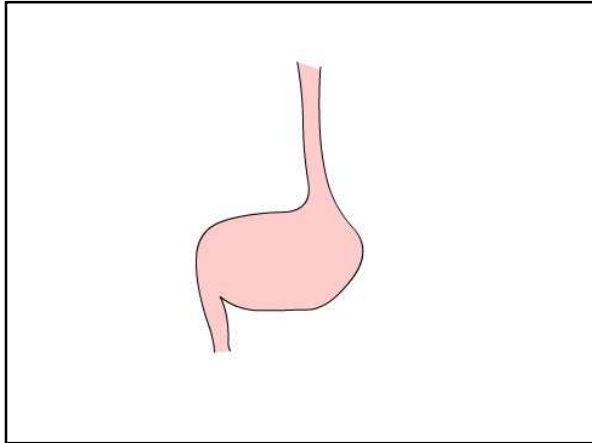
Mucosal Lining Health

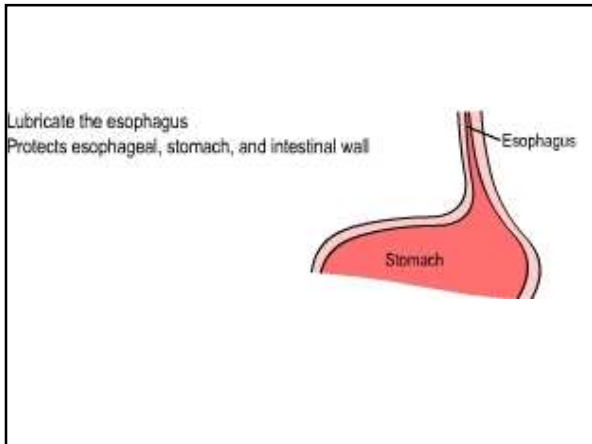
Don'ts

- Drink coffee, tea, tannic acid
- Drink hot drinks
- Swallow large amounts
- Take antacids

Do's

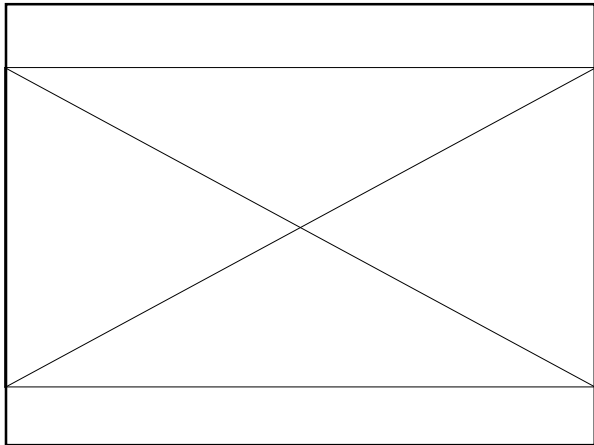
- Keep pH balanced
- Drink and eat things at room temp
- Eat high natural sodium foods
- Chew food well

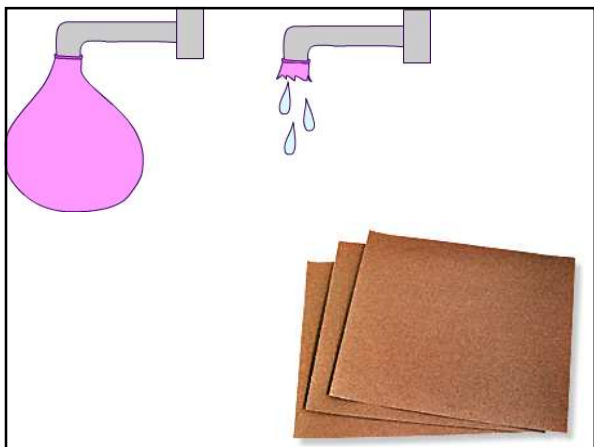




These spincture muscles are similar to rubber bands.





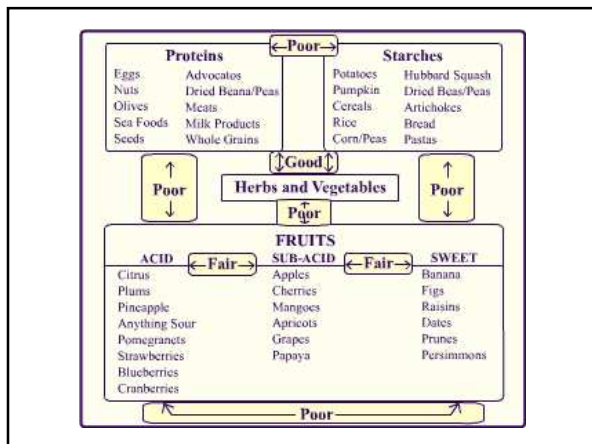


Digestion Stomach

- HCL (Hydrochloric Acid) pH is 1.7
- Pepsin?
- Manual Churning (mixing)

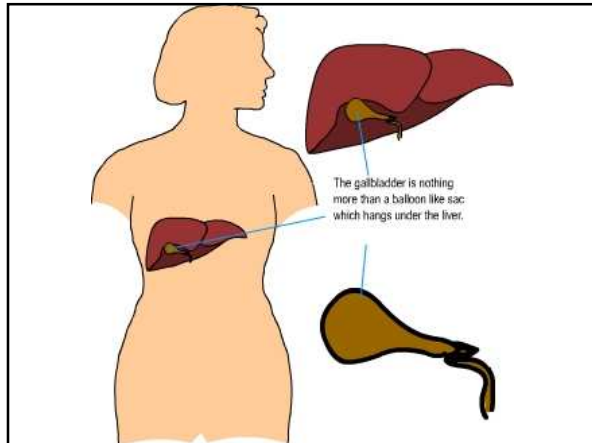
Ways to improve digestion

- Smell food
- Chew food long and thoroughly
- Eat small meals several times a day
- Chew gum afterwards
- Do not drink with meals (1/2 before to 1 hr after)
- Do not take antacids or calcium 1 hr before or after a meal
- PDA or Food Enzymes
- Food Combining



Digestion Time

- Protein, Milk and Fats --→ 12 hours
- Starches and Grains -→ 5 hours
- Sweet Fruit → 3 hours
- Acidic Fruit, Sugars and Melons → 2 hours

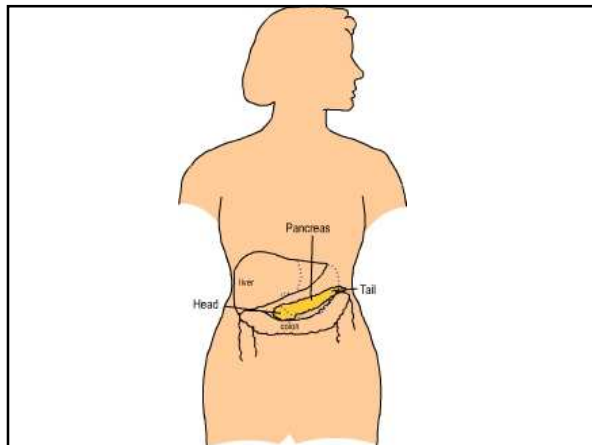


Digestion Liver/Gallbladder

- Bile Salts
- Lipase?

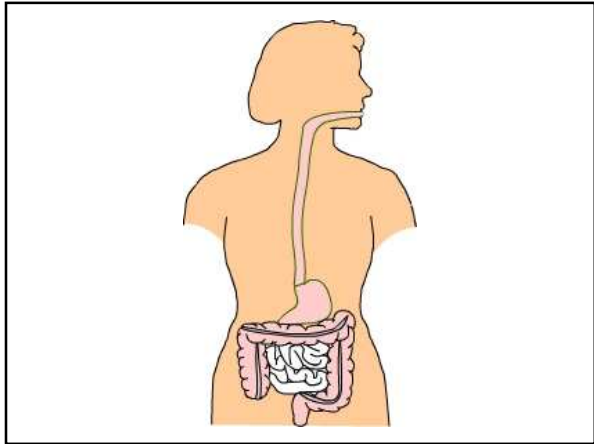
How to Increase Digestion

- Eat fats with a protein
- Nourish Liver and Gallbladder
- Flush Liver and Gallbladder (Caution)
- Bitters
- Chewing



Digestion Pancreas

- Trypsin
- Lipase
- Amylase



Digestion Intestine/Friendly Flora

- Maltase
- Lactase
- Sucrase

Helps Improve Digestion

- Proper pH
- Abstain from Antibiotics
- Taking Probiotics
- Bowel Healthy and Keeping Water Clean.

