

DISCLAIMER

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Welcome!!!
Just hang On :o)
Our meeting will start soon.




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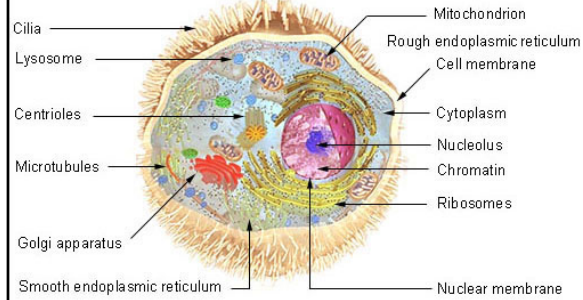
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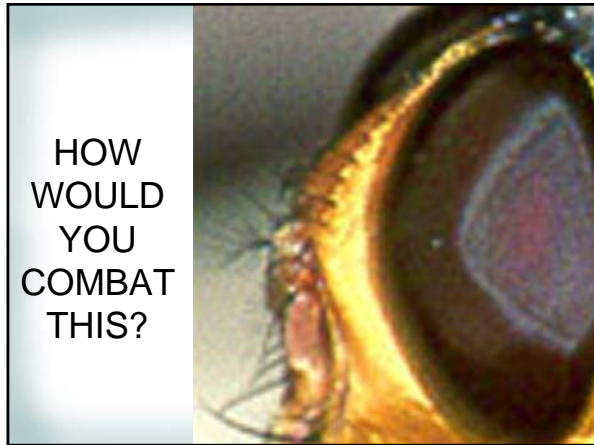



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- 50 Trillion cells in the human body
- There are millions of different types of cells

Cell Structure





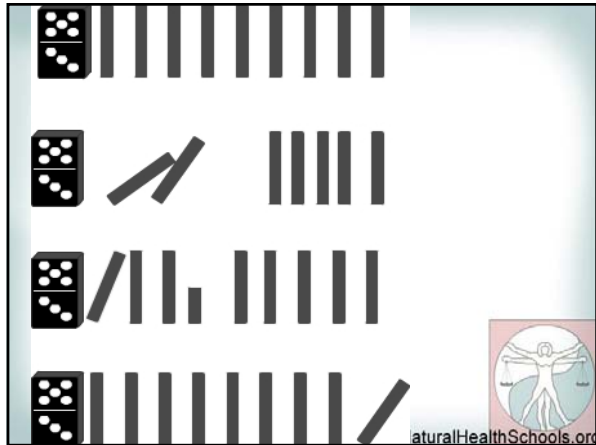


All 50 trillion cells in the human body need 5 basic things.

1. Oxygen
2. Water
3. Nutrients
4. Elimination
5. Temperature



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Body Systems

- Digestion
 1. Mouth
 2. Esophagus/stomach
 3. Liver
 4. Pancreas
 5. Intestine
- Absorption
 1. Small Intestine
 2. Large Intestine
- 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
- Nervous
 1. Brain
 2. Nerves
- Circulatory
- Structural
 1. Bones/Joints
 2. Muscles
 3. Skin
 4. Hair
- Emotion/Intellect/Spirit



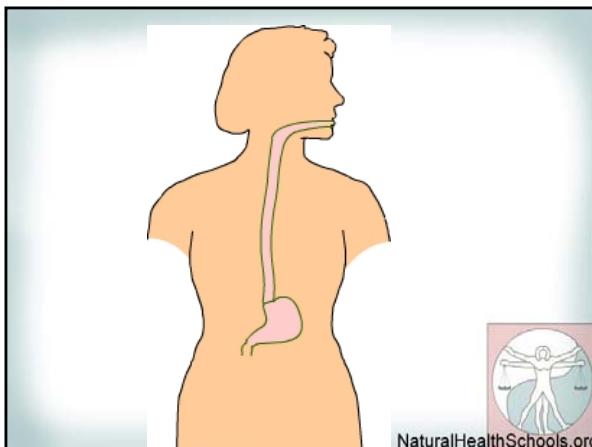
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Digestion Mouth

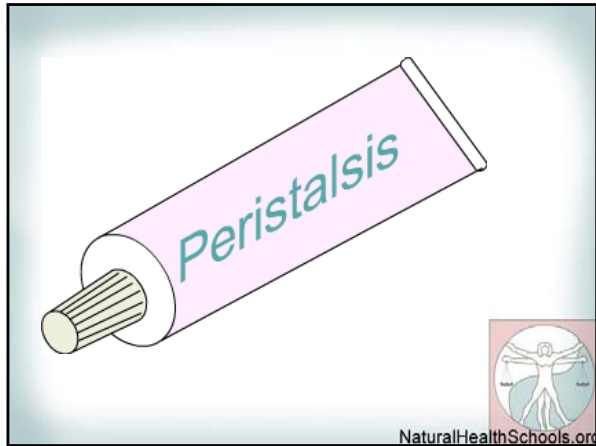
- Smell and Taste
- Manually grind down food (increases surface area for digestive juices to work on)
- Enzymes (amylase) (requires saliva's pH to be close to neutral)



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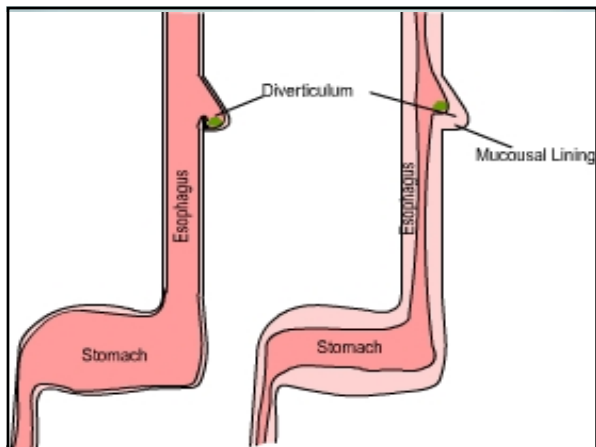
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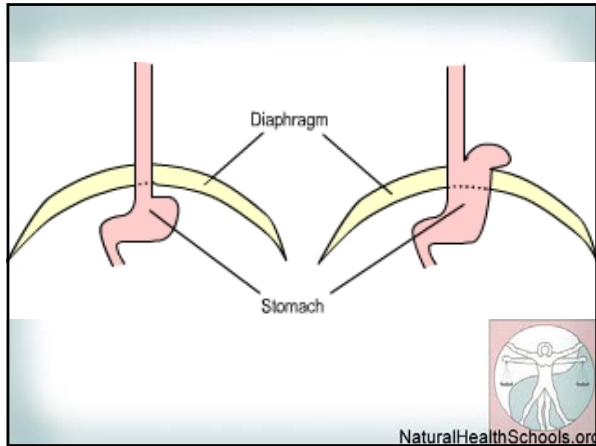


Need for easy Peristalsis

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

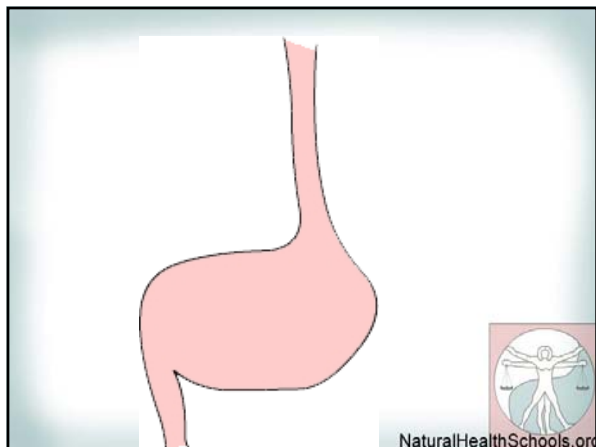







Mucosal Lining Health

<p>Don'ts</p> <ul style="list-style-type: none"> •Drink coffee, tea, tannic acid •Drink hot drinks •Swallow large amounts •Take antacids 	<p>Do's</p> <ul style="list-style-type: none"> Keep pH balanced Drink and eat things at room temp Eat high natural sodium foods Chew food well
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Lubricate the esophagus
Protects esophageal, stomach, and intestinal wall





Esophagus

Stomach


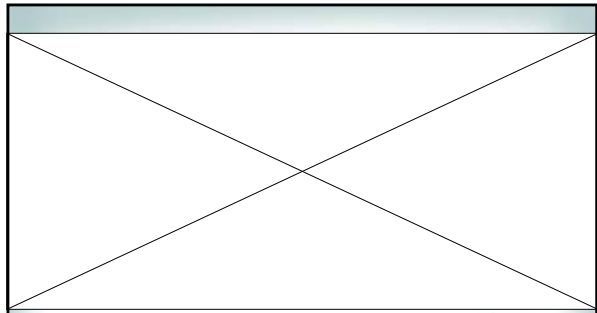


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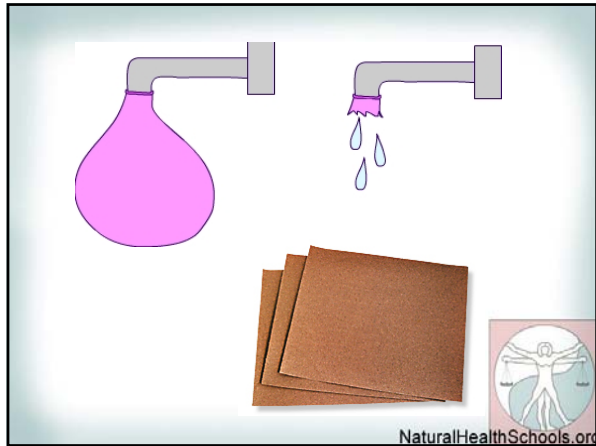
These sphincter muscles are similar to rubber bands.



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Digestion Stomach

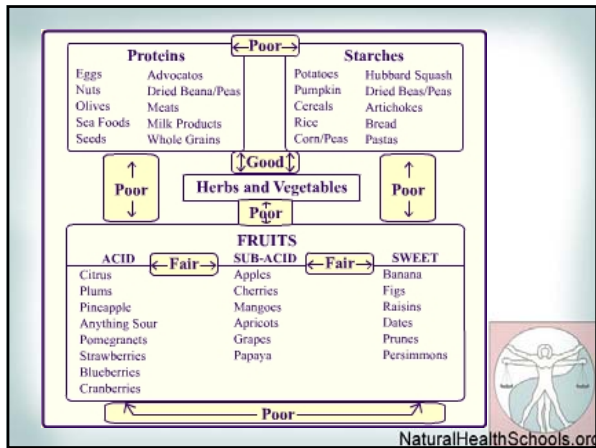
HCL (Hydrochloric Acid) pH is 1.7
Pepsin?
Manual Churning (mixing)



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

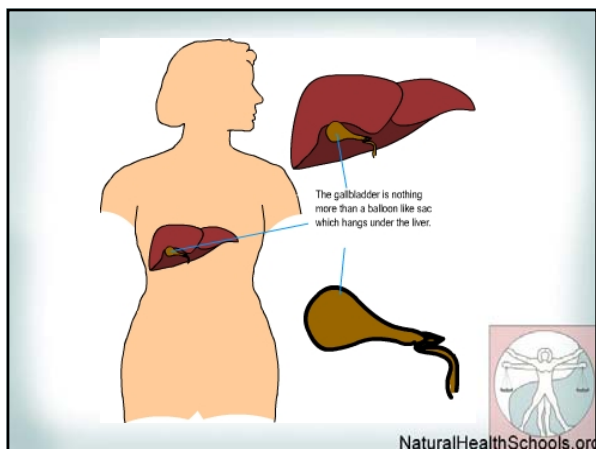




Digestion Time

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

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Digestion Liver/Gallbladder

- Bile Salts
- Lipase?



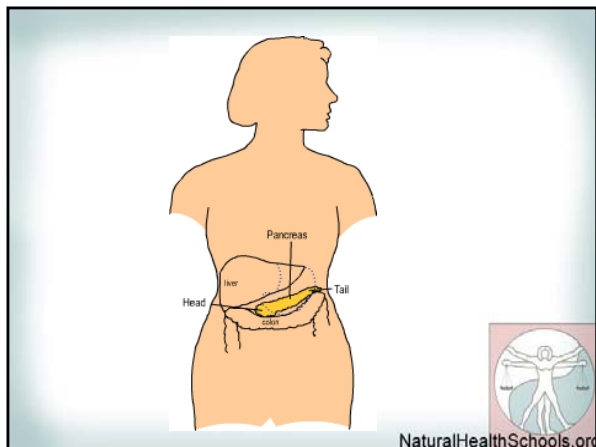
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How to Increase Digestion

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




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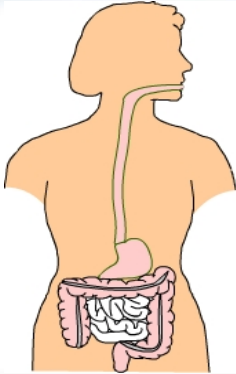
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Digestion Pancreas

- Trypsin
- Lipase
- Amylase



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Digestion Intestine/Friendly Flora

- Maltase
- Lactase
- Sucrase



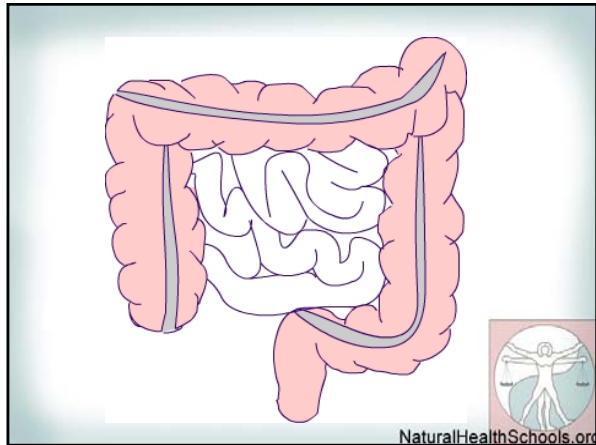
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Helps Improve Digestion

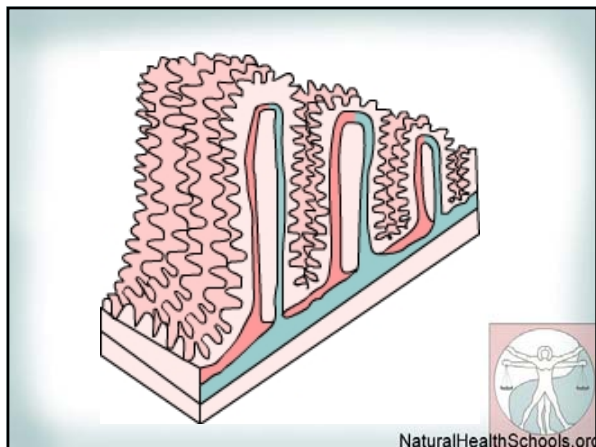
- Proper pH
- Abstain from Antibiotics
- Taking Probiotics
- Bowel Healthy and Keeping Water Clean.



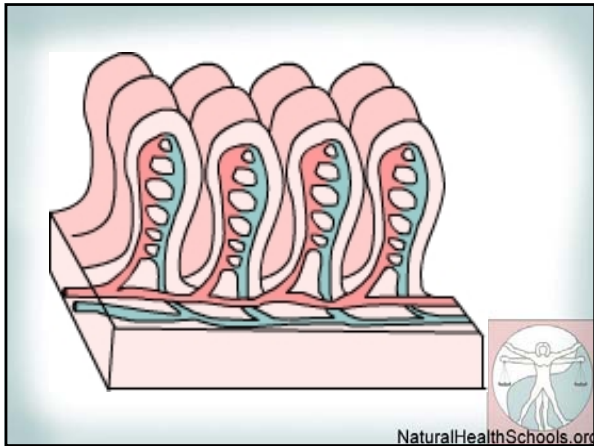
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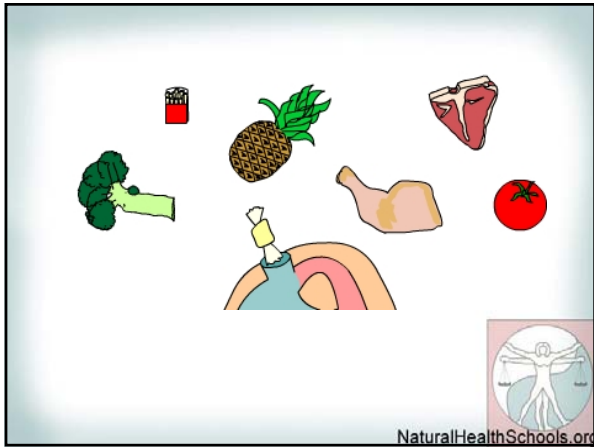
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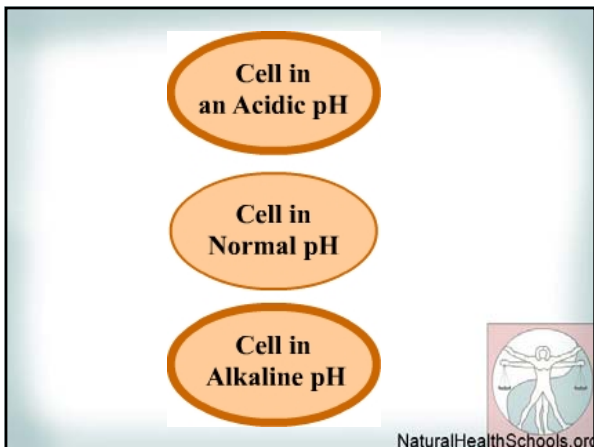
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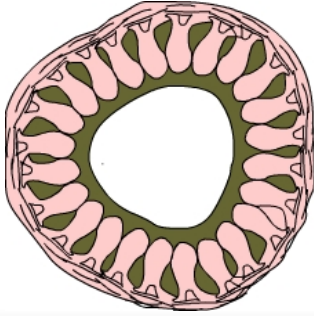


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Auto-Immune Disease



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Next Week

Glandular (Messengers)

- Pituitary
- Pineal
- Thyroid
- Parathyroid
- Thymus
- Adrenals
- Ovaries/Testes

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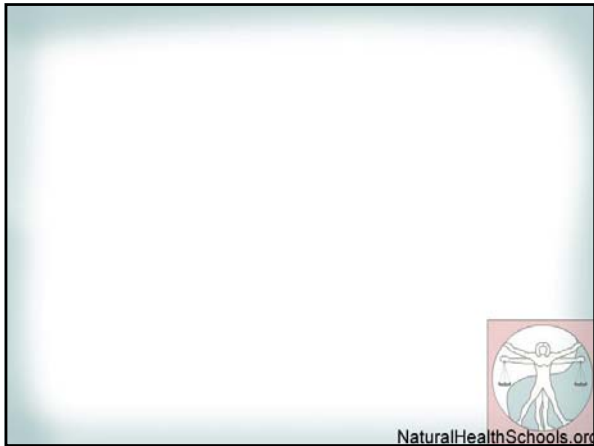


Questions:

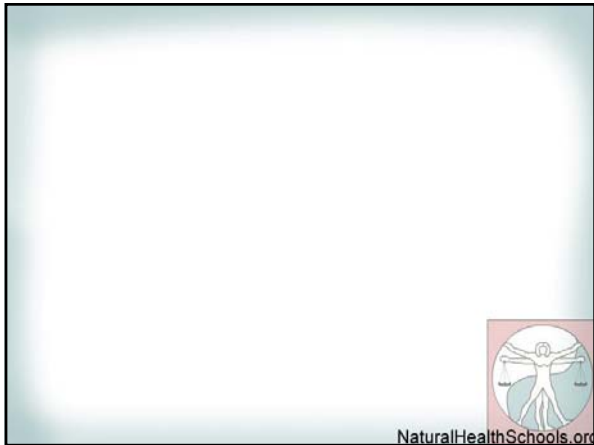
Email me: MarysHerbs@aol.com

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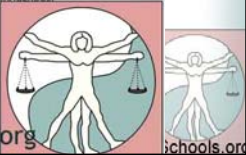
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