

# Supporting proper Digestion & Elimination

The **Digestive System** is: a transformer of food into energy, a builder and repairer of tissues, and a conveyor belt of sorts; an assembly line in reverse.

*The Average American consumes 40 tons of food in a lifetime!*

Have you heard that “*You are what you eat*”? Rather than, “*You are what you eat*”. How about:  
**“*You are what you absorb!*”**

## Primary Problems with the digestive/elimination system:

1. **Transit Time** - This is called “peristalsis” and it can be too fast or too slow. The *Natural Health Definition of Bowel Movement* says: **Every time you eat**, you should produce a bowel movement -like trains into a train station. One goes in, one should go out. Check your body’s transit time with the “beet juice experiment”. After you eat beets, a color change should occur: occurring in 12 hours is too fast (no absorption), but 72 hours is too slow (constipation). You may have been told that “one bowel movement a day is *normal* for you”, but not if you consider this: You’ve eaten three times today...you have 1 movement. SO far ok. You leave 2 trains in the station...however, the next day there are 4 trains left in the station. The next day 6, and so on. How backed up can a person’s “train station” become?
2. **Enzymes** help digest food and allow for complete absorption. Do we possess enough for a lifetime? Yes, until we consider that modern foods are de-natured, processed, boxed, and refined. The human body wasn’t designed for “shelf-life” and “cooked” foods as heat destroys enzymes. Raw, non-cooked foods contain enzymes from nature to assist us. Enzymes are required for detoxification, too. Enzymes turn fat soluble toxins into water soluble toxins for easy elimination. Less enzymes = more toxicity. **Balancing the pH in our systems** helps reduce overall inflammation. Consider these enzymes:
  - **Food Enzymes**—A multi-enzymatic formula with pepsin (HCL), pancreatin, mycozyme, papain, bromelain, bile salts and lipase, which help you break down your food more effectively, to aid digestion and **prevent** reflux.
  - **ProActazyme**- Enzymes designed for those with serious reflux, containing no bile salts or HCL, since they may irritate esophagus if reflux occurs.
3. **Probiotics (Pro-life)** are the opposite of antibiotics (anti-life). Friendly flora problems are caused by use of antibiotics, chemicals, drugs, and the standard American diet (lack of pre-biotics) which all deplete our healthy gut populations. Probiotics, such as NSP’s *Acidophilus*, *Bifidophilus Flora Force*, *Probiotic Eleven* and *Bacillus Coagilans*, are good for:
  - Helping to prevent harmful organisms/parasites from making your digestive system their home.
  - Supplementing our diets by manufacturing additional vitamins;
  - Providing immunity, as probiotics account for roughly 75% of our immunity.
4. **Hiatus/tight stomach** - Keep your emotions in check when eating. Eat with fewer distractions and be calm. Difficult emotions lead to difficult digestion (Hiatus)!

5. **Lack of HCL** - HCL is in our gut to break down protein, destroy bad microbes, and stimulate enzymes/organs/bile. It is corrosive enough to dissolve a razor blade! The stomach is lined with mucus as a barrier to HCL and sheds cells at a half-million a minute, replacing itself every 3 days. So is HCL Bad? The antacid industry wants you to think so. Although helpful, antacids are neither the best nor long term answer to heartburn or acid reflux. Treatments aimed at neutralizing this acid actually make your problems worse! Poor diets, overeating, and gulping food create "heartburn". Heartburn is: **A LACK OF HCL – NOT AN EXCESS!** Lack of HCL = protein malnourishment. Improper levels of HCL lead to "acidity" so the blood (pH imbalance) becomes toxic, mineral deficiency results, causing the blood to look for minerals to combat acidity and stealing calcium from your bones. **Low stomach acid = acidic blood = low minerals.** We need HCL, especially after age 40. These products have HCL to help with digestion: **Food Enzymes** and **PDA (Protein Digestive Aid).**

-Symptoms of HCL imbalance include:

1. Bloating/Flatulence
2. Heartburn
3. Diarrhea
4. Constipation
5. Chronic Candida
6. Food allergies
7. Acne
8. Immune problems

### **Natural Support for the Digestive/Elimination Systems:**

1. **Proper diet** for the optimal care of this system is fruits, vegetables, nuts, whole grains, and seeds. Proteins should be lean and high quality, carbohydrates are better if complex, fats should be unsaturated and of the essential fatty acid variety (omega 3's, 6's and 9's). Chew your food 25 Times! — This turns your solids into a liquid, even your liquids into a liquid. Chewing well gives time for the digestive system to tell you that you are full and also ensures proper digestion and breakdown (absorption).
2. **Exercise**— ANY exercise is good, as working your muscle groups improves muscles around your intestines to help with peristalsis. Sit-ups (rectus-abdominus/solar plexus muscle groups) and Kiegels (perineum area-for the Colon) work wonders.
3. Drink **Water** that is clean and fresh! Avoid constipation by drinking more water. Invest in a water filtration system. Drink a full glass one-half hour before meals. (If you are no longer hungry, you were thirsty). Try eating a full meal without any liquids. If so, you are properly hydrated. If not, consider more water in between meals
4. **Fiber** – There are 5 kinds of fiber – 3 soluble (pectin, mucilage, and gum) and 2 insoluble (cellulose & hemi-cellulose). Thirty years ago the advice was 10g/day, 20 years ago it was 20g/day, but today the advice is 30-40g of fiber per day. With fiber we feel "full". It decreases our appetite and also helps with ease of bowel movements. It sweeps out toxins, lowers cholesterol and blood sugar levels, and reduces colorectal disorders. Consider **Nature's Three** - a non-toxic (with no dyes) fiber source from psyllium, oat fiber, and apple fiber. Each serving provides 2 g of fiber (1 g soluble and 1 g of insoluble). Mixable in water, sprinkled in food or used in recipes. Start slowly and drink plenty of water

### **Conclusion**

The Digestive system, composed of 2/3 of all your organs; maintains energy, cells, tissues, and keeps you functioning. Each day it processes 2.5 gallons of food, liquids, and bodily secretions into 12 ounces of waste. Very efficient indeed! Every system in your body is affected by its function. Start today to help maintain such an important system as this

*"The road to good health is paved with good intestines."*