

## HOW THE DIGESTIVE ORGANS WORK

### **SALIVA:**

Saliva containing amylase begins the digestive process for breaking down carbohydrates such as potatoes or bread, however, not if you don't chew the food well to break down its cellular wall structure. Eat slowly and thoroughly and be mindful to enjoy meals in a quiet, serene environment in which you are not stressed or rushed.

### **STOMACH:**

The stomach produces many enzymes to break down food particularly hydrochloric acid. Type As and ABs tend to have too little acid and Type Os too much and Bs about the right amount. As we age and particularly if we eat too little live food, our bank of enzymes become depleted and digestive enzymes are recommended. One tablet or capsule taken before meals may be required initially and less over time as corrections are made. Food combining is a very important tool for helping to improve digestion: eat fruits alone and do not eat protein (meat) with starchy foods (potato or pasta).

### **THE LIVER:**

The liver breaks down fat with the help of bile secretions from the gallbladder, its storage facility. It's best to limit fats in our diet to 25% and completely avoid trans fat products like margarine and shortening which causes disease. In the spring and fall, consider doing some cleansing using herbs, homeopathy, olive oil and grapefruit juice mixtures, light fasting, wearing castor-oil packs (flannel material soaked with castor oil) etc. Your choice will depend upon your lifestyle, diet and how congested your liver is.

### **THE PANCREAS:**

The pancreas provides fat, protein and carbohydrate enzymes on demand. Cooked or processed foods including lightly steamed vegetable have no live food enzymes which means that the pancreas must provide the necessary enzymes to digest the foods. Many North Americans eat a predominantly cooked food diet which has led to higher incidence of diabetes and pancreatic cancer.

### **THE INTESTINES:**

In the small intestines, nutrients from our food are absorbed through the intestinal walls via the microvilli (tiny finger-like projections) into the blood stream where the nutrients then travel to feed our cells. The microvilli will not do their job of allowing food to pass through if they are caked with mucous or if there is an over-growth of candida in a condition called "leaky gut". Left untreated, a person often develops allergies and malabsorption which means not getting all of the nutrient value from food. Consult a natural healthcare practitioner to correct these problems.

*Interesting Tidbit:* Drugs can interfere the digestion by inhibiting important enzymes

which ensure that sufficient hydrochloric acid is produced in the stomach.