

IMPROVING STOMACH FUNCTION

An underactive stomach can cause as much discomfort as an active stomach. That is why people become confused about what to do to "make the pain" go away. For instance, Type As who have less hydrochloric acid may think they are developing a stomach ulcer when the problem is "gastritis". This is a malady of the stomach lining being irritated by parasites which are not being dissolved by the antiseptic effect that sufficient hydrochloric acid has. The toxins which result then migrate into the duodenum to cause further trouble.

Even Type Os can experience overactive stomach acid pain in the acute stages and left untreated, the stomach becomes underactive and usually this is a chronic condition. When a stomach problem is not addressed in the earlier stages, it will lead to even greater problems. Many people end up having osteoporosis or other autoimmune conditions like arthritis, lupus, fibromyalgia or chronic fatigue.

The stomach plays a central role in digestion. When insufficient hydrochloric acid is present to digest food which is cooked (even if slightly as in steamed, enzymes are killed), the pancreas suffers. It is required to supply all the needed enzymes on demand and when it works too hard, it can become enlarged and diseased. The small intestines also secrete digestive enzymes when its turn comes along; however, the alkalizing enzymes it provides may not be called into action to finalize the digestive process if it doesn't get the signal from the stomach that it has finished working with its acid. Maldigestion problems continue all the way down the line and people know they have a digestive system problem by the gas pains they experience, inflammation, bloating and often constipation and possibly mixed with diarrhea or loose stools.

There are two gross minerals which require the most hydrochloric acid to digest. They are calcium and iron. This means that women who have a need for iron during their period as well as those who are at risk of osteoporosis will not be able to obtain these critical minerals no matter how much they eat or take in in supplements. It is essential that they have a proper functioning digestive system, in particular the stomach.

What happens with people who have had their gall bladder removed is that they develop a "leaky drip" of bile instead of the pint that is normally produced in a day to break down fat. Choline, a B vitamin in the bile actually breaks the fat into smaller particles so that lipase from the pancreas can split the fat. Vitamin C and magnesium is needed to manufacture bile. Bile is necessary for aiding in lubricating the bowels so that food flows freely. So if we have an overloaded liver, our supply of bile will be greatly diminished and we will become constipated.

Notice your emotional state at meal time. When our mood is up, we digest better. When you feel like eating and are salivating freely, this is a good sign. And remember to chew your food and eating smaller, more frequent meals is also stomach-friendly.