



FREEDOM FROM DIGESTIVE DISCOMFORT NATURAL WAYS TO IMPROVE YOUR DIGESTIVE HEALTH...

Digestion

Digestion is the complex mechanical and enzymatic process of turning the food we eat into the energy necessary to fuel the body. The digestive process starts in the mouth by breaking down food by means of chewing, aided by saliva, and ends with the elimination of waste.

The digestive tract is a long twisting tube starting at the mouth and ending at the anus. It is made up of a series of strong muscles that facilitate the movement of food through this intestinal tract by the process of peristalsis. In addition, cells within the various organs and regions of the digestive tract produce specific enzymes, hormones, and friendly-bacteria to aid in the breakdown of the ingested food (carbohydrates, proteins and fats) and the synthesis of vitamins. These muscles, enzymes and hormones work synergistically to breakdown food into smaller particles (nutrients) allowing absorption and assimilation through the intestinal wall into the bloodstream. There are also three other organs necessary for proper digestion: the liver, gallbladder, and the pancreas.

Digestive Enzymes

In the **mouth** amylase is secreted by the salivary glands. Salivary lipase prepares fat for digestion.

In the **stomach** pepsinogen is secreted which converts into pepsin. Pepsin aids in initiation of protein digestion. Gastric lipase initiates digestion of dietary fat. Intrinsic Factor Aids in absorption of Vitamin B12 by small intestine.

The **pancreas** makes amylase, lipase, proteases and many other important digestive enzymes. The major pancreatic proteases are carboxypeptidase, elastase, trypsin and chymotrypsin.

The liver and gallbladder produces bile acids helping dissolve dietary fat. Phospholipids promote absorption of fats. Cholesterol is excreted in bile.

The **small intestines** produce aminopeptidases, disaccharidases, maltase, sucrase, and lactase converting proteins into absorbable amino acids, and carbohydrates into absorbable monosaccharide, glucose, fructose, and lactose.

Digestive Disorders

Sometimes malfunctions arise within the digestive tract resulting in numerous maladies and discomforts, such as bloating, gas, heartburn, diarrhea, and constipation. These conditions can be caused by numerous different reasons, poor diet, age, medications (antibiotics), alcohol, and stress.



Heartburn

Heartburn symptoms are experienced by one in 10 Americans at least once a week. Heartburn has different triggers, including certain foods, medications, alcohol, obesity, or even stress. A common myth is that heartburn is due to an excess of digestive acid (enzymes). However, heartburn more often occurs due to reduced or low levels of the necessary gastric digestive enzymes. Knowing the triggers will help to design an effective prevention strategy. Heartburn can be improved or eliminated by removing or amending the offending triggers and by implementing effective heartburn remedies. Eat a healthy diet, don't smoke, reduce or eliminate alcohol consumption, and supplement with digestive enzymes.

Constipation

Our busy, modern lifestyles may be responsible for most cases of constipation: not eating enough fiber (fruits and vegetables) or drinking enough water, not getting enough exercise, and not taking the time to respond to an unmistakable urge to go to the bathroom. Emotional and psychological stress can contribute to the problem. Bowel habits tend to vary with age and circumstances. Older people, especially those who are more sedentary, tend to develop constipation more often as well. Medications can also cause constipation. They include narcotics, iron supplements, and some medicines used to control blood pressure. Taking certain fiber products and laxatives on a regular basis can cause the colon muscle to get lazy and flaccid, resulting in increased elimination difficulty. Constipation can be alleviated by increasing the consumption of fibrous fruits and vegetables, drinking more water, and taking supplements that support and improve the natural peristaltic action of the bowel.

Gas and Bloating

Bloating, gassiness, and abdominal discomfort are reported by one in 10 Americans, even without eating a large meal. In some cases, bloating can become severe enough that it causes distention, or a perceptible swelling of the abdomen. Bloating and gas are usually tied to what and how you eat, such as overeating, eating rich and fatty food, and eating too fast. Excessive gas and bloating may be related to candida; high intestinal yeast and low friendly-bacteria levels. Intestinal yeast levels increase when intestinal bacteria are reduced. Friendly-bacteria are usually reduced by taken antibiotics and other medications. Yeast are also fed by eating too much sugar. Restoring intestinal balance is easy. Reduce sugar intake and take the appropriate supplements, such as a full spectrum probiotic and a candida (anti-yeast) product.