DIGESTION SCRIPT: PREFACE

The ART of WELLNESS

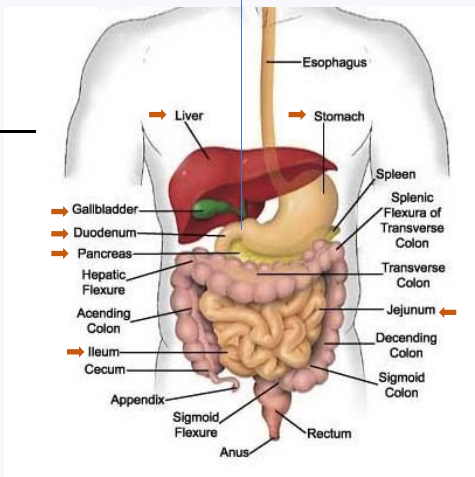
Marie McCaffrey, CNHP, DHS, BS

CNHP: Certified Natural Health Professional
DHS: Digestive Health Specialist
BS: Education

This is a continuation of the **NUTRITION** Event from *NUTRITION SCRIPT: PART 3.*

Digestive System

What happens to food after you swallow it?



Given that the third-party videos have already covered much of my material, I've deleted the redundancies and will be covering only new material in the following videos.

This slide covers some important information that is not included in any video. Such as: Digestion can take anywhere from 24-72 hours in adults (1-3 days). Which is why, when a problem arises, it's important, not just to consider what was eaten the day of, but also 2-3 days prior.

I'd also like to call your attention to the previously discussed pyloric valve. I like to call it the O-Ring. It separates the bottom of the stomach from the duodenum.

The duodenum is very small when compared to the rest of the intestines. The other 2 sections measure about 16'. The Duodenum is only about 8" and is where most chemical digestion takes place.

That's chemical (as opposed to) the absorption that takes place in the remaining 2 sections. - The duodenum doesn't absorb anything. Its primary function is to break down to make the nutrients absorbable by the other 2 sections. So it's a very important puzzle piece.

What's most interesting about this O-Ring that surrounds the opening is, it's loaded with

sensors. So if the stomach doesn't dissolve something adequately, the O-Ring sends a signal to the pancreas so ***it*** can make the desired chemicals needed to break it down.

That means, if the food you eat doesn't contain adequate enzymes to digest it, the pancreas fills in the gap. If the pancreas has to do this too often, it can wear itself out.

No other organ in the body can make digestive enzymes for the chyme that has left the stomach. If the enzyme breakdown does not occur in the stomach, the pancreas is the last resort.

The question is, what could you eat that doesn't contain the necessary enzymes? Cooked food – Enzymes are destroyed at temps over 120 degrees. What temperatures are used in cooking? Over 120 for sure.

BTW, that's why high fever is so dangerous. Our body needs over 3000 different enzymes to function properly. Nothing works in the body without enzymes. You couldn't even blink your eyes or produce saliva, semen, blood, or any bodily fluids, especially those used to keep the brain functioning.

Enzymes start to die at 107 degrees. That's why it's so important to cool down the body when someone breaks that threshold. If it continues for too long, brain damage or even death can occur.

What else kills enzymes? Microwaves, Irradiation, Genetic Engineering, even drugs taken with food can destroy the stomach's ability to digest properly.

We'll talk a little more about this and what you can do about it later but for now… I'd like you to **Find the Big Idea** here! That one thing that you can use right away to improve your life. When you find it, write it down and put it somewhere you will see it every day.

Most of this is going to be background information. But the more you understand about how your body functions, the better you will be able to put all the puzzle pieces together to determine which areas you need to work on.

So let's start this journey…

See the benefits of fasting in Dr. Eric Berg's videos.
Much third party information was given out at the live event that is missing here due to its off-topic nature. I've tried to include some of it in the following but the live events are so multi-faceted that one can never duplicate them adequately.