

A Fresh Look

Information contained in this newsletter is for advice only. If you choose to use any remedies or follow this advice, you do so at your own risk.

Eastman Hill Health and Training Center
147 Eastman Hill Willseyville, NY 13864

607-659-7399 jacquelyn4653@gmail.com
607-280-9631 blizzard@eastmanhill.net (Jim)

Digestion Health The Role of Digestive Organs Defining Colon Diseases

Perfect Digestion

Mouth-- pH ranges from 6.0-7.4 (acid to slightly alkaline)

- Starches do their primary break down by amylase, an enzyme called Ptylin.
- Fats are primarily broken down by an enzyme called lingual lipase under the tongue.

The more we chew the more surface area enzymes can reach food. Chewing also helps the brain know how to prepare digestive organs.

Stomach-- pH ranges from 1.0-3.5 (Acid)

- Protein does its primary break down by an enzyme called pepsin.
- Stomach must have strong hydrochloric acid in order for pepsin to work. Pepsin can damage stomach lining, if not strong.
- Mucosa lining (99% water) of stomach can wear thin due to dehydration. Chloride in sea salt helps restore the lining's thickness.
- It takes 3 to 4 hours for stomach to digest food.

Letting the stomach rest for an hour prepares it for the next meal.

Duodenum--- pH ranges from 7.0 to 8.5 (Alkaline)

- Starches and fats (long chain fatty acids) are broken down.
- Bile is released into duodenum and breaks down long chain fatty acids. Medium and short chain fats do not need bile to break them down.

Pancreas-- pH ranges from 8.0-8.3 (Alkaline)

- Releases enzymes to break down food and help duodenum maintain pH balance.
- Sodium bicarbonate is released to keep pH in an alkaline state.
- P. Lipase helps break down long chained fatty acids— olive oil
- P. Amylase helps break down starches
- Chymotrypsin helps break down protein

Small Intestines-- pH ranges from 7.5-8.0 (Alkaline)

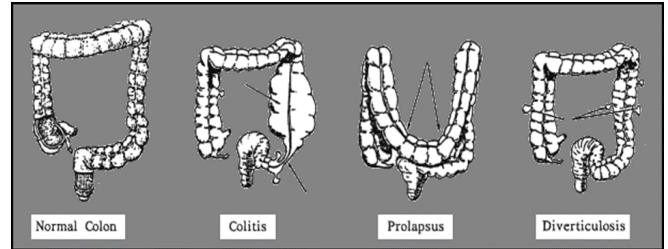
- Final breakdown of food before it is passed into blood.
- Contains a thick lining of Lactobacillus Acidophilus and Bifidus Bacteria: their role is to **protect** from harmful foods, radiation exposure and teeth from enamel wearing. **Break down** our food to its final state. **Absorb** nutrition into the blood to feed cells. **Nourishes** the underlying cells of lining.

Appendix-- pH ranges from 7.4-7.8 (Alkaline)

- As the contents of the small intestines move into the large intestines the appendix releases an antibacterial fluid to help control unbroken down or rotting food.
- It lubricates the large intestines to help contents to pass through easily.

Large Intestines-- pH ranges from 7.4-7.8 (Alkaline)

- Main purpose is to take water out of the stool and push content into colon for removal; more than 2 gallons a day is taken out.
- Colon uses salt (chloride) to move water in and out of it.
- Stools become hard and unmovable due to dehydration. The longer stool stays inside, the more water is taken out of it.
- A bacterial war inside large intestine must continue to ensure good health. Avoid antibiotics that create dominant and resistant bacteria.



Defining Colon Disease

Prolapsed Transverse Colon: Organs above come down; organs below suffer the effects of pressure: pressure on uterus, fallopian tubes, and prostate (nerve pressure), causing cysts, poor circulation, hemorrhoids and frequent urination.

Diverticulosis: Lack of water and fiber in the diet requires extra force to get feces through the colon. Any weakness in colon muscle fibers allows a hernia or pouch to occur. Pouches accumulate matter which turns morbid, inviting infection, inflammation or other degenerative conditions. If infected pouch ruptures, poisonous substances release into the bloodstream.

Colitis: Irritable Bowel Syndrome (IBS): bowel inflammation, constipation, diarrhea, bloody stool, abdominal cramps, frequent bowel eliminations.

Constipation: Failure to expel feces from the colon.

Stagnation: If fecal matter does not move out of the colon, it can release toxins for weeks. Less than 50% of people have a bowel movement daily.

Putrefaction: Undigested proteins break down causing foul odor and gas. Bowel gas does not exist in an environment that is healthy. Putrefactive bacteria produce a number of other toxins that are injurious to body tissue!

Fermentation: Carbohydrates and sugars begin to ferment causing gas; oils and fats become rancid.

Autointoxication (self poisoning): Fecal matter begins rotting inside us. This conditions leads to degeneration of the bowel lining, and toxins enter the bloodstream causing many diseases.

Suggested Herbs: Slippery Elm, Whole Leaf Aloe Juice, Turmeric, Senna and Fennel

Recommended Cleanses: Parasite and Yeast, Bowel, Kidney and Liver/Gallbladder

Weekly: Castor Oil purges (1/4 cup), Salt Water Enema