

## Enhancing Health! The Basics:

- Digest,
- Metabolize,
- Assimilate,
- Absorb and
- Eliminate effectively

## The digestive system involves 12 organs:

- Mouth and Salivary Gland
- Esophagus
- Stomach (1 – 2 hours)
- Small intestine about 20 feet (7 – 8 hours)
- Liver
- Gallbladder
- Bile duct
- Large intestine (colon) (12 – 14 hours)
- Pancreas
- Pancreatic duct
- Rectum
- Anus

## Choose: Least amount of processing

Avoid refined sugars, preservatives, artificial colors, flavors, scents

### 1. Probiotics

Healthy bacteria: Lactobacillus Acidophilus/bifidum

Acidophilus produces microbial compounds and enhances the immune system to inhibit growth of bad bacteria. Those bad bacteria increase flatulence, Irritable bowel syndrome, and cause infection.

### 2. Phytochemicals

Sources: Garlic/leeks/onions  
Broccoli/cabbage/kale  
Carrots/yellow squash/yams  
Barley and wheat grasses “Greens”

### 3. Digestive Enzymes

Essential to break down foods into building blocks

Sources: Raw foods  
Supplements: Pineapple and papaya

### 4. Fibre

Sources: Complex carbs/whole grains/cereals/fruits/vegetables

## Supplements:

Augmenting one's health requires nutritional supplements. Basics are a high potency multi-vitamin and mineral, probiotics, digestive enzymes, essential fatty acids and for most, natural fibre supplements such as ground flax or psyllium seeds depending on personal health status.

Resource: Nutrition Concepts and Controversies: Frances Sizer and Eleanor Whitney