

Are you digesting what you eat?



by Norma Hope
Certified Colon Hydrotherapist

Your health begins and ends with your digestive system.

What you eat literally gives you the energy you need to live your life. Your food goes through a complex process from the moment it enters your mouth to the time you

eliminate it. It's important you understand it because your health depends on it.

It is your digestive system that is challenged when you feel any of the following: aching joints/muscles, acid reflux, acne, allergies, arthritis, bad breath, cramping, bloating, body odor, constipation or diarrhea, depression, difficulty losing weight, fatigue, cold or flu, gas, heartburn, headaches, hemorrhoids, irritable bowel syndrome (IBS), insomnia, low energy, low sex drive, nausea, poor memory, PMS symptoms, skin rashes and more.

If your digestive system were laid out in a straight line instead of tidily crammed inside the average body, it would be 34 feet in length. That is the height of a three story building!

Ideally, it should take 18 - 24 hours for good digestion - from mouth to bowel movement. If you eat three meals a day, you should poop three times or there's 'stuff' putrefying in your colon. This 'stuff' is what creates disease so keeping your colon clear of old waste is paramount to your health.

Only when food is digested properly can the right balance of enzymes, water and other secretions create a stool of proper consistency that passes through the body easily. Chewing your food meticulously along with good food combining practices will accomplish this.

Your digestive system starts working when you smell food which makes your mouth start to water. That watering, in the mouth, increases as you chew more and more. That is your salivary glands producing more and more digestive enzymes called ptyalin and amylase in your saliva.

These enzymes break down carbohydrates and start the dynamic process of transforming food into energy. All foods start digesting in the mouth by chewing, except meat protein. Chewing even kick starts acid production in the

stomach required for protein digestion. The stomach doesn't digest carbohydrates or large pieces of meat you haven't chewed.

Chew your food like your life depends on it because it really, really does. You have to break your food down into useable fuel, absorbable nutrition. The stomach doesn't have TEETH. Putting your fork down between bites helps. Chewing each mouthful 30 to 50 times is crucial not just something our parents told us to do.



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When talking, notice that you swallow instead of chewing. We do not digest when we are busy or stressed so drinking smoothies is easy nutrition as the blender does the chewing.

It takes the brain twenty minutes to receive signals that we have eaten enough, so chewing does slow us down. You can then feel what your body really needs and likes. Smaller food intake allows a stronger flow of ki, chi or prana in the body.

Chewing has many other benefits. It creates an alkaline condition in the body, improves elimination, stimulates the release of hormones which strengthen our immune system, promotes clearer thinking due to an increase in oxygen intake and reduces the quantity we eat. It will also keep you from craving sweets as enough chewing brings out the inherent sweetness in the carbohydrates.

Chewing provides you with useable nutrition so you won't need those vitamin supplements. The body needs nutrition from food not supplements that we can only absorb maybe 5% of.

Seeing 21 whole vitamins come out of me when I first did consecutive Colon Hydrotherapy treatments really opened my eyes. My clients have also released vitamin pills during Colon Hydrotherapy, (one man released little pink pills he had taken 30 years earlier for allergies), pieces of whole food, parasites and more.

Simple food combinations aid digestion even more. Fruit is best eaten alone. Proteins (meats, eggs, fish, etc.) are best combined with non-starchy vegetables and salad items. Carbohydrates (grains, breads, starchy vegetables, etc.) are best combined with vegetables or salad items. If you are tired after you eat, you're eating the wrong foods or not food combining correctly.

We can't digest carbohydrates and protein together (meat and potatoes). When both processes of alkaline (for starch) and acid (for protein) digestion are needed at the same time, neither one is efficiently executed so indigestion, bloating and gas occurs as the food is putrefying (rotting) instead of digesting.

Don't drink liquids half an hour before, during or for two hours after eating. Liquids wash away or dilute all the enzymes for the digestive system you just promoted by chewing. Your saliva is the only liquid needed. You still need two liters of water a day minimum but not when eating.

The peristalsis (wave like actions initiated in the muscles, in the lining of a healthy digestive tract) starts as you begin chewing and continues to motivate the food from the throat, through the stomach, the small intestine and then into the colon for elimination.

Undigested food coats the walls all along the colon system causing our health problems. It's very difficult to clean the walls of the colon and Colon Hydrotherapy is by far the best way I've found to do it. It cleans the walls and gently flushes out any undigested food, pills, toxins and parasites that may cause disease later.

Hydrochloric acid and pepsinogen combine making pepsin in the stomach for protein digestion. These are best produced by parasympathetic impulses so be relaxed when eating. Further enzymes combine as peristalsis continues to move the food through the stomach.

The food needs to be semi-liquid as it leaves the stomach and enters the 20 - 25 foot small intestine. The duodenum is the first section where digestive juices of bile salts, lipase, amylase, trypsin and more come from the liver and pancreas.

The next two sections of the small intestine is where 90% of the absorption happens. The nutrients enter the blood and

lymph systems via hair like follicles called villi, lining the intestinal walls. The other 10% of absorption (primarily electrolytes) happens in the colon. Proteins not digested in the intestines putrefy, sticking to the walls, creating odor, bad breath and more problems.

Before I started cleansing in 1997 with Colon Hydrotherapy I knew little about digestion, chewing, food combining or how my lack of knowledge about these things had created many of my health issues. I had problems with constipation/diarrhea, back pain, headaches and chronic fatigue and after I started colon cleansing all these issues were gone. It was a life changing experience so powerful that I changed my career from being an independent insurance adjuster for 21 years to becoming a Certified Colon Hydrotherapist in 1999.

Cleansing the colon just makes sense. It is a time of renewal, awareness and reconnection with your body. It's hard to eat perfectly so everything is digested properly and that's why colon cleansing can be one of your best tools to help you regain your health.

Also ask about our "Body Analysis" which determines what vitamins and minerals your body is lacking plus identifies other challenges happening inside like adrenal exhaustion, thyroid problems and so on. Consultations target the best place to start for your individual needs.

Norma is a Certified Colon Hydrotherapist, Lymph Drainage Therapist, Certified Natural Health Practitioner of Micro Current Therapy and more. Call 780-477-1100, www.lifesynergyinc.com

Note: This information is for educational purposes only. It is intended to supplement your current health program and not to replace the care of a doctor. For diagnosis or treatment of any disease please consult a licensed physician.

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780 477-1100

11760 - 109 Street Edmonton