

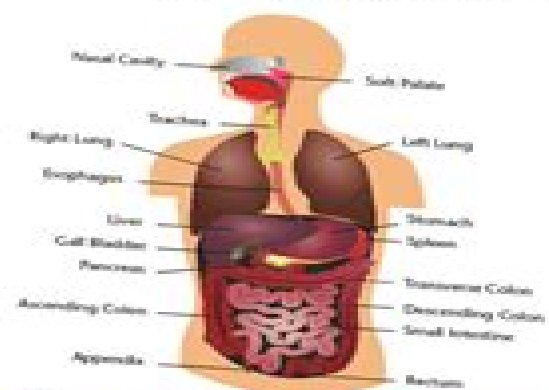
Raw Vegan Series OPTIMAL DIGESTION

In order to fully take advantage of the superior nutritional and healing benefits that can only be obtained from fresh, raw, and organic plant foods, digestion has to be optimized. Even the most well-designed raw vegan diet may just end up explaining what digestion is and how it affects your overall health. "Optimal Digestion" is a practical, easy-to-follow guide that explains the important roles that enzymes play in the biochemical processes of digestion and assimilation. "Optimal Digestion" also explains why a high raw vegan diet is ideal for excellent digestive health. This guide stresses the importance of increasing the body's ability in optimizing digestive functions. It also includes a list of foods and supplements that promote efficient digestion, some non-dietary protocols that facilitate gastrointestinal detox, and tips on how to make raw foods even more digestible. The way to vibrant health is through the stomach!



WHAT IS DIGESTION?

- Digestion is the process of breaking down food in the stomach and intestines into nutrients and energy that can be used by the body. It begins in the mouth as soon as you start chewing your food. Ptyalin, a digestive enzyme that is abundantly present in the saliva, starts to break down the carbohydrate molecules present in your food. A small amount of salivary lipase also starts to partially digest the fats in your food. Food then is swallowed down the throat and passes through the esophagus before it reaches the stomach, where highly acidic gastric juices further break down the food and destroy unfriendly bacteria and other pathogenic micro-organisms.
- Protein digestion commences in the stomach with the help of pepsin, an enzyme formed through the combination of hydrochloric acid and pepsinogen. Fats continue to be broken down into fatty acids. Food is now transformed into a thick, mushy chyme.
- Digestion continues as the partially digested food is pushed down the small intestine. There chyme mixes with pancreatic amylase to further break down carbohydrates. Bile from the liver and gallbladder emulsifies fat by mixing it with water, and pancreatic and intestinal proteases break down protein into amino acids. Broken into the various cells and organs.
- Processed chyme then proceeds to the large intestines, where good bacteria feed on the remaining undigested protein. The colon also draws out water from what is now waste, pushing it along until it reaches the rectum for elimination.
- People with optimal digestion do not have food allergies or feel sleepy after each meal. They have a strong immune system, which makes them very resistant to disease and infections. Their stools are stable, and their minds are quick and clear. But the individual who has sub-optimal digestion will experience accelerated aging and suffer from chronic disease and various immune complexes.



SIGNS OF WEAK DIGESTION

- Food allergy symptoms (swelling, brain fog, arthritis, acne, eczema, edema, migraine, asthma, urticaria, fatigue, post-nasal drip, hay fever, depression etc.)
- Low immunity
- Chest pain
- Hyper-acidity
- Nutritional deficiencies caused by poor assimilation
- Acid reflux
- Loss of appetite
- Dyspepsia
- Chemical sensitivities (symptoms are similar to those of food allergy)
- Ulcers
- Digestive infections such as H. pylori infection and candida
- Abdominal pain
- Dysbiosis (overgrowth of bacteria or bad bacteria)
- Nausea
- Belching
- Vomiting
- Bloating
- Diaphoresis and sleepiness after large meals
- Can
- Frequent diarrhea, which could be symptomatic of a more serious digestive problem
- Constipation
- Hemorrhoids
- Leaky gut syndrome, a condition characterized by increased gut permeability that results in food allergies
- Inflammatory digestive conditions such as IBS (irritable bowel syndrome), colitis, celiac disease, diverticulitis, and Crohn's disease
- Overweight or obesity



CAUSES OF POOR DIGESTION

- A person with a compromised digestion will not be able to achieve optimum health and well-being due to poor assimilation of nutrients. Fecal analysis can help determine how strong your digestion is. Impaired digestion is usually caused by a combination of two or more factors:
- Low stomach acid
 - Acidosis (low body pH)
 - Physical and emotional stress
 - Taking certain pharmaceutical drugs such as antacids, antibiotics, NSAIDs (non-steroidal anti-inflammatory drugs) and antidepressants
 - Over-consumption of processed foods
 - Alcoholism
 - Heavy animal foods consumption
 - Not ingesting enough greens and other alkalizing foods in the diet
 - Improper food combining
 - Not drinking enough water throughout the day
 - Drinking liquids while eating
 - Smoking

Digestion And Nutrition Guide

Duncan Turner



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