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## **Digestion**

Good health begins with good digestion.

You have heard the phrase 'you are what you eat'. The truth is, you are what you digest. One could be eating perfectly, but if he/she has faulty digestion, the person will have problems. Leaky gut will lead to allergies, organ and system dysfunction, and degenerative diseases.

Make sure your body can digest and metabolize your food. This is done by properly supporting the digestive process, the odds are if you are taking this class you desire to learn whether it's to help yourself or your loved ones.

We will teach you how as most of the time we are causing indigestion with improper food combining and diluting our digestive enzymes by drinking with meals and grazing vs. properly spacing your meals, we will help you trouble shoot. Always look at your tongue. This will give you some answers and clues too.

Digestion (the breaking down of foods), assimilation, and absorption are necessary for optimal health.

Many times, when there is digestive distress, it is related to:

- Something you are eating that the body doesn't like, this could also be a food intolerance or IGE response which is true allergy, and one would need to avoid this food.
- A deficiency in certain vitamins and minerals, lack of stomach acid and decreased digestive enzyme production, which occurs after the age of 35 or even earlier in life. This is why support is key to keeping your digestive system working optimally.
- A parasite, pathogen, or an outside influence, like an illness.

A healthy digestive system is your first line of immune defense to keep pathogens from entering the body.

The Gut must be in an acidic PH, and not alkaline, for proper digestion. Without proper acidity we will not be able to absorb calcium, iron, protein, zinc, or B12. When the gut is too alkaline, fungus and candida grow out of balance, live off of undigested food, and wreak havoc in the system...The health of the gut microbiome is dependent upon proper digestive functioning, or one will always be like a rat chasing its tail.

Without the acid PH of the stomach, one is more susceptible to water-borne or food parasites. Parasites are far more common than people think.

Symptoms of yeast overgrowth are fatigue, depression, nonstop sugar cravings, weight gain, muscle pain, and gas.

We need a proper balance of Flora in our large intestines, and we need to be able to maintain that flora. Toxic byproducts from the colon can drain the body of energy and overburden the organs of detoxification like the liver and kidneys. Probiotics are very helpful, but a change of diet is in order. We must lower the carbohydrates in the diet and the amount of food at any given time needs to be smaller than what most consume at a single sitting. The body cannot digest all this food. Small meals every 2 ½ -3 hours are preferred.

Proper elimination (1-3 times a day) is essential for optimal colon health. If one doesn't have at least one bowel movement a day that person has a toxic colon and needs to think about a detoxification program. I do at least one detoxification program per year and recommend the same to others for optimal health. Just like giving your car an oil change every 5,000 miles protects the life of the car and engine, your body needs detoxification. Make your body a priority.

After the age of 35 our bodies do not produce the number of enzymes they use to and supplemental doses are often recommended. By the age of 55 we are only producing 1/3rd of the enzymes that we produce when we are younger.

Enzymes improve digestion and control inflammation. So many people are consuming lower carbohydrate diets and are eating a lot more protein and therefore they need the extra support of digestive aids. In addition, people who are still abusing carbohydrates and especially diabetics, need digestive aids as well, for the pancreas is unable to produce what it use to, to help digest protein, fat and carbohydrates in the small intestine. If one has acid reflux, heart burn, gas, or bloating, it is an indicator of indigestion and malabsorption, as are cramps, burping and bad breath.

When we do not have enough enzymes and if our gut is not in the proper PH, then: carbohydrates that are partially digested will cause fermentation causing gas; the rotting of undigested fat (ramification); and the rotting of proteins (putrefaction). All these undigested substances cause a toxic bowel and in the long run will contribute to degenerative diseases that could have been preventable.

Antacid products make indigestion worse and cause constipation. One normally has indigestion from lack of stomach acid and enzymes, and the antacid takes all the stomach acid away and relieves it momentarily. However, this also makes it so that there is no longer enough acid to digest your food. In these cases, a digestive aid/enzyme and/or HCL is recommended, as well as decreasing the carbohydrates and the amount of food per meal.

We need unrefined salt and zinc for proper digestion.

We need cholesterol to make bile and bile to help with digestion.

Giving the body digestive support gives the pancreas a little break, as we are always overworking the pancreas by consuming too many carbohydrates.

Supporting the lower bowel with a probiotic and HCL is often helpful for stomach support.

There are little things one can do to make a difference in their lives. Improving digestion is a huge one! If you do not want to take a digestive aid, you can always put 1 tsp of apple cider vinegar in a shot glass with some water and take that before or during your meals.