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Digestion



- Begins in the Mind
- Chewing is the first physical biochemical process to change the characteristics of consumed foods.
- It is the process that integrate the body's fluids with the substance consumed that causes a reaction within the alimentary canal.

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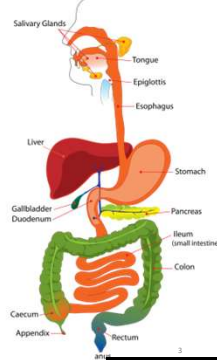
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Digestive System

Ph Balance

- Mouth: 6.5 – 7.5.
- Esophagus: 7.0
- Stomach 1.5 – 3.5
- Spleen: 7.35 – 7.45
- Pancreas: 8 – 8.35
- Small Intestine: 6.0 – 7.5
 - Liver: 7.1 – 8.2
 - Gallbladder:
- Appendix: 6.5 – 7.0
- Large Intestine 5.5 -7.0

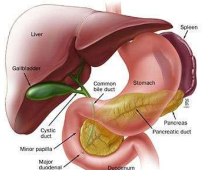
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Digestion

- Breaking down food particle into smaller molecules from chewing food.
- Integration of food and salivary – building of digestive juice
- Promotion of the enzyme process.
- The transportation of food particles from your mouth to your stomach, small intestine or absorption and anus.



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THREE PHASES OF DIGESTION

1. Digestion is the biochemical break down of foods into usable particles for the nourishment of the body. The major contributor to building immunity
2. Absorption/Assimilation is the body's ability to extract nutrients from foods and fluids. Enhance the quality of the red blood cells (erythrocytes). Enhance immune qualities.
3. Eliminate is the body's removal of waste from foods consumed.

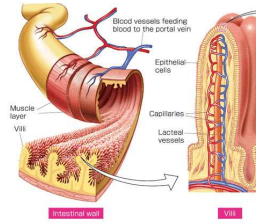


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Absorption

- Most of the body's bioavailability of nutritional absorption from foods occurs in the small intestine.
- The small intestine is the way station where nutrients are absorbed and waste by products are separated and sent to the large intestines and bladder for evacuation from the body.
- Foods by products (waste), which are not absorbed can accumulate in the small intestine and have the probability of leaking into the blood.



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Assimilation

- Integration of nutrients into your blood.
- Assimilation is the movement of digested food molecules into the cells, blood, tissues and organs.
- Glucose is assimilated and used for energy.
- Proteolytic enzyme *protease* degrade Amino Acids which are the foundation of new proteins.
- The liver converts glucose into glycogen (a complex carbohydrate used for storage) and amino acids into proteins.
- The liver is involved in the process of deamination. This is the removal of the nitrogen-containing part of amino acids, to form urea, followed by the release of energy from the remainder of the amino acid.

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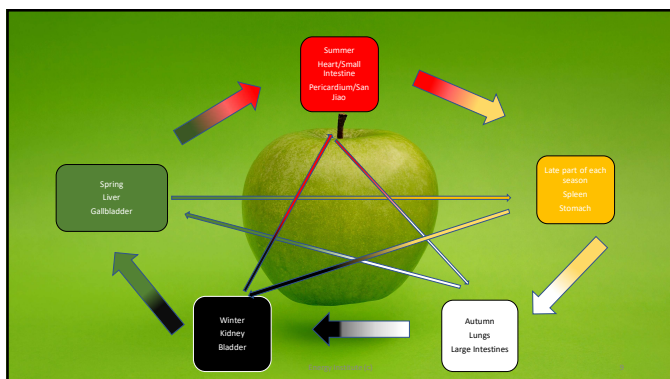
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Elimination - Egestion

- The large intestine and bladder receive food waste by products from your small intestines.
- These by products include water, bacteria (living and dead), cells from the lining of the gut
- Cellulose (plant cell walls), which is an indigestible substance is also secreted from the large intestine.
- The **small intestine** absorbs most of the water in the contents of the gut. By the time the contents reach the end of the small intestine, most of the digested food has also been absorbed.
- The **colon** is the first part of the **large intestine**. It absorbs most of the remaining water. This leaves semi-solid waste material called **faeces**. The faeces are stored in the **rectum**, the last part of the large intestine. **Egestion** happens when these faeces pass out of the body through the **anus**.

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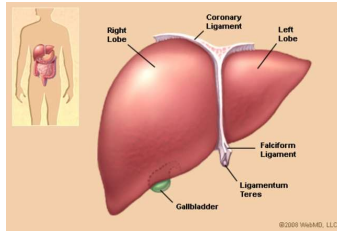
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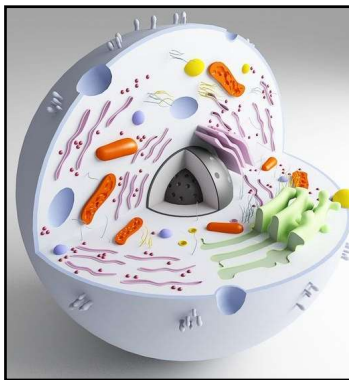
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- Liver provides the capacity to plan our life and find direction.
- It is the source of life dreams.
- It house the EGO
- Smell: rancid
- Taste: sour/bitter
- Sound: talks loud –shouts
- Emotions: anger, frustration, depression, suppression, jealousy, hatred, envy,
- Liver stores and refines blood (CYP 450)

Liver



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- Scientific literature suggest impairment of detoxification of CYP450 results in cancer, Parkinson's disease, fibromyalgia, chronic fatigue/immune dysfunction, Alzheimer's, hypertension, diabetes, lupus, multiple sclerosis, etc.
- Data show regulating CYP450 enzyme detox system has the ability to remover xenobiotic substance from cells, tissues, and organs.

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- **Folate**, which is important for DNA and cell health
- **Vitamin B-6**, which supports metabolism and red blood cell production
- **Calcium**, an essential mineral for bone growth and strength
- **Iron**, which allows red blood cells to carry oxygen
- **Magnesium**, a mineral that supports immune, heart, muscle, and nerve health
- **Manganese**, which contributes to the regulation of metabolism and blood sugar levels
- **Phosphorous**, an essential nutrient for teeth, bones, and cell repair
- **Copper**, which plays a role in making collagen, maintaining bones and blood vessels, and supporting immune function
- **Zinc**, which promotes wound healing, supports the immune system, and encourages normal growth

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FOOD COMBINING COMPATIBILITY CHART

LEGEND

- Compatible
- Incompatible / Moderate
- Not Compatible

MASTER COMPATIBILITY TABLE

Food Group ↓ / Combine With →

Acid Fruits

Sweet Fruits

Melons

Starches

Proteins

Non-Starchy Vegetables

Fats

Acid Fruit

Sweet Fruit

Melon

Starch

Protein

Non-Starchy Veg

Fats

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Carrots are recognized for their Beta carotene, which converts to vitamin A, powerful antioxidant.

- Maintain health vision.
- Cancer
- Digestive health
- Diabetes control
- Blood pressure and cardiovascular health
- Immune function and healing
- Bone health



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Has the Potential to Prevent Cancer – Cruciferous Vegetables



Numerous studies have also shown that compounds found in cruciferous vegetables might have powerful cancer-fighting effects. However, more research is needed to confirm any links between cruciferous vegetable intake and cancer risk.

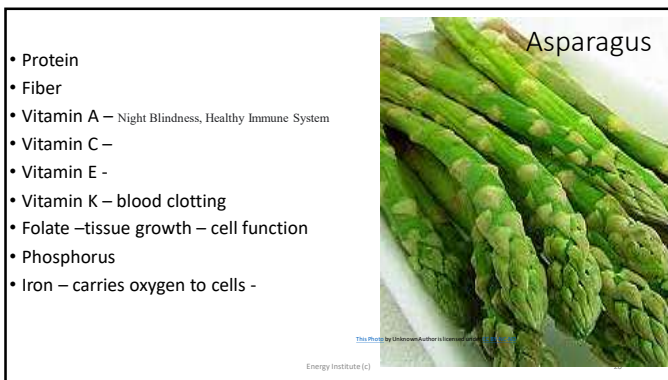
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Berries

Important Nutrients

- Potassium,
- Magnesium and
- Calcium, as well as
- Vitamins A, C, E
- B vitamins.
- Rich source of anthocyanins, powerful antioxidants that give **blackberries** their deep purple color.

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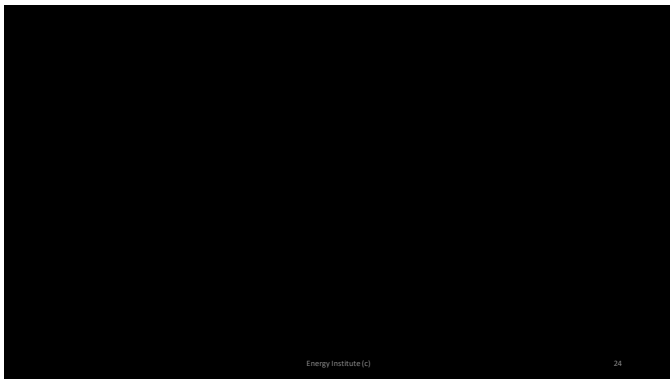
Healen Arts Wellness

Dr. Dennis Burkitt, known as the Father of Fiber theory, compared fiber consumption and disease rates between Western and African populations in relation to bowel habits. "Western diets excrete only 5 ounces of stool daily, whereas Africans eating traditional diet passed 16 ounces.

Info @healenarts.net



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