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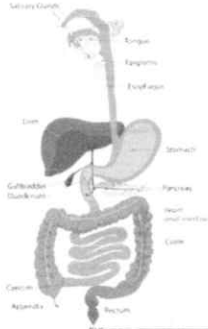
Digestion



- 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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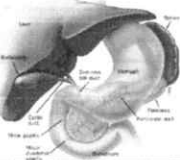
Digestive System



- Mouth
- Esophagus
- Stomach/spleen/pancreas
- Small Intestine
- Liver/Gallbladder
- Appendix
- Large Intestine

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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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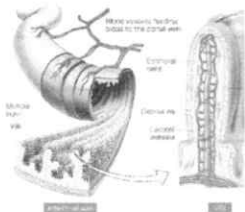
THREE PHASES OF DIGESTION



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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- 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.

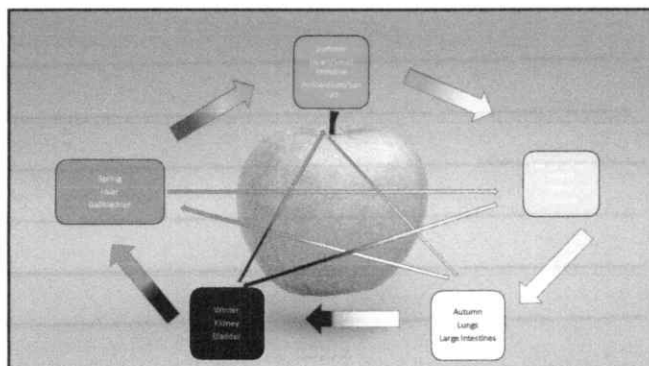
Assimilation

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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 **feces**. The feces are stored in the **rectum**, the last part of the large intestine. **Egestion** happens when these feces pass out of the body through the **anus**.

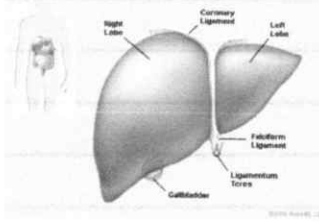
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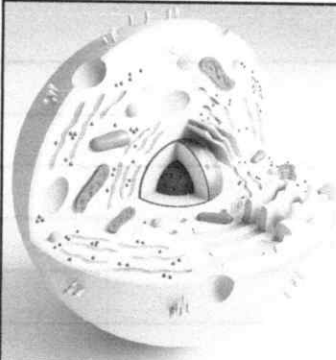
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- Liver provides the capacity to plan our life and find direction.
- It is the source of life dreams.
- It houses the EGO
- Smell: rancid
- Taste: sour/bitter
- Sound: talks loud -shouts
- Emotions: anger, frustration, depression, suppression, jealousy, 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 remove 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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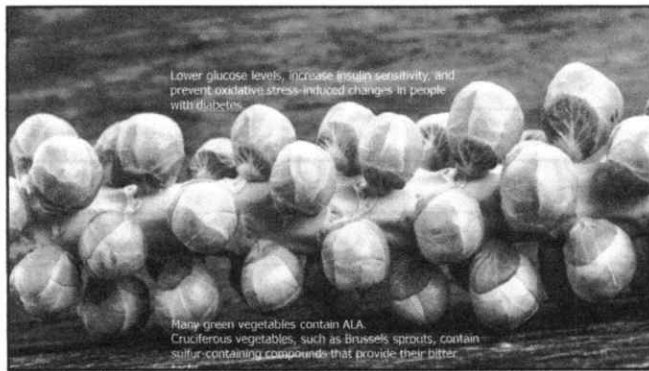
Carrots are recognized for their Beta carotene, which converts to vitamin A, powerful antioxidant.

- 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.

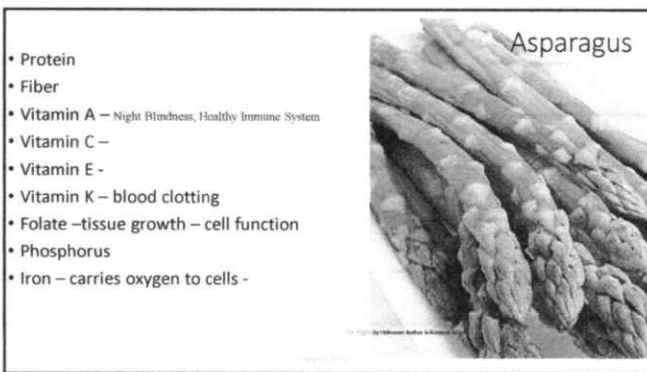


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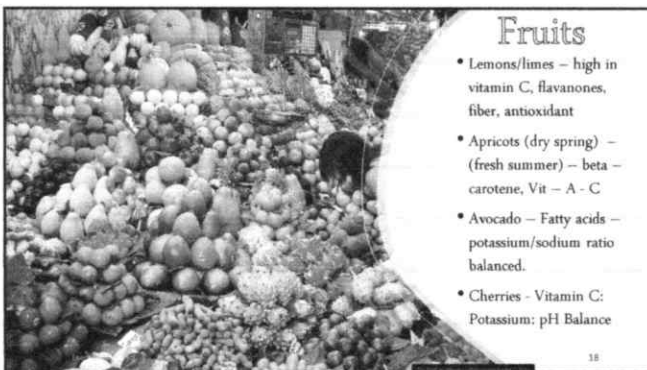
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Berries

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.



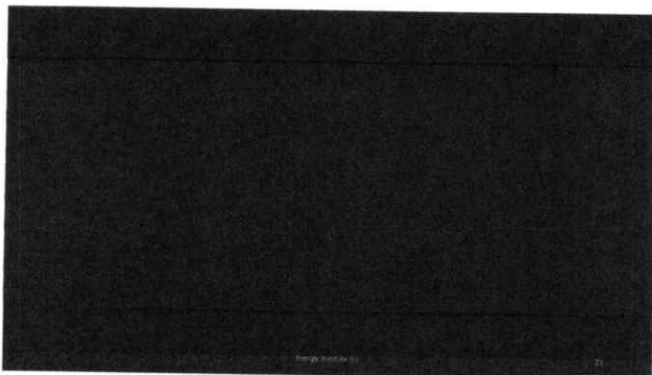
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Energy Institute of the Healing Arts



Info @healenarts.net

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Cranberries,

- **Vitamin C.** Also known as ascorbic acid, vitamin C is one of the predominant antioxidants in cranberries. It is essential for the maintenance of your skin, muscles, and bone.
- **Manganese.** Found in most foods, manganese is essential for growth, metabolism, and your body's antioxidant system.
- **Vitamin E.** A class of essential fat-soluble antioxidants.
- **Vitamin K1.** Also known as phyloquinone, vitamin K1 is essential for blood clotting.
- **Copper.** A trace element, often low in the Western diet. Inadequate copper intake may have adverse effects on heart health (Trusted Source).



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Grapes

- Antioxidants help repair damage cells caused by free radicals
- Oxidative stress
- Over 1,600 beneficial plant compounds have been identified in this fruit
- The highest concentration of antioxidant is found in the skin and seeds.
- Red grapes contain higher numbers of antioxidants due to the anthocyanins
- The antioxidants in grapes remain present even after fermentation. One of the antioxidants in this fruit is resveratrol, which is classified as a polyphenol.



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Apples

- Blood sugar control and type 2 diabetes
- Blood cholesterol and heart disease
- Cancer
- Cardiovascular health



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Cleansing

- Is preparing cells, tissues, organs to releases waste (phlegm – mucus)
- It prepares the body to extract unusable elements from the body by way of bile, urine, sweat, sputum and nasal dripping
- It allows for the elements used (herbs, tonics, homeopathies, foods, etc.) to penetrate into the cells and target waste.
- It prepares the body for detoxing



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DETOXING

- DETOXIFICATION WAS LANDMARKED 1947 BY R.T. WILLIAMS
- NON-REACTIVE COMPOUNDS COULD BE BIO TRANSFORMED IN TWO PHASES.
- OXYGEN AND CONJUGATION
- PHASE I WATER SOLUBLE
- PHASE II LIPID SOLUBLE
- THERE ARE 10 OF PHASE I ENZYME REACTIONS
- PHASE II HAS MULTIPLE ENZYME REACTIONS

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DETOXING

- ENCASES AND TARGETED WASTE AND MOVES IT THROUGH THE BLOOD STREAM.
- IT REACHES THE DEEPEST LEVELS OF THE BODY
- IT WORKS ON THE BLOOD LEVELS REMOVING TOXINS AND FOREIGN ELEMENTS FROM BLOOD AND CELLS, PROMOTING NUTRIENTS
- IT THE DIRECTS WASTE TOWARDS POINT WERE IT CAN EXITS THE BODY.
- IT UPROOTS BACTERIA, PARASITES, EMBERS, YEAST, ETC.
- IT GETS ANY RESIDUE THAT MAY BE LEFT BEHIND FROM CLEANSING AGENTS.
- THE RIGHT DETOXING MATERIALS

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