

Anatomy Made Simple -- Part I

The Digestion System

"I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well." Psalms 139:14

The Digestive System – The Foundation to Good Health.

- All physiological, chemical, and anatomical processes in every cell and all organs in our bodies are completely dependent upon the digestive system. All nutrients are supplied by the blood, which is fed via the digestive system, while this same system is used to eliminate wastes and toxins.
- The digestive system can be viewed as one long "tube" from mouth to rectum. Nutrition is absorbed into the blood stream and wastes are removed from the body via this "tube."
- Material is moved through the digestive system by muscular contractions called peristalsis—rhythmic waves of involuntary muscular contractions, muscles contracting and relaxing to move food.
- The parts of the digestive system are listed below (follow along using handout):
 - **Brain**— Seeing, smelling, and thinking start digestive enzymes flowing.
 - **Mouth**— The start of digestion - Tasting, chewing, saliva, swallowing.
 - **Esophagus**— Channel which carries food from the mouth to the stomach.
 - **The Stomach**— In the stomach, food is broken down by acids into particles that the body can use.
 - If food is not chewed properly, the stomach has to work harder – more muscle movement and acid.
 - If food is eaten with liquid it dilutes the stomach acid and more acid has to be produced.
 - If meals are eaten before the previous meal has been digested, the previous meal will stay in the stomach until the last meal is digested causing rotting instead of digestion.
 - **Liver**— Food absorbed from the digestive system into the blood goes through the liver where the energy from the food is regulated as needed by the body. The liver is responsible for creating bile (which helps break down and absorb fats). The liver also detoxifies the blood. It is one of the most important organs of our body.
 - **Gall Bladder**— Bile, created by the liver, is stored in the gall bladder and empties into the duodenum (region just below the stomach) to help digestion.
 - **Pancreas**— The pancreas secretes enzymes, which break down protein, starches, and fats. Highly alkaline juices help neutralize stomach acid.
 - **Small Intestine**— Nutrients are absorbed into blood stream. Vitamin B12 is only absorbed in the ileum (last segment of the small intestine).
 - **Large intestine**— Water & more nutrients are absorbed into the bloodstream. The waste matter is then eliminated through the rectum and out the anus.
 - **Appendix**— The appendix secretes immune cells important in the proper functioning of the immune system. This fluid is secreted as a means of defense against any waste materials that may contain toxins, germs, bacteria, parasites, etc... that are hazardous to the human body.

The Bowel

"And after all this the LORD smote him in his bowels with an incurable disease. And it came to pass, that in process of time, after the end of two years, his bowels fell out by reason of his sickness: so he died of sore disease..." 2 Chronicles 21:18-19.

- "Every tissue is fed by the blood, which is supplied by the bowel. When the bowel is dirty, the blood is dirty, and so on to the organs and tissues...it is the bowel that invariably has to be cared for first before any effective healing can take place." Dr. Bernard Jensen, Ph.D., N.D., D.C., M.H..
- The entire intestinal tract must be cleansed since it is responsible for supplying nutrition to the body. However, without proper elimination, the bowel re-assimilates wastes, toxins, and other products of elimination, which would normally be expelled. Further, a sluggish bowel slows the entire digestive process down and provides a breeding ground for parasites and bacteria.
- Dr. George C. Crile, head of the Crile Clinic in Cleveland and one of the world's greatest surgeons, said: "There is no natural death. All deaths that come from so-called natural causes are merely the end point of progressive acid saturation. Many people go so far as to consider that sickness and disease are just a 'cross' or an element which God gave them to bear here on this earth. However, if they would take care of their body and cleanse their colon and intestines, their problems would be pretty much eliminated and they could eliminate their 'cross' by proper diet, proper exercise, and in general, proper living."
- Dr. Harvey Kellogg, M.D., of the Kellogg Sanitarium said, "Of the 22,000 operations that I have personally performed, I have never found a single normal colon, and of the 100,000 that were performed under my jurisdiction, not over 6% were normal."
- The HEAL program ALWAYS begins by cleansing the bowel. This is accomplished first by using a product that contains cathartic herbs to help the bowel eliminate wastes. Secondly, we use herbal products that draw out and remove hardened old waste material from the walls of the colon and bowel pockets. Finally, we use herbs which help soften and remove mucoid plaque build up caused by an over-acid digestive system.

Bowel Movement Frequency

- You should have a bowel movement for each meal eaten. The meal you are currently eating should start the peristaltic action to move the previous meal out of the large intestine.
- A bowel movement should take place 30 minutes to 1 hour after your last meal. If you are not having a bowel movement for each meal taken you are constipated. If you eat 3 meals a day you should have 3 bowel movements a day. What goes in must come out otherwise rotting and putrefaction will take place, causing toxins to be put into the bloodstream.
- Constipation can lead to: intestinal toxemia, allergies, asthma, cardiac arrhythmia, heart disease, high blood pressure, sinus trouble, epilepsy, eyestrain, appendicitis, infected tonsils, arthritis, rheumatism, colon-rectal cancer, and numerous other diseases.

Common Diseases of the Bowel:

- [Appendicitis](#)—Inflammation/infection of the appendix. (Caused by constipation and over-working of appendix.)
- Cirrhosis—End-stage degeneration of the liver which usually results from a long-standing injury to the liver as in chronic alcoholism or chronic hepatitis. The liver shrinks and becomes filled with scar tissue and fat, making it difficult for blood to pass through the liver. Symptoms are bleeding tendency, collection of fluid in the abdomen, jaundice, indigestion, constipation, diarrhea, and can lead to serious mental abnormalities.
- Colon [Cancer](#)—Malignant tumor of the large intestine.
- Crohn's Disease—and inflammatory bowel disease marked by chronic inflammation, scarring, severe diarrhea, infection, and sometimes bleeding of the bowel.
- Diverticulosis—bowel pockets caused by weakening of the muscular walls of the colon, due to years of constipation. These bowel pockets fill with stagnant fecal matter and can become inflamed and infected.
- Diverticulitis—Inflammation/infection of the diverticula in a person who has diverticulosis.
- Duodenal Ulcer—Commonly called a stomach ulcer. A breakdown in the lining of the first part of the small intestine just past the stomach. Symptoms are indigestion, weakness, and pain in the stomach area.
- [Dyspepsia](#)—Difficult or painful digestion often described as indigestion, gaseousness, fullness or pain that is gnawing or burning felt in the upper abdomen or chest.
- [Gallstone](#)—Stone that forms in the gallbladder, most often made of cholesterol covered by a calcium shell that causes pain when it passes out of the gallbladder and gets stuck in the bile duct. Caused by too much acid in the system.
- GERD—(Pronounced "gurd") short for Gastroesophageal reflux disease. The abnormal backward flow of the contents of the stomach into the esophagus causing symptoms of heartburn, fullness, nausea and vomiting.
- Hepatocarcinoma—Liver cancer.
- Intestinal Toxemia—Toxication of the body due to poisons being reabsorbed from the bowel.
- Pancreatitis—Inflammation of the pancreas.
- Spastic Colon—The most frequently seen bowel disease marked by pain, abdominal cramping, and constipation alternating with diarrhea.

Bowel Cleansing

- The very first step in any Natural Healing program should be cleansing the bowel. The reasons for this are:
 - Many toxins and waste products are eliminated through the bowel—if it is plugged or sluggish, the toxins and waste are reabsorbed into the blood, causing toxemia.
 - Nutrition, which is essential to healing, cannot be assimilated as easily with the bowel clogged.
 - Most sick people, once their bowel is clean and functioning properly, find their symptoms are nearly gone.
 - Even if herbs or other natural treatments are effective, without the bowel being clean, the problems will return (often worse than before).
 - Any cleanse of the liver/gallbladder will force bile into the colon. If the colon is sluggish this bile can make you very sick.
 - Proper lymph drainage requires the bowels to be clear.
- Bowel cleansing is easy, and the results can be amazing. Several methods can be used such as herbal laxatives, colonics, and enemas.
- Bowel cleansing should be performed once each season (for healthy people). If you are sick, it should be much more often.
- Use Lower Bowel Formula (LBF) #1 to start the colon working. The herbs in LBF #1 work directly with the bowel to cause peristalsis—even if no nerves are present in the bowel. You can put these herbs on a colon removed from a person, and the colon will constrict—it's a direct chemical reaction.

- Once you are eliminating after each meal and have complete full bowel movements, you should start LBF #2. This removes toxic wastes from bowel pockets as well as removing poisons, chemicals, and heavy metals from the walls of the bowel.
- After the Chernobyl disaster, it was discovered that those contaminated people who had frequent bowel movements survived the radiation poisoning, and those with sluggish bowels died.

Acidity and the Bowel:

- All acid forming foods cause our body to produce mucous in an attempt to protect the organs from being burned by this acid. Over time, the mucous becomes thick and hardens to the walls of the digestive system. Removing this "mucoïd plaque" helps restore vitality to the entire body and permits better assimilation and elimination. However, if the diet is not changed to intake more alkaline forming foods (generally raw foods) the mucoïd plaque will simply return. A good balanced diet for the body is 80% alkaline forming foods and 20% acid forming foods. It is best to eat as many raw foods as possible. Avoid all animal products, and always work to increase the amount of raw vs. cooked foods eaten.
- We need certain acid forming foods, and all of them should not be completely eliminated. However, the Standard American Diet (S.A.D.) is highly acid forming.

Acid forming foods:

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| ○ Alcohol | ○ Pasta |
| ○ Black pepper | ○ Processed cereals |
| ○ Bread (wheat) | ○ Salt and Sugar |
| ○ Canned/frozen food | ○ Soda crackers |
| ○ Chocolate | ○ Soft drinks |
| ○ Cigarettes | ○ Dairy (butter, cheese, ice cream, milk, etc.) |
| ○ Coffee | ○ Tofu |
| ○ Eggs | ○ Wheat products. |
| ○ Meat (including fish, birds, shellfish) | |

Alkaline forming foods:

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| ○ All fresh fruits | ○ Fresh, raw juice |
| ○ All fresh vegetables | ○ Grapefruit |
| ○ All salad greens | ○ Honey |
| ○ All sprouts | ○ Melons |
| ○ Apple cider vinegar—raw unfiltered organic | ○ Millet |
| ○ Dates | ○ Molasses |
| ○ Dried figs | ○ Lima beans |
| ○ Dulse | ○ Potatoes |
| | ○ Raisins |