

Healing Arts Update

A guide for wellness.

February 2007

During your lifetime, your digestive system will process about 50 tons of food. For optimal health, proper digestion is critical. In order to fully benefit from what you eat, it's important that food is properly digested, absorbed and eliminated. The best nutrition in the world will go to waste if your body is unable to process it efficiently.

In the US, more than 70 million people suffer with digestive diseases. Incomplete digestion can put you at risk for serious health issues. This month we take a closer look at the digestive system and the steps you can take for optimal health.

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WHAT'S NEW?



The Healing Arts Center is pleased to announce the debut of our private-label supplements! To help address your health concerns, we've hand-picked this special group of nutrient products.

Our new product line includes a multiple vitamin and mineral formula specially designed to complement some of our other formulas that you already may be taking. In fact, when used in combination, they provide a potent bio-compatible dietary supplement program.

What makes these products so special? Only those nutrients that provide the best documented performance and cost-effectiveness have been selected for use in our products. Plus, there's no redundancy in our vitamins, so you only take what you actually need.

Supported by the most recent clinical studies, our private-label supplements have raised the bar for industry standards. We believe you'll agree that they're the most effective and affordable formulas available.

NUTRITION+YOU

Contrary to popular belief, indigestion is not caused by excess stomach acid. Over-eating, eating too fast, eating high-fat foods and eating during stressful situations can cause indigestion. Too much alcohol, caffeine, or cigarette smoking also can contribute to indigestion.



WELL BEING by John Patton, AP, LMHC



Digestion converts the food you eat into the energy you need. The first step in the digestive process begins in your mouth. Chewing is a very important, yet frequently overlooked, aspect of healthy digestion. For many, the pressures of daily life prompt a multi-tasking lifestyle. So, it's no surprise if you don't slow down to eat your meals and take the time to chew your food adequately. However, chewing your food thoroughly is perhaps the easiest step you can take to improve your health. For maximum benefit, it's been recommended that you chew every mouthful 25-50 times before swallowing.

As you swallow, food enters your esophagus. The muscles that surround the esophagus help squeeze and push the food into the stomach, which is located just below your heart. The stomach has three tasks: store the swallowed food and

What can you do to improve your digestion?

Just eat. Don't read, drive, talk on the phone or work while eating. Focus on your food and take time to enjoy your meal.

Eat slowly. Chew your food well. If possible, eat smaller meals more frequently.

Don't wash down your food. Too much liquid with your meals may dilute the digestive juices you need. Cold or iced beverages, in particular, can interfere with digestion.

Maintain a healthy weight. Excess pounds put pressure on your abdomen and push up your stomach, causing acid to back up into your esophagus.

Exercise regularly. Even a nightly walk after dinner can help your digestive system.

Manage stress. Create a calm mealtime environment. During the day, practice relaxation techniques and spend some time doing things you enjoy.

WE'RE GLAD YOU ASKED



Q. Will antacids help my heartburn?

A. For occasional heartburn, antacids may be appropriate. But while antacids may provide relief from symptoms of indigestion, they actually interfere with the digestive process as well as disrupt gut microbial ecology.

The stomach's optimal pH range is 1.5 to 2.5, with hydrochloric acid being the primary stomach acid. The use of antacids typically raises the pH above 3.5. This increase effectively inhibits the action of pepsin, an enzyme involved in protein digestion.

Could your indigestion possibly be caused by a lack of gastric acid? Studies have shown that the ability to secrete gastric acid decreases with age. The Heidelberg gastric analysis can help your healthcare professional determine if your indigestion may be a result of insufficient or impaired gastric acid secretion.

Have a question?

VIP (Very Important Product)

This month, we're pleased to showcase two very special supplements.

The Healing Arts Center's **Allzyme Plus** contains antioxidants and enzymes that support the body's natural response to inflammation and allergens. Vitamin C buffered with magnesium are key ingredients to help

liquid; mix up the food, liquid and digestive juice; and, empty its contents slowly into the small intestine. This process can take from 45 minutes to four hours. Food that has been broken down into a thick liquid or paste by digestive acids is called chyme.

The most important part of digestion and absorption occurs in the small intestine. This is where enzymes break down the food chemically and the nutrients are absorbed. Conditions such as gluten intolerance, food allergies, intestinal infections, and Crohn's disease can be a result of mal-absorption.

The colon is about five feet long and its functions include absorbing water, electrolytes and, in limited amounts, some of the final products of digestion. The large intestine also provides temporary storage for waste products.

Incomplete digestion can lead to health issues. Often, it's a one-two punch. Your body is unable to extract the healthy nutrients it needs from the food, and any undigested food becomes fodder for bacterial overgrowth in the colon, causing flatulence and other digestive symptoms.

Many digestive problems can be treated. But in most

eliminate acidity and support histamine metabolism and detoxification processes. This supplement can be particularly useful if you suffer with allergens that affect the respiratory system.

Probiotics Plus is a high-potency supplement that supplies essential intestinal microorganisms, promotes intestinal balance, and supports both gastrointestinal and immune system functions.

cases, healthy resolution depends on a willingness to change your eating patterns. Of course, there also are supplements and Chinese herbal formulas that can be beneficial.

Do you suffer with digestion problems?

Contact us.

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