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This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment.

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products. I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them..

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!



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Our meeting will start soon.



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Duration: 60 Minutes

Timer: :10 - 59:50

Attendance: 1 Here

Attentive: 100%

Questions: 0

Audience View 100%

Attendee List (1 | Max 1001)

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Question and Answer

Webinar Info

EARH  
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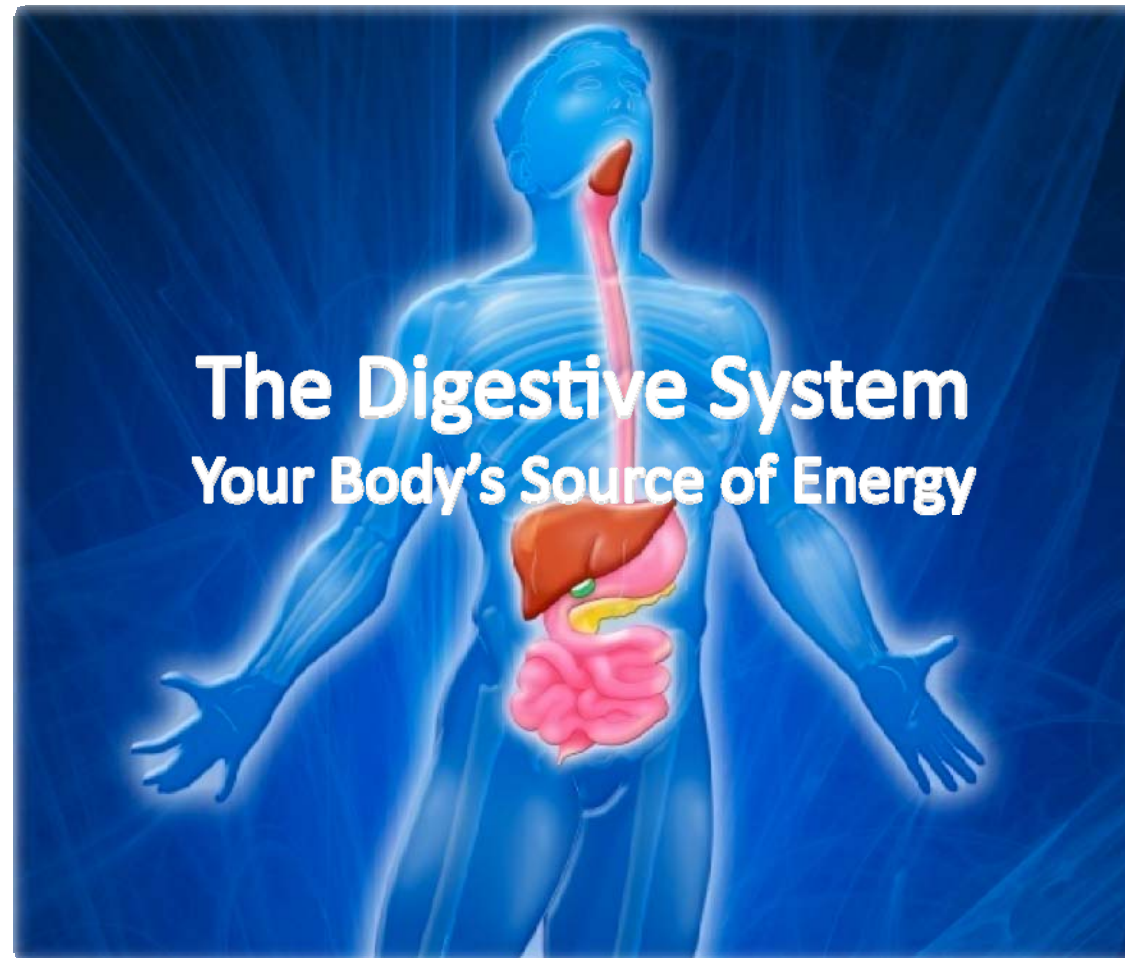
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# The Body Systems



“The road to good health is  
paved with good intestines”

As seen on a bumper sticker



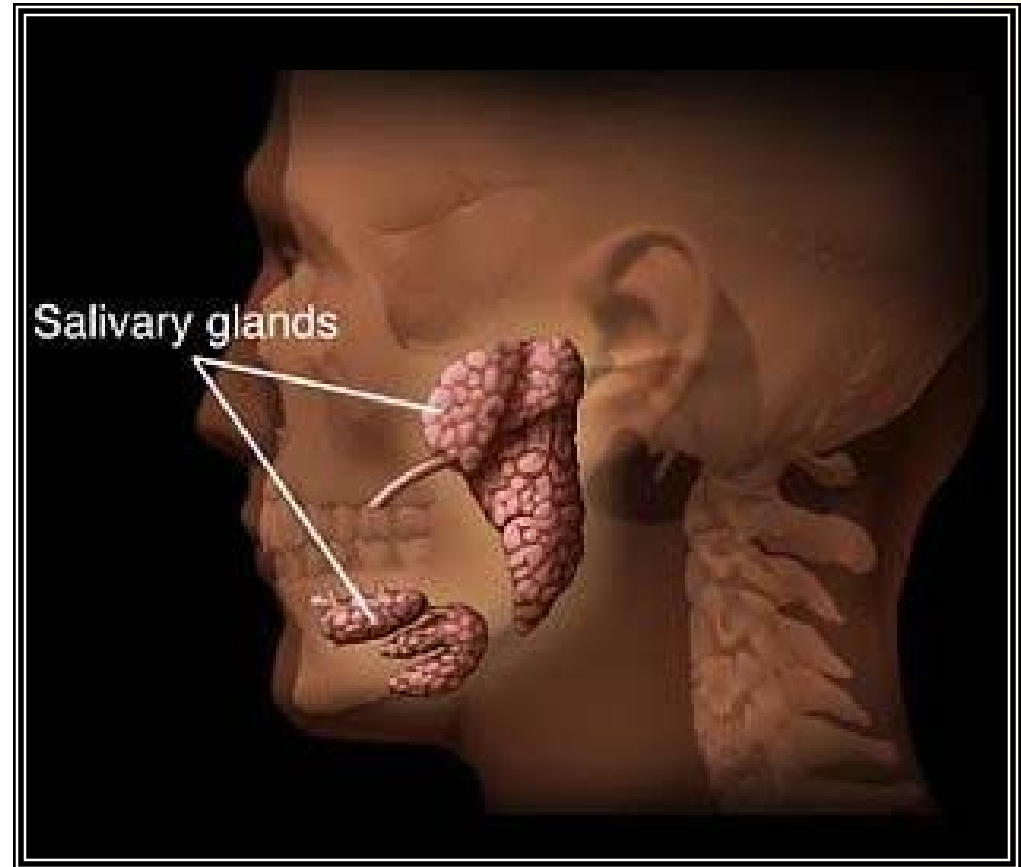
# The Digestive System Is:

- Transformer of food into energy
- Builder and repairer of tissues
- A conveyor belt of sorts; an assembly line in reverse
- A muscular tube 30 feet long from mouth to anus

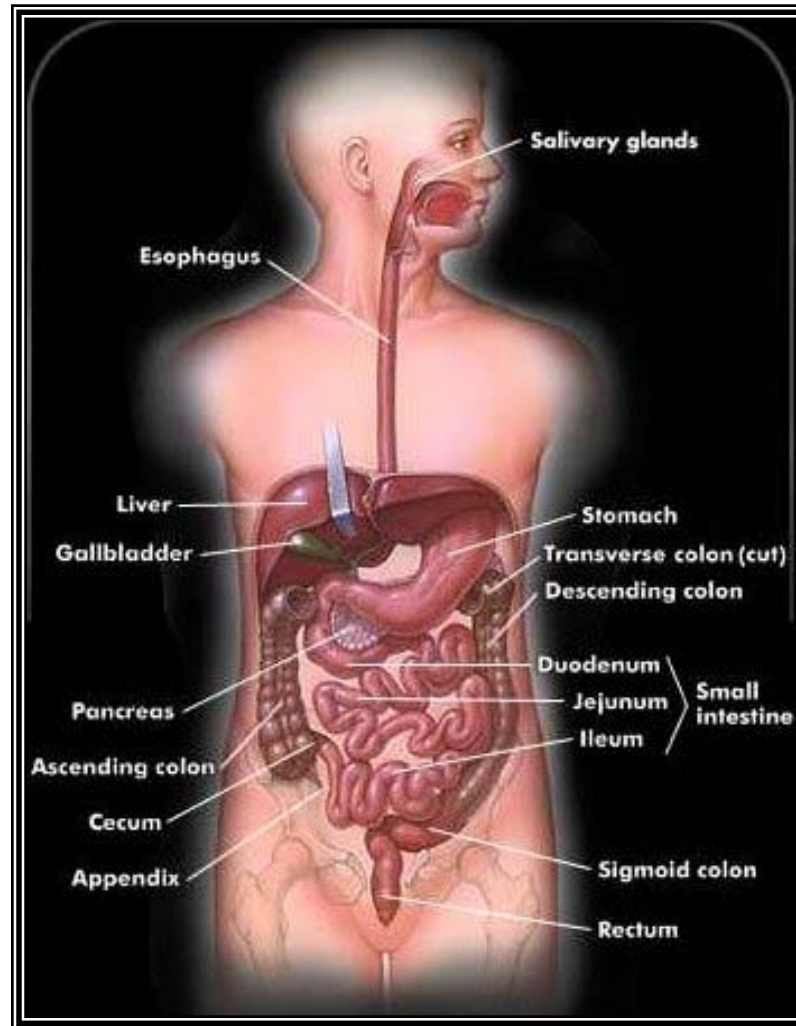


# Anatomy of Digestion

- Begins in the mouth
- Mixes with saliva which contains Ptyalin
- Ptyalin (amylase) dissolves food immediately and saliva provides lubrication
- We produce about a quart and a half of saliva everyday!



# Anatomy of Digestion

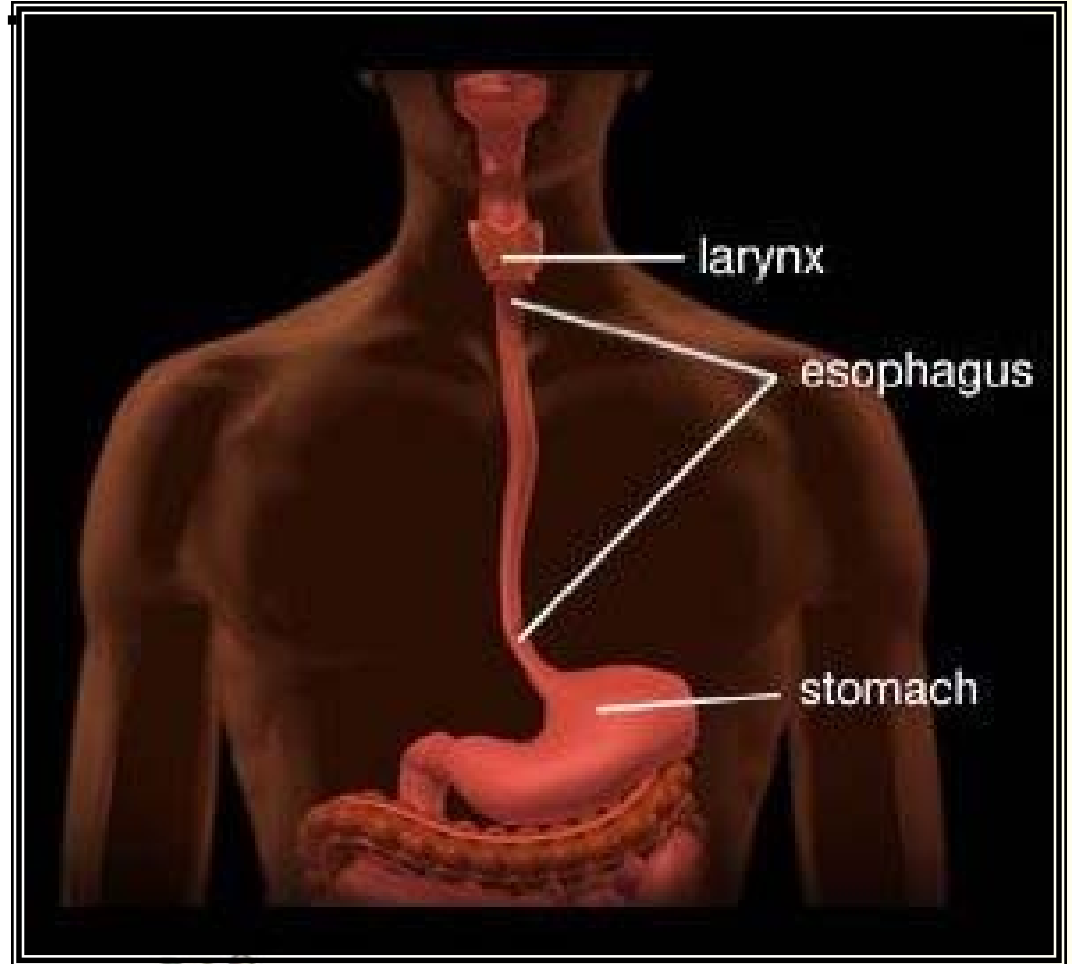




# Anatomy of Digestion

## The Journey of Food...

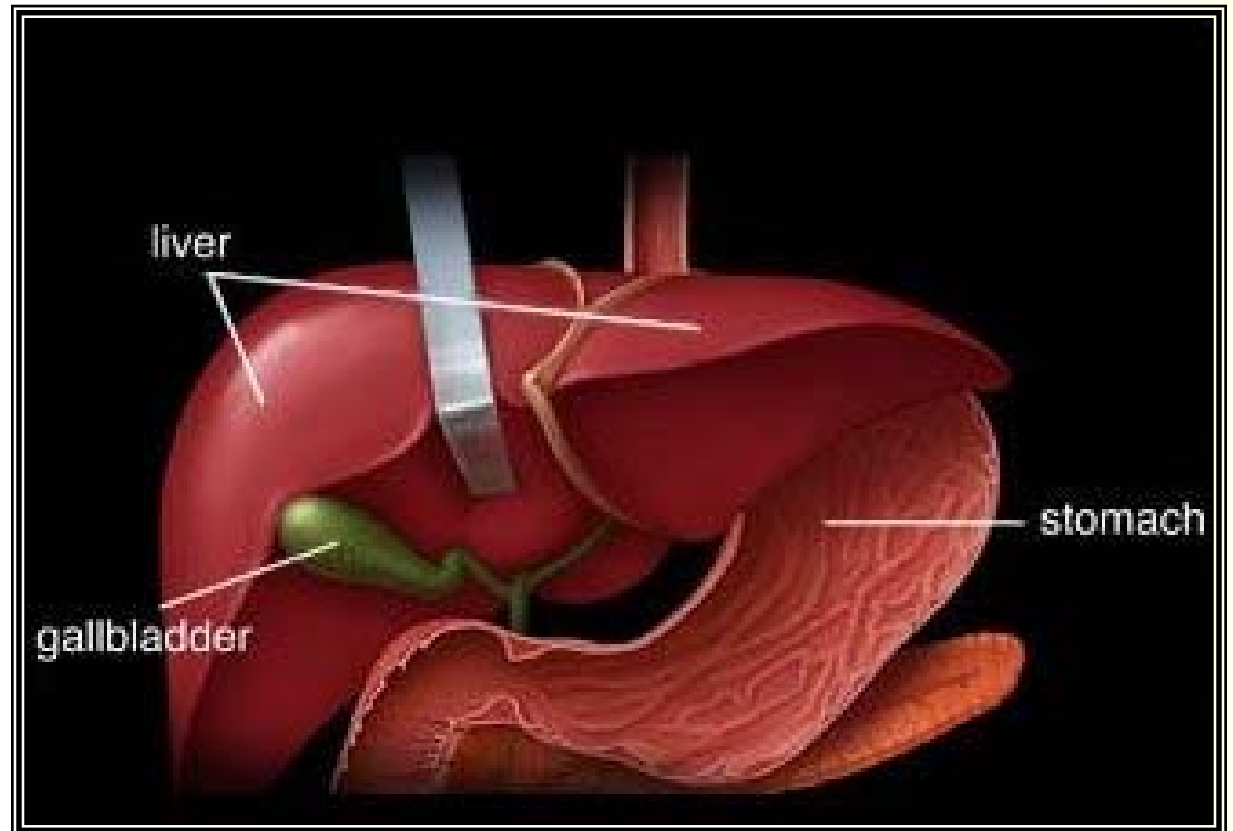
- Mouth-esophagus-stomach
- In the stomach food is mixed with hydrochloric acid (HCL) and pepsin (enzyme). This is called 'chyme'
- Chyme enters small intestines by way of the pyloric sphincter
- 1<sup>st</sup> part of the small intestine is known as the Duodenum



# Anatomy of Digestion

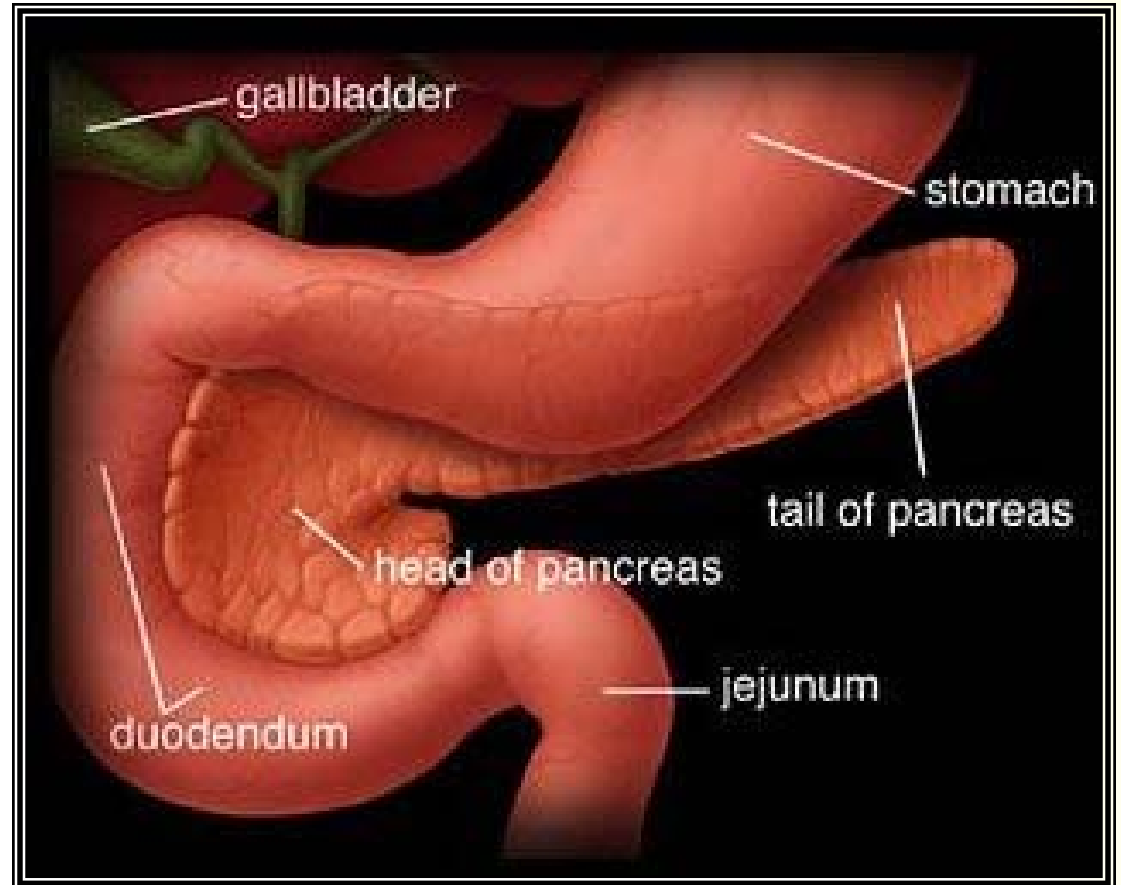
## The Duodenum and Bile Duct

- Here chyme is broken down further with help of the Pancreas and Liver/Gallbladder
- These organs attach to Duodenum by the common bile duct
- They dump in enzymes (catalysts) and bile salts (fats)
- All to help digest proteins, carbohydrates, and fats



# Anatomy of Digestion

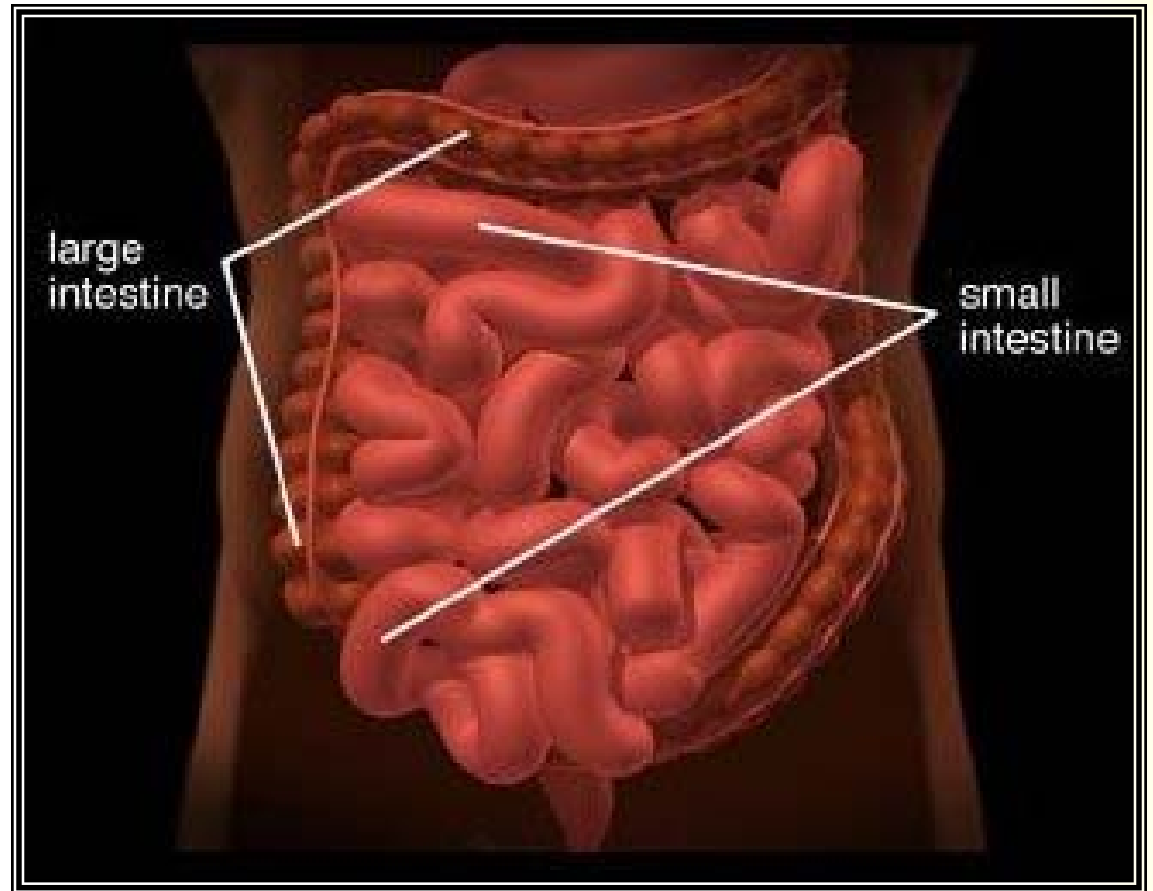
- Pancreas produces Amylase (for carbohydrates), Insulin and Glucagon
- Liver produces bile to digest fats
- Gallbladder is a storage facility for extra bile



# The Small Intestine

## The Small Intestines cont.

- The 2<sup>nd</sup> part of the small intestines after the Duodenum is called the Jejunum. The 3<sup>rd</sup> part is the Ileum
- The 3 parts together absorb starches, proteins, and fats
- The chyme is then broken further down into smaller “nutrients”

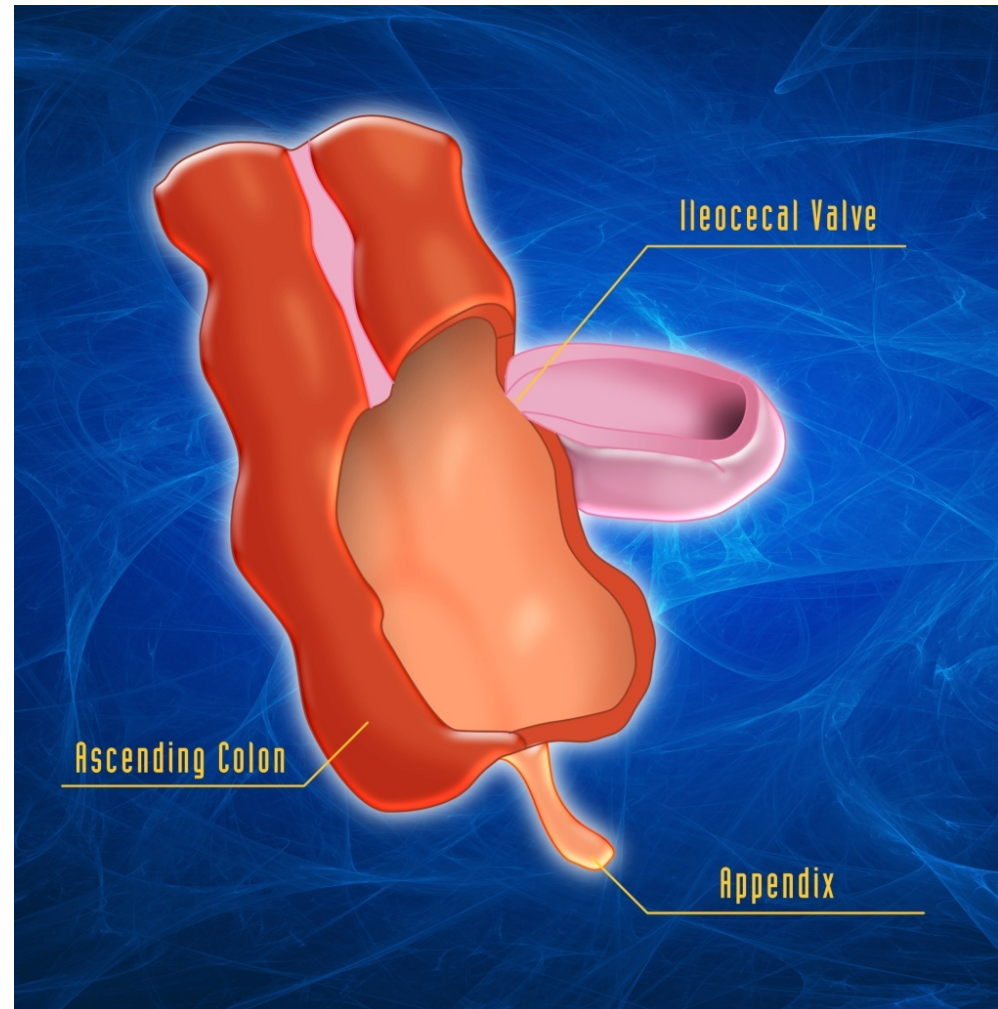




# The Ileocecal Valve

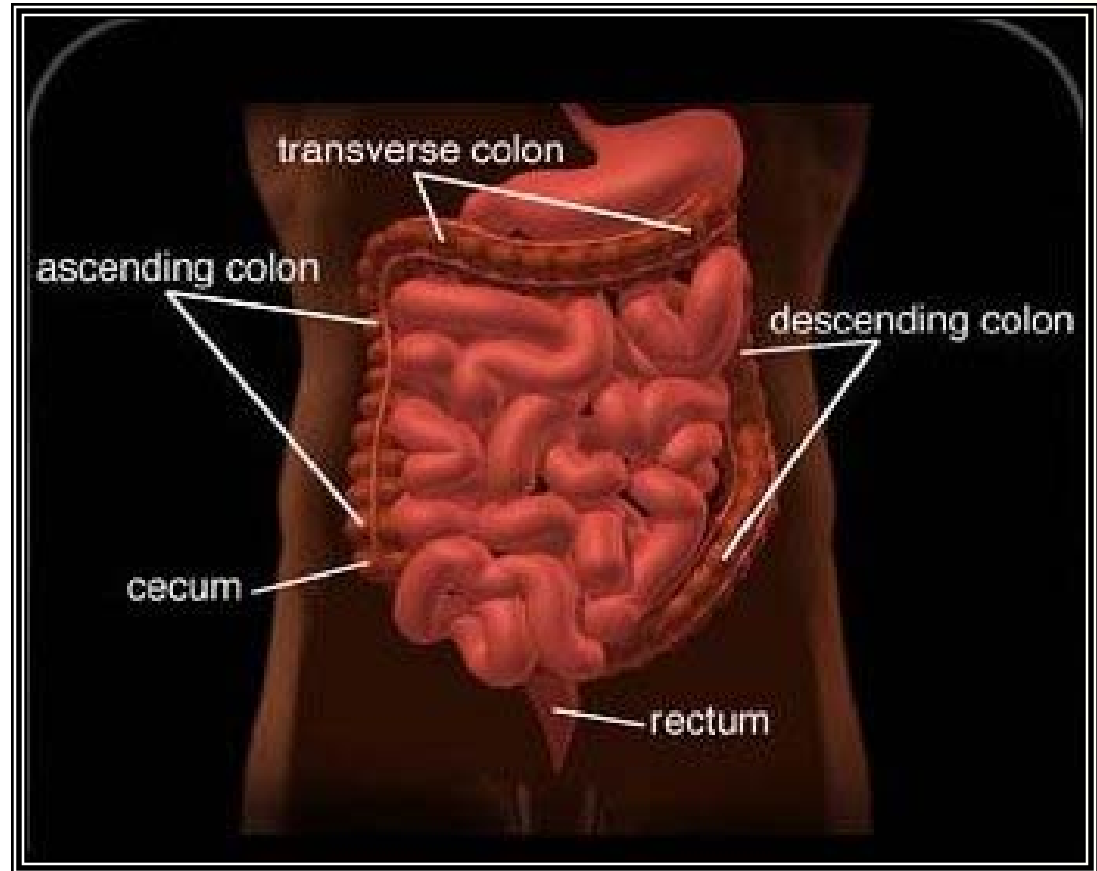
## The Small Intestines cont.

- This ends at an important junction called the ileocecal valve. This valve controls mucous and exit of chyme into the large intestine (colon)



# The Large Intestine

- 3 parts as well:  
Ascending Colon,  
Transverse Colon, and  
Descending Colon
- Descending Colon  
empties into a “S” shaped  
area called the Sigmoid  
Colon
- Fecal matter is formed  
for elimination throughout  
the entire colon
- Water is reabsorbed. B-  
Vitamins are absorbed.  
Toxins are concentrated  
to be released
- Ends at an area called  
the Rectum



# Interesting System Facts:

- There are more organs in your Digestive system than any other system!
- 2/3 of all your body parts are found here
- You use up to 2/3 of your daily energy supply just to “digest and clean-house”
- *The Average American consumes 40 tons of food in a lifetime!*



Have you heard that “*you are what  
you eat?*”

Rather than, “You are what you Digest”

How about: “*You are what you  
absorb!*”





# Primary Problems with this System:

- Transit Time
- Lack of Enzymes
- Lack of Probiotics
- Hiatus (Hiatal Hernia)
- Lack of HCL



# TRANSIT TIME

- A measure used to denote how long it takes for food to go thru this 30 foot tube
- Normally about 24 hrs
- Muscles all along your digestive system push chyme along. This is called “peristalsis”
- Can be too fast or too slow
- Analogy: *The Train Station...*



# The Natural Health Definition of Bowel Movement:

- **Every time you eat!** (should produce a bowel movement)
- Like trains into a train station. One goes in, one should go out
- Think about feeding babies or puppies! What happens next?
- Human digestive system can only process 3-4 meals per day adequately
- Check transit time with the “beet juice experiment”. 12 hours is too fast (no absorption). 72 hours is too slow (constipation)



# But the Dr. Told Me...



- You may have been told that one bowel movement a day is *normal* for you
- Not if you consider this:
  - You've eaten three times today...you have 1 movement. SO far ok. You leave 2 trains in the station....however, the next day there are 4 trains. The next day 6, and so on.
- How backed up can a person's train station become?



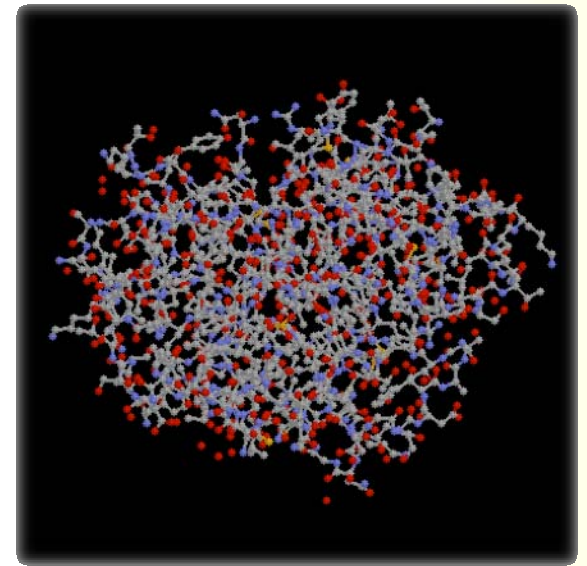
# Enzymes

- Enzymes completely digest your food and allow for complete absorption
- Do we possess enough for a lifetime?
- Yes, until we consider foods are de-natured, processed, boxed, and refined
- The Human body wasn't designed for "shelf-life" and "cooked" (heat destroys enzymes) foods
- Non-cooked foods contain enzymes from nature to assist us



# Enzymes cont...

- Enzymes are required for detoxification too
- Enzymes turn fat soluble toxins into water soluble toxins for easy elimination
- Less enzymes = more toxicity
- Balance pH in our systems
- They reduce overall inflammation



# Probiotics (Pro-life)



- Opposite of Anti-biotics (anti-life)
- Prevent harmful organisms/parasites from making your digestive system their home
- Supplement our diets by manufacturing additional vitamins
- Provide immunity

# 75% of Our Immune System

- Found throughout this system, mostly the Colon, probiotics account for roughly 75% of our immunity
- Normally we should have around 10x “100 trillion” of these friendly bacteria in our intestines
- Up to 10% of your total body weight!
- Acidophilus/Bifidophilus most known



# Where do They Come From?

- Probiotics “inoculate” us at birth. Usually thru the vaginal canal
- Additional inoculation from breast feeding





# Friendly Flora Problems

- Use of anti-biotics, chemicals, drugs, and the standard American diet (lack of pre-biotics), deplete our populations
- The health of our internal environment (intestines) also determines population
- Our current health system not only dismisses enzymes but also the need for “replenishing probiotics”



# Hiatus

- Occasionally part of the stomach ventures “up top”. Permits backflow of chyme into the esophagus. **Heart burn!**
- Often misdiagnosed as ulcer or heart disease. Symptoms: pain, breathing difficulty, and acid reflux



# Emotion Affects Motion:

- The stomach has 35 million tiny glands pouring out 2-3 quarts of juice everyday
- Emotions effect our stomach and these juices
- Keep your emotions in check when eating
- Eat with less distractions and be calm
- Difficult emotions lead to difficult digestion (Hiatus)!

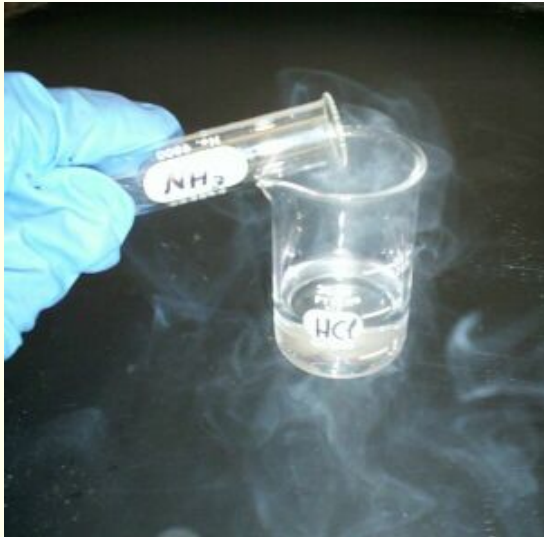


# Table Discussion

- *What can we do to help with our emotions?*
- *Should we eat when emotionally upset?*
- *Can you think of some NSP supplements that help with this discussion?*



# HCL



- Our Hydrochloric acid (HCL) is corrosive enough to dissolve a razor blade!
- The stomach is lined with mucus as a barrier to HCL
- The lining of the stomach sheds cells at a half-million a minute
- The stomach replaces itself every 3 days. (so HCL is not detrimental to us)



# So is HCL Bad?

- The antacid industry (a multi-billion dollar one) wants you to think so
- Although helpful (antacids), not the answer to heartburn or acid reflux
- HCL is for breaking down protein, destroying microbes that are bad, stimulating enzymes/organs/bile
- Treatments aimed at neutralizing this actually make your problems worse!



# Should We Stop HCL Production?

- **No**, we need it. Especially after around age 40
- Poor diets, overeating, and gulping food, create “heartburn”. Heartburn is: **A LACK OF HCL – NOT AN EXCESS!**
- Lack of HCL = protein malnourishment



# More on the HCL Issue

- Improper levels of HCL lead to “acidity”
- The blood (pH imbalance) becomes toxic
- Mineral deficiency will result
- Blood looks for minerals to combat acidity
- Steals Calcium from your bones
- **Low stomach acid = acidic blood = low minerals**



# Symptoms of HCL Imbalance:

- Bloating
- Flatulence
- Heartburn
- Diarrhea
- Constipation
- Acne
- Chronic Candida
- Food allergies
- Immune problems



# Natural Support

- Diet
- Exercise
- Water
- Fiber
- Detoxification
- Quality NSP Supplements





# Diet

- Proper diet = Proper care of this system
- Fruits, vegetables, nuts, whole grains, and seeds
- Proteins should be lean and high quality, carbohydrates better if complex, fats unsaturated and of the essential fatty acid variety (omega 3's, 6's and 9's)



# Chew your Food 25 Times!

- Powerful and inexpensive. Doesn't cost you anything to do this!
- Turn your solids into a liquid, even your liquids into a liquid
- Gives time for the digestive system to tell you that you are full
- Ensures proper digestion and breakdown (absorption)
- Assists in weight loss



# Exercise



- ANY exercise is good
- Working your muscle groups improves muscles around your intestines (peristalsis)!
- Sit-ups (rectus-abdominus/solar plexus muscle groups) and Kiegels (perineum area-for the Colon) works wonders...

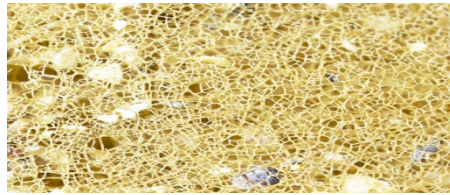
# Water

- Clean, fresh and plenty of it!
- Avoid constipation by drinking more water
- Invest in water filtration. Save your health and our environment from plastic
- Drink a full glass one-half hour before meals. If no longer hungry, you were thirsty
- Try eating a full meal without any liquids. If so, you are properly hydrated. If not, consider more water in between meals



# Fiber

- 30 years ago advised 10g/day
- 20 years ago advised 20g/day
- Today 30-40g/day
- 5 kinds of fiber – 3 soluble (pectin, mucilage, and gum) and 2 insoluble (cellulose & hemicellulose)



- With fiber we feel “full”. Decreases appetite
- Helps with ease of bowel movements
- Sweeps out toxins, lowers cholesterol, blood sugar levels, and reduces colo-rectal disorders



# Detoxification (purging the bowels)

- Dates back to 2,500 B.C. (Egypt)
- Greeks favored saline enemas
- American Indians pioneered herbals (like Cascara Sagrada)
- It is more important today than ever!
- Chemicals, heavy metals, pesticides, herbicides, colorings, flavorings, etc. did not exist prior to industrialization. Our digestive system wasn't designed for this
- These toxins are making their way into us!



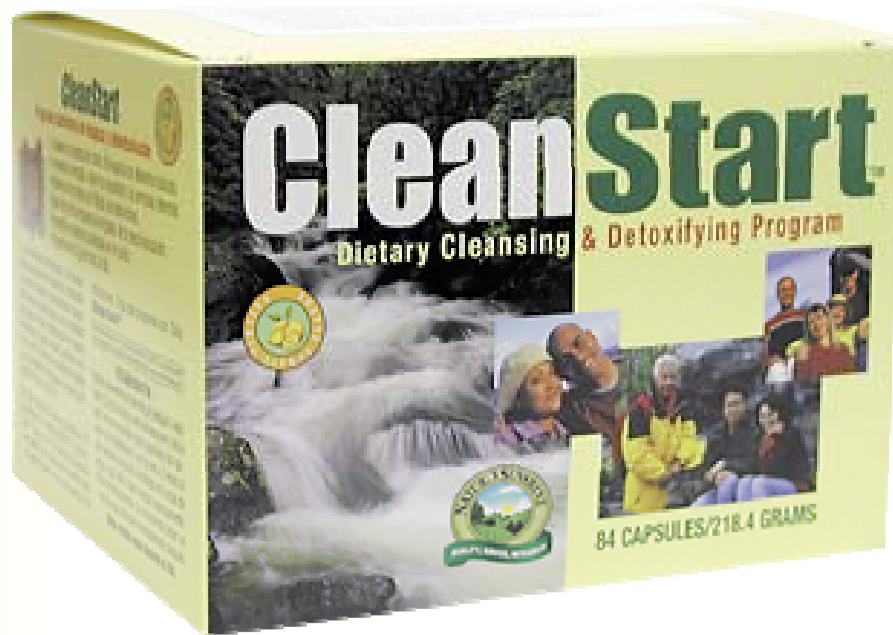
# Clean the Chimney!



- Like a chimney, we need to clean it from time to time, to avoid a fire
- Estimated the avg. American has **5-25 pounds of undigested fecal matter** in them at all times!
- Does not include chemical mixtures of our fecal matter. How toxic are we?
- The system is overworked from poisons, lack of fiber/enzymes/probiotics, HCL issues, hiatus, poor diets... we all need help!



# Off to a Clean Start!



**3995-5**

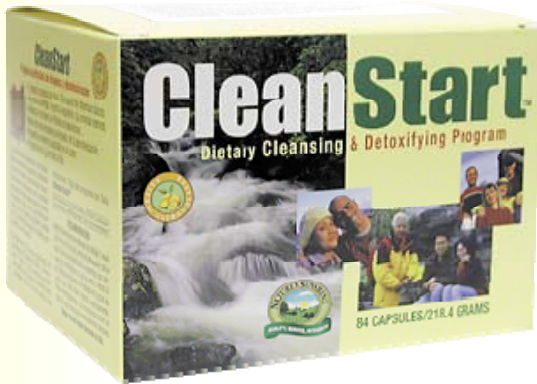
- Psyllium hulls—A mild, bulk-forming laxative
- Aloe vera juice—Contains aloin, which helps support intestinal muscle tone.
- Chlorophyll—Helps fight off odors like halitosis and body odor.

# Clean Start

- Like an internal soap
- Contains fiber
- Full of scrubbers and movers
- It is not enough to just move the bowels (transit time), we also need to scrub it clean!
- Improves the internal environment
- Dietary cleanser and detoxifier



# Benefits of Clean Start



3995-5

- Increases energy
- Nourishes 5 main parts of the digestive system (such as the Liver, Colon, etc.)
- Promotes healthy colonic environment
- Supplies 10g of your fiber needs daily
- Contains *Lactobacillus sporogenes* to help populate friendly flora





# Para-Cleanse

Designed to rid the body of parasites while improving digestion and absorption



**4081-0**

- Paw Paw—Has powerful anti-parasitic abilities.
- Caprylic Acid—Helps relieve the symptoms of an overabundance of yeast.
- Pumpkin Seed—Improves digestion while soothing inflamed tissue and fighting bacterial infections.

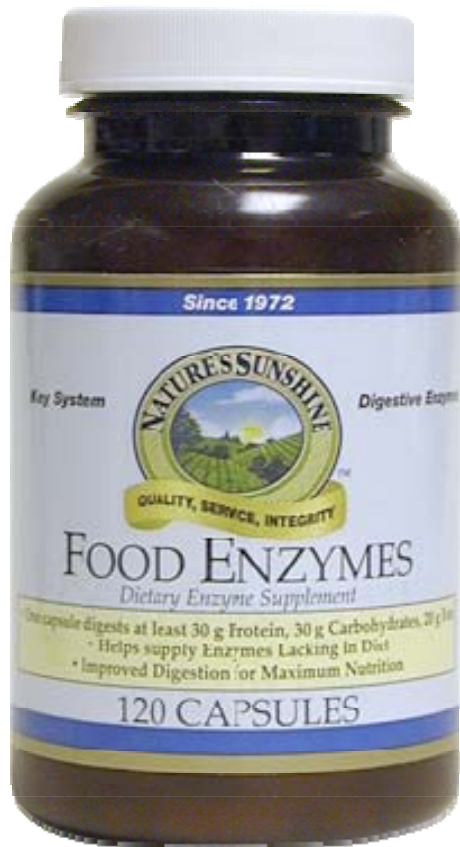


# Good Bye to Those Nasty Critters!

- Para-Cleanse is a good choice after Clean Start
- Now that the bad guys are exposed, Para-Cleanse is a 10 day herbal supplement program to rid the body of un-wanted organisms
- Comprised of Herbal Pumpkin, Black Walnut, Artemisia Combination and Paw Paw
- Eat plenty of fresh fruits and veggies. Avoid red meats, coffee, alcohol, sugary or fried foods, and drink plenty of water



# Food Enzymes



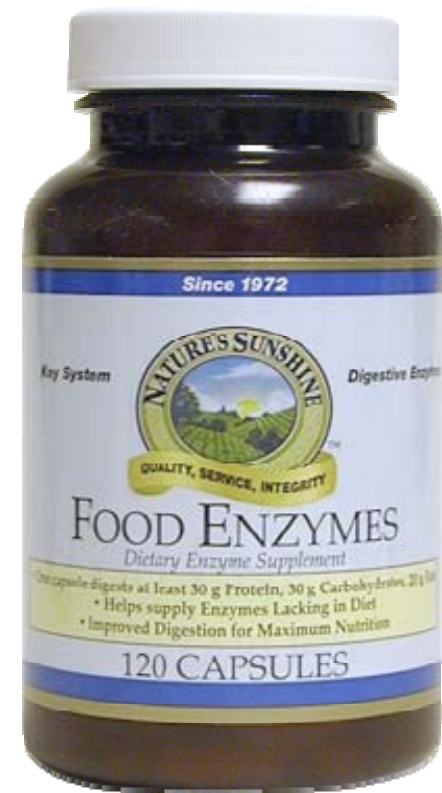
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- Optimizes food digestion and absorption
- Digests fats, carbohydrates and proteins
- One capsule will digest 30 grams of protein, 30 grams of carbohydrates and 20 grams of fat.



# Enzymatic Relief

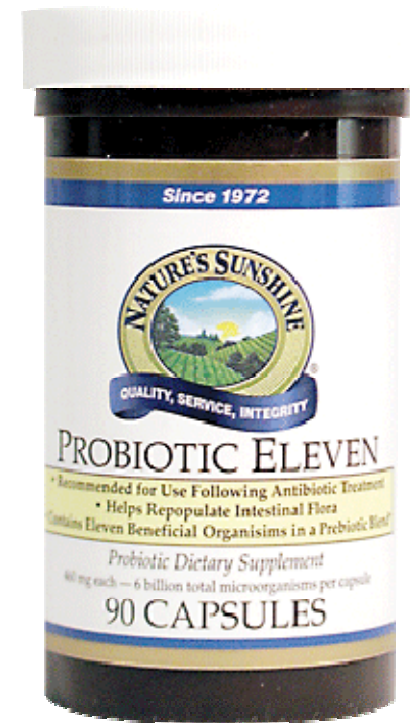
- A multi enzymatic formula
- Formulated with Pepsin (HCL)
- Pancreatin
- Mycozyme
- Papain
- Bromelain
- Bile Salts
- Lipase



1836-9

# Re-Inoculate with Probiotic Eleven

- 2 capsules of enteric coated capsules of Probiotic Eleven contain over 11 billion good guys!
- Includes Bifidophilus and Acidophilus
- Smart choice to always take after anti-biotic therapy



# Nature's Three



1345-0

- Psyllium
- Excellent for weight control and lowering blood sugar levels
- Oat Bran
- Lowers blood cholesterol and acidity
- Apple Fiber
- Provides a slower absorption of simple sugars, helps maintain proper glucose levels

# Good Things Come in Three's!

- A non-toxic fiber source (no dyes)
- Mixable in water, sprinkled in food or use in recipes
- Psyllium, oat fiber, and apple fiber
- Each serving provides 2 g of fiber (1 g soluble and 1 g of insoluble)
- Start slowly and drink plenty of water

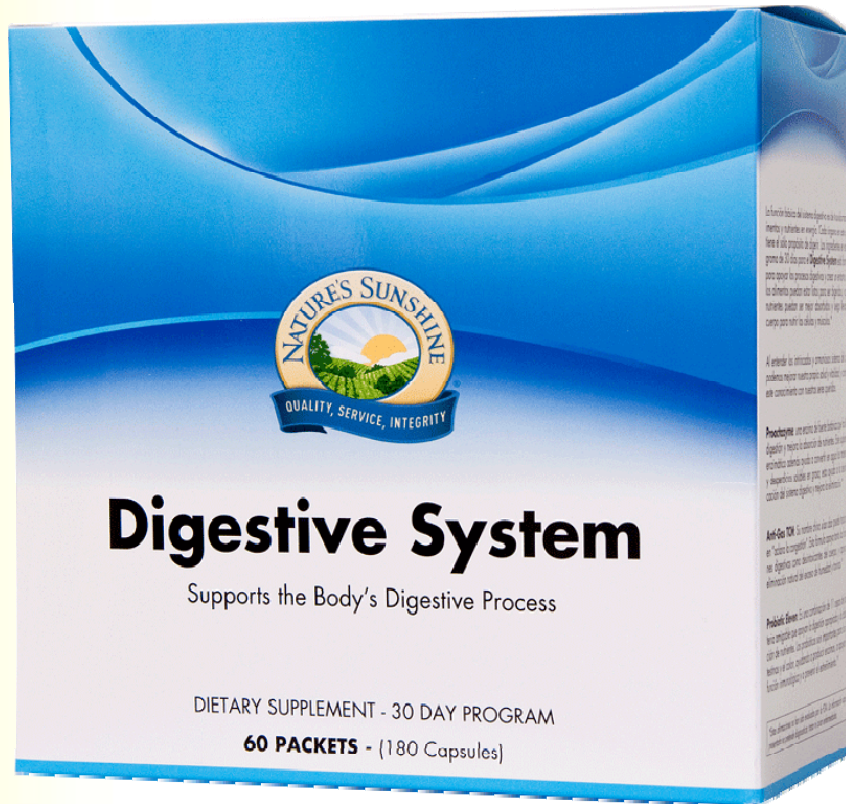


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# Digestive System Solutions



- **Proactazyme** : a plant-sourced enzyme that facilitates digestion and improves nutrient absorption. This enzyme supplement also helps turn fat-soluble materials and waste into water, which helps detoxify the digestive system and improves elimination.

**Anti-Gas TCM:** Its Chinese name xiao dao can be translated as “clear the congestion.” This formula supports both the digestive and detoxifying functions of the body, and supports the natural elimination of excess moisture and toxins.

**Probiotic 11:** a combination of 11 types of friendly bacteria that support proper digestion and nutrient absorption. Probiotics are important to the intestine and colon as they help produce enzymes, support immune function and help prevent constipation.

# Conclusion

- The Digestive system, with 2/3 of all your organs, maintains energy, cells, tissues, and keeps you functioning
- Each day processes 2.5 gallons of food, liquids, and bodily secretions into 12 ounces of waste. Very efficient indeed!
- Every system in your body is affected by its function
- Start today to help maintain such an important system as this....*the road to good health is paved with good intestines!*



# The Body Systems



MarysHerbs.com

# Questions???

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