

## How Important Is It To Have Proper Digestion?

The part played by food in the health of your body is to furnish it with the nutrients needed for the biochemistry that keeps you alive. The digestive process breaks the food that you eat down into a form that can be absorbed by your bloodstream, and from there to your liver which is your body's chemical plant. That is where most of the biochemical reactions of your body take place, such as the manufacture of bile needed to break down fats during digestion.

Most people do not take this into account when eating, and in today's hectic world nourishment is the last thing on their minds, yet the one aspect of their lives that can provide them with the energy to carry on as they do. They eat to get rid of the feeling of hunger, and any old thing will do: a burger or a pizza, but rarely an orange or some cheese on wholegrain bread.

Poor eating habits lead to poor digestion, which in turn leads to poor extraction of the nutrients from what we do eat, and therefore malnutrition. Yes, malnutrition! It is possible to suffer from that even though you fill your belly every day. It's not the filling that matters, it's what does the filling and how well it is digested. Proper digestion is very important to every living creature on this planet. The first step in ensuring that have a proper digestion function is to assess the quality of the food that you eat:

- a) What nutrients does your food contain, and
- b) Have you sufficient of the proper enzymes needed to break it down so that these nutrients can be extracted?

Nourishing meals are just as easy to find and eat as junk foods, and it is just as easy to a breakfast containing a high protein and fat content as it is to eat a chocolate biscuit. A hard boiled egg with whole meal toast and yoghurt isn't difficult to prepare for breakfast, and some tuna, or cheese and whole meal crackers make a nutritious lunch. These foods are easier to digest than the greasy high-fat foods that most people eat at lunchtime.

Proper digestion requires relaxation, and eating when stressed or in a hurry creates the wrong pH conditions in your stomach, with hydrochloric acid production being suppressed and the production enzymes by the liver inhibited. Enzymes are essential to your health, and are types of protein that enable most biochemical reactions to take place. Without the proper production of enzymes, your food will pass through your body largely unchanged, and this indigestion can not only give you stomach pains but also weaken you because the nutritional value of your food is not being realized.

You should take the time to eat, and not try to eat on the job: that is why so many high fliers end up with ulcers. Take time to chew, and mix your food with saliva which itself contains the enzymes amylase and lysozyme. Amylase breaks down starch into sugars, while lysozyme inhibits the growth of oral bacteria. The digestive system therefore begins in the mouth when you chew your food. The breakdown of food into smaller particles also produces more surface area from which the nutrients can be absorbed.

Enzymes are very important to proper digestion, and your diet should include enzyme-rich food such as tropical fruits (pineapple and bananas), honey, and many vegetables. Yoghurt and lacto-fermented foods are also rich in enzymes, and many cooked foods also contain enzymes. An enzyme supplement can also be taken to top-up what you eat, and make up for any enzyme deficiency in your diet. Processed foods are fairly empty of good nutritional value, particularly enzymes, which is why so many people are so overweight: their food is a nutritional desert and their body keeps craving for food that leads to eating binges.

For your food to be properly digested your stomach acid has to be at a certain pH. If you drink too much liquid when eating then the acid will be diluted, and you will not properly digest your food. A glass of water is fine but two or three pints of beer, or a gallon of fruit juice, will dilute the hydrochloric acid concentration in your stomach, and it will not be able to break down your food. Consequently, your digestive system loses much of the nutritional content of what you eat. Restrict heavy drinking of liquid to about two hours before and two hours after eating each meal for maximum efficiency. Many people find that they have to take not only vitamin and mineral supplements to replace those which are lost through inefficient digestion, but also other supplements such as enzymes and extra proteins.

When food is processed or cooked, the process destroys enzymes. Since the body stores only a limited supply of enzymes, eating well cooked or highly processed foods continuously, places great strains on the enzyme reserves, and ultimately the metabolic enzyme reserves have to be used in order to digest your food. This diverts them from their proper purpose, and many of the functions of your body are disrupted.

For example, your lose energy and your immune systems begins to weaken, making you feel tired and more susceptible to illness and disease. You should therefore try to eat foods rich in enzymes, or use an enzyme supplement. Natural raw foods are an excellent addition to your diet, and salads and fruit should be regular components of your meals. Obviously you must eat some cooked foods, but that does not mean that you should avoid

eating fresh raw fruits and vegetables altogether. That is a recipe for a dietary disaster.

Enzymes are extremely important components of your digestive system, as is dietary fiber. In fact if you eat a diet containing dietary fiber, some raw fruit and vegetables, and protein, either cooked or uncooked, you will be giving your digestive system a boost. If you are unable to maintain that, then enzyme supplementation, together with general multi-vitamin and mineral supplement daily, should help you to maintain a healthy digestive system. However, fiber is essential since without it you will become constipated, especially if you consume a lot of pulpy foods that mainly consist of water.

It is extremely important that you have proper digestion of the food that you eat, and that your body makes the best use of the nutrients that it contains. To achieve this, you have to maintain the correct pH of stomach acid, and eat foods with the nutritional content required by the human body. This means not overcooking a balanced diet containing protein, fiber, enzymes and other nutrients such as vitamins, minerals and phytochemicals (plant-based chemicals).

### About the Author

More information on [enzyme supplements](#) is available at VitaNet &reg;, LLC Health Food Store. <http://vitanetonline.com/>

Source: <http://www.healthcrazed.com>