

Digestion – The Key to Health

Reverse Inflammatory Bowel Dis-ease like Crohn’s, Irritable Bowel Syndrome (IBS), ulcerative colitis (UC) and more

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Most of us are not digesting foods, absorbing nutrients and eliminating toxins effectively and over time disease develops in the body such as cancer, diabetes, heart disease and the soup de jour, all inflammatory bowel disease. **Lifestyle Quixotica products are designed to specifically address systemic nutritional deficiencies and toxicity by assisting with proper, digestion, absorption, metabolism and elimination.** If you have been impacted by poor food choices and modern day stressors, our products aid in the digestive process from ingestion to elimination, to help you feel vibrant again. However, these products by themselves cannot restore health. There is no magic pill. Health is ultimately up to you and requires permanent lifestyle changes on your part, including but not limited to a sound nutritional plan, exercise, rest and faith. Without lifestyle changes you risk digestive diseases that can ultimately lead to other disease processes in the body if left unchecked. We are here to teach you how to kick start your digestive system again and help you get back on track.

Here is a quick Digestive System Physiology Primer for you.....

The digestive system is responsible for taking whole foods and turning them into energy and nutrients to allow the body to function, grow and repair itself.

Now, the following are the 6 primary processes of the digestive system:

1. Ingestion of food
2. Secretion of fluids and digestive enzymes
3. Mixing and movement of food and wastes through the body
4. Digestion of food into smaller pieces
5. Absorption of nutrients
6. Excretion of wastes

Hey, and guess what else?

Your gastrointestinal tract is also home to the largest part of your body’s Immune System, protecting you against foreign invaders by producing acids and housing colonies of beneficial bacteria that act as a defensive army fighting to protect you from pathogens that find their way inside your body.

Now, you can remove the defibrillator from your heart as you are asking the question, “How come my Allopathic Medical Doctor does not know this? How come every time I ask my well-meaning MD about the importance of nutrition or digestion or probiotics relative to my cancer, they say it has nothing to do with it? How come every time I ask my well-meaning MD what role does proper nutrition and digestion have in Immune System function and why am I always sick, they disregard the question and answer in the negative? How come all my well-meaning MD prescribes me more and more antibiotics and pharmaceutical drugs that I now understand, are destroying my Immune System and digestive system and therefore creating more disease?”

Great questions, why don't you ask them? They are the ones that wrote you prescription after prescription after prescription until you give up and perpetuate dis-ease. Ask them if they know that the Lipitor, the Metformin, the BP meds, the Prilosec, the Chemo, the daily Aspirin, the Zantac etc are destroying your immune system and actually endangering your health. Ah, c'mon, go ahead ask them. Why pay \$25 bucks a ticket at the comedy club for 2 hours of laughs when you can get free comedy at your Allopathic MD's office for only \$350 for 5 minutes. Did I say free, or hosed? If you think I am attempting to be funny you are wrong, dead wrong and that is precisely where you are being led under that failed system that you walk into like you walk into church. Here is one for you from one of their own:

“The Allopathic MD is neither science nor art. It is a religious cult that takes faith on your part to believe in what it does”

Robert Mendehlson, MD

Wow!

If you are sick, experiencing symptoms or simply lack energy chances are you have a digestive tract that has begun to decline in efficiency. Without proper digestion, food often putrefies in the body, leaking toxins back into the bloodstream. Simply put, over many years our bodies fill up with a lot of garbage that was never fully digested. This “garbage” sits around and becomes toxic plaque. The plaque clings to the inside of your intestines preventing beneficial and necessary nutrients from being absorbed, literally choking you off from the inside. It also prevents toxic by-products from being processed and dumped out of your body.

This putrefied fecal matter contributes to conditions such as Dysbiosis (leaky gut), irritable bowel syndrome (IBS), Crohn's disease, ulcerative colitis and Celiac Disease as it is a breeding ground for “bad” bacteria, making you sick if you don't ultimately find a way to remove it from your body. In fact, it is not uncommon for most people to have 5-15 pounds or more of putrefied, black and toxic impacted fecal matter in their colon. If not handled, these conditions can progress into other disease processes that impact both your physical and mental wellbeing further. A healthy gut is a critical and essential baseline for health and one of the keys to a properly functioning digestive process.

For your understanding, the human body is unable to generate energy itself and must obtain it from external sources. Energy from the sun is captured by plants, which in turn are eaten by animals and humans. Humans use both plants and animals (vegans, take a deep breath, Thumper is safe) as food sources but in order to obtain the energy from them our food must be broken down into smaller molecules that the body can process. This is accomplished by a complex series of organs known as the digestive system, from ingestion to elimination. Healthy gut flora or good bacteria play an essential and necessary role in the entire process.

Unfortunately, most of us do not have an optimally functioning digestive tract. Due to present day food choices and modern day stressors improper digestion, absorption and digestion of food is more of a concern than ever. Stress of all types, antibiotics or other drugs, pesticide laden foods, genetically modified foods, highly refined and processed foods (with chemicals, dyes, hormones and preservatives), vaccines, chemotherapy and radiation, environmental toxins and stressors such as EMF's as well as your genetics all play a role when it comes to food digestion difficulties.

The bottom line is you don't wake up one day with heartburn or indigestion, you don't inherit constipation or catch a peptic ulcer, nor do you develop IBS, Crohn's, or leaky gut during your sleep one night. The truth is most digestive problems come from days, weeks and years of eating the wrong foods, an overuse of pharmaceutical drugs and birth control pills that kill our gut flora, treatments like chemotherapy and radiation, street drugs, alcohol and cigarettes or simply not chewing properly or long enough.

Sadly, the acceleration of a toxic food stream and a society that turns to pharmaceutical pills for the "quick fix" or "magic pill" has contributed to an increase of all lifestyle diseases such as cancer, diabetes, heart disease, obesity, digestive diseases and more.

But wait, wait.....

There is more to hear folks. And If you act today and only today, you can also get a special deal on Digestive diseases, MS, Parkinsons, ALS, Fibromyalgia, RA, Lupus, etc, etc.

Sadly, "the more to hear" is the unfortunate fact these disease-like symptoms are now appearing in children at younger and younger ages. We encourage you to pay attention, and to make lifestyle changes that will be for the benefit of you and your family. Make choices that feed your cells, not fill your bellies and make choices that cleanse the body and organs versus creating a toxic load that will make you sick. Stay tuned, we will tell you some critical things you should be doing.

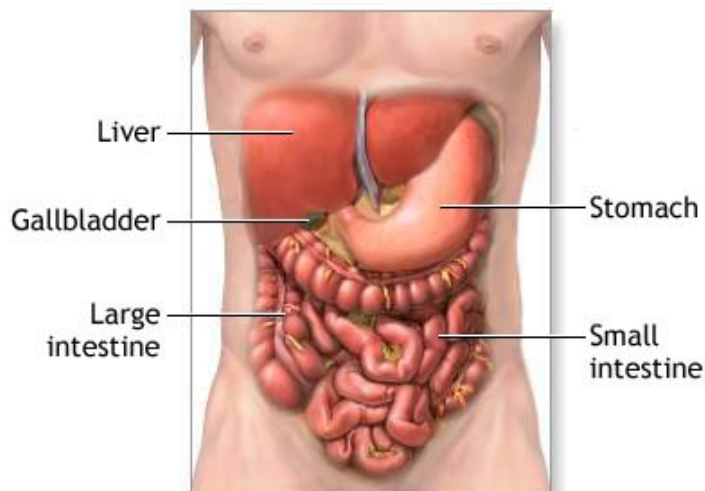
Digestion and Your Good Bacteria – How they Work Together

To help you understand, we will teach you how the body works.

Western medicine has taught or conditioned most of you to think bacteria is a bad thing and needs to be obliterated from your body and that the body cannot heal or repair itself. It is our hope, after you read this essay, you will understand and become aware of the fact that your body has “good” or “friendly” bacteria too and they are tremendously important to your overall health and longevity. In fact, these “good” bacteria play an important role in your digestion of toxic wastes as well as assimilation of important nutrients needed for optimal health. (See Section 1, Chapter 2 of this course for more details).

Unfortunately, the belief that all bacteria are bad has led to treatments that keep people sick. Most western medicine health professionals do not study or understand digestion and nutrition and unknowingly many of the treatments they recommend kill “good” bacteria, allowing “bad” bacteria to proliferate, keeping or making us sick.

The story of course begins with nutrition and includes what you eat and how you digest what you eat. Clearly, bioavailable foods are needed, not processed, heat treated and chemically altered foods. With that said, we are going to follow your food through the digestive process.



Ingestion

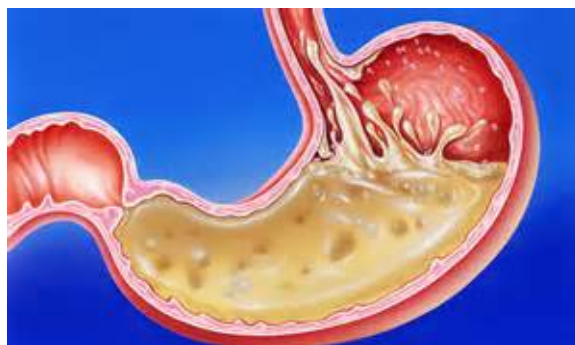
For starters, when you put food in your mouth your salivary glands secrete saliva. In fact, sometimes you might even secrete saliva simply from the site or smell of food. Dark green, bitter foods are particularly good at stimulating this process and include things like dandelion and rapini (dark green botanicals) spirulina, chlorella and kelp (dark green sea foods), as well as fennel and ginger. What you probably don't know is one teaspoon of saliva contains fifty thousand to five billion microorganisms (you might call them friendly bacteria, flora or little bugs).



These “good bugs” are your friends. They secrete the enzymes and acids your body needs to digest or break food down into smaller particles. They also help with salivary enzyme phosphatase, thus increasing the acidity in your mouth. Don't get lost on the big words. Enzyme phosphatase is necessary because it helps keep your mouth acidic so the “bad bugs”, such as herpes viruses and candida fungi are killed. Yes, if you have enough “good bugs” and their acidic secretions are adequate, many potentially dangerous bugs are stopped cold in your mouth. Unfortunately, if their acidic secretions are not up to snuff, these “bad bugs” continue their travels and adventures heading “downstairs” into your body.

Digestion

After the mouth, your chewed and salivated food now proceeds from the esophagus into your stomach where hydrochloric acid breaks the food and proteins down further. Your stomach juices, if healthy, contain about 5,000 “good bugs” per teaspoon. These “good bugs” kill “bad bugs” and neutralize toxic substances harmful to your body. Many stomach ulcers are caused by a loss of good bacteria, whose absence then allows bacteria, like *Helicobacter Pylori*, to bore holes in your stomach wall and to initiate early “leaky gut syndromes”.



Absorption and Metabolism

The next stop for your food is your duodenum, which is the first 10" to 12" of your small intestine. Here the food particles encounter digestive enzymes from your pancreas, liver and gall bladder. These juices contain digestive enzymes and bile that break the food particles (starches, proteins and fats, etc.) into yet smaller bits. A healthy duodenum contains 50,000 "good bugs" per teaspoon, mainly *Lactobacillus Acidophilus* and "good" *streptococci* bacteria. These microbes secrete lactic acid, hydrogen peroxide and acetic acid. This is a celebration for you because these acidic secretions not only help make food more digestible, they also create a very inhospitable environment for the bad microbes which need an alkaline environment to live.

When the job is done, the smaller food passes to the lower portion of your small intestine, the ileum, where more highly concentrated enzymes and microbes (an incredible 500 million microbes!) per teaspoon further break the food down, increasing your body's ability to digest and assimilate nutrients. At this point most minerals and vitamins are passed into your bloodstream where they are utilized by cells lining the gastrointestinal (GI) tract, organs and muscles. They are more digestible and functional because your friend the "good" gut bacteria produced acidic secretions. Also, intestinal microvilli, which are like fibers on a shag rug, contain tiny capillaries that connect to larger blood vessels to carry nutrients to the liver and other parts of the body.

Elimination

The food you originally put in your mouth is now mainly liquid and passes through a check valve into your large intestine, also known as the colon. Your colon is the primary "city" for your "good" bugs and if your colon is healthy it contains up to five-thousand billion microbes per teaspoon! This is amazing and exactly what your body needs to break down the food's final nutrients to be digested and assimilated by you.

The residues, which cannot be absorbed through the microvilli and remain in the colon, need to be eliminated. The most important bacteria in your colon, which

help in elimination, are called *Bifidus*. These “last stop” good bacteria help eliminate undigested foods and harmful microbes and neutralize poisons that are then excreted through your bowel movement as a variable or semi-solid fecal mass.

From Ingestion to Elimination – the Importance of Digestion

To illustrate further, when you think about digestion and your gastrointestinal system from your mouth to your anus, simply think of it as a coating of “good” microbes or a “wall” of your body’s protective soldiers. Now listen, this is really important to understand and remember.

Approximately 85%+ of your immune system and your resistance to most diseases are the microbes in the mucous coating of your gastrointestinal system.

Getting redundant? Good because you need to hear it over and over again so you get it. One of the primary functions of your microbiome is to keep bad bugs and poisons out of your bloodstream while maximizing your assimilation of nutrients. When this defensive wall has been penetrated by “bad bugs”; undigested food particles and disease-causing microbes can sneak through your bowel wall into your bloodstream and on to your liver to create “leaky gut” and trouble for you. Your intestinal microbe “soldiers” are frequently not understood and are greatly unappreciated heroes. They are the key to your body’s health and resistance to disease. They are your first line of defense.

What you may not know is you have more microbes than cells in your body! That’s right; you have 20 times more microbes than you have cells in your body. The entire human body has a mere 75 trillion body cells compared to more than 200 trillion microbes in your gastrointestinal (G.I.) system. Each of us is host to over 1,000 different microbe species which together create a very lush forest in our gut. In fact, the total average weight of your intestinal microbes is 3-4 pounds, which is the same weight of the human liver! So your gut health is vital. Without it, you cannot possibly remain healthy.

The reality is most people, overtime, have some form of nutritional and/or digestive problems. The most common Digestive Diseases we see are:

- Irritable Bowel Syndrome (IBS)
- Crohn’s Disease
- Ulcerative Colitis
- Celiac Disease
- Leaky Gut
- Acid Reflux/Gerd

We will address these more specifically in a separate article. However, it is important to note that in order to maintain health and get your digestive system back on track there are some simple guidelines that can help in most circumstances.

- (1) Follow a lifestyle nutritional plan (read our articles on nutrition)
- (2) Supplement Properly to support Digestion, your immune system and to Optimize Nutrition
- (3) Cleanse the Body
- (4) Exercise
- (5) Rest
- (6) Faith

Supplementation to Support Digestion, Your Immune System and to Optimize Nutrition

As discussed, most people are not digesting or absorbing the nutrients from their food and they are not eliminating the toxic waste matter either. So what to do for supplements?

You start with:

FloraBiotica Plus Enhanced and ***FloraBiotica Synergy*** are probiotics or the beneficial bacteria or flora we need for optimal health. As discussed, the microbiome is the basis, the infrastructure, if you will, for all health. If you are not addressing the levels of microbiome, don't waste your time.

The microbiome is the foundation, or building blocks for your digestive system and immune system and FloraBiotica Plus Enhanced and FloraBiotica Synergy will help recolonize your gut flora or microbiome.

Digest Synergy, a full spectrum digestive enzyme(s) derived from plants versus synthesized in a laboratory, is a recommended addition to probiotics. If you are experiencing any of the digestive diseases we previously discussed or if you have had your gall bladder removed the use of a digestive enzyme is even more critical. Digest Synergy is a compliment to eating whole organic alive foods, like an apple, that has enzymes in it to help with digestion. If you are eating the Standard American Diet steeped deeply in grains, then you are a gastrointestinal ticking time bomb waiting to happen because your body struggles with digesting grains, any of it to include whole wheat and both probiotics and digestive enzymes will be needed to help you get back on track.

Clear Synergy is the highest quality systemic (whole body) detoxifier with emphasis on the liver, you will find. There is nothing on the market close to it.

Nothing. It also feeds the cells and helps in the elimination of the toxic load in the body, through cellular nutritional support and gentle cleansing.

If your digestive tract is not functioning, you have accumulated toxins that are impacting your health. Use Clear Synergy to begin gently cleaning your system and to aid in kick starting your digestive tract.

Green Synergy Enhanced is an alkalizing super dense green food that is easily absorbed and metabolized, feeding the body at a cellular level. This is a superior green food supplying high quality vegetable carbohydrates with no sweeteners. These dark greens have been carefully selected from the sea (spirulina, chlorella and kelp) and from the land (botanicals), rich in vitamins, minerals, enzymes and phytonutrients.

The dark, bitter greens, as found in Green Synergy Enhanced help in the optimization of your digestive tract, stimulating juices for digestion.

Mineral Synergy Enhanced is an alkalizing full spectrum mineral dense food with particularly high doses of Magnesium and Potassium. If you are Magnesium depleted as most of you are (about 85% to 90% of Americans are Magnesium deficient) you will not absorb vitamins so don't waste your money on multi-vitamins, which do not work. Use foods, like Mineral Synergy that are rich in Magnesium and Potassium. An added bonus is Potassium is critical for heart function.

Brain Synergy Enhanced provides all the amino acids, which are the precursors for the neurotransmitters to improve cognition, mood and sleep. We added Ashwagandha Extract for cortisol management and adrenal stability. 5-HTP is the direct precursor for serotonin, helping to decrease depression. Gaba regulates growth, sleep cycles and body temperature. P-5-P, a B6 co-enzyme with Magnesium also regulates neurotransmitter function.

If your digestive tract is not functioning, you are not producing the amino acids or neurotransmitters you need for optimal brain function. Give your brain a boost by using this food derived supplement.

Protein Synergy is Our WHOLE GOAT PROTEIN. The finest protein powder supplement available. My favorite formulation in vanilla, coconut and raw cacao flavors with NO SWEETNERS. It tastes awesome and does not need any sweetener because when you use high quality products you do not need to mask inferiority like MOST other products on the market.

It is the only protein with all essential amino acids that the body cannot make (unlike whey protein, pea protein or bone broth protein) and can only be found in exogenous nutrition.

Goat milk products and lamb are extremely well absorbed and utilized by our bodies because the structure of goat milk is like human milk.

As we have taught, most people are not digesting proteins adequately and are complicating their problems by using whey protein powders. Whey protein is a toxic waste product that overburdens the body creating long-term issues. (See our essay “Weighing in on Whey” on our website, Lifestylequixotica.com).

Here is a little tip that has worked for decades.....use Whole Goat Protein which is the superior choice with no sweeteners.

Lifestyle Quixotica's ***Protein Synergy*** is one of the very few suppliers of Whole Goat Protein because it is expensive to produce and the animals must be fed very specific foods and gently cared for. All the while keeping the price point affordable. The other aforementioned protein such as whey are cheap to produce from waste and done so at high heat that denatures the original product. Further, it is not a complete protein which means the body cannot digest it, nor does it feed your cells adequately. Stop being fooled by manufacturer hype that is designed to separate you from your hard earned dollars. These are inferior products that use artificial sweeteners, most GMO's, to make awful tasting product, palatable.

If you don't have access to Whole Goat Protein, then use clean Egg White Protein with no sugar, any sugar. If you need minerals use Mineral Synergy Enhanced and Green Synergy Enhanced.

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