

The Health of Your GUT

“It’s not how much you eat that kills you, it’s what you eat”.

Saliva

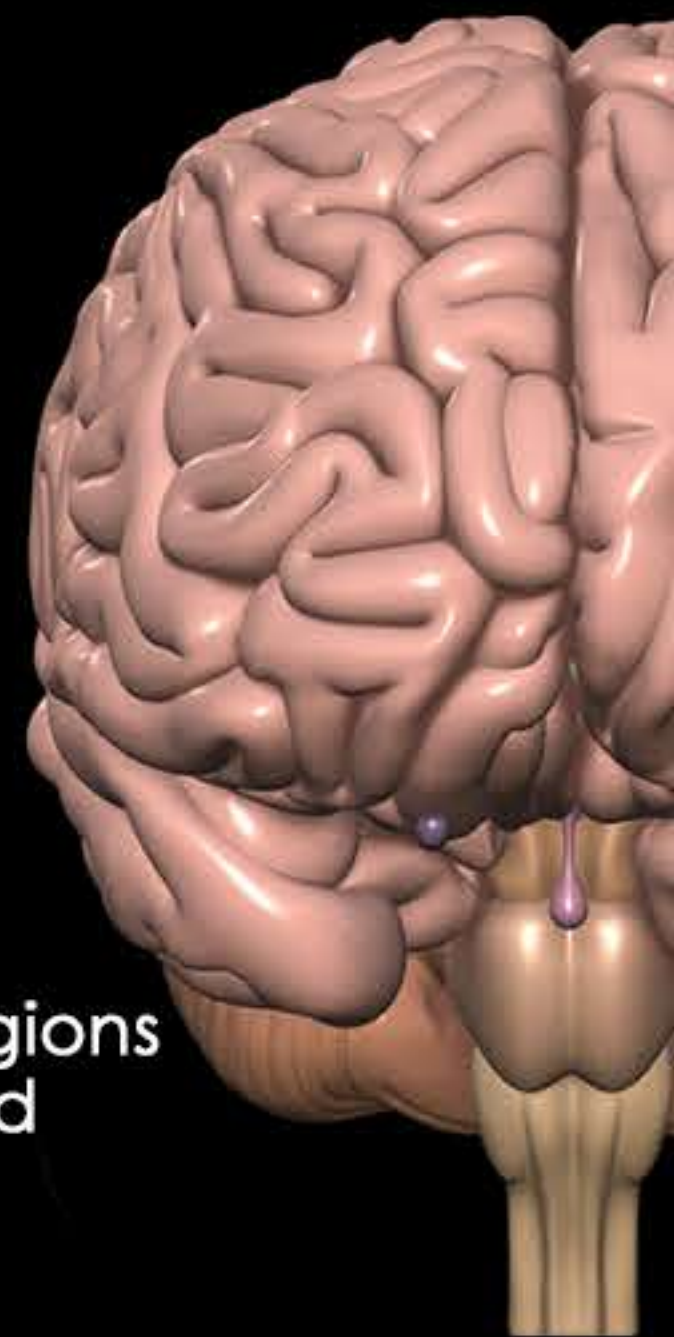
- Our Parotid Glands produce 2 - 3 Pints of saliva a day.
- Amylase is a digestive enzyme found in the saliva and it breaks down starches into simple sugars in the body



- Saliva is 99% water (with some protein and minerals)
- Human saliva contains histamines, which speed up the closure of wound in addition to their anti-bacterial properties

Senses & The Brain

- 80 – 90% of the sensory experience of eating is smelling
- The sense of smell goes straight to the emotion and memory centers
- only the receptors on the tongue report the brain?
- Probiotic alter brain function in adults in regions linked to emotions and sensation



All About The Gut

- 70% of the immune system is in the gut
- Prebiotics and fiber feed the good bacteria in your gut.
- 90 % of nutrient absorption takes place in the small intestine
- A healthy adult has a new stomach lining every 3 days.



Unhealthy Life = Unhealthy Gut

Unhealthy Gut Linked To

- Headaches
- Skin Conditions
- Joint/Muscle Pain
- Allergies/Asthma
- Menstrual Pain
- Depression

Lifestyle Factors

- Diet - Sugar, Fiber, Processed
- Antibiotic Use
- Stress
- Sedentary Lifestyle

Digestive Facts

- 60-70 million people suffer from digestive ailments
- 70% of Americans have a digestive disease or will suffer from one over the span of their lives
- Digestive diseases and disorders cost Americans over \$141.8 Million dollars



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