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Detoxifying your digestive system

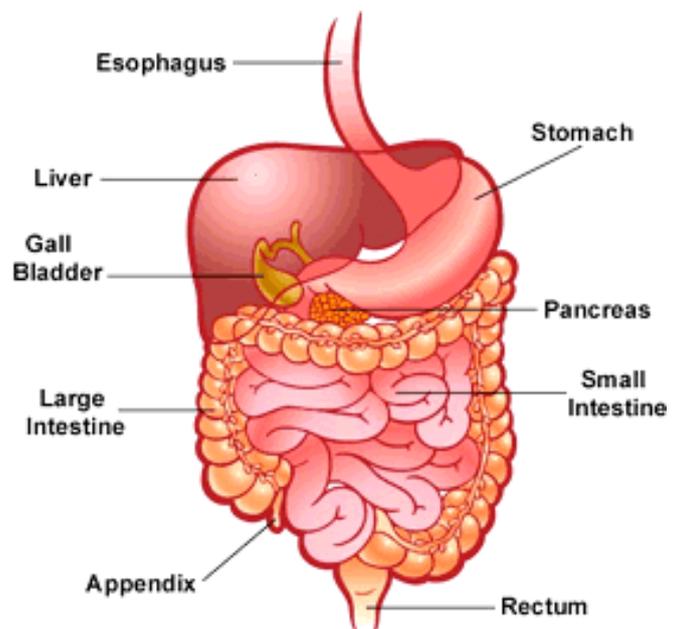
For most of us, working over time, insufficient fiber intake, lack of rest, not enough exercise, low intake of water, too busy to go to the bath room and **STRESS** are natural daily occurrences. We take them for granted and live with them through months and years without giving a second thought. **TOXINS** began to build up affecting our tissues and cells - resulting in headache, chronic fatigue, allergies, diarrhea, digestive problem, excess weight and a weak immune system. What can we do to combat all these daily stresses? To begin with, we must understand our digestive system.

What is the digestive system?

The digestive system is made up of the digestive tract, a series of hollow organs joined in a long, twisting tube from the mouth to the anus and other organs that help the body break down and absorb food .

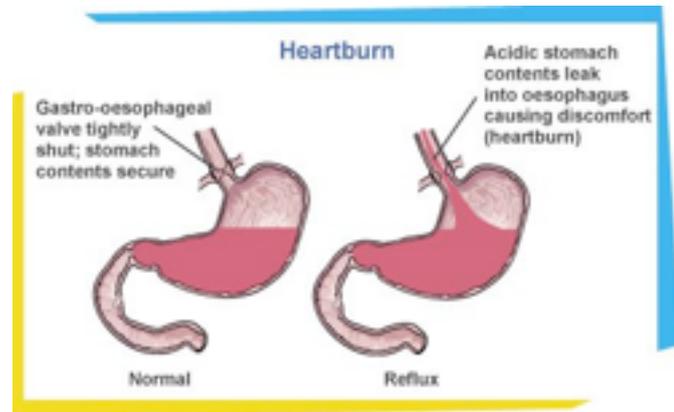
Organs that make up the digestive tract are the mouth, esophagus, stomach, small intestine, large intestine also called the colon, rectum, and anus. Inside these hollow organs is a lining called the mucosa. In the mouth, stomach, and small intestine, the mucosa contains tiny glands that produce juices to help digest food. The digestive tract also contains a layer of smooth muscle that helps break down food and move it along the tract.

Two "solid" digestive organs, the liver and the pancreas, produce bile that reach the intestine through small tubes called ducts. The gallbladder stores the liver's digestive juices until they are needed in the intestine. Parts of the nervous and circulatory systems also play major roles in the digestive system.



Problem with having a bad digestive system

- Diarrhea is the presence of loose or frequent stools.
- Constipation is marked by hard to pass stools or stools that are infrequent.
- Heartburn feels like a burning or pressure in the chest and it can feel worse when you swallow.
- Gas can cause bloating and if you are passing gas you have flatulence.
- Cramping can be focused in either the stomach or the intestines. Cramping can be so bad sometimes prescription pain killers may be necessary for some people.
- Fatigue can be a symptom of digestion problems as well either because of problems absorbing nutrients or because of disruptions in sleep patterns caused by heartburn and pain.



Detoxification: A healthy digestive system

Reduce Refined Carbs and Trans Fats

To begin detoxifying your body, eliminate refined flour and sugar which cause spikes in blood glucose levels and mimic the effects of stress in the body, causing inflammation, depleting energy and increasing cortisol levels. Eliminate trans fats which have been shown to increase systemic inflammation in women, according to a study published in the April 2004 issue of the "American Journal of Clinical Nutrition."

Knock Back an Antioxidant Cocktail

Begin each day with a fruit and vegetable smoothie chock full of antioxidants, fiber, vitamins and minerals. Antioxidants which clean up oxidative damage around the body caused by free radicals from environmental and lifestyle factors.



Load up on Veggies

Allow your body to cleanse itself by supplying all of the nutrients it needs to work efficiently and detoxify naturally. Build your lunches and dinners around a large raw salad and a helping of steamed or sauteed vegetables. The fiber in vegetables fills you up, reduces constipation and assists your intestines in removing waste products.

Increase Healthy Fats

Add healthy fats to your salads with nuts (walnuts, pine nuts, brazil nuts), seeds (flaxseed and pumpkin seeds) and olive oil. For main dishes, serve up fatty fish, such as salmon, tuna and mackerel all of which provide Omega-3 fatty acids. According to the University of Maryland Medical Center (UMMC), Omega-3 fatty acids reduce inflammation and may mitigate diseases, such as cancer and heart disease.

Useful & Practical Ideas

- Add a slice of lemon to the water and get the benefits of Vitamin C, which helps your body convert toxins into a water-soluble form before it flushes away toxins naturally. Aim for 8 glasses of water daily, more during the hot and humid summer or sweat profusely during exercise.
- Most dried fruits, such as prunes, raisins, figs, apricots, dates, they contain a lot of fiber, but they also contain other compounds that are very effective. For example, raisins contain a compound called tartaric acid, which acts as a natural laxative. Prunes also contain dihydroxyphenyl isatin, which stimulates the contractions in your intestines necessary for regular bowel movements. All dried fruits contain very good amounts of magnesium, which in itself stimulates bowel movements.
- Aloe Vera is also a good aid to digestion. This herb is traditionally used to treat minor skin wounds, but it has recently been discovered that it will also sooth the digestive tract.



We would like to say a **BIG HAPPY BIRTHDAY** to our dearest boss **Wallace!!**

Wishing you good health & great happiness as always~

May your special day is filled with lots of love and laughter~