

# WELLNESS WEEKLY



## HEALTHY GUT, HAPPY LIFE

Everything that you eat has an effect on your health. Your digestive system processes all of the food that you eat, through the body.

When the proper foods are put into the body, the digestive tract has a better time processing food into waste, and absorbing nutrients. When improper foods are put into the body, digestive issues are experienced.

A happier life is experienced when you have a healthy gut. If you are experiencing fatigue, allergies, constipation, food intolerance, mood swings, bad breath, or skin problems, then this is the newsletter for you!

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# WHAT IS THE DIGESTIVE SYSTEM?

The digestive system is a very important part of your body. Your digestive system is composed of the liver, pancreas, gallbladder, and the gastrointestinal tract (a.k.a GI tract). The GI tract is a long hollow tube of joined organs, that twists and turns from the mouth, to the anus.

There is bacteria that lives in the GI tract. This bacteria is called microbiome or gut flora. This bacteria helps with digestion along with the nervous and circulatory system. Together, the nerves, bacteria, blood, hormones, and featured organs work together to digest the foods and drinks that are placed into the body each day.



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## There are 4 main functions of the digestive system:

1. **Ingestion of food:** The first step of digestion is to consume the food. When you place food into your mouth, chew, then swallow, you are ingesting the food.
2. **Secretion:** The body secretes digestive fluids such as saliva and mucus, to assist with the smooth delivery of food into the GI tract.
3. **Movement of food through the body:** Foods moves through the tract with the help of peristalsis and segmentation. Peristalsis is a wave like motion which moves food down the tract. Segmentation is a contraction that happens in the small intestine.
4. **Digestion:** This is the step where food is processed into chemicals. Mechanical digestion takes larger pieces of food, and breaks it down to make it easier to digest.
5. **Absorption:** Once the food has been digested, all that is left is the food waste, and the chemicals that have been processed out of the food. The walls of the intestines absorb the chemical nutrients, then send it out to the rest of the body.
6. **Excretion:** At the end of the digestion process, all that is left is the waste. The body naturally rids this waste through a process called defecation.





## BENEFITS OF A HEALTHY DIGESTIVE SYSTEM?

When your GI tract is healthy, there are many benefits that you could notice about yourself:

Together, the nerves, bacteria, blood, hormones, and featured organs work together to digest the foods and drinks that are placed into the body each day.

**Removal of Toxins:** Our bodies target toxins and dispose of toxins through sweat, tears, urine, and even bowel movements.

**Weight Loss:** When toxins are removed properly out of our bodies, waste is able to fully pass through our tracts, releasing more on average, therefor, making us lighter.

**More Energy:** When you eat cleaner, the body uses less energy to digest the foods throughout, leaving your body with extra energy for other things.

**Increased Immunity:** The majority of our immune system is within our digestive system. You really are what you eat!

**Better Moods:** The gastrointestinal tract is majorly responsible for the production of serotonin, which is a hormone that keeps us in a good mood. This "Feel Good" hormone plays a role in allowing for the feeling of relaxation, optimism, and the sense of well-being.

Digestive issues like other chronic conditions have underlying causes such as diet, stress, and lifestyle choices that many are not aware of. At [Natural Medical Solutions Wellness Center](#), Dr. Ravello gets to the root cause of these ailments and helps to restore the body as a whole.



## FOODS TO EAT TO MAINTAIN PROPER DIGESTIVE HEALTH

Choosing the right foods to put into your body is very important when it comes to the life of your digestive health. Here are some examples of foods that make for a happy gut:

**Prebiotic Fiber:** Foods rich in prebiotic fiber contain carbohydrates in which are not able to be digested. Probiotics within the body feed on this nondigestible carbohydrates, which cause for good bacteria to accumulate. Some foods that are rich in prebiotic fiber are:

- ✓ Bananas
- ✓ Garlic
- ✓ Onions
- ✓ Asparagus

**Probiotic Foods:** Probiotics are the good bacteria that is found in the digestive tract. Foods that are fermented are a natural source of probiotics. You can find a source of probiotics in the following foods:

- ✓ Kimchi
- ✓ Yogurt
- ✓ Sauerkraut
- ✓ Kombucha

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