



The Road to Health is Paved with Good Intestines

What is the point of eating well if you can't digest your food? If you can not absorb and digest your food, you don't get the benefit of what you're eating, no matter how well you plan or how high the quality and price of your food.

Heartburn... Gas... Burping... Belching... Acid reflux... Bad breath... Bloating... Constipation... Diarrhea... Irritable Bowel Syndrome... Crohn's... Indigestion... Ulcers... Gallstones... Celiac... Ulcerative Colitis... Inflammatory Bowel Disease... Diverticulosis/Diverticulitis... Hemorrhoids... Colic... Food Allergies... and more...

In normal digestion, we chew and swallow food in the mouth; the stomach digests proteins into amino acids and peptides by proteases activated by the lower (acidic) pH of the stomach, generated by HCl secretion. The small intestine continues digestion into amino acids that are then absorbed into the bloodstream, delivered to the cells, and in the right hormonal environment, converted into new proteins. The colon has many functions, and should have one to three pounds of beneficial bacteria to do its job.

It's really this simple: **if you are digesting properly and food is properly broken down into amino acids, most intestinal problems are eliminated.** Too often, however, we don't chew well, we gulp and run, eat when stressed, standing or driving, and drink too much fluid with our meals, diluting our digestive enzymes. Big chunks of protein arrive in the stomach, impossible to digest. The small intestine receives unusable protein instead of smaller, more digested dipeptides and amino acids, which causes an inflammatory response. The body responds with cortisol which, among other things, is a fat storing hormone. Cortisol gives you a temporary "high" so you may feel good, instead of feeling the damage taking place. Also, cortisol is a fat-storing hormone. **Abnormal GI function can lead to Adrenal Gland burnout and increase fat stores in your body!**

If you don't digest food down to its components, the body attacks it as if it were invading. Eventually, however, the body's natural immune response gives out, and chronic dysbiosis and inflammation take place. This can contribute to **diabetes, cardiovascular problems, cancers, osteoporosis, joint pain, allergies, inability to lose weight, asthma, fatigue, glaucoma, eczema, high cholesterol, Alzheimer's, migraines, and more.** GI dysfunction can also be a significant factor in rashes, hair loss, mood disorders, allergic symptoms, feeling "drained", "spacey", or "foggy", high or fluctuating blood pressure, and so many other symptoms and diseases that don't seem directly connected to our digestion, but are very much interdependent

Fortunately, we can do so much to address the underlying problems and reverse their symptoms, even those that are severe and of long standing.

The first step is basic "meal hygiene":

1. Set time aside for eating in a relaxed setting. Eat slowly so your stomach acid is released and your digestive enzymes are activated.
2. Chew food thoroughly, until it is liquid in your mouth, to ensure that the protein will be fully broken down and digested.
3. Limit liquids at meals, as they dilute digestive enzymes and affect stomach acidity. Limit alcohol and caffeine: they are strong gut irritants.
4. Identify and eliminate food allergies and sensitivities. If you eat these foods, your body attacks them, causing symptoms. It can not use them to repair and rebuild.
5. Try to eliminate antacids. While they provide short-term relief of symptoms, they do not address the underlying problems of the dysfunctional intestinal lining, and will mask and contribute to more serious problems in the long term.

Many people can benefit from taking hydrochloric acid with meals, because their stomachs, which must have acidity to function, have lost the capacity to produce it. Often this rekindles the body's own ability to produce HCl properly. Here's a simple test: if you are having heartburn, take one tablespoon of apple cider vinegar or lemon juice. If the heartburn goes away, you are probably deficient in HCl. If it gets worse, you have excess HCl.

Secondly, I am recommending an **Anti-Inflammatory/Healing Shake**, that calms your intestines and decreases inflammation specifically in the intestinal tract, as well as throughout the body. It is quite palatable, and has both immediate and long-term benefits. It should be used as a snack one or two times daily for at least 3 months. The ingredients can be modified to address your individual needs, as well.

An individualized treatment plan will be developed that can:

1. **Reduce Intestinal Inflammation**, including identifying and eliminating foods to which you are allergic or intolerant, healing the intestinal tract lining and restoring normal permeability.
2. **Detox: Kill the Bugs!** Identify and eliminate any pathogens, including parasites, fungus and yeast, amoeba, bacteria, and/or viruses.
3. **Restore healthy intestinal flora.** Healthy bacterial balance must be restored through probiotics.

For additional help in modifying this approach to meet your individual needs, please contact me.

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