



Digestion

Why You're Much More Than What You Eat

By Yuri Elkaim, BPHE, CK, RHN

EatingforEnergy.ca

Trans4mind.com



Comprehensive resources for personal growth and transformation of body, mind and spirit. The site includes excellent free personal development plans, courses, books, articles, quotes and videos ... and our great collection of [free ebook downloads](#). Plus the paid Trans4mind courses and programs for those who want to go all the way!

Why Do Personal Development?

Part of the nature of humans is to be constantly developing, growing and moving toward a balanced and mature way of being. Our present personality is determined by both who and what we have been and by the person we strive to become. The goal of personal development is to learn and apply that which enables us to attain emotional wellbeing, understanding and effectiveness, and to share this knowledge with others.

Personal development is the conscious evolution of human nature, and yet throughout history it has been sorely lacking! Although it is in our nature to learn and grow, we are held back by our culture, which is predominantly focused on survival needs, each of us in competition with others, and our spiritual inner nature is repressed. The animal rules. We make no room for unconditional love.

Even though the culture may have evolved with technological advancement and administrative complexity, human nature has not moved forward as it might. We are now paying the price for human selfishness and inconsideration. Going forward, the quality of our lives on this planet - even our survival - now depends on each of us taking responsibility for our personal growth.

The human being needs to awaken to the soul that inhabits each body and is our true self and source of inner knowing. Awaken through a process of self-discovery, leading to one's own, self-directed spirituality. We need to become mindfully conscious instead of ruled by the dictates of instincts, past habits and fixed beliefs. We need to throw away dogma, open our minds and reconsider. Instead of fear about our survival and competitive angst, we will then be motivated by compassionate understanding and creative love.

For those that do move forward, the next epoch - that is almost upon us as we move into 2012 - will be a celebration of human cooperation and shared love. It's our best hope for the future - and it's in our hands.

[FREE COURSES, READING & SERVICES](#) ▶

[TOP RECOMMENDED PRODUCTS](#) ▶

Digestion

The #1 Health Predictor/Danger That No One Has Told You About

by Yuri Elkaim, BPHE, CK, RHN

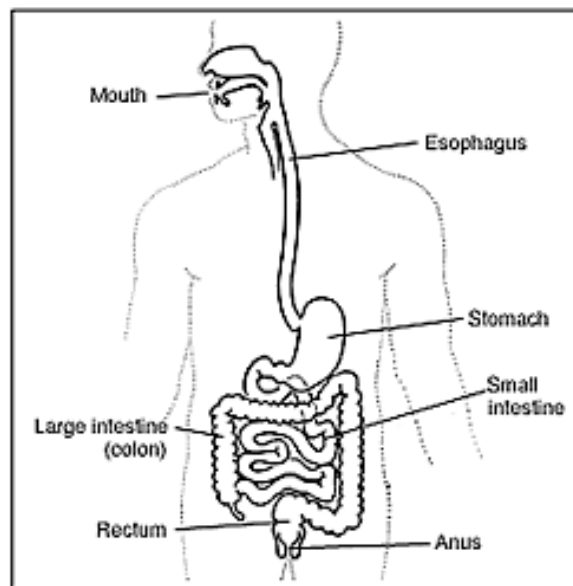
I predict that in the coming years more research and attention will be given to digestion.

Why?

Well, it's simple...

Whether you're healthy or sick, it all starts with the digestive process.

The digestive tract is actually considered OUTSIDE of our body.



The lining from your mouth, down your esophagus, through your stomach and intestines, and out your anus is considered outside of the human body.

Pretty weird, right?

But there's a reason for that.

The lining of our digestive tract not only acts as a semi-permeable membrane for absorbing nutrients but...

It also plays a vital role in defending our body against foreign invaders.

Your Built-In Bouncer

Essentially, the lining of our digestive tract acts like a bouncer at a nightclub.

If you're a VIP – in this case, an important nutrient – you'll get into the club (your body) without a fuss.

However, if you're new to town and the bouncer has no idea who you are, then good luck getting in. This is often the case with foreign invaders.

And it's important that our "bouncers" are on top of their game because we are covered and surrounded by billions upon billions of potentially dangerous micro-organisms.

It's actually pretty amazing that we don't get sick more often.

But what happens when 10 guys come to the bouncer and overwhelm his ability to restrain them?

All hell breaks loose.

Such is the case when we get something food poisoning or an overgrowth of candida in our intestines.

The danger is that once these "bad guys" penetrate the front doors of the club (or the walls of the castle, for you romantics), they are now INSIDE your body.

And, in some cases, the pathogens can reside inside your body...forever!

I'll give you an example from an experience I had a few years ago...



Parasitic Shawarmas

It's was about 10pm and I was driving home after a training session with the men's soccer team at U of T.

Needless to say, I was pretty hungry.

And, in a moment of weakness, I stopped by "Ali Baba" and grabbed a chicken shawarma.

Now, being 10pm, who knows how long that chicken had been sitting there...all day?

Who knows???

All I can say is that the next day was not pretty. In fact, the next few days were a nightmare.



I hadn't been sick in about 6 years before this, but this severe bout of food poisoning had me sidelined me for a good week.

I can't even remember what I did to get back on my feet but I do remember feeling like I was insatiably hungry. I would eat and then 10 minutes later, I was starving again.

This insatiable hunger is a hallmark sign of a parasite.

So, I visited with my naturopath and underwent a 10-day parasite cleanse. Thankfully, I felt better.

But not for long.

Just a few days later, we (the University of Toronto men's soccer team) were due to travel to Vancouver for the national championships.

The first day was great. We beat the University of Victoria (a strong favourite) and we were all rejoicing.

But that night, at about 3am and in my sleep, my head started spinning like a ferris wheel. It was *almost* unbearable.

I stumbled out of bed, made my way to the bathroom as if in a drunken stupor, and vomited into the toilet.

The next day, I was out of commission. I had terrible vertigo and I couldn't even get out of bed.

Needless to say, I didn't join the team on their off-day trip into the city.

Instead, I lay in bed, again overcome by dizziness and an intense desire to eat everything.

Was the parasite still there?

It must have been.

But thankfully, I had my arsenal of probiotics and oil of oregano to help me out. Those in combination with some good food made me feel a lot better.

After that day, I felt better and didn't really have any other issues.

But since then, I've noticed that my stomach has been slightly more sensitive to certain foods.

Even though I thought I had taken care of that damn parasite, perhaps there are traces of it still lingering inside. I'm not quite sure?

I'm not trying to gross you out.

I just wanted to share that story with you because of how important it is to fortify your digestive tract so that none of the bad guys get inside...

Because once they do, it could mean years (and perhaps a lifetime) of health issues.

A Bigger Problem Than Parasites

Parasites, viruses, and bugs are one thing but can food itself damage your "insides"?

Absolutely!

Typically, when we eat a food, here's what happens...

We chew the food into a mushy "bolus".

We then swallow the bolus down our esophagus and it lands in our stomach, where it is acted upon by the acidic digestive juices of our stomach. This is where most protein breakdown occurs.

Then, after a few short hours (depending on what was eaten), the now acidic slosh of food is moved out of the stomach and into the small intestine, where it is now referred to as "chyme".

However, in order to protect the delicate lining of the small intestine from the acidic food from the stomach, the gall bladder releases bile into the mixture. Bile also helps to emulsify fats for easier digestion and absorption.

The chyme now makes its way through the small intestines (over several hours), where important nutrients are absorbed back into the blood via the portal vein – which first sends these nutrients to liver for processing and detoxification.

As the rhythmic contractions of the digestive tract (called peristalsis) move the chyme through the small intestine, it eventually makes its way into the large intestine (or colon).

By the time the chyme has reached the colon, most nutrients and 90% of the water have been absorbed by the body.

At this point some electrolytes like sodium, magnesium, and chloride are left as well as indigestible parts of ingested food (ie. a large part of ingested amylose, protein which has been shielded from digestion heretofore, and dietary fiber).

As the chyme moves through the large intestine, most of the remaining water is removed, while the chyme is mixed with mucus and bacteria (known as gut flora), and becomes the feces.

The stools get to become semi solid as they move along the colon and the bacteria break down some of the fiber for their own nourishment and create acetate, propionate, and butyrate as waste products, which in turn are used by the cell lining of the colon for nourishment.

At the same time, about 10% of the undigested carbohydrate from the chyme becomes available as nourishment for our gut flora.

Now, the stool sits in the colon waiting for the right moment to be guided out of the body and into toilet.

That, my friend, is a whirlwind tour of your digestive process.

From start to finish, that “transit time” should take about 24 hours. But if you’re backed up, then you could have food sitting in your colon for much longer than that.

In fact, our colon is so elastic that it can store up to 60 pounds of waste! So you best do what you can keep all that stool moving.

Ok, so we’ve now seen what should happen as part of the “normal” digestive process.

Now let’s have a look at where things can go horribly wrong. And I’m sad to say that this is happening is MOST people – maybe even you.

There's A Reason We Have Teeth and Salivary Enzymes

Most of the time, digestive issues start in the mouth.

We don't take our time to properly chew our food, which means that segments further along the line (stomach, intestines, etc..) will have to do more.

Your mouth is like a blender.

If you can chew your food properly, into a mushy bolus, you've essentially blended your food, making it much easier for your stomach to further breakdown.

However, in most cases, BIG undigested foods get sent down into the stomach – making life far more difficult.

Normally, the pH of the stomach should be about 2.0 – which is highly acidic. This is necessary for being able to properly breakdown proteins.

But yet again, most people have underactive stomachs, which means that NOT enough hydrochloric acid is produced. Thus, the overall acidity of the stomach is less potent, impairing protein digestion.

If you ever feel bloated, tired, or belch after a meal, then you've got some underactive stomach issues.

So Why Does This Matter?

It matters because as food now leaves the stomach and makes its way into intestines, it hasn't been digested fully.

And this is where things really start going wrong.

Your Intestines Are Sensitive – Don't Make Them Cry!

Our intestines have a massive amount of surface area for absorbing nutrients – about the size of a football field!

Normally, nutrients are absorbed through tiny pores in the intestinal lining. Now, these pores are not supposed to allow BIG particles food into the blood.

They're small for a reason – to selectively allow only the right nutrients into the bloodstream (hence, inside your body), while keeping the bad stuff out.

However, when BIG undigested food particles make their way through the digestive tract, they can lodge themselves up against the sensitive lining of your intestinal walls.

With this, comes irritation and inflammation of the gut lining, which can ultimately cause swelling and a widening of the intestinal pores.

Not good!

Now, that's kind of like blowing open the door to a vault with a stick of dynamite.

Since many of these pores are now bigger, undigested food particles can make their way into the bloodstream – when they aren't supposed to.

Attack!

The human body is truly amazing.

Even if foreign invaders make their way past the bouncer at the front door, your body still has one of most advanced defense systems on the inside.

It's called the immune system.

The role of the immune system is just as its name implies – to keep you immune from danger.

When bacteria, viruses, or other “bugs” make their way inside the body, the immune system is deployed to neutralize the danger and develop cool tricks (ie. immunity) for early detection in the future.

But the bad news is that the immune system cannot really differentiate between food and other “bad guys”.

It sees something in the blood (usually a protein) that isn't supposed to be there and it sends out a full-fledged immune assault.

So those undigested food particles (specifically the proteins within them)...

They don't stand a chance!

And that's the danger of having a compromised digestive tract. Not only can dangerous bugs get INSIDE more easily if those intestinal pores have been compromised but so too can undigested foods.

And that's a real problem.

That's how allergies – both to food and environment – develop and that's also the preliminary stages of developing more serious health problems like auto-immune diseases, arthritis, and more.

How I Lost My Hair

I've shared this story so often that you're probably sick of hearing it, but it relates directly to what we're talking about here.

I developed an auto-immune condition called Alopecia, from which I lost all my hair when I was 17, because my digestive tract was severely compromised (and abused) from years of neglect and bad food choices.

When your immune system is constantly called into action, day after day, because of food particles seeping into the blood, in addition to its "normal" duties...

It's only a matter of time before something goes awry.

It's the same thing that happens with adrenal fatigue. Continue to stimulate your body with caffeine, other stimulants, and lots of stress...

And your adrenal glands will shut down.

In the case of the immune system, it is no longer able to function properly. It now begins to attack your own body as if it were a foreign invader.

Thankfully for me, it only attacked my hair follicles.

For those with MS, fibromyalgia, and other auto-immune conditions, the consequences are much worse.

And it ALL comes back to DIGESTION.

But You'll Never Hear This From Your Doctor...

In fact, tell that them you have an auto-immune problem and they'll stick you on some cortisone or other corticosteroids to lessen the "flare up".

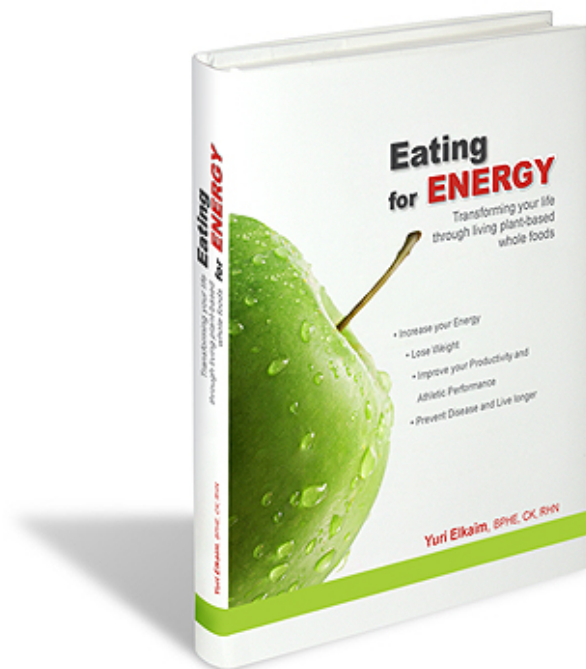
And that's why I needed to write this report for you.

It's very important that you understand the importance of not only good nutrition but perhaps more importantly, good digestion.

And, hopefully in this report, I've opened your eyes to some things you may not have been aware of.

What Next?

If you're interested in really improving your digestion (and you should be), then I urge you to learn more about how [Eating for Energy](#) can help you out.



[**CLICK HERE TO LEARN MORE**](#)

[Eating for Energy](#) is the LAST nutrition you'll ever need. Not only will show you specific steps to help digest your foods more effectively, and thus reduce all these ridiculous health issues, but you'll also some very simple and powerful nutrition strategies for losing weight, having way more energy, and taking your health to whole new level!

So until then, chew your food and have a great day!

Your friend and coach,

A handwritten signature in cursive script that reads "Yuri E.".

Yuri Elkaim, BPHE, CK, RHN
Author, [Eating for Energy](#)

About the Author

Yuri Elkaim, BPHE, CK, RHN



Yuri has been helping people just like you lose weight, eat healthier, detox and cleanse, and get in great shape for the past 12 years. He's a Registered Holistic Nutritionist, Certified Kinesiologist, strength & conditioning at the University of Toronto, a High Honours graduate in Physical Education and Health, and a former professional soccer player.

He is the owner of Total Wellness Consulting, the co-creator of the [Total Wellness Cleanse](#), the author of [Eating for Energy](#), and the creator of the revolutionary iPod workouts [Fitter U™](#) and Treadmill Trainer™.

Yuri and his programs have been featured in numerous media including *Breakfast Television, Perfect Fit, A-Channel Morning, CTV news, e-Talk Daily, Global News*. He's also a frequent contributor to numerous magazines including *VIVA, Impact magazine, Wish*, and *Fitness Business Canada* - just to name a few.