

You Are What You Assimilate



You've heard the expression, "You are what you eat." It's mostly true, but to be more exact, we are what we **assimilate**. We can eat the best nutrition in the world, but if the nutrients cannot be effectively processed from the foods and then assimilated and absorbed by our digestive system, we would still be deficient.

Of all our body systems, our digestive system is probably the most abused. And as the years go by, it is no wonder that our digestive system can develop glitches. These show up in the forms of food intolerances, allergies, rashes, heartburn, gallstones, constipation, acid reflux, gas, bloating, joint inflammation and more.

Hippocrates, the father of medicine, once said, "All disease begins in the gut." Today, tens of millions suffer from some kind of digestive disorder, such as Crohn's disease, Ulcerative Colitic, IBS, Diverticulitis, GERD, Celiac disease or Candida.

Homeopathic remedies can be a tremendous help in correcting these glitches and helping us to maximize the nutrient value in our food. Here are some addi-

tional simple practices that can help reduce the incidences of gut problems and raise overall health:

- Chew your food thoroughly (when we chew, saliva is excreted, containing digestive enzymes, which help break down food for better assimilation).
- Get adequate fiber.
- Eat slowly, allowing time for the brain to signal when you've had enough.
- Eat only when you're hungry, and stop eating as soon as you are satiated (avoid eating to capacity or getting over-stuffed - this is very hard on the digestive system).
- Avoid fried foods.
- If you eat high-fat foods, follow it with bitters.
- Strictly avoid foods to which you are allergic or intolerant.
- Support Gut Flora (good healthy bacteria).
- Manage stress.
- Get Regular Exercise.