

Patient Name: _____

Date: _____

Digestion and Absorption

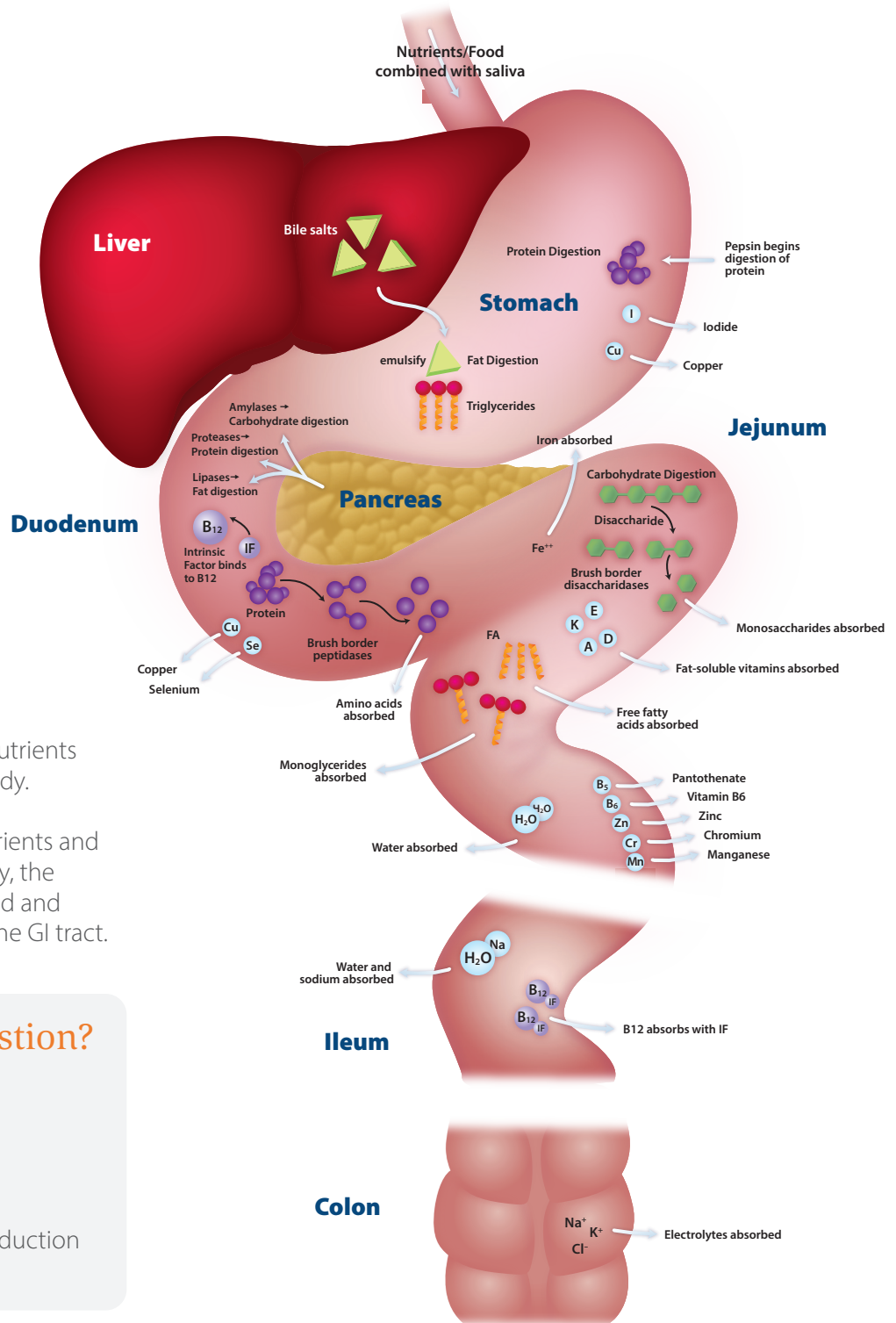
Proper digestion is important in breaking down and absorbing nutrients, but also affects the entire body. The gastrointestinal (GI) tract has an intricate and delicate relationship with the rest of the body. When digestion is hindered, it can severely impact overall health, causing disruptive and harmful symptoms. Maldigestion can lead to a number of serious conditions, including nutrient malabsorption, and is often the result of poor dietary choices, medications, and age-related GI decline.

How Digestion Works

The digestive process begins in the brain when smelling or seeing food. The parasympathetic nervous system is stimulated and the anticipation of food causes saliva excretion in the mouth and release of gastric juices in the stomach. Chewing and enzymes in saliva break down carbohydrates and begin the physical digestion process.

Stomach acid initiates the break down of protein and frees vitamins and minerals for absorption. Enzymes secreted by the pancreas move to the small intestine and mix with partially digested food, breaking down protein, fat and carbohydrates. The GI tract is able to break down complex food sources into the macronutrients and micronutrients that nourish the body.

The large intestine absorbs various nutrients and reabsorbs some remaining water. Finally, the body excretes unusable portions of food and toxins after this long journey through the GI tract.



What Slows Down Digestion?

- Use of PPIs/H2 blockers
- Stress
- Low fiber intake
- Foodborne illness
- Changes in microbiota
- Decreased pancreatic enzyme production
- Poor dietary choices

Lifestyle Modifications

○ Prepare and cook your own food

- Buy local, organic, seasonal produce
- Increase fruit and vegetable consumption
- Limit sugar intake
- Enjoy more meals with friends and family
- Chew food thoroughly
- Use proper portion sizes

○ Reduce stress levels

- Control inflammation
- Maintain healthy blood sugar levels
- Balance mental and emotional stressors
- Get adequate sleep

Additional Recommendations:

Nutrient Solutions

Betaine Hydrochloride and Pepsin	Pancreatic and Digestive Enzymes	Gluten and Dairy Enzymes	Probiotics + <i>Saccharomyces boulardii</i>	Soluble and Insoluble Fiber
Improve digestion Help establish an optimal pH in the stomach Help initiate the breakdown of nutrients for improved absorption	Improve digestion of protein, fat, and carbohydrates in the intestines Help complete the breakdown of nutrients for optimal absorption	Help improve digestion of gluten and dairy proteins and lactose Help relieve gas or bloating for individuals sensitive to gluten and dairy consumption	Help maintain a healthy and balanced digestive tract Prevent bad bacteria from overgrowing Protect and preserve gut barrier function Decrease inflammation	Help bind and eliminate toxins Improve bowel regularity and form Relieve constipation
Titrate Dosing Up as Needed	Titrate Dosing Up as Needed	350 mg before a meal	Probiotics 20-450 billion CFU* <i>S. boulardii</i> 2-10 billion CFU* *Colony Forming Units	25-38 g/day

Special Considerations for You:
