

The Hidden Wealth Within

The hidden wealth within us comes from the efficient breakdown of the foods that we eat. The body breaks down and utilizes the foods that we eat to make energy, to help the body grow, and to repair itself. A properly functioning GI (Gastro – Intestinal) tract creates our wealth of health.

Digestion begins in the mouth with the secretion of saliva. The food is then passed on to the stomach, and then to the small intestine for further digestion. If digestion fails to occur properly in the mouth, stomach or small intestine, digestive distress and allergic reactions occur.

It is true that you are what you eat. But your inner wealth comes not from the foods eaten, but from what has been digested. During the digestive process, the GI tract lining breaks down protein and carbohydrate into simple particles that are easily absorbed. Once fully broken down, these particles are no longer identified by the immune system as having come from outside the body.

The GI tract is actually located outside your inner body, and is known as the body protector. Its job is to take food particles from the outside world, and then make them part of our own body tissue. In a poorly functioning GI tract, the lining fails to properly break down the foods we eat. As these bigger particles leak from the gut, the inner body then absorbs these

bigger particles. The body views these particles as foreign invaders, triggering an immune response. This compromises our hidden wealth and overall health.

The job of the immune system is to attack anything that it perceives as having come from the outside world. Since only amino acids and small sugar molecules should enter the inner world of the blood stream, the larger particles that leak from the gut become “foreign invaders”. The immune response is conventionally regarded as a food allergy response. The real problem is not the food, but the failure of the GI tract to actually digest it properly.

Poor digestion can occur when the GI tract is damaged from vitamin, mineral and enzyme deficiencies, ingested toxins, prolonged stress, and consumption of genetically modified foods. The wheat used today has been genetically modified to have 1/3 the protein content of the original wheat, with five times the gluten content. The higher gluten content causes the mineral zinc to be poorly absorbed, resulting in a zinc deficiency. Zinc is one of the necessary minerals used in the production of digestive enzymes. Bloating, indigestion and gas occur after eating, unless sufficient digestive enzymes are present in the GI tract. Without sufficient digestive enzymes, food that is eaten will ferment and rot, causing irritation of the upper GI tract with burning and acid reflux, along with bad breath. The solution is not to neutralize digestive acid production or to further shut down the digestive pathways with

acid stopping medication. The real solution is to restore the GI tract back to normal function and health so that it can digest correctly.

The GI lining replaces itself every 3-4 days, and requires specific nutrients to maintain its health. A fully functioning GI tract utilizes the wealth of nutrients that are obtained from a healthy diet. When the diet does not contain sufficient real food with natural vitamins, minerals, enzymes and fiber, the GI tract lining becomes more fragile and weak.

Insufficient digestive enzymes along with a thin GI lining allows the undigested proteins, sugars, bacteria, viruses and environmental toxins to leak into the inner body of the blood stream. The thousands of man-made chemicals that are now part of our environment create an additional burden on the compromised leaky gut. These toxins create even more stress for the immune system, which responds with an allergic response.

The rest of the body activates to help fight the “foreign invasion”. The liver becomes involved, as it attempts to detoxify the toxins. The adrenal glands also initiate the stress response, causing a release of hormones that slow down digestion even more. The resulting slow and compromised digestive response decreases our hidden wealth and robs us of our health.

Some symptoms that indicate a loss of hidden inner wealth include allergies, skin issues, headaches, bowel changes, indigestion,

heartburn, acid reflux, loss of taste for meat, and bloating. Holistic wellness physicians are specially trained to determine the cause of the loss of inner wealth. Full restoration of one's inner wealth and health can be accomplished by using specific whole food nutrition, and dietary/ lifestyle changes.

Disclaimer: The recommendations in this article are not to be taken as medical advice, or intended to be a substitute for medical counseling. If your digestive function is not what it should be, consult a qualified wellness consultant to determine the cause of your digestive distress, and specific recommendations on your personal health issues.

Dr. Carol Ann Fischer, D.C., N.D. is a unique Chiropractic Holistic Wellness Consultant in Livonia, Michigan. In private practice for over 23 years, with specialized training in digestive function and leaky gut, diet modification, allergy elimination, stress reduction, gentle chiropractic, whole food nutrition, weight loss, natural hormone evaluation and therapy, detoxification, wellness care, homeopathy, and acupuncture. Her goal is to help people to live happy, healthy and stress free. For more information on Dr. Fischer or her free public workshops on digestion, stress, weight loss, hormones and wellness visit www.TLCHolisticWellness.com. Contact her by email at tlc4health@sbcglobal.net or by phone at 734-664-0339.

You can be vibrant at ANY age

Dr. Carol A. Fischer, D.C., N.D

Your hormones effect more than your mood!
Let Dr. Fischer teach you how to increase your energy, your appearance and sense of happiness!



offering:

- Nutrition Balance
- Detoxification
- Holistic Homeopathy
- Hormone Testing
- Rejuvenation
- Weight Loss
- Gentle Chiropractic
- Stress Analysis
- & more...

Free Initial Visit with this ad

TLC Holistic Wellness Center

10950 Farmington Rd. Livonia

Telephone Today: 734.664.0339

www.TLCHolisticWellness.com