

Heartburn • Bloating • Irritable Bowel SIBO • Inflammatory Bowel • Crohn's

Why We Need A Healthy Gut



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Meet Your Digestive Tract

Mouth & Chewing: Saliva (1 minute, pH 6.5-7.5)

- » helps digest simple sugars
- » detoxify and alkalize food contents
- » aids in food movement
- » connects with brain “reward centers”

Stomach: Gastric acid (60-80 minutes, pH 1.5-3)

- » kills pathogens
- » releases minerals, unfolds proteins and starch, binds intrinsic factor to vit B12, converts iron from Fe⁺⁺⁺ to absorbable Fe⁺⁺
- » pepsin (an enzyme that digests proteins) works best at lower pH

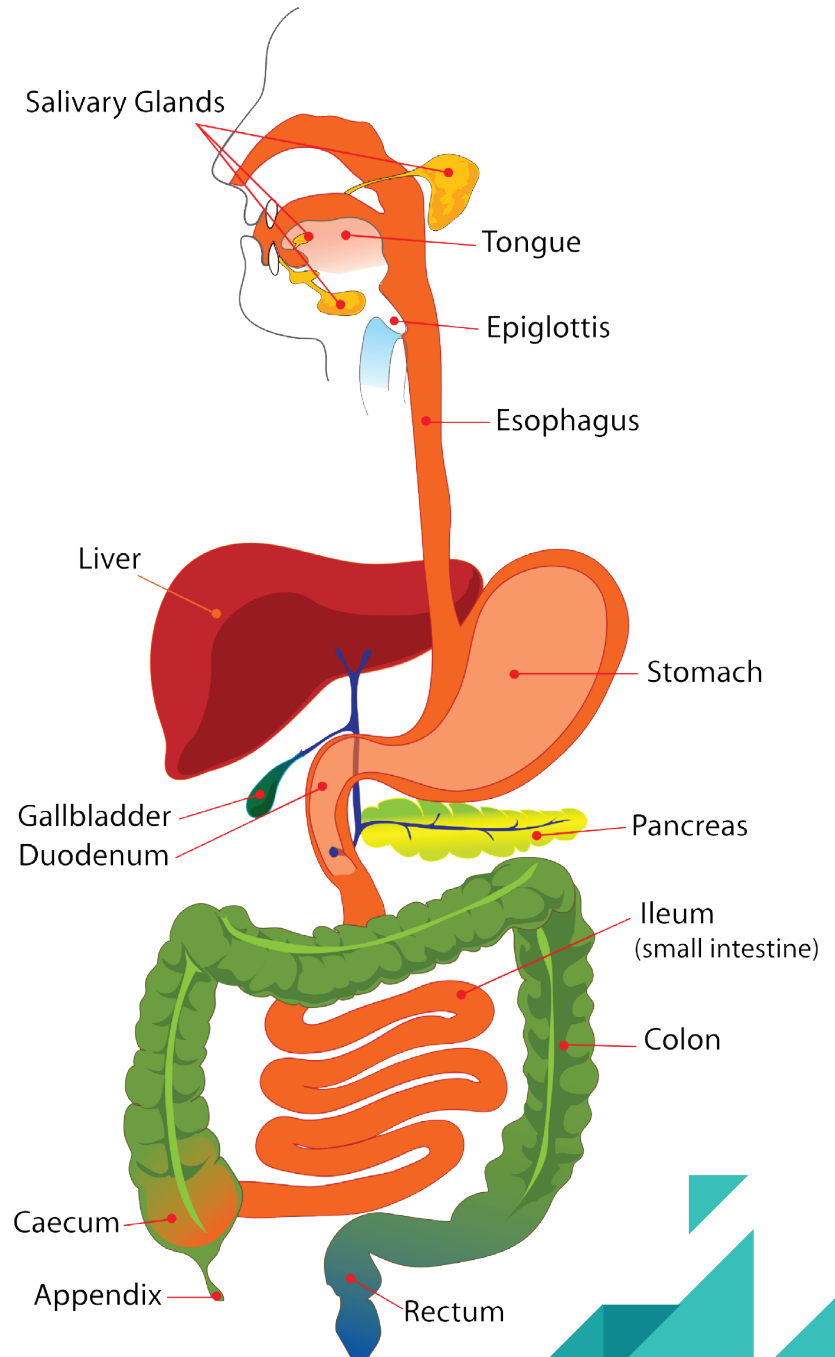
Absorb: water, alcohol, and the minerals fluoride, iodine, copper, molybdenum

Small Intestine–Duodenum: (30-60 mins, pH 6.1-7.3)

- » Liver/Gall Bladder contribute bile: emulsify/digest fats
- » Pancreas contributes digestive enzymes: lipases (fats), proteases (protein), amylases (starch)

Absorb nutrients:

- » Monosaccharides (sugar)
- » Amino acids
- » Fats
- » Calcium
- » Vitamin D
- » Phosphorous
- » Magnesium
- » Iron (only Fe⁺⁺)
- » Copper
- » Selenium
- » Thiamin (B1)
- » Riboflavin (B2)
- » Niacin (B3)
- » Biotin
- » Folate (B9)
- » Vitamin A
- » Vitamin E



Eat Right, Absorb Right

Small Intestine—Jejunum: (1-2 hours, pH 6.8-7.9)

Absorb nutrients:

- » Monosaccharides (sugar)
- » Amino acids
- » Fats
- » Calcium
- » Vitamin D
- » Phosphorous
- » Magnesium
- » Iron (only Fe⁺⁺)
- » Copper
- » Chromium
- » Manganese
- » Molybdenum
- » Selenium
- » Zinc
- » Thiamin (B1)
- » Riboflavin (B2)
- » Niacin (B3)
- » Pantothenate (B5)
- » Pyridoxine (B6)
- » Biotin
- » Folate (B9)
- » Vitamin C
- » Vitamin A
- » Vitamin E
- » Vitamin K

Small Intestine—Ileum: (2-3 hours, pH 6.8-7.9)

Absorb nutrients:

- » Folate (B9)
- » Cobalamin (B12)
- » Vitamin C
- » Vitamin D
- » Phosphorous
- » Magnesium
- » Iron (only Fe⁺⁺)
- » Copper
- » Chromium
- » Manganese
- » Molybdenum
- » Selenium
- » Zinc

Reabsorb/conserves intrinsic factor, bile salts, cholesterol and a small amount of sodium and water

Colon: (very variable, 10-18 hours - healthy; multiple days - unhealthy, pH 4-7)

Absorb/Reabsorb:

- » Water
- » Sodium
- » Chloride
- » Potassium

Absorb:

- » Short-chain fatty acids made by Probiotics
- » Vitamin K
- » Biotin

Stomach Indigestion?

- » Experience occasional heartburn?
- » Experience stomach pain or bloating?
- » Belch after meals?
- » Low energy despite eating “healthy”?
- » Low iron or anemia?
- » Low B12 (if known)?
- » Low calcium or bone density?
- » Low pain threshold?

Small Intestine Malabsorption?

- » Suffer from unexplained exhaustion?
- » Bloating 1-3 hours after a meal?
- » Skin rashes?
- » Crave sugars/starches?
- » Joint pain that comes and goes?
- » Headaches?
- » Loose, watery or floating stools, or with food particles?
- » Celiac, grain sensitive, or wheat allergy?
- » History of parasites (or travel to undeveloped places)?

Gut Permeability or Dysbiosis?

- » Chronic inflammation?
- » Allergies? Itchy skin?
- » Headaches?
- » Brain fog?
- » Mood swings?
- » Autoimmune?
- » Past or current antibiotics? Antidepressants?
- » Frequent prepared foods?

Elimination Problems?

- » Hard stools or defecation less than 3x/week?
- » Blood in stools or hemorrhoids?
- » Diverticulities?
- » Stress affects GI symptoms?
- » Sensitive to chemicals? Perfumes?
- » High cholesterol or triglycerides (if known)?
- » Acne?

You are what you *absorb*

- » Eat a diet high in plants, proteins from healthy sources, and healthy fats
- » Get plenty of soluble fiber—soluble fibers absorb water (chia, flax meal, veggies)
- » Allow time between meals for the small intestine to cleanse itself: 3-4 hours
- » Use only whole food supplements or mild herbal teas
- » Don't guess with OTC antacids, laxatives, nearly all medications disrupt digestion
- » Please avoid removing organs, bypass, or intestinal resection procedures

