

Abstract

Image Awareness Wellness Institute Health Letter

The Stages of Nutrition (Part 1)

August 2010 Volume 6 Issue 8

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A proper understanding of the stages of nutrition is essential for understanding why an individual can feel poorly even when consuming an adequate and nutritious diet. The stages of nutrition also provide a standard by which to examine and evaluate the value of different forms of supplementation and the benefits of certain types of foods.

The first stage of nutrition is diet which consists of the food we actually put in the mouth. Diets are rarely optimal, particularly in the modern world where our foods are often heavily processed and exposed to additives, pesticides and herbicides which often function as anti-nutrients. The Standard American Diet has been described as “SAD.”

The second stage of nutrition is digestion. Consuming fermented foods like yogurt, buttermilk and sauerkraut greatly facilitates the digestive process since fermentation partially predigests foods. Most raw foods are also easier to digest than cooked foods because they are rich in enzymes which aid in the digestive process. Thorough chewing is essential for digestion of plant foods since the body has no enzyme to break down cellulose or plant fiber. The stomach is filled with hydrochloric acid and pepsin. These digestive substances often decline with age. Deficiency will result in bloating, belching, burping and sometimes heartburn. Use of antacids will often contribute to hydrochloric acid deficiency. After food leaves the stomach pancreatic enzymes are released. The pancreas works much harder if we consume cooked foods and foods which are not fermented. Pancreatic failure contributes to food allergies and erratic blood sugars.

GNLD tests supplements with an artificial digestive tract to make sure they will break down. All protein supplements are predigested with plant enzymes lifting the burden off the digestive tract. GNLD also produces a supplement called Betazyme which contains hydrochloric acid (Betagest) and enzymes (Enzyme Digestive Aid). This supplement is very popular and helpful for digestive problems.

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