

Abstract

Image Awareness Wellness Institute Health Letter

The Stages of Nutrition (Part 2)

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The third stage of nutrition is absorption. This is the movement of broken down food nutrients through the intestinal wall and into the blood stream. Absorption of fats and fat soluble vitamins will tend to be hindered if gall bladder function is impaired or missing due to the removal of the gall bladder. Absorption of minerals is often impaired if they are not chelated with amino acids. Partially broken down proteins absorb well, while intact proteins are often treated by the body as invaders initiating immune activity.

The fourth stage of digestion is circulation. Nutrients must move through the blood and lymph to the cells before they can be used. Poor circulation due to faulty diet or lack of exercise can impair this vital nutritional step.

The fifth stage of nutrition is assimilation. This is the movement of nutrients through the wall of the cell. This is a vital and often overlooked step in the nutritional process. The quality lipids in Formula IV and Tre-en-en have been shown to improve nutrient utilization by 50%.

The sixth and final stage of the nutrition process is elimination of waste products. Tissues can actually live longer without a supply of nutrients than they can survive in an accumulation of their waste products. Removal of wastes, particularly from within the cells, is a critical nutrition function. Current research suggests that the high quality lipids such as those supplied by Tre-en-en, Lecithin, and Salmon Oil Plus are essential for this function.

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