

DIGESTION+ PROBIOTICS

The digestive system is made up of multiple organs--it's not just our stomach! The mouth, esophagus, stomach, small intestine, colon or large Intestine, rectum, and anus are all a part of our digestive system. Interestingly, it is made up of hollow organs from the mouth to the anus. Some say we are like a walking bagel or donut! The liver, pancreas, and gallbladder are also a part of our digestion, but they are solid organs.

Digestion starts in the mouth. Our teeth and saliva help break down the food, known as chewing. Our esophagus helps to move the food down to our stomach for processing and breakdown. Within the stomach, digestive juices are introduced from our liver, pancreas and gallbladder.

The food then moves into the small intestine for further breakdown into water and nutritional absorption into the blood stream. The remaining parts of undigested foods including toxins are then pushed along to your large intestine aka the colon.

Remaining waste is turned into stool and goes into the rectum. Once in the rectum it is stored until it goes into the anus to create a bowel movement!

There are herbs and supplements that help the different parts of digestion, break down, and the ending process.

Herbs and supplements for the digestive process!

Probiotics:

a microorganism (such as lactobacillus) that when consumed (as in a food or a dietary supplement) maintains or restores beneficial bacteria to the digestive tract

Enzymes:

Any of various proteins, as pepsin, originating from living cells and capable of producing certain chemical changes in organic substances by catalytic action, as in digestion. Pineapple and papaya are food enzymes that break down proteins, or you can supplement with Amylase, Lipase, Protease, Bromelain, Protease

Dandelion:

works with the gallbladder to create bile for food breakdown, prized edible, a gastrointestinal aid, a cleansing alterative, Dandelion root's benefit to the digestive tract is twofold as it contains inulin and is also a bitter digestive tonic which tones the digestive system and stimulates the appetite.

Bitters:

Parts used: Fruit fresh or dried. High in vitamin C and A , some saying more vitamin C than an orange, stimulant blood flow and digestion/ aiding in digestion.

Activated Charcoal:

Charcoal is commonly used as a digestive aid due to its adsorption qualities. ** In the digestive tract, Charcoal can provide some intestinal comfort by adsorbing gas produced from a meal. *

Ginger:

known to help with upset tummies, gas, bolting, gets intestinal muscles moving

Chamomile:

chamomile has been shown to ease upset stomach, heartburn, nausea, and vomiting. Another mixture with chamomile seems to help colicky babies.

(Information Not approved by the FDA, the above is not intended to diagnose, treat or cure disease, Always Consult with Your Physician.)

References:

<https://www.merriam-webster.com/dictionary/probiotic>
<https://www.webmd.com/diet/supplement-guide-chamomile#1>
<https://www.niddk.nih.gov/health-information/digestive-diseases/digestive-system-how-it-works>
(<http://www.countrylifevitamins.com/store/activated-charcoal>)

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