

Understanding Digestion

The Digestive Process

Digestion begins once food is broken down by the teeth, tongue and saliva and passes through the esophagus to the stomach. Once food enters the stomach the break down continues. Slight amounts of chemical processes occur while food is being broken down in the stomach, most pertaining to protein, by the enzymes in the stomach. Once food has been broken down in the stomach it passes to the small intestine where further breakdown occurs by specialized enzymes and helpful bacteria. In the small intestine the useful particles are then absorbed into the bloodstream where they are used by the body, while the remaining elements are ultimately expelled as waste.

Toxic Build Up

Living in the modern world the human body is subject to toxins and chemicals that it was not designed to deal with. Processed sugar, flour and other grains as well as preservatives found in most foods cannot be properly broken down during the digestive process and their residue becomes first a mucus covering in the intestines and then a hard material that blocks proper vitamin and mineral absorption. Overtime this hardened build up becomes thicker and thicker inhibiting the body's ability to extract the important elements of food, causing lower energy levels due to a deficiency in vitamin absorption into the bloodstream, as well as a lower metabolism.

The hardened build up also causes an increased risk of health problems. Due to the fecal build up in the intestines the body is unable to expel waste in an effective manner, causing constipation and increased levels of chemical and toxic build up within the system. Increased levels of toxic build up raises the chance of possible diseases and life threatening illnesses.

Internal Cleansing Products

Internal Cleansing Products use varied formulations of vitamins, minerals and herbs to help improve the digestive process and break down the hardened fecal build up that has occurred over time. When the body takes in herbs like Golden Seal, Apple Pectin and Aloe Vera and chemical similar elements the chemicals are broken down in the stomach and passed into the intestines where they breakdown the hardened fecal matter that is blocking proper mineral absorption. Once the fecal build up is broken down it is then simply flushed from the system as a normal bowel movement. Most adults have an amazing amount of hardened fecal build up in their systems, and it can take up to 30 days of continued use of an internal cleansing product before a majority of the buildup is effectively flushed from the body. Anyone over the age of 18 needs one [internal cleansing](#) per year for proper digestive health.

Other Important Information

The liver, kidneys, and gallbladder all serve important roles in the digestive system and can become clogged with unwanted buildup. It is important to flush these parts of the digestive system as well. Enuvia Internal Cleansing Program offers a three in one package for colon (intestinal), liver and kidney detoxification and the system is extremely safe, efficient and comfortable.

This Article is Originally Published here: <http://www.internal-cleansing.com/digestion.html>

About the Author

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