

INNATE INTELLIGENCE

STOMACH

Normal Function – to receive food, mix it with digestive secretions including stomach acid and protein-digesting enzymes that create a semi-fluid, acidic mass (chyme) that slowly drips into the duodenum.

Innate Stimulus – gastric digestion can be stimulated by the anticipation of food, but specifically by stretching of the stomach wall as food enters it.

Innate Response – Stretching of the stomach wall stimulates the production of the hormones gastrin, acetylcholine, and histamine. These are responsible for stimulating the carbonic bicarbonate buffering system.

Esophagus – swallowed foods and liquid pass through the cardiac valve. Regurgitation of gastric secretions through this valve is responsible for symptoms of GERD.



Upper Stomach (Fundus) - the dome-shaped and rounded top portion of the stomach. It accommodates swallowed food and fluids and functions as a physiological pre-digestive time chamber waiting for stomach acid and pepsinogen to be produced.



Middle Stomach – Stomach acid lowers pH and stimulates the activation of pepsin to initiate protein digestion.



Lower Stomach- liquified foods (chyme) drip through the pyloric valve into the Duodenum.

SYMPTOMS OF ENERGY DEFICIENCY	
STRESS RESPONSE	ORGAN EXHAUSTION
Increases nutrient requirements	Deficient nutrients available
Inhibited digestive secretions	Inadequate digestive secretions
FREQUENT SYMPTOMS	
Unusual fullness after eating	The patient avoids raw foods
NUTRITIONAL CONSIDERATIONS	
Improve Digestion and Absorption	
To boost stomach acid naturally, focus on foods that stimulate digestive juices, especially protein-rich options and fermented foods.	
CLINICAL CONSIDERATIONS	
Involuntary muscle contractions	
Sympathetic Nerve Supply	Thoracic spinal cord segments T5-T9
The stomach's sympathetic nerve supply travels via the greater splanchnic nerve to the celiac plexus	

Supplementing nutrients to counter symptoms is a little more than educated guesswork. Symptoms are Innate's signal that a system, organ, or tissue is unable to produce adequate energy to meet its responsibilities for maintaining homeostasis and normal physiological function. Carbohydrates, protein, lipids, vitamins, and minerals are building blocks used in producing energy. They must be put to work. They are not workers. Find out how to put them to work by visiting the Food Enzyme Institute.

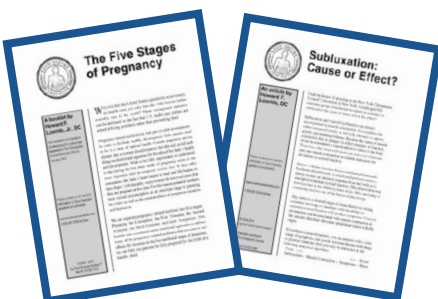
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