

INNATE INTELLIGENCE

JEJUNUM

• **Normal Function** – The middle section of the small intestine absorbs hydrolyzed carbohydrates, amino acids, and fatty acids into the bloodstream, facilitating their transport to the body’s organs.

• **Innate Stimulus** – Involuntary, wave-like muscle contractions propel food through the digestive tract, bringing solids and liquids into the jejunum.

• **Innate Response** – The jejunum contains finger-like projections (microvilli) that increase its surface area, **THUS** improving nutrient absorption. They also secrete the enzymes disaccharidase and peptidase that hydrolyze disaccharides and polypeptides to monosaccharides and dipeptides to amino acids, respectively.

Duodenum

Processing of ingested foods and drink is taking place as bile, pancreatic enzymes, and bicarbonate solution, to activate digestive enzymes, is taking place as muscle contractions move the materials through the small intestine.



Jejunum

Digestion of the simple sugars, lactose, maltose, and sucrose to their various components, plus glucose for absorption.

SYMPTOMS OF ENERGY DEFICIENCY	
STRESS RESPONSE	ORGAN EXHAUSTION
Increases nutrient requirements Inhibits digestive secretions and peristalsis	Deficient nutrients available Inadequate digestive secretions and peristalsis
FREQUENT SYMPTOMS	
Inadequate digestion of simple carbohydrates in the jejunum causes symptoms within the digestive system.	These symptoms include diarrhea, bloating, gas, abdominal pain, and sometimes nausea.
NUTRITIONAL CONSIDERATIONS	
Improve Digestion and Absorption	
To support healthy digestion in the jejunum, focus on foods high in fiber, such as fruits, vegetables, and whole grains, which can aid in efficient nutrient absorption and promote gut health. Incorporating probiotic foods like yogurt and fermented foods can also benefit digestion by fostering a healthy gut microbiome.	
CLINICAL CONSIDERATIONS	
Involuntary muscle contractions	
Sympathetic Nerve Supply	9th and 10th Thoracic
The sympathetic innervation of the jejunum originates primarily involves the lesser splanchnic nerves. These nerves lead to the superior mesenteric ganglia and the celiac plexus, ultimately innervating the jejunum and other parts of the midgut.	

Supplementing nutrients to counter symptoms is 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.

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