

Natural Solutions for Digestive and Bowel Disorders



FREEDOM WHOLE HEALTH

Darren Mills, N.D.

LOOMIS DIGESTIVE HEALTH SPECIALIST

201 Breckenridge Lane, Suite 202
Louisville, Kentucky 40207

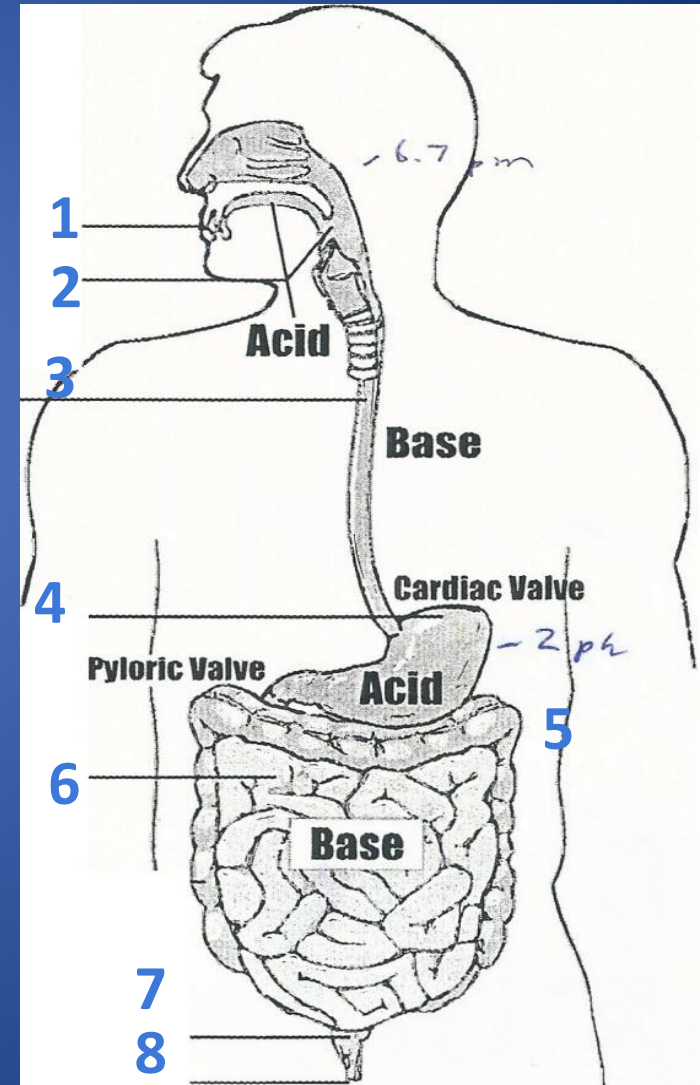
502-410-1270

Darren@freedomwholehealth.com

www.freedomwholehealth.com

THE DIGESTIVE SYSTEM

- This diagram shows the body parts through which food passes. Together they form a long tube known as the digestive tract or the alimentary canal.
- 1. Mouth (voluntary control)
- 2. Pharynx (throat)-less than a second
- 3. Esophagus (gullet)-10 seconds
- 4. Stomach-3-4 hours
- 5. Small intestine-up to 5 hours
- 6. Large intestine-12-36 hours
- 7. Rectum (voluntary control)
- 8. Anus



Talking Points

- Most prevalent digestive and bowel conditions
- What causes these conditions
- Discover why digestion should be your first priority of health
- Identify some of the missing links to natural healing



Most Prevalent Digestive and Bowel Conditions

- GERD
- Gallstones
- Crohn's
- Ulcerative Colitis
- Irritable Bowel Syndrome (IBS)
- Chronic Constipation



Gastroesophageal Reflux Disease (GERD)

GERD happens when a muscle at the end of your esophagus does not close properly. This allows stomach contents to leak back, or reflux, into the esophagus and irritate it.

You may feel a burning in the chest or throat called heartburn. Sometimes, you can taste stomach fluid in the back of the mouth. This is acid indigestion.



Gallstones

Your gallbladder is most likely to give you trouble if something blocks the flow of bile through the bile ducts. That is usually a gallstone. Gallstones form when substances in bile harden. Gallstone attacks usually happen after you eat.

Signs of a gallstone attack may include nausea, vomiting, or pain in the abdomen, back, or just under the right arm.



Crohn's Disease

Crohn's disease causes inflammation of the digestive system. The disease can affect any area from the mouth to the anus. It often affects the lower part of the small intestine called the ileum.

Common symptoms are pain in the abdomen and diarrhea. Other symptoms may include bleeding from the rectum, weight loss, joint pain, skin problems and fever may also occur.



Ulcerative Colitis

Ulcerative colitis is a disease that causes ulcers in the lining of the rectum and colon. Ulcers form where inflammation has killed the cells that usually line the colon.

The most common symptoms are pain in the abdomen and bloody diarrhea. Other symptoms may include anemia, severe tiredness, weight loss, loss of appetite, bleeding from the rectum, sores on the skin and joint pain.



Irritable Bowel Syndrome

IBS is a problem that affects the large intestine. It can cause abdominal cramping, bloating and a change in bowel habits. Some people with the disorder have constipation. Some have diarrhea. Some go back and forth between constipation and diarrhea.





Large Intestine



Small Intestine

Constipation

Constipation means that a person has three or fewer bowel movements in a week. The stool can be hard and dry. Sometimes it is painful to pass.

<http://digestive.niddk.nih.gov/ddiseases/pubs/constipation/index.aspx>



Statistics on The Above 6 Conditions:

Prevalence: 159.2 million

Ambulatory care visits: 31.2 million

Hospitalizations: 4.8 million

Prescriptions: 81.1million

National Institute of Diabetes and Digestive and
Kidney Disease



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<http://digestive.niddk.nih.gov/statistics/statistics.aspx>

The top 4 selling over the counter medications in 2011:

1.	Cough/Cold	\$4.2 Billion
2.	Anti-Inflammatories	\$2.3 Billion
3.	Heartburn/Antacids	\$1.3 Billion
4.	Laxatives	<u>\$875 Million</u>
		Total \$8.67 Billion



Dr. Howard Loomis says:

“Normal body functions cannot be restored and health cannot be maintained by using drugs, because they all have side effects. Drugs are made to interfere with human enzyme systems.”



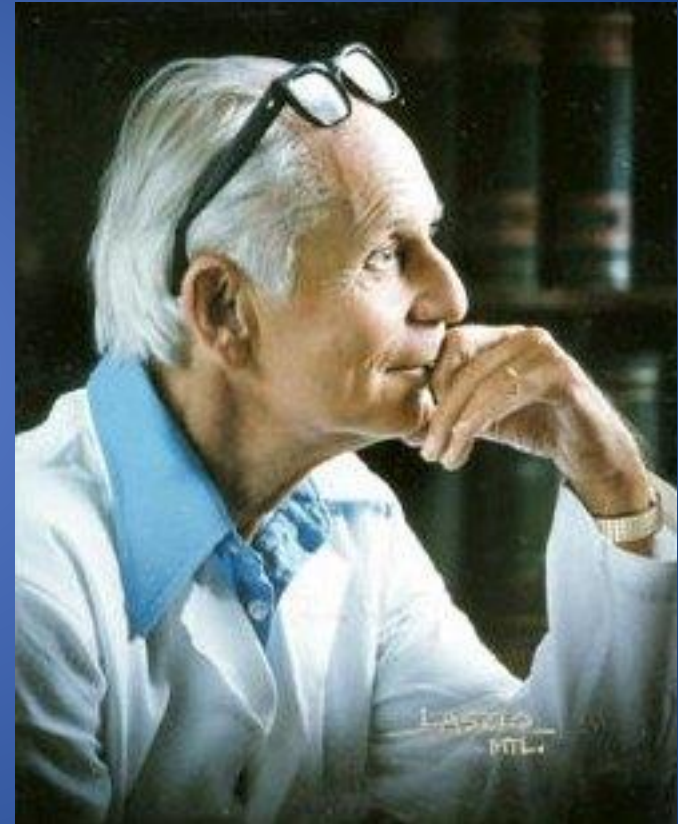
ALL of these conditions
have ***ONE*** cause.
What is it?

STRESS!!



What is Stress?

- Dr. Selye found that stress has a specific cascade of physiological events when a continual demand is made upon the body's ability to adapt.
- If not recognized, stress will progress from an alarm reaction to resistance, exhaustion (the appearance of symptoms), disease, degeneration and death.



Selye's Conclusion:

“Stress is a specific entity.”

It is the **ONLY** disease we have to fight and it comes from 3 sources:

1. Mechanical
2. Emotional
3. Nutritional



Nutritional Stress

- Quality of food your eat
- How well your body can digest, absorb and assimilate the nutrition from the food you eat.



HOMEOSTASIS:

The body's ability to maintain the constancy of its internal environment, despite changes in its surroundings.



HOMEOSTASIS:

forces relationships in the
body *WITHOUT* exception.



11 Organ Systems Run Homeostasis

All 11 organ systems are **INTERDEPENDENT AND *TOTALLY DEPENDENT*** on nutrition.

When you have more bills than money at the end of the month, who do you pay first?

The one who is going to hurt you the most.

Your brain sees it the same way!



11 Organ Systems

- 1. Digestive
- 2. Cardiovascular
- 3. Endocrine
- 4. Integumentary/Excretory (skin)
- 5. Lymphatic/ Immune (exercise)
- 6. Muscular
- 7. Nervous



11 Organ Systems (Cont.)

- 8. Renal/Urinary
- 9. Reproductive
- 10. Respiratory
- 11. Skeletal



Signs of Compromised Digestion:

- Loss of appetite, especially for meat
- Intolerance of fats or spicy foods
- Intolerance of dairy products, grains, or sugars
- Bloating, gas or abdominal cramping
- Constipation/diarrhea
- Acid reflux after eating, use of antacids



Signs of Compromised Digestion:

- Sleepy after eating
- Inability to think clearly
- Frequent periods of depression or mood swings
- Sensitive to air pollutants, such as perfumes, smoke
- Craving or thirst for cold liquids or foods



Normal Digestion:

- Begins in the mouth: chewing.
- Food enzymes mix with food in the stomach
- Pre-digestion occurs for 30-60 minutes before stomach acid is formed.
- Digestive enzymes are released in the intestine.
- Nutrients are absorbed by the body.
- Waste products removed.



Keys To Better Digestion

- 1. Put your fork down between bites
- 2. Eat slower!
- 3. Chew your food slower. Since our stomachs do not have teeth, chew your food at least 30 times until your food is almost a cake like consistency.
- 4. Drink less water with your meals. If you need to drink with your meals, sip in small quantities.



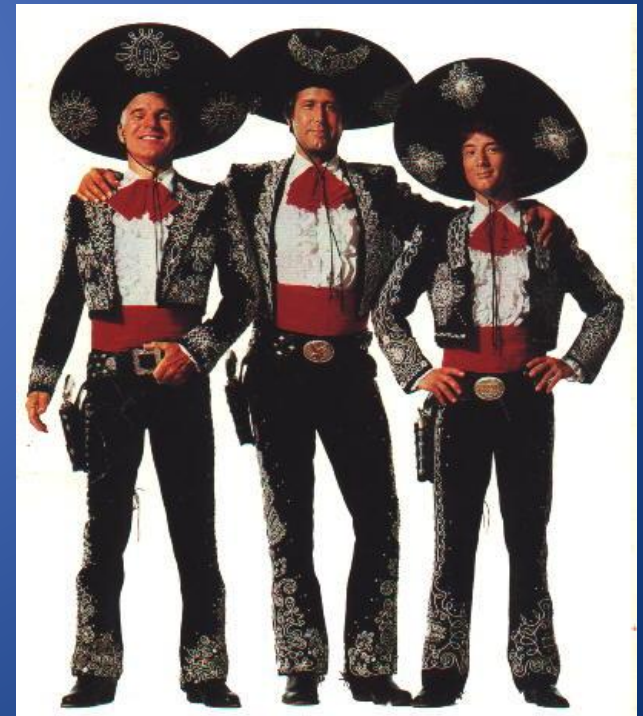
Abnormal Digestion:

- Eating too fast – not thoroughly chewing food.
- Eating enzyme deficient foods.
- Not eating enough raw *fruits and vegetables*.
- Body cannot produce adequate digestive enzymes.
- Essential nutrients are poorly absorbed into the body.
- Waste products accumulate and **ILLNESS** may occur.



Compromised Digestion Leads to the 3 Amigos:

1. Circulating Immune Complexes
2. Bowel Toxicity
3. Challenged Immune System



Symptoms Associated with Bowel Toxicity:

- Digestion Symptoms
- Sinus Congestion/Allergies
- Asthma
- Fibromyalgia
- Low Back Pain/Sciatica
- Arthritis
- Thyroid Goiter
- Autoimmune Conditions
- Lack of Concentration
- Migraines
- Psoriasis/Eczema
- Fast Heartbeat
- Depression



What Happens When the Immune System is Challenged Beyond its Capabilities:

You experience the cardinal signs of inflammation: **FARS-P**

F ever

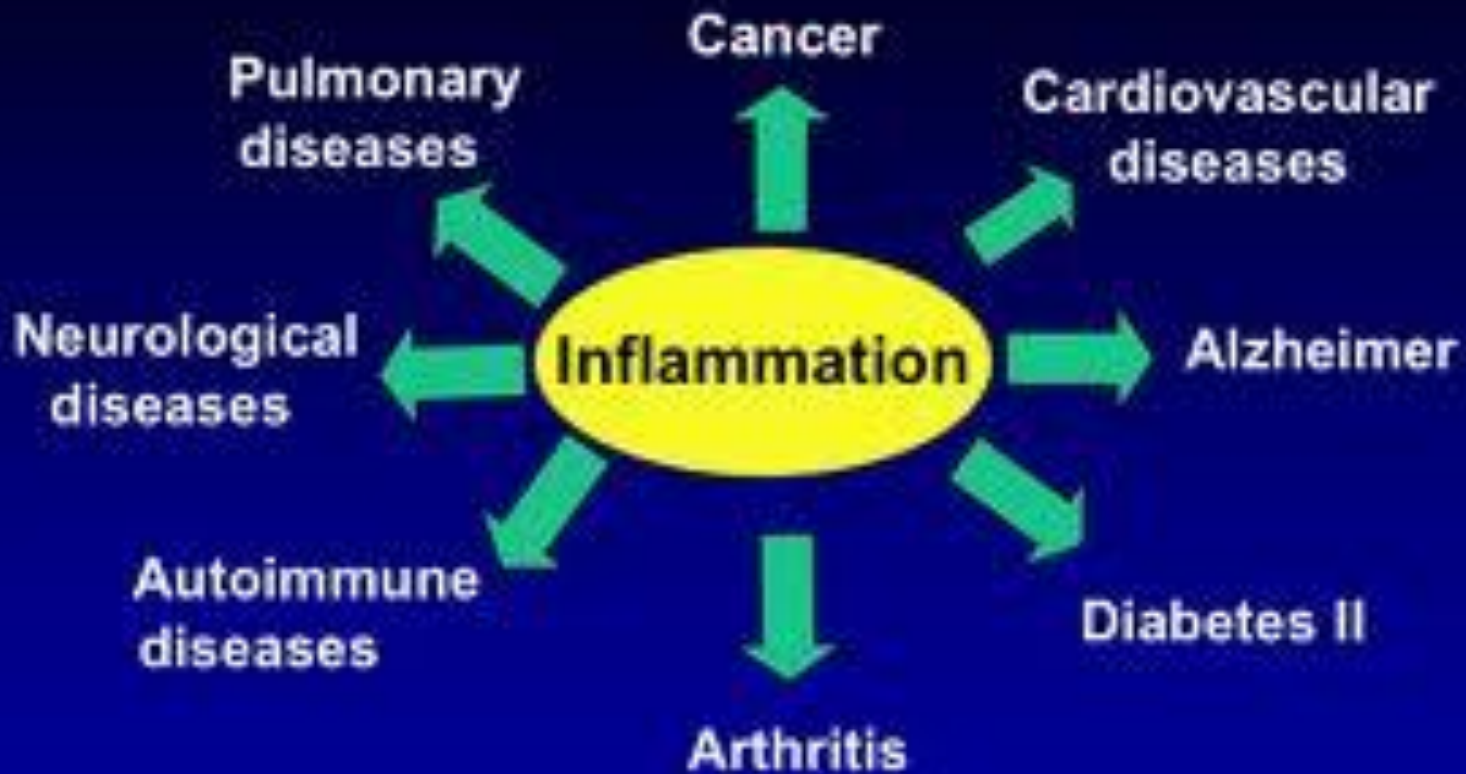
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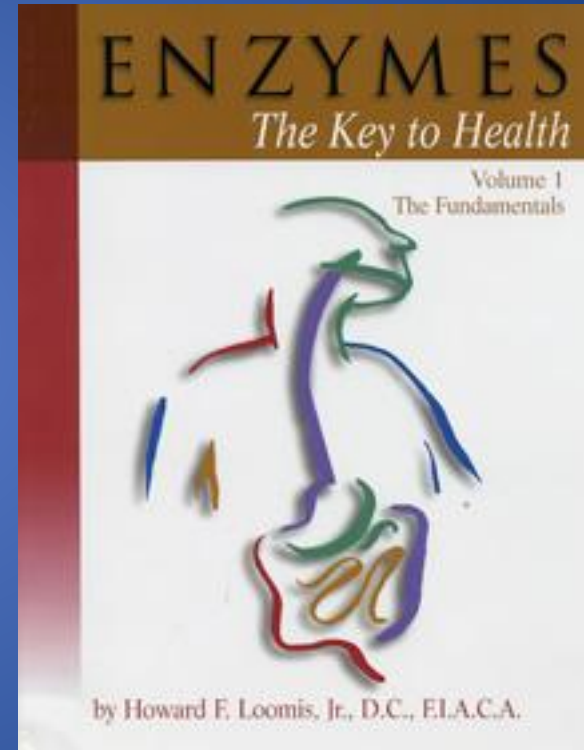
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Dr. Howard Loomis

"Vitamin and mineral deficiencies result in acute symptoms, but it takes some time for enzyme deficiencies to be seen and they manifest as chronic degenerative diseases."



Stress

Nutritional Deficiencies

Excessive Waste

Enzymes Deficiencies

Inflammation

Lymphatic Congestion

Chronic Diseases



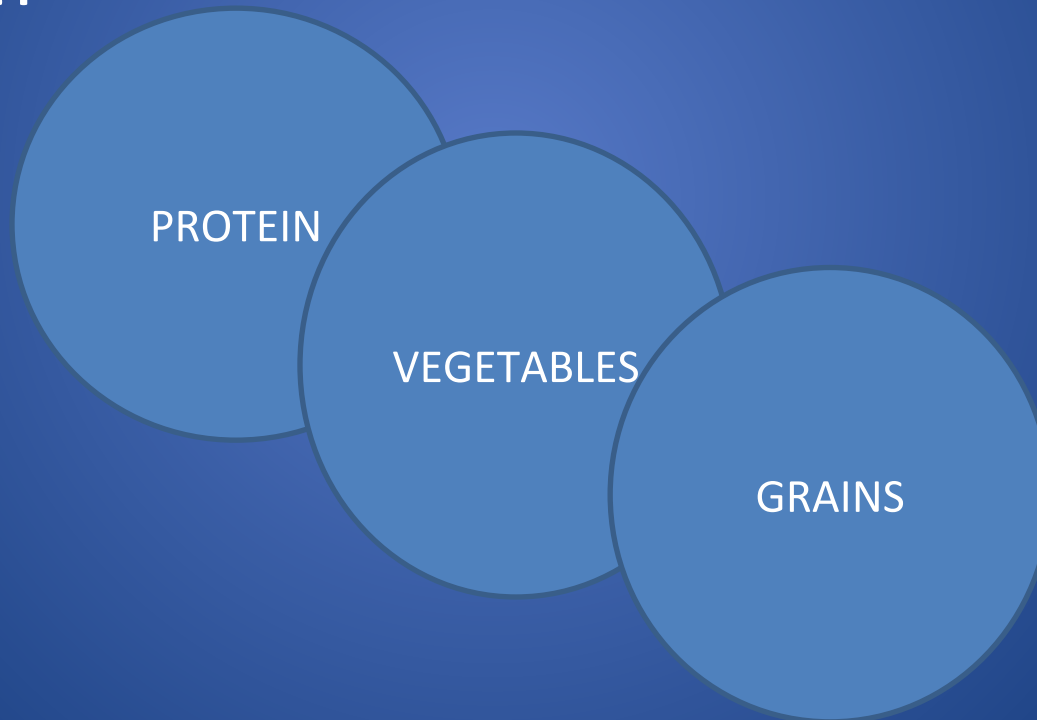
The Surgeon General's Report

- *“Diseases of dietary excess and imbalance...now rank among the leading causes of illness and death in the US. and generate substantial health care costs. Improved nutrition training of physicians and other health professionals is needed.”*



PROPER FOOD COMBINING

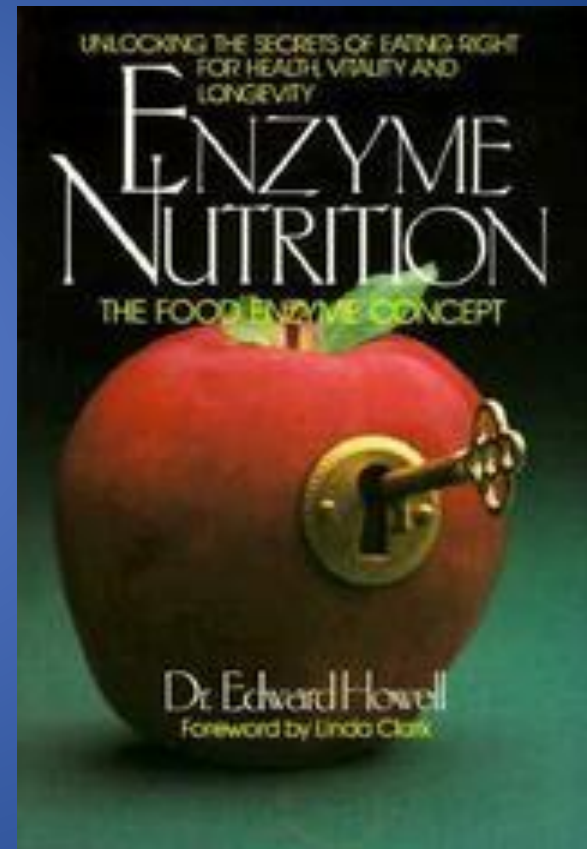
- ONLY COMBINE WHERE CIRCLES TOUCH DIRECTLY



Dr. Edward Howell Says:

“Enzymes are substances that make life possible. They are needed for every chemical reaction that takes place in the human body.”

“In both maintaining health and in healing enzymes and only enzymes actually do the work.”



What Are Enzymes?

- A protein produced by living cells that catalyzes chemical reactions in organic matter.
- They are the workers that make your body function.
- Although the action of enzymes cannot be seen, they are the driving force behind virtually every biochemical process that occurs in the body.



Proper Diet

Avoid:

- Processed Foods
- Canned Foods
- Fried Foods
- Refined Sugar
- Sugar Substitutes

Consume More Of:

- Fruits
- Vegetables
- Whole Grains
- Seeds
- Nuts
- Lean Meats (fish, chicken, grass fed beef)



Can Enzyme Nutrition Help You?

- Do you have chronic unresolved health problems?
- Do you want to feel better when you eat?
- Do you want to reduce nutritional stress?
- Are you seeking answers to your health problems?
- Do you want to restore your body's balance?

If you have answered YES to any of these questions, plant enzyme supplements are for you.



Treatment Program

1. Stress Management
2. Diet Modification
3. Proper Food Combining
4. Plant Enzyme Supplements

