

DIGESTION

Stomach

- Must be super acid.
- Dissolve and absorb minerals
- Release or breakdown food.
- Proteolytic enzymes ex:
Pepsin helps to breakdown proteins and kill microbes. If it is not acidic enough, it will lead to acid reflux and indigestion.
- Treatment: TMG and Apple Cider Vinegar.

Gallbladder

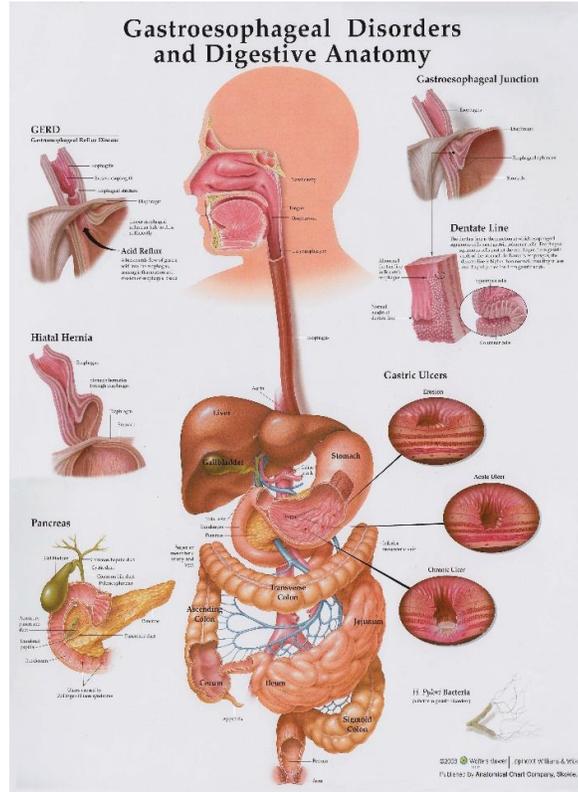
- Release bile acids that made by the liver.
- Neutralize the acids in stomach.
- Detoxify chemical.
- Treatment :Bile Salt

Pancreas

- Produce enzymes lipase to breakdown carbohydrates.
- When you start eating, it gives signals to brain what type of enzymes to produce and create.
- Pancreas and gallbladder work together. From very strong acid to alkaline.

Small Intestines

- 90% of digestion happens here.
- 85% of your lymphatic system is located in the small intestines and it acts to create immunity.
- 1000 trillion bacteria
- 100 trillion cells
- Good and bad bacteria in gut can adapt to the environment.
- Antibiotic is harmful to the gut because it destroys both the good and bad bacteria.They form a new strategy to survive and adapt.
- It is our second brain.
- Digestion can affect our mood-depression.



CHOLESTEROL

- Plays an important role in our body.
- 75% cholesterol is produced by our liver.
- 25% cholesterol comes from food intake.
- 2000mg of cholesterol is produced by our liver per day. 1000mg is produced by other parts of our body. We produce total 3000mg of cholesterol per day.
- Every cell require cholesterol.
- Cholesterol is needed for the production of bile, hormones, brain function, Vit D .
- High triglycerides is caused by taking too much sugar and refined carbohydrates.
- Take your Triglycerides reading divide HDL, it should be less than 2 (normal reading)
- Here is the guide line:
 - < 2 normal
 - > 2—5.9 poor
 - > 6 very bad
- It acts as a healing agent

THYROID

Hashimoto's thyroiditis, also known as chronic lymphocytic thyroiditis, is the most common cause of hypothyroidism. It is an autoimmune disorder in which antibodies is directed against the thyroid gland leading to chronic inflammation.

There are mainly 3 factors that affecting Hashimoto's thyroiditis.

- Genetic
- Intestinal permeability
 - Ex: Leaky gut. It is an autoimmune disease.
 - Its trigger the body not to recognize.
- Food sensitivities
 - Ex: Severe sensitivity to gluten.
 - Can lead to toxic exposure
- Other factors that can trigger the disease: chronic infection, nutrition depletion, toxic exposure, stress.

If only genetic factor, intestinal permeability and food sensitivity is not there, Hashimoto will not manifest.

If we only checking T3, T4 and TSH, 90% of the results are inaccurate. It is important to check our Thyroid Auto Antibodies to avoid undiagnosed or thyroid diseases. They are:

- Anti thyroid peroxidase
- Thyroglobulin antibody.

MAGNESIUM

- 80% heart attack patients are due to Magnesium deficiencies.
- 57% of population are Magnesium deficiencies.