**RULES OF THE STOMACH**

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The single most devastating problem with health today is an all-out assault on the stomach by what we choose to put in our mouths. So many people are unhealthy because they are not eating quality foods. They are suffering from malnourishment and most are obese! You might be wondering how this is possible that an obese person can be undernourished. Well, they are over fed and undernourished and completely toxic to the point of gross impairment of normal body system functions. It all starts in the stomach. I believe we do not eat enough fresh raw fruits and vegetables. Take a serious look at your diet. How much of it is RAW? If raw foods bother your stomach, it’s probably because you have a congested and toxic digestive tract. Gradually adding a little raw food to your diet will build up your ability to digest raw foods. So where do we get into trouble when it comes to digestion. Dr. Bruce Bond likes to tell his patients, “Your body is not a trash can with a hairy lid, so stop dumping garbage into your body and expecting it to be well!” Dr. Bond makes a very valid point with a great sense of humor and I often use his line in practice for a grin with my patients. Sometimes we have to laugh at what we are doing and then get to work on straightening ourselves out before it catches up with us. So again, what kind of quality of life do you expect if you give your body inferior food that robs your energy, vitality, and ability to rejuvenate itself? Everyone wants to feel good, but do we know what to do? Let’s look at what can go wrong and find the troubled area.

**MOUTH TROUBLE**

How much raw food are you eating?

Dry mouth

TMJ or jaw problems

Do you chew your food enough?

Unresolved dental issues

**STOMACH TROUBLE**

Crave excessive liquids with meals – sign of a weak stomach

Take anti-acids after a meal

Belching or bloating within 20-30 minutes after a meal

Itching skin, especially the rectum

Trouble digesting raw vegetables and fruits

**SMALL INTESTINE TROUBLE**

Floating stools

Stool is light or gray in color

Stool sticky and need lots of toilet paper to wipe clean

Stool is oily – fatty acids are not being absorbed

Stool is extremely foul smelling

**ILIOCECAL VALVE TROUBLE**

Pain in lower right abdomen

**LARGE INTESTINE TROUBLE**

Rectal gas

Cuts and bruises that don’t heal

B Vitamin Deficiency and the 4 D’s

Dermatitis

Diarrhea

Depression

Dementia

Parasites

Now you know you are going down the wrong path if you are experiencing any of these symptoms. So let’s develop a better understanding of what is happening and make some small changes to fix the troubles before they turn into big problems.

WHAT HAPPENS WHEN YOU EAT?

Your teeth are your “natural juicer” and actively chewing clearly juices your food into liquid form. So, chew food 30-40 times before you swallow. Did you know that good food will improve in flavor as you chew it and processed food (like processed carbohydrates) will taste worse as you chew it? So choose your foods wisely. Now, after your food is chewed, it enters the stomach where it is bathed in hydrochloric acid. This acid cannot be stored in the body so it must be produced as you eat. The pyloric valve keeps the food in the stomach until the acid is neutralized triggering the pyloric valve to open and send the food into the small intestine where further enzymatic action and absorption occurs.

HOW DO WE STOP THE STOMACH FROM DOING ITS JOB?

The problem is that we are doing things to release the food from the stomach too soon or too late. We do this by violating the RULES OF THE STOMACH.

STOMACH VIOLATIONS

1. Drinking excess fluids with meals. If you dilute your food with too much beverage, you dilute the acid which prompts the pyloric valve to open too soon. Eating soup before a meal can do this. Soup should be the entire meal, but not come before a meal.
2. Taking anti-acids can neutralize acids and open the pyloric valve too soon.
3. Drinking caffeine drinks with meals can cause the pancreas to release its sodium bicarbonate (it can do this only once during digestion and not able to do this again for 2 hours) and neutralizing the acid causing the pyloric valve to open too soon. Medical research is beginning to show that drinking coffee with a meal is the #1 cause of pancreatic cancer. If you must have coffee, it is best to have it 1.5 hours after a meal, whereby it can actually help stimulate the sodium bicarbonate release at the right time.
4. Drinking milk in any form with meals hinders acid in the stomach and should never be done.
5. Bad food combining like eating fruits and protein at the same time hinders the digestion of each. (see rules below)

So without getting too much further into the details of biochemistry and gastrointestinal jargon, here is a simple list of the RULES OF THE STOMACH to live by for better digestion and assimilation of food and proper nutrients.

RULES OF THE STOMACH

1. Fluids alone no more than 4 oz. of fluid with the meal or two hours after a meal.

2. No coffee at meals. Wait 1.5 – 2 hours after and 1 hour before eating.

3. No milk at meals. Wait 1.5 – 2 hours after and 1 hour before eating.

4. Fruits alone. Wait 1.5 – 2 hours after and 1 hour before eating.

5. Melons alone. Wait 1.5 – 2 hours after and 1 hour before eating.

6. Small meals are better. Quality of nutrition, not quantity.

7. Slow meals. Savor, enjoy rejoice and celebrate a meal. Chew each bite 30 – 40 times.

8. Eat for nutrition and not for stimulation. Eat when hungry, not when bored.

9. Relax after eating for at least 20 minutes.

10. Make and eat food with love and kindness. No violent or negative emotions.

11. No anti acids. If there is a problem fix it. Try apple cider vinegar, great source of enzymes.

12. Do not sleep for 3 hours after eating.

Wellness is a Choice…Be Well

