

# Nutritious Nutrition?

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Gesundheit! Nutrition Center

There has been plenty of talk that there are not enough nutrients in today's diet, mainly because the soil it is grown in has been depleted. Part of this is due to over-cultivation, and also because of the use of chemicals. However, there are other elements playing a role. How about food being too acid? Or, what if we have a sluggish digestive system? Then there is the fact that too many of us eat on the fly, or do something else while we are eating, such as driving, talking on the phone, watching TV, or reading—or all of these at the same time!

When John Neustadt, ND from Bozeman gave a lecture at the Gesundheit! Nutrition Center, he mentioned that the pipe running from our throat to our rectum is actually considered outside the body; and that nutrients need to enter the bloodstream first, before they are considered inside the body. I had never looked at it that way, but it made a lot of sense. We don't want any of our own blood in the digestive tract. Most of the rough nutrient breakdown takes place through the enzymes in our mouth, throat, esophagus, stomach, and part of our small intestines (bile and pancreatic juices), and by the bacteria in the rest of our small intestines (lactobacillus-family), and in our colon (bifidobacterium-family). The juices in our small intestines therefore run a little more acidic,

while the colon runs more alkaline, in order to bulk the fecal matter. Once in the bloodstream, the liver enzymes get involved in the further breakdown of nutrients, as well as in the conversion of these into useable elements that our cells can actually absorb (i.e. amino acids, fats, sugars, vitamins and minerals) and use for both energy production and regeneration.



Then I had an interview on my weekly radio show with Ellie Cullen, RN, from Florida, who is founder and CEO of the preventive blood-testing company, *Your Future Health*. She has tested both healthy and unhealthy people for over 30 years, gathering a database that is unmatched. Ellie brought up the concept of acidity and alkalinity in the body. We all know that the higher the pH, the more alkaline the body is, and that a level below 7.0 is considered acidic, while above 7.0 is alkaline.

pH is measured in our blood, saliva and urine, but all three have a different optimum pH. Blood's optimum level is between 7.35–7.45, making it more alkaline; saliva is optimum between 6.4–6.8, and therefore more acidic; and urine's optimum morning level is from 6.0–7.0, and during the day it should reach between 6.5–7.0.

The types of foods—as well as the meal composition

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tions—in our diets may actually have different effects on our digestive systems. You may want to Google™ information on more or less acidic and alkaline foods. If we reach acidosis we risk more immune problems, hormonal imbalances, acid reflux, diabetes, cancer, arthritis and anything else ending with *-itis!*

It would be interesting to see how we feel if we would be completely clean of any prescription drug, over-the-counter medication and dietary supplement for a week or so, and only eat our everyday diet. If previously uncomfortable symptoms come back, try to fix it with wholesome nutrition first. We may not be able to feel better completely, but a 50% or more improvement would give us a great feeling. You may then use additional nutritional supplements to take care of the rest. ■



**NLND HEALTH PEARL #1.** *Jacobus is not a doctor and does not intent to diagnose, treat or cure any disorder. His information is based on self-study, interviewing experts on his weekly 3-hour Radio Show, "Gesundheit! With Jacobus," running Sundays from 7–10 am on AM 1450-KMMS, and on feed-back received from retail customers visiting his dietary supplements store, Gesundheit! Nutrition Center, at 2855 N. 19th Ave., Ste. N, in Bozeman (585-4668). If in doubt, visit a professional of your own choice and/or educate yourself with available published materials.*



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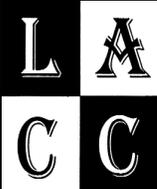
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