

RULES FOR THE STOMACH

The stomach is an important part of our anatomy. Food entering our mouths must be properly prepared for digestion. After being chewed and masticated by the mouth, the food is now sent to the stomach for further processing. The stomach mixes the food in an acid bath for further break-up of the nutrients. When the acid shifts alkaline to about 5.5 ph the pylorus valve at the base of the stomach opens and the food is passed along to the primary digestive organ, the small intestine.

Nature has provided us with a nerval system that regulates this process. This nervous system is designed to prioritize muscle action over digestion. So if a threat or stress comes to us after a meal is eaten, such as a lion attack, our body will shift its energy from digestion to the muscles, so that we can survive by running away. In our present society we have few lions, but our nerves can still stop digestion just as easily.

When we allow the stomach to empty its contents prematurely the small intestine is over burdened. The food is not properly prepared for digestion, and this leads to an increase in large undigested proteins and large undigested fats that can then be absorbed into the lymphatic system. These will enter the free fatty acid and amino acid pool, and either clog up the lymphatic system or be used to make cells – cells which will now be made of poor quality parts.

It is not much of a problem if we circumvent the stomach just now and then, but for some people, this becomes a way of life. They constantly use ant-acids, too much liquid with meals, coffee, milk, or a variety of other ways to empty the stomach too early. When the stomach empties, there is a release of CCK, a hormone which causes a slight euphoria or anti-depressive effect. This, and the release of the stuffy stomach feeling, intensifies the addictive quality of these habits. The long term effects on nutrition are very detrimental. There are, however, rules of the stomach that can maximize nutrition.

The majority of our patients are at least partially sick because they violate the rules of the stomach. Following these rules is the key to weight loss and the healing of a host of other diseases. We are seeing more and more evidence of what good nutrition can do. But it is not just what we eat that is important, but what we absorb. Even the best meal or nutrition can result in inappropriate nutrition if we violate the rules of the stomach.

Food combining is just part of the answer, as different foods have different times for stomach digestion. This can also cause the stomach to open prematurely.

RULES OF THE STOMACH

1. Fluids alone (no more than 4oz. of fluid with a meal, or two hours after a meal). ***
2. No coffee at meals (wait for 1.5 to 2 hours after or 1 hour before eating)
3. No milk with meals (wait for 1.5 to 2 hours after or 1 hour before eating)
4. Fruits alone (wait for 1.5 to 2 hours after or 1 hour before eating)
5. Melons alone (wait for 1.5 to 2 hours after or 1 hour before eating)
6. Small meals are better. Quality of nutrition not quantity
7. Slow meals. Savor, enjoy, rejoice, and celebrate the meal

8. Eat for nutrition not for stimulation. Eat when hungry, not when bored
9. Rest comfortably after eating for at least 35 to 45 min to maximize stomach function
10. Make and eat food with love and kindness, no violent or negative emotions
11. No ant-acids
12. Do not sleep for 3 hours after eating.

*** In dry climates drinking water 30 minutes before or after a meal is acceptable to maintain hydration.

When the stomach is weak the signs will be craving fluids with a meal, bloating after a meal, itching skin especially rectum, belching, and gas. The patient will have a difficult time digesting raw vegetables. They will complain that raw vegetables can not be digested. This is not a fluke of their digestion or an inherited weakness. This is a sign of a weak stomach.

Sometimes our children come home from school and say, "Daddy I don't want to go to school any more, it makes my head hurt." We must say back, "I know it is hard, but you must develop slowly and work to become better." This is what we must say to those with weak stomachs. You must work slowly, day by day building up the stomach by taking some vegetables as juice. Maybe even very dilute juice and slowly increasing the amount till your stomach develops the strength to process your food properly. The nutrient content of fruits and vegetables is immense, and being able to break up the nutrients and stimulate absorption is needed for complete health and recovery.

The addictive quality of this problem becomes more obvious as our society more and more encourages breaking the rules of the stomach. The greater your disease, and especially if your disease is critical, the more you will need to observe the rules of the stomach. This is a must for proper healing.