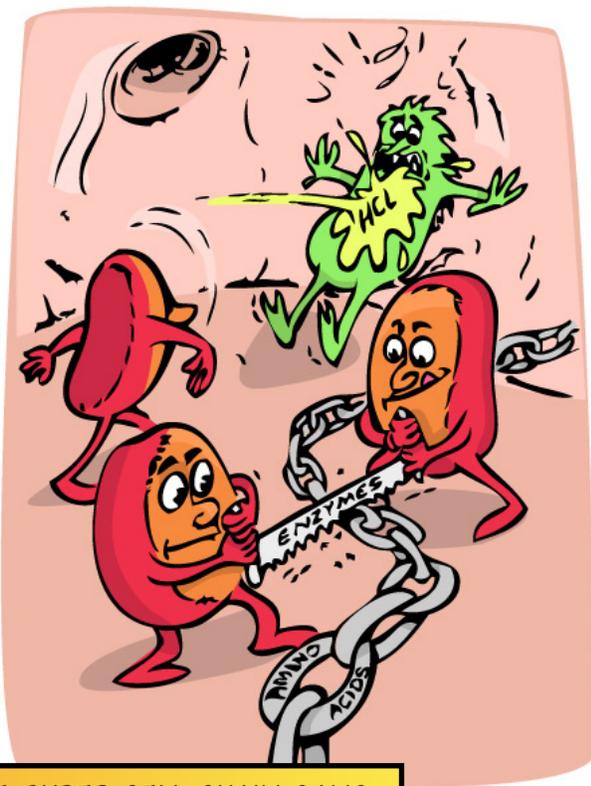




## DISCOVERIES IN THE STOMACH

**W**e're on the move to the lower stomach—get ready for some stronger action! There's nothing gentle about this part of the ride—not in this Human! I'd like to introduce you to the cells in the stomach wall ... they're delighted to be doing what they love to do! They're not weaklings anymore. As far as health is concerned, they're producing the most valuable

commodity in the world. Do you know what it is? First, I'll describe what this precious ingredient does. Notice how those chains binding the protein molecules from the meat are being broken apart! Those chains are amino acids grouped together to form protein. When you eat foods dense in protein—such as fish, meat, poultry, legumes or a dairy product—these cells have to break the large groupings or chains of amino acids into smaller groups to get the nutrients or building blocks that amino acids supply. There's a lot more work to break down dense protein foods. When the cells weren't able to do their job well, undigested protein moved down the intestinal tract and putrefied. The rotting protein fed the type of microbes that encourage the gradual but ominous march to developing disease.



**T**HE SUPER CELL CHAIN GANG

break apart those long chains? It's happening because those cells are producing a priceless form of hydrochloric acid ... good ol' HCl—actually a combination of special stomach acids. One of the symptoms Human experienced was acid reflux—the limping mix of stomach acids that had been created by the crappy food Human was eating kept backing up into the esophageal tube resulting in heart burn.

What is the precious ingredient that makes this digestive juice easily able to

It was surprising how quickly the acids in here were replenished once Human started drinking fresh celery juice. A big glass of celery juice first thing in the morning on an empty stomach was like magic. These cells started to perk up and digestive action was gradually restored. When we have enough balanced HCl, your body's stomach juices jump into action—the cells are also able to activate pepsin. Pepsin is the enzyme that is specialized to readily wrestle those amino acid chains into shorter groups.

Over time, the multitude of minerals and an especially active form of sodium in celery not only restored digestive action, the juice also cleared out bad acids stored in other areas of Human's body.

Many millions of cells work to keep about eighty organs, two hundred bones, six hundred muscles, three pounds of brain, about five liters or quarts of blood, even more lymph fluid, and miles and miles of nerves throughout the body working smoothly. Are you getting a sense of how important the right mix of stomach acids with hydrochloric acid is to you?

This juice makes me feel like dancing! Makes Human feel that way too. I think you get the picture—when we're able to digest or break down foods, nutrients are released, and we cells are well fed

to do our jobs. There's another reason Human feels great. I don't want to brag, but we could be given the title of heavy-weight champions of the world. A lot of bad guys—parasites and bacteria like E-coli can sneak in here when there isn't enough HCl. The whole place used to rock with their parties. They created havoc throughout the intestines. Human's intestinal tract was so chaotic there wasn't much digestion happening. Now, Human's digestive juice knocks out those bad guys before they have a chance to start their wild parties. There's two of them knocked out over there—giardia and cryptosporidium.

Love this action! We're getting tossed around but there's no bloating. Human is comfortable. Digestion is happening silently and efficiently. Human used to get so sleepy after eating—digesting food took more energy than it gave. Now we have lots of energy and so does Human. Human is out walking right now. Some humans have forgotten they have the power to build either health or disease—starting right here in the digestive tract.

### "REBUILDING HYDROCHLORIC ACID"

"There's an amazingly simple and effective way to do this daily, on an empty stomach, drink a 16-ounce glass of fresh celery juice.

"This may not be the answer you were expecting. It may not seem like celery juice could be that beneficial. But take this very seriously. It is one of the most profound ways, if not the most profound way, to restore digestive health. It is that powerful."

*Medical Medium: Secrets Behind Chronic and Mystery Illness and How to Finally Heal, Anthony William*

**W**e cells know what to do if we're given the opportunity. We can keep the body running smoothly until old age. The way we cells work together is wondrous—our Creator did an amazing job in designing us and you! For example, at the same time my friends in the stomach lining are producing the special hydrochloric acid for digestion, cells are also producing bicarbonates—our own antacid—in the stomach wall. When we're able to produce enough hydrochloric acid, we also produce enough antacids or alkalizers for those parts of your body that need them. There aren't any man-made products that can do the job as well as we can if you give us the right working conditions.

This rich HCl mixture even helps us to clear ulcers. We're able to knock out the bacteria—those helicobacter pylori guys—linked to ulcers. With all the lifestyle changes that were made, to us cells Human is truly a hero!

There is one more key ingredient that makes the stomach a happening place—that does more than anything else to allow these cells to produce the special HCl (hydrochloric acid) you need. That ingredient is your emotions. You've probably noticed the first reaction to an emotional upset is a gut reaction—a sinking feeling in the pit of your stomach. The heart, the brain and the stomach have instantaneous electromagnetic contact so the effect of emotion hits us cells in all three places at once. If you don't express how you feel, if you try to bury either your joy or your hurt, the vibration gets pushed inward and us cells store those vibrations. Those vibrations limit us—they can be the first step towards disease.

Each time Human succeeded in expressing feelings, we all beamed with relief. Releasing the restricting vibrations helps to give us the energy to produce enough HCl and all the other work we do. Human doesn't feel near as angry anymore either ... learning to express feelings, especially anger, in an appropriate way is really helping.

Here we go—through another valve—the pyloric junction. We're entering a series of switchbacks—like a road that zig-zags down a steep mountain. We're sliding gently into the small intestine.

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