



ENTERING THE DIGESTIVE TRACT

Hi. Would you look at my strength! I'm brimming with vim, vigor and vitality. None of those nasty germs can penetrate my membrane and harm me! If they can't harm me, they can't harm you! Okay, maybe I should better introduce myself.

I am **SUPER CELL** and I represent about 100 trillion ... that's trillion ... cells at work in your body. Some of us live for only three days like the cells in your intestinal lining and some of us live

THE ADVENTURE BEGINS...



for up to four months like those working as your red blood cells. How long each of us live, however, isn't as important as our quality of life. While we're living we'd rather have energy to enjoy what we do. We find it hard to enjoy life when we're sick and feeling miserable. You see, before each of us die we have a responsibility to replace ourselves. To do this, our Creator designed each of us with DNA. DNA is a series of electrically connected molecules that is unique to each body—it's what makes your body different from anyone else. DNA looks like a ladder. It twists to form a wondrous helix of light. DNA's ability to both absorb and emit light makes it the control center of each cell. My DNA has to have

abundant energy to split itself in half. That's how I pass along your heritage to the cell that replaces me. It gets all the information it needs to carry on the job of keeping you alive and well from the DNA I pass along. I'm so grateful my Human got this digestive tract working well again. We cells were finally able to stop the slide to less and less energy. As our DNA got better and better material to work with, we started to regain strength and pass along a quality of life that makes us want to live. We cells limped along, just barely surviving, for a long time. The Human controlling our body finally realized he had to take responsibility for us. It's the reason I'm so strong ... I'm no dim bulb ... I'm brimming with light!

That's why digestion is important. To regain health, you must get your digestive system working well. Then you don't have to drag yourself around or stay in bed. You get up each morning with a smile. We pass along our vitality so your body rises to every challenge. You

have snap in your step. Your attitude changes—life’s problems no longer overwhelm you. You step lightly yet firmly to meet life’s challenges.

Here’s more about what makes me operate with peak efficiency. I have about 1,000 batteries called Mitochondria inside me. My Mitochondria rely on what you put in your mouth and how efficiently your digestive system operates. When I get the nutrients I need, my batteries are powered up to produce ATP. ATP is a group of electrically connected molecules. When enough ATP is formed, I’m like a miniature sun shining inside you ... imagine trillions of energy brimming suns inside you! It’s like magic the way this stuff gives you and me energy.

What kind of energy am I talking about? Well, before there’s energy for you to dance, swim, cycle, or do whatever you like to do to have fun, you have to provide the DNA in each of us cells with the power to replace at the very least 24 billion of us every day. Let’s see, that’s about 230,000 of us every second. To help you imagine that, think of depositing 230,000 pennies in a piggy-bank one second and taking them back out the next second. C’mon, c’mon, keep it up! You think that’s hard to keep up with.

Well, some estimate there are times you have to replace 10 million of us each second. Every hour you shed almost a million dead skin cells alone!

Most of us cells are too small for you to see. Being so small, I’m ecstatic I finally got your attention! I’ve got so many exciting things to tell you ... to help get your cells in shape. For example, the membrane I’m flexing to show you how strong I am, I live or die on the strength of this membrane. My membrane has been called a fat sandwich so the types of fats you eat are crucial—absolutely crucial. We’ll talk more about that soon.

As a cell, my body functions just like yours. I use oxygen and nutrients to power my batteries for energy, to get rid of the wastes, and have the ability to reproduce. I depend on your digestive system to get those vital nutrients to me—to keep me functioning as Super Cell!

It’s time to take a ride ... a wild ride through the digestive tract. What a gas! Well, actually no, not gas. This Human has this body working so well there’s no smelly gas. First, I’ll give you some idea of the ride. The preliminary stages of digestion take place in your gut or intestinal tract. It’s lined with a mucousy, rather slimy coating that helps to keep the ride speedy and thrilling. Here’s something surprising—this body is less than six feet tall but ... the ride is about 30 feet long! If we could spread out the mucousy lining that we’ll be riding along in your gut, it would cover more than your skin spread out. Your skin would cover only about 40 square feet while your gut lining spread out would cover about 3,200 square feet—compare that to the size of your home! Let’s get started.

ODE TO CHEWING

“What is this life if full of rue,
We have no time to sit and chew,
No time to sit beneath the boughs,
And chew as long as sheep or
cows.”

With apologies to the poet,
William Henry Davies

Ready? We have to jump onto the fork just before it enters the mouth. Follow me! Wow, dodging bullets in the old west wasn't as exciting as this. The trick is to keep balanced on or under the tongue so you don't get crushed by the teeth or tossed down the tube prematurely. This Human has learned that the difference between health and disease starts right here in the mouth. We'll be bouncing around in here for close to 50 chews. Hope you can swim as most of this food will be a liquidy mush by the time it's released. Each food cell needs to be crushed to release the enzymes and other goodies—the electrically active part of the food. Man, I love to swim in this stuff! I depend on your chewing to give me life and strength.

This Human knows to keep chewing to mix lots of this gooey liquid—saliva—with the food. The saliva adds more enzymes ... enzymes are crucial. Food without enzymes is like a car without spark plugs. Actually worse. The car may be fully fueled but it just won't go anywhere. Our bodies, on the other hand, have to process the fuel without the spark. The sparkless food creates havoc and damages us cells before it gets eliminated. Having a Human that knows food must be thoroughly chewed to release the good stuff like enzymes means instead of creating sagging jowls, we are able to create, firm, wrinkle-free cheeks. I'll give you more information about enzymes and the food this Human chooses when the ride calms down for awhile in the next section. If the food gets swallowed too soon, the body has to work harder and us cells may not even get to feast on the good stuff. You know what that means to you—less energy and ... you got it ... the beginning of the disease process. I know many Humans just don't know this. They take vitamin and other food supplements trying to feel better, to have more energy, when it's really more important to chew what's in the mouth.

Over 100 years ago, Dr. Franz Mayr, a medical doctor in Austria, insisted that people got sick because their digestive systems were clogged and the intestines needed to be cleaned. He treated all his patients as though they had digestive problems. He taught that the satisfaction of a good bowel movement, started at the top ... one step was teaching his patients to chew! Chewing to him was an art form to be relearned. His work became known as The Mayr Cure.

Since my Human has learned to chew again, the salivary glands have come back to life. Human understands that healthy bowel movements start up here...with a really good chew.

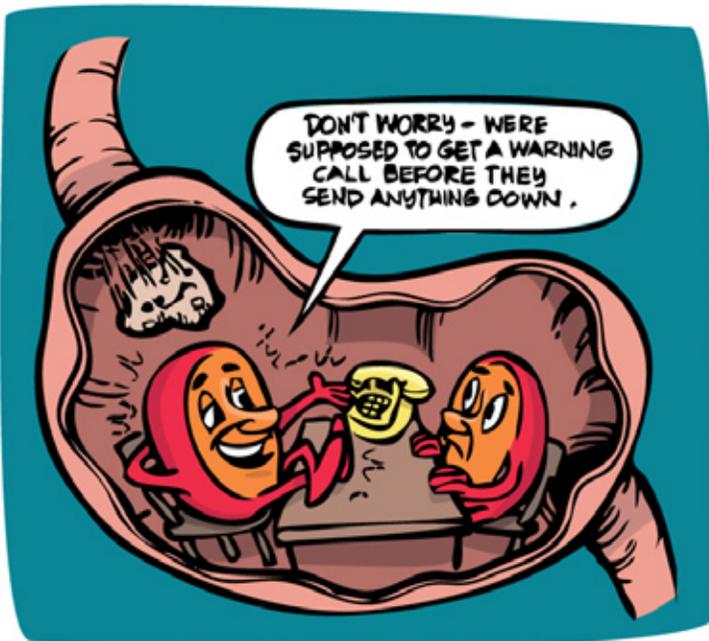
Chewing is important for another reason. Us cells have memories. It's not just certain brain cells that store information as memory. Every one of us cells has a memory that operates electrically. We're all made of atoms—the basic unit of electricity. Every atom emits or vibrates with a frequency. These vibrations or frequencies are stored as memories. These

memories either help us to build health or to destroy health. We'll talk more about our electrical nature and some of the amazing memories we store later. For now, we need to know the jawbone is the first line of defense in the body. Damaging vibrations are stored here first. These vibrations attract bacteria and other pathogens. If these vibrations aren't corrected, the beasties eventually enter the teeth and most of you know what a toothache feels like. Here's the good news. The jaw loves thorough chewing—the exercise gives it the strength to wrestle with the bacteria and viruses and kick them out. Chewing also massages the gums. This stimulates circulation so the blood and lymph can neutralize and carry away the disease-causing pathogens. The damaging frequencies are vanquished and once again us cells store health-building vibrations in the jaw.

Why don't you chew enough? Good question. Back in 1940 and earlier, most of the food that was put in the mouth hadn't been processed. Only about 20% of our food choices were processed. Our ancestor cells were a healthier lot then as Humans had to chew because most of the food came complete with fiber—almost directly from the farm. Greater pleasure is gained when whole foods are chewed as chewing releases more flavor. We probably took more time to eat too—we weren't rushing around so much. Today, the selection of stuff to put in our mouths is largely processed and requires little chewing. Now, only about 10% of our choices on the shelves are whole foods—foods that haven't been processed or altered in some way! No wonder we aren't chewing enough.

Sometimes, a Human doesn't chew enough because the mind is programmed to eat as much as possible as fast as possible. You need to let the mind know that whole foods can

be enjoyed more when savored ... when the sight, smell and taste of each mouthful is thoroughly enjoyed. Mmmmm good! There's so much light released in this food that it makes me feel stronger just bouncing in it.



Another reason to chew well—there are billions of cells waiting for advance warning of what is coming down this tube, your digestive tract, so they can prepare and be ready to do their job when the food ball arrives. If you don't warn them ... wham, stuff suddenly comes roaring down the tube giving them an awful jolt. You then expect them to pick

themselves up and immediately go to work. When you chew thoroughly you break open the cells in the food to release the electrical potential. This sends the rest of the team an electrical signal that allows them to prepare—the nerve cells in the nose savor the aromas that send a signal to prepare—enjoy that smell! The cells in the taste buds in the tongue send a signal to prepare—delight in the taste! Cells in the brain that control your appetite are also sent signals to keep them updated so they can signal when you are full.

That's why it is important to allow time to engage our senses while eating—when prepared your cells can do their job and gain the nourishment you need. Taking a moment to be thankful and grateful for food before eating is another way to prepare us. Remember the story of Snow White and the Seven Dwarfs. Without preparation, us cells are like the Seven Dwarfs before Snow White came into their lives—life was as humdrum as the dwarfs slouching back and forth to work each day. After Snow White entered their lives with the care, attention and love she gave, they came alive. They danced back and forth to their work in the mines—even Grumpy smiled! That's what you can do for us. All us cells feel your attitude of gratitude. Your love helps us love ourselves and do our jobs with love.

Whoops, chewing is finished. It's time to get on with the ride. Ready yourself for a ride down the esophagus—the tube that connects your mouth to your stomach.

Every time you take a bite,
Chew, chew, chew with great delight!

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TIPS TO CHEW LONGER

1. Eat in a quiet place that sets the stage to eat at a relaxed pace.
2. Place your whole attention on eating so you can savor every bite.