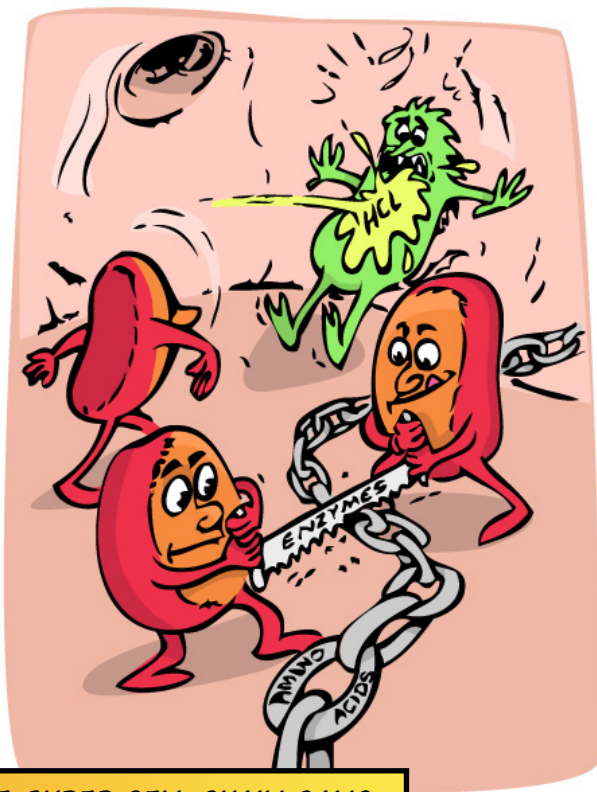




## DISCOVERIES IN THE STOMACH

**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 my friends, 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. Look ... those chains binding the protein molecules are easily breaking apart! Those chains are amino acids grouped together to form protein. When you eat protein—whether it's fish, meat, poultry, legumes or a dairy product—we have to break the large groupings or chains of amino acids into smaller groups. To get the nutrients or building blocks amino acids supply, the groups must be small enough—we can then pass the nutrients along to other cells working to keep you healthy. If we can't break the protein into small enough groups, your body can't use the nutrients. Instead the undigested protein or larger groups of amino acids put stress on your organs... and your cells go without the precious protein they need. Your cells slowly starve—the ominous march to



**T**HE SUPERCCELL CHAIN GANG

developing a disease has begun.

What is the precious ingredient that makes this digestive juice easily able to break apart the chains holding the molecules in large groups? It's happening because those cells are producing priceless hydrochloric acid ... good ol' HCl. When we have enough 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 wrestle those amino acid chains into smaller groups. Many millions of cells work to keep about one hundred organs, two hundred bones, six hundred muscles, 3 pounds of brain, 6 quarts of blood, even more lymph fluid, and miles and miles of nerves and tissue, working smoothly. Are you getting a sense of how important hydrochloric acid is to you?

This juice makes me feel like dancing! Makes Human feel that way too. It's a good thing you didn't have to see my friends over there in their weak state. Before Human decided to make changes, those cells struggled to produce hydrochloric acid. As hard as they tried, they just couldn't break the protein chains ... the groups of amino acids weren't small enough to use. I think you get the picture—if we don't digest or break down foods, nutrients aren't released, and us cells aren't able to do our jobs. No wonder Human felt tired and didn't have much energy. Life was often a drag—we kept giving signals that we had a problem!

There's another reason Human feels great. I don't want to brag, but we could be given the title as heavy-weight champions of the world. A lot of bad guys—parasites and bacteria like E-coli sneak in here. Without enough HCl, they were allowed to thrive. As unwanted guests they attracted yeasts and other unwelcome critters. The whole place used to rock with their parties. They created havoc right on through to the intestines—even punched holes in the walls. Human's intestinal tract was so chaotic there wasn't much digestion happening. When we were finally able to produce enough HCl, the strong digestive juice knocked out those bad

guys before they had a chance to start their wild parties.

### *PSST ... PLEASE NO SOY!*

With a strong HCl mixture, we can manage to break the chains with most protein foods. Soybean crops are big today—many are also genetically engineered—and Human is bombarded with information about how great soy protein is.

Don't you believe it! We wrestle with those long, long, long, soy protein chains but us cells just can't break them into small enough groups for your body to use the amino acids. They just clog your system.

It's different if the soy is fermented and eaten sparingly as they do in the Orient—miso, tempeh and tamari. The fermenting process helps break those long chains and we're able to break them down small enough for your body to use.

There's two of them knocked out over in that corner—giardia and cryptosporidium. We used to have to deal with them a lot because Human drank tap water—those two often multiply in drinking water because of the stagnant pools created for water storage. Human now drinks only filtered and purified water. Us cells are mostly water—protected by a fat membrane. This gastric juice we're swimming in is 95.5% water. We need water. Human drinks plenty of water now—several glasses a day. Now that there's enough hydrochloric acid to keep the parasites from taking over and to extract the nutrients from food, Human is reversing the disease process and ... you'll notice the difference in Human's skin

too—a lot of the wrinkles have disappeared. When we get enough water and we're able to use the protein we're also able to repair and replace the protective skin cells.

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. Humans have forgotten they have the power to build either health or disease—starting right here in the digestive tract.

Us cells know what to do if we're given the opportunity. We can keep the body running smoothly until old age. When Human believed those commercials and took antacids, we got weaker and weaker. When Human discovered stomach grumbings, bloating and aches meant too little rather than too much stomach acid, we started to perk up. The way we cells work together is wondrous—our Creator did an amazing job in designing you! For example, at the same time my friends in the stomach lining are producing hydrochloric acid for digestion, we're 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. When Human took antacids, the gas and bloating got worse and worse.

Antacids didn't help Human's ulcer either. 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!

### TIPS TO INCREASE DIGESTION

1. Drink at least 6 glasses of purified water between meals—not with your meals. Other liquids do not substitute for water. In *Your Body's Many Cries for Water*, the author describes how stomach ulcers and many ailments disappear when cells get enough water.
2. With increased water intake, it's important to get enough natural salt. One source is called Celtic Sea Salt™ available from the Grain of Salt Society, 1-800-867-7258, [www.celticseasalt.com](http://www.celticseasalt.com)
3. Consider taking a digestive enzyme supplement.
4. Learn to express your emotions in a caring way. Make two lists to identify the steps you want to take—one list for emotional changes and one for physical changes. Forgive yourself as you learn.
5. Stomach energies are highest from 7:00 to 9:00 a.m. so best to eat your biggest meal of the day for breakfast. Stomach energies are weakest from 7:00 to 9:00 p.m. so best avoid eating late in the day



**W**ater helped us a lot. What else did Human do so these cells could produce enough HCl, digest protein and kick out those uninvited, rowdy party types like parasites? If you want us to mix up a great gastric brew, you've got to give us a good source of salt. The wrong types of salt—table salt and heated white sea salt that came down the tube with chips and processed foods was like a drug that left us doped for hours. Table salt has been stripped naked by heat, chemicals, bleaching agents and then a bit of iodine is added. When Human started drinking more water, it was really important to give us a nourishing salt as well—to produce both hydrochloric acid and the antacid, sodium bicarbonate. Natural salt collected from clay beds near the ocean and allowed to dry in the sun is the best. It isn't pure white and it isn't dry, but it gives us the trace minerals we need to use the sodium and chloride in salt. We'll talk more about healthy glands and the importance of minerals later. Look, see how the protein molecules are almost completely broken apart and we've been in here less than one hour.

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 HCl 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 is really helping.

Here we go—through another valve—the pyloric junction. This valve only opens one way when us cells are strong. 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.

## REFERENCES

*The Pro-Vita Plan!* Jack Tips, 1992. ISBN #0-929167-05-8

"Deacidification a Basic Therapy," Michael Worlitscheck, Dr. med., *Explore! Magazine*, Vol. 6, Number 2, 1995.

*Your Body's Many Cries for Water*; F. Batmanghelidj, M.D., 1997. ISBN#0-9629942-5-1

"Thyroid: passing the salt," *What Doctors Don't Tell You* newsletter, November 1996.

*Healing With Whole Foods*, Paul Pitchford, 1993. ISBN#1-55643-220-8

*Fire in the Water: How Minerals Become Biology*, David Yarrow, 1999. ISBN #1-928820-02-6

*Transform Your Emotional DNA*, Theresa Dale, Ph.D., N.D., 1999. ISBN#0-9652947-6-5