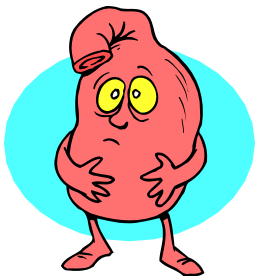


“...eat in due season, for strength, and not for drunkenness!”

Ecclesiastes 10:17



The Health Informer website contains much more information about this month's topics. To read complete articles, go to the Newsletter Extra's page at <http://thehealthinformercom.fatcow.com>

## 8 Laws Of Health:

Nutrition

Exercise

Water

Sunshine

Temperance

Air

Rest

Trust In God

Disclaimer: The information contained in this newsletter is in no way intended to diagnose or treat disease. Please base your health care decisions on careful personal study and in partnership with your doctor..



## Is There War In Your Stomach?

God made our stomach organ with the wonderful capacity to receive our food, chemically break it down and send it along to the other portions of our digestive system. All the parts, when healthy, work in concert to provide the nutrition that our bodies need to maintain life and health. Think of all the parts that work together; the mouth, where digestion begins with the teeth, tongue & salivary glands, then the esophagus, stomach, duodenum (concerned with significant assimilation of nutrients into the blood), the small intestine, large intestine, liver, gallbladder & pancreas. The question is how to keep it all working healthfully the way God intended. By indulging in common habits, we may set up an actual war in the stomach and bring on exhaustion and disease, but by following the basics of good digestion we will go far in having a healthy tummy and a sweet disposition; for it is a fact that the proper treatment of the stomach equals clearness of thought & strength of mind.

### **Find more info this month on the website on the following topics & more:**

- Stomach Acid Suppressing Drugs Appear To Damage Small Intestine
- Why Men Are At Higher Risk For Stomach Cancer
- Heartburn-Putting The Fire Out
- Natural Remedies For Tummy Aches & Cabbage-The Amazing Ulcer Healer!

Few people chew their food adequately. When I was first exposed to the autopsy room as a medical student, I was astonished at the number of stomachs we found with large chunks of un-chewed, partly digested food. Make an unobserved survey of your friends and you will find that there are few who chew even very large mouthfuls more than five or six times. Large chunks of food require much strong digestive juice to break them into small enough particles to be sent to the small intestine. It is a rule of digestion that the benefit we derive from our food, as well as the satisfaction from it, depends more on the length of time the food spends in the mouth than on the quantity eaten. Many stomach complaints and much overweight could be avoided by taking small bites and chewing well. Dr. Agatha Thrash

The intestinal tract is so designed that mild exercise promotes digestion and activity in the intestine, while heavy exercise reduces the motion and the digestive juices of the intestine. We can help digestion by mild physical activity after meals, such as washing dishes, working in a hobby shop, or taking a stroll. Dr. Agatha Thrash,

## Hunger Cravings

There are several situations and foods which promote a desire for food. This is not real hunger, but a craving. Alterations in the lifestyle can prevent much of this unwanted sensation. **Milk, all dairy products sugar, refined grains, meats, sometimes eggs salty foods, stomach irritants, overeating in the past dehydration, too little exercise, eating too fast, caffeine and other alkaloids,** [etc. can cause these unnatural cravings...] Dr. Agatha Thrash

### Tips for Better Digestion

- Chew food thoroughly
- Eat slowly.
- Don't drink with your meals
- Avoid very **hot** or **cold** foods
- Eat nothing between meals
- Eat low fat meals
- Eat at regular times, every day
- Eat moderately-do not overeat
- Take a walk after each meal
- Eat fruits and vegetables at separate meals
- Eat breakfast like a king, lunch like a prince, supper like a pauper
- Eat when relaxed and happy, not when angry or stressed
- Eat high fiber foods
- Don't eat irritating foods, like spices
- Don't eat fermented foods

A snack eaten between regular meals postpones the digestion of the food already taking place in the stomach, and the snack just eaten receives all of the digestive attention. If yet another snack is eaten, the same process takes place leaving a backup of undigested food to rot and ferment in the stomach. At the end of a snackers day, undigested and fermented food will be found from breakfast and every subsequent snack or meal.

Nearly any affliction of the gastrointestinal tract from the esophagus to the anus can be properly treated by Aloe Vera gel or juice. Aloe Vera is helpful for constipation. Simply take an ounce or two once or twice daily along with a meal. If one has peptic ulcers or gastritis, Aloe Vera liquid is one of the best treatments for it. It has a soothing and healing effect and can relieve pain, burning, and discomfort. For gas or acid formation, the use of Aloe Vera liquid can bring prompt relief. Dr. Agatha Thrash



### Easy Fluffy Dry Rice

Dextrinizing grains breaks the starches down and shortens the cooking times. The grains cooked this way are easier to digest.

Dextrinizing may be done in the oven or on the stove top. No water is involved, only dry heat. Grains should turn light golden brown. For stove top method: use a large flat bottom pan such as a cast iron or stainless steel frying pan. Grains will need constant stirring in medium heat. For easy stirring do not fill the pan more than half full. Place 1 cup of dextrinized rice in a baking dish. Add two cups of water and 3/4 tsp. salt. Cover the dish and bake it in the oven at 350 degrees for 1 hour.

See website for more rice dish recipes!

**FACT:** The emptying time of the stomach is one to four hours, depending on the food eaten. Carbohydrates empty most rapidly, protein next, and fats slowest at ten grams (approximately two teaspoons) per hour.



When we lie down to our sleep at night, the stomach should have completed its work for the day so that it can rest along with the other parts of the body. Digestion should not be taking place during any of our sleeping hours. Failure to allow the stomach this essential rest leads to among other things, a feeling of unrest in the morning.

