Have you heard that
"You are what you eat"?

More correctly you are what you eat, digest and absorb and assimilate.

Disclaimer
This webinar is not to be used instead of going to a competent doctor. I do not directly or indirectly dispense medical advice or prescribe in any way alternative treatments.

In the event you use this Information, which is of historical value, you are expressly on your own risk.

I am not responsible for any adverse effects. Although I do endorse and support the books I mention, they are not a substitute for the advice of a competent doctor.

I also believe that people have the right to change their diet because there is a law that says that it is against the constitution to change your lifestyle and diet.

Nutrition therapy works when you don’t have a doctor. I suggest that you don’t dispense medication without the guidance of a doctor. I say this not only because it is the law, but because I believe stopping medication without the guidance of a doctor is irresponsible and dangerous.

If you would like me to make further changes in my diet, please email me at MarysHerbs.com.

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Digestion - Mouth

- Smell and Taste
- Manually grind down food (increases surface area for digestive juices to work on)
- Enzymes (amylase - helps breakdown of starch into sugars) (requires salivas pH to be close to neutral)

Drinking with meals changes stomach pH and dilutes digestive juices.

Prevalence and Economic impact of Digestive Disorders

- 60-70 million people have some sort of digestive disorder
- 56 million people have heartburn and/or GERD
- 3.1 million have recurrent constipation
- Next to the common cold, gastrointestinal disorders cause the highest percentage of absenteeism in the workplace
- Digestive disorders account for $122 million a year in medical and associated costs compared to $58 million for neurological disorders and $88 million for circulatory problems.
- OTC gastrointestinal remedies are a $4 billion business. In 2007 there were 5 switches from Rx to OTC in the gut health segment

Esophagus & Medulla Weakness

Saliva

- pH balance of Saliva should be 6.3 – 6.6
- Saliva’s pH indicates the pH of the fluid which bathes the cells of your body
- Besides Amylase to digest starches, Saliva moistens food for swallowing

Peristalsis Moves the Food Down To The Stomach

The medulla orchestrates the peristaltic contraction of the esophageal muscles

Weakness on Esophagus & Medulla
Needed for Efficient Peristalsis

- Medulla – Fatty Acids and Mullein
- Cal/mag for muscle strength
- Mucosal lining for lubrication
- No obstruction
- No kinks in the tubing
- CUT OUT Coffee, tea or anything high in tannic acid
- CUT OUT hot drinks

Esophagus

- Made of a double layer of muscles; one which contracts longitudinally and the other circularly
- Moves digested food through rhythmic muscle contractions called peristalsis
- Contains an inner lining called the mucosal lining

Things which are detrimental to the mucosal lining:
- Hot foods
- Coffee, tea, tannic acid
- pH imbalance
- Stretching – Not chewing properly
- Coumadin
- Radiation

Epiglottis

- Occasionally part of the stomach chyme into the esophagus. Heart burn!
- Often misdiagnosed as ulcer or heart disease. Symptoms: pain, difficulty breathing, and acid reflux
- Tight pants or girdle can put pressure on the abdomen and push the stomach up beyond the diaphragm
- It is possible to gently pull down the stomach without surgery
- After correcting the placement of stomach I suggest nourishing the diaphragm ventures “up top”. Permits backflow of so it can heal, keeping the stomach from poking through into the chest cavity

Digestive System – Iridology Signs

Hiatus Hernia

Emotion: Gut Wrenching Event

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Esophagus

Make Special Note Of:
- Thyroid
- Breast
- Liver
- Pancreas
- Esophagus

VS

Poor Digestion and Slight Weakness of Esophagus

Esophagus Weakness

Esophagus Weakness

Esophagus Weakness
Gastroparesis, also called delayed gastric emptying, is a disorder that slows or stops the movement of food from the stomach to the small intestine. Normally, the muscles of the stomach are controlled by the vagus nerve.
Diverticulum in the Esophagus?

- Food Regurgitation
- Bad Breath
- Difficulty Swallowing
- Stuck in Throat Feel

Possible Diverticulum

Burnt Stomach ~ Poor Digestion

There is a lining in the esophagus and stomach called a mucous lining. This lining has many functions. To help lubricate the esophagus and to protect the esophageal and stomach wall.
Understanding GERD
Gastro-Esophageal Reflux Disease
Heart Burn

These sphincter muscles are similar to rubber bands.

The Sphincter Muscle Should Pinch Off the Top of the Stomach

To prevent escape of stomach fluids. IF the lining is too thin the sphincter muscle can’t pinch the opening completely closed.

Barrett’s Esophagus
Damage done by Acid Reflux

Things Which Erodes the Mucosal Lining

- Acid Reflux
- Coffee and Tea
- Hot Drinks (temperature)
- Low Stomach Acid
- Lack of Natural Sodium – Not Salt
- Radiation Treatments for Breast Cancer
- Medicines Especially Ones like Blood Thinner
  Coumadin

Possible Coumadin alternative
- Vitamin E
- Butcher’s Broom
- Pau d’ arco
- Super Omega 3 Oils

Paradox:
- Helps prevent Heart Disease
- Restricted when taken Coumadin to prevent a heart attack
- Coumadin slows the production of Vitamin K 1 & 2

Healing and Rebuilding Mucosal Lining

Aloe vera is a nutritional storehouse. It also contains salicylate and prostaglandins.

Aloe vera Better for Radiation Burns

Digestive System – Iridology Signs
Burnt Stomach Lining
Assimilation Ring

Orangish halo inside the outer rim of the pupil.

Papillary Ruff, which looks like a ruffle from the pupil.

Both indicate the health of the lining of the Stomach

Assimilation Ring
Burnt Stomach Lining
Orange Halo

Burnt Stomach

Burnt Stomach

Papillary Ruff

Burnt Stomach Lining
Things Which Weaken the Health of the Stomach

- Top selling drugs for antacids
- Over the counter antacids Tums, Rolaids
- pH imbalance
- *Helicobacter pylori* AKA H.Pylori

3 Main Ways to Decompose Food

1. Grind Manually – Chewing
2. Acid – Wearing down by Corrosion
3. Enzymes – Burst from within

Peptidase
- Produced in: Stomach lining of Stomach
- Used for: Degrades protein (needs a highly acidic environment)

Pepsin
- Produced in: Stomach
- Used for: Helps pepsin to work

HCL
- Produced in: Stomach
- Used for: Amino acids

Burp!
Superior (Upper) Atlas/Axis Flattening: Brain, pituitary, pineal, depression, sorrow, headaches

Superior (upper) Temporal (lateral or outer) Cervical Flattening: Problems with equilibrium, sleep and an overactive mind; might relate to the nose, ears and sinus

Temporal (lateral, outer) Thoracic: Heart, breast, chest and ribs, thoracic spine and lungs (especially problems related to smoking and breath)

Temporal (lateral outer) Lumbar: Ovary, spleen, arm/hand, descending colon

Inferior (lower) Sacrum: Lower bowel and elimination; possible blockages, coccyx (tailbone) related injuries, hip bones, sigmoid, rectum and Anus.
Lower Lateral: Mid-body issues such as with pancreas, adrenals and kidneys. Possible edema.

Inferior Medial Lumbar: Uterus, vagina, bladder and lower back

Medial Thoracic: Thyroid, vocal cords, esophagus and bronchus

Superior Medial Cervical: Forehead, jaw, nose and sinus

Need a Break?
Stop Recording

Need a Break?
Start Recording
**HCL - 1.7 pH**

- Our Hydrochloric acid (HCL) is corrosive enough to dissolve a razor blade!
- The stomach is lined with mucus as a barrier to HCL
- The lining of the stomach sheds cells at a half-million a minute
- The stomach replaces itself every 3 days. (so HCL is not detrimental to us)

**So is HCL Bad?**

- The antacid industry (a multi-billion dollar one) wants you to think so
- Although helpful (antacids), not the answer to heartburn or acid reflux
- HCL is for breaking down protein, destroying microbes that are bad, stimulating enzymes/organisms/bile
- Treatments aimed at neutralizing this actually make your problems worse!

**Natural Substitutes**
- Slippery Elm
- Stomach Comfort

**Lacking HCL**

**Should We Stop HCL Production?**

- No, we need it. Especially after around age 40
- Poor diets, overeating, and gulping food, create “heartburn”. Heartburn is: A LACK OF HCL – NOT AN EXCESS!
- Lack of HCL = protein malnourishment
- Lemon or vinegar test

**More on the HCL Issue**

- Improper levels of HCL lead to “acidity”
- The blood (pH imbalance) becomes toxic
- Mineral deficiency will result
- Blood looks for minerals to combat acidity
- Steals Calcium form your bones
- Low stomach acid = acidic blood = low minerals
Symptoms of HCL Imbalance:

- Bloating
- Heartburn
- Diarrhea
- Constipation
- Acne
- Chronic Candida
- Food allergies
- Immune problems
- Arthritis

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Detrimental to the Stomach's Health

Drinking coffee, tea, soda, and aspirin.
Skipping meals
Antacids or Acid Blockers

Poor Digestion

Drinking with meals

Over Acid Stomach
The color of the 1st zone is darker than the rest of the iris.
(Looks like a watch band)

Under Acid Stomach
The color of the 1st zone is lighter than the rest of the iris.
(Looks like a watch band)

Body Indications – Fingernails

White dots in Fingernails indicates possible site deficiency.

Yellow discoloration on the tips of the nails (even the whole nail) may be a malnourished or infected lymph, genetive or liver problems.

Deep split in the nail usually a test of HCL (bacteria/bacterial acid found in the stomach)

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Body Indications
Body Signs of a Lack of Dietary Enzymes

Sanpaku Eyes

John F. Kennedy, Michael Jackson, Marilyn Monroe, James Dean, Jeffrey Dahmer, Charles Manson.

https://images.search.yahoo.com/yhs/search;_ylt=A86.J5HxUvRVUnQAsXUnnIlQ;_ylu=X3oDMTByNWU4cGh1BGNvbG8DZ3ExBHBvcwMxBHZ0aWQDBHNlYwNzYw--?p=Sanpaku&fr=yhs-mozilla-002&hspart=mozilla&hsimp=yhs-002

Digestion Time

- Protein, Milk and Fats → 12 hours
- Starches and Grains → 5 hours
- Sweet Fruits → 3 hours
- Acidic Fruit, Sugars and Melons → 2 hours
PDA

PDA supplements provide what the body should secrete such as hydrochloric acid (HCL) and pepsin, which helps with protein digestion.

This product does not contain animal products.

What is an Enzyme?

• An Enzyme is a protein, but like a light bulb the protein is only a conduit for the enzyme action. Each type of enzyme does specific things such as digest food, build tissues, digest abnormal cells and detoxifies.

• A light bulb only lights up when you put an electric current through it. The current is the life force of the bulb.

• The protein is only transmitting or channeling the enzyme activity.

Facts about Enzymes

• Enzymes are involved in every single process that happens in the body.
• They digest food.
• They help turn the food into muscles, nerves, organs and glands.
• They help the kidneys form and eliminate urea.
• They help the lungs eliminate CO2 through respiration.
• They help break up waste and abnormal cells so the lymphatic system can carry them away.

"In" of pepsin and trypsin (enzymes named before the nomenclature - an international system of Standardized New Latin Names used in biology for naming groups or kinds of animals and plants):

Ase at the end (indicates enzyme)

Root of what it digests + ase

Lip (means fats) + ase = Lipase

Prot (protein) + ase = Protease

Cellul (cellulose) + ase = cellulase

Amy (starch) + ase = amylase
Of the 1300+ types of enzymes, each enzyme is job specific. One type of enzyme can not take over a job of a different enzyme.

Enzymes change substance but they themselves remain unchanged.

Sources of Enzymes
1. Produced from body -- primarily mouth, stomach, liver, pancreas and duodenum (ENDOGENOUS)
2. Found in raw, live food (EXOGENOUS)
3. Supplements

Food Enzymes
- Optimizes food digestion and absorption
- Digests fats, carbohydrates and proteins
- One capsule will digest 30 grams of protein, 30 grams of carbohydrates and 20 grams of fat
- Non Kosher

Enzymatic Relief
- A multi enzymatic formula
- Formulated with Pepsin (HCL)
- Pancreatin
- Mycozyme
- Papain
- Bromelain
- Bile Salts
- Lipase

Enzymes
Do we possess enough for a lifetime?
We should, but when we consider foods are denatured, processed, boxed and refined.

- Enzymes completely digest your food and allow for complete absorption
- The human body wasn’t designed for “shelf-life” or “cooked” foods (heat destroys enzymes)
- Non-cooked foods contain enzymes from nature to assist us

Enzymes cont…
- Are required for detoxification to
- They turn fat soluble toxins into water soluble toxins for easy elimination
- Less enzymes = more toxicity
- Helps balance pH in our system
- Help reduce overall inflammation
Enzyme Level is Crucial

- The higher the level of enzymes in the blood, the better the function of the organs and glands.
- The lower the enzyme content in blood, the higher the risk of chronic disease.

What do enzymes work on?
1. Food
2. Abnormal cells
3. Toxins

What kills enzymes?
1. Heat (118°F)
2. pH

White blood cells go up after eating cooked food.

What do enzymes work on?
- Papaya helps support the digestive system.
- Enhances protein digestion.
- Papaya is the only known food to contain papain, a powerful enzyme that breaks down protein.
- Bitter herbs encourage the secretion of digestive juices resulting in improved appetite and digestion.

Amylase
- Produced in: Pancreas
- Used for: Carbohydrates

Trypsin
- Produced in: Pancreas
- Used for: Protein

Lipase
- Produced in: Pancreas, mouth, liver and stomach
- Used for: Breaks down fats and triglycerides

Pancreas

Bile Salts
- Produced in: Liver
- Concentrated in gallbladder
- Used for: Fats

Protease
- Produced in: Mouth
- Used for: Proteins
Poor Digestion & Burnt Stomach Lining

Burnt Stomach ~ Poor Digestion

Poor Digestion & Burnt Stomach Lining

Cellulase
Produced in: Not readily produced by the body
Used for: Digesting plant fiber

Iris Indications for Stomach Problems
If there is no problem, there will not be an indication in the iris at all

Hypoglycemic Peaks

Possible Stomach Ulcer
Signs of Hypoglycemic Peaks
• Pancreas produces Amylase (for carbohydrates), Insulin and Glucagon
• Liver produces bile to digest fats
• Gallbladder is a storage facility for extra bile

Nutrients for the Pancreas
• Sodium
• Juniper berries
• Dandelion
• ProPancreas
• Chromium GTF
• Target P-14
• Sugar-Reg
• Blood Sugar Formula

Also helps pancreas produce Tripsin
Symptoms of Liver

- Waking up at night
- Gasiness or Bloating
- Tight trap muscle
- Moles, skin tags, skin problems

The Duodenum and Bile Duct

- Here chyme is broken down further with help of the Pancreas and Liver/Gallbladder
- These organs attach to Duodenum by the common bile duct
- They dump in enzymes (catalysts) and bile salts (fats)
- All to help digest proteins, carbohydrates, and fats

Bile is made of: Bile acids 80%, phospholipids and cholesterol

Gallbladder Health

Gallstones – usually caused by a pH imbalance, the body robs the sodium from the bile salts to neutralize the acid
- Cholecystitis – Inflamed gallbladder (usually from pH and gallstones)
- Dysfunctional or gallbladder disease – Gallbladder gets scared and harden from
- Biliary Colic - Obstruction – stone can clog the evacuation duct
- Pregnancy – Pressure pushing the organs up, effecting the ability the draining properly

Fats, cabbage, broccoli and cauliflower can aggravate a less than healthy gallbladder.

Gallbladder Pain

- Ice pack topically
- Correct pH
- IF-C
- 1 day fast

Gallbladder

Liver Psora and Liver Weakness

Remember Liver is one of the Five
Liver Psora

Both Types of Psoras

Liver Weakness

Enzyme Supplements ~ Liver

Liver Cleanse
- Provides nutritional support to the liver and gallbladder
- Promotes cleansing and detoxification mediated by the liver
- Supports digestive functions
- Supports the hepatic system

Proactazyme
- Helps break down food
- Improves digestion
- Provides plant-sourced enzymes

Hi-Lipase

• Eat Fats with a protein
• Nourish Liver & Gallbladder
• Flush Liver and Gallbladder (caution)
• Bitters
• Chewing

Digestive System Solutions

Proactazyme: a plant-sourced enzyme that facilitates digestion and improves nutrient absorption. This enzyme supplement also helps turn fat-soluble materials and waste into water, which helps detoxify the digestive system and improves elimination.

Anti-Gas TCM: Its Chinese name xiao dao can be translated as “clear the congestion.” This formula supports both the digestive and detoxifying functions of the body, and supports the natural elimination of excess moisture and toxins.

Probiotic 11: a combination of 11 types of friendly bacteria that support proper digestion and nutrient absorption. Probiotics are important to the intestine and colon as they help produce enzymes, support immune function and help prevent constipation.

Liver ~ Brown Coloration
Even more serious in a blue eye
Brown Deposits ~ Liver Toxins

Brown Deposits ~ Liver Toxins

Liver

Melanin Liver

Jaundice – Bilirubin in Blood - Liver

Yellow Deposits ~ Liver ~ Jaundice
Liver Coloration

Pinguecula – poor digestion of fats

Pinguecula – Poor digestion of fats

Pinguecula – Poor digestion of fats

<table>
<thead>
<tr>
<th>Symptom</th>
<th>How to Take</th>
<th>Product</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bloating, gas and bloating (contains both enzymes and HCL)</td>
<td>Take 1-2 approx. 15 min before meals with a little water</td>
<td>Food Enzymes</td>
</tr>
<tr>
<td>Calculific, fatty tumor or deposits anywhere in the body</td>
<td>In 1 week to aid digestion or between meals for fat deposits</td>
<td>H-Lipase</td>
</tr>
<tr>
<td>Helps dissolve fibrin in the blood which can cause clotting</td>
<td>Take 1 or 2 a day between meals</td>
<td>Nattozymes Plus</td>
</tr>
<tr>
<td>Stopping (Source of HCL)</td>
<td>Take 2-4 cap before meals with a little water</td>
<td>12A</td>
</tr>
<tr>
<td>Bloating of passing gas, Enhance the digestion of protein</td>
<td>Take 3 between meals 3 times a day</td>
<td>Phosactyone</td>
</tr>
<tr>
<td>pH imbalance, hard time digesting</td>
<td>Take 3 between meals 3 times a day</td>
<td>Protease Plus</td>
</tr>
<tr>
<td>PH imbalance, hard time digesting</td>
<td>Take 1 between meals 3 times a day</td>
<td>Protease</td>
</tr>
<tr>
<td>Toxic bowel</td>
<td>Take 5 with each meal</td>
<td>Small intestinal deo poison</td>
</tr>
<tr>
<td></td>
<td>Take one capsule twice daily on an empty stomach</td>
<td>C.D.D. with Glutathione</td>
</tr>
</tbody>
</table>

How to Take, How many & When

- Can be taken with a meal to help digestion
- Can be taken anytime to help in cleaning old fecal matter out of the intestine
- Can be taken between meals to help clean out abnormal cells, proteins and toxins
- Can be taken hourly for conditions such as:
  1. Toxemia
  2. Cancer
  3. Detox

Caution with HCL
WOOD Element
- Color: Green
- Emotion: Anger
- Music: Rock and Roll
- Organs: Liver & Gallbladder
- Personality: Accommodating

EARTH Element
- Color: Yellow
- Emotion: Giving, Non Feeling
- Music: Country Western
- Organs: Stomach, Spleen, Pancreas
- Personality: Worrier

Nutritionally Support the Digestive System
- Supports digestion
- Assists the body in expelling intestinal gas
- May help calm occasional nausea
- Supports the nervous & digestive systems
- Helps soothe digestive system

Ways to improve digestion
- Smell food
- Chew food long and thoroughly
- Eat small meals several times a day
- Chew gum afterwards
- Do not drink with meals (1/2 before to 1 hr after)
- Do not take antacids or calcium 1 hr before or after a meal
- PDA or Food Enzymes
- Food Combining
- HCL (Hydrochloric Acid) pH is 1.7
- Pepsin

Probiotics
- Reside in: Intestines, breast milk, and vagina
- Used for: Digesting milk sugars, controlling yeast, helping with immune system
- Symptoms of Deficiency: Allergies, Bloating, Candida, Food allergies, Gas

Fermented Foods

Nature’s Fresh - Spray on Enzymes
- Enzymes help facilitate healing
- Help relieve the fluid in bulging disks and blisters
- Helps the body drain out lactic acid
- Helps the immune system attack abnormal cells
- Sore throats
- Also eliminates odors and stains

L-reuteri is commonly found in infant and small children’s guts. It is thoroughly researched in children and its use in treating GI complaints in children. However, it also has been used extensively for traveler’s diarrhea in adults. L-reuteri is the most stable and does not need to be refrigerated.

Lactobacillus acidophilus is the most common of the probiotic bacteria in that it is used commercially to produce yoghurt. This bacteria also resides naturally in the human gut.

Bifidobacterium longum is another bacteria with much research touting its benefits both in the gut and immune system in adults. Bifidophilus is a mixture of Bifidobacterium, L. acidophilus, L. Casei, and L. Rhamnosus

Probiotic Eleven is a mixture of all these bacteria and a few more see below (except L. reuteri).

You have to look at these products as an evolution, first there was Acidophilus, then Bifidophilus, then L-reuteri, and finally Probiotic Eleven.