

## Understanding And Improving Digestion

### The Challenge

Research shows that approximately 70% of Americans occasionally suffer from digestive disorders, from minor to very significant. When patients present with stomach or intestinal problems many doctors immediately jump into action by scheduling an endoscopy to examine the patient's esophagus, stomach, or intestines. This is ironic however because often the first step to solving a digestive issue is to recognize that **digestion does not begin in the stomach, it begins in the mouth.**

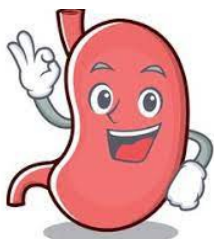
### The Mouth

Chewing is extraordinarily important for good digestion. And while you're taking the time to chew well you'll also be allowing your mind and your stomach time to relax and unwind.

**An excellent rule of thumb is to chew your liquids and drink your solids.** Chewing solid foods 30-60x (or more) per mouthful until they liquefy obviously breaks food down into smaller pieces but possibly more importantly, injects saliva into the process. **Saliva contains enzymes critical to good digestion and if you chew sufficiently about 30% of starch digestion takes place in the mouth** thanks to the enzyme amylase. Without this step the starch sugars are more difficult for your body to digest and assimilate further down the line. **Saliva also contains lipase, which begins the process of breaking down fats** and enzymes that have antimicrobial qualities to help protect against bacteria and viruses. Saliva also helps produce vasodilators that relax blood vessels.

Rather than washing down chunks of solid food with a the gulp of a beverage (so it won't get stuck) your food should instead be liquefied, lubricated, and partially digested by chewing 30-60x per mouthful so it can easily slide down the esophagus into the stomach and be ready for the next phase of digestion. Chewing more liquid foods like soups (and even beverages) will also improve digestion, again because of the addition of saliva.

### The Stomach



**Beginning a meal with warm miso soup (see June 2021 newsletter issue on our website), warm tea, or even warm water can help you and your stomach to slow down and relax.** Avoiding ice cold drinks while eating can be very important, especially for people who are facing digestive challenges. Chilling the stomach while eating can congeal fats, constrict blood vessels and restrict the release of other enzymes and digestive juices in the stomach. Warming the stomach and then chewing thoroughly may completely avoid or significantly alleviate many digestive woes.

For thousands of years many cultures have integrated these practices into their traditions. Many dozens of Sunshine customers have verified this advice has been very helpful. If you

stop and think about it, drinking ice cold drinks with your meals year round is a modern invention that has only been possible in the last 100 years or so. It's a relatively new practice that's still being tested for safety and effectiveness. Results to follow in the next 100 years. :)

The stomach produces very strong acid (pH 1 to 3) to break down foods, especially proteins, and is itself protected by an acid-resistant lining. The esophagus (the tube connecting the mouth to the stomach) has no such lining. If even a drop of stomach acid comes back up, it will burn the esophagus causing discomfort in the middle of the chest known as heartburn or acid reflux. The valve between the esophagus and the stomach, the esophageal sphincter, can weaken and allow upward acid seepage due to many factors: age, overeating, lying down too soon after eating, being overweight, and more.

Food will normally remain in your stomach until enough stomach acid has been secreted to begin the extraction and absorption of vital nutrients. After that acidity has been reached, the pyloric valve at the base of the stomach will open, allowing the peristaltic action of the stomach to push the contents into the small intestine.

As we age, often our production of stomach acid decreases. Insufficient stomach acid will cause food to remain in the stomach far longer than is comfortable. The churning, burping and bubbling can go on for hours as the pyloric valve waits for the signal to open (the correct acid level in the stomach being reached). During this time, the highly acidic digestive juices can be forced back up into the esophagus (especially if you lie down). Many people (including doctors) mistake this discomfort and acid regurgitation as being caused by excess stomach acid. Counter-intuitive as it may seem, often it is just the opposite – too little acid is causing the food to remain in the stomach for much longer than is normal which can put hours of extra strain on the esophageal sphincter. We offer an informational hand-out in our store for a more in-depth explanation of this phenomenon.

Drugs most commonly prescribed to treat acid reflux are called Proton-pump inhibitors (PPIs). They produce a pronounced reduction of stomach acid production. Common names are: omeprazole, Prilosec, Nexium, and Prevacid. When first introduced, these drugs came with warnings against using them for more than a few weeks at a time. Now, prescriptions and OTC versions of these drugs are routinely refilled for years or even decades for the same patient.

**Doctors should know better. The negative side-effects created by long-term use of these drugs are well-documented** and include: pneumonia and other bacterial infections, dementia, bone fractures, vitamin deficiencies and even heart attacks.

Quitting PPIs cold turkey can be very challenging. The best solution is never getting started with them, instead doing your very best to figure out the root cause of your acid problem.

**Continued on page 2**

**Effective, fast-acting home remedies for short-term relief from acid stomach include the following.**

**1/2 to 1 teaspoon of baking soda** in 8 oz of water will almost immediately neutralize acid. Very easy and so inexpensive it's almost free!

**Acid Soothe** capsules from Enzymedica contain digestive enzymes and soothing herbs.

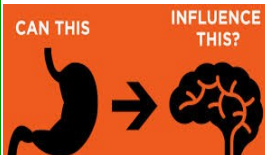
**DGL** (deglycinated licorice) lozenges are very soothing to burned esophagus and/or stomach linings. Licorice can raise blood pressure. The deglycinated form does not.

**½ to 1 teaspoon of umeboshi (Japanese fermented plum) paste.** This sour and salty tasting traditional condiment can also be used in recipes instead of vinegar - very alkalizing and detoxifying.

## Intestines

**A thousand years ago doctors believed many ailments originated from imbalances in the digestive tract.** This was called hypochondriasis. (In Ancient Greek, hypochondrium refers to the the abdomen between the breastbone and the navel.) However, as science became more “sophisticated” doctors appeared to have diminished the significance of the digestive tract as a possible cause of disease probably because they couldn't see a direct mechanism of action. Instead they began using the word "hypochondriac" with a dismissive connotation to describe people with no visible illnesses at all beyond having an irrational fear of illness - “it's all in their head.”

But what if this ancient concept of many illnesses originating in the gut is valid?



Medical research today is booming with studies showing that changes in the microbiome (intestinal bacteria) can play a large role in the development (or even cure) of many common physical, emotional, and even behavioral abnormalities.

When properly functioning, our intestinal lining (amazingly only 1 epithelial cell thick) forms a flexible barrier that carefully controls the minuscule digested nutrients that are permitted entry into the bloodstream while separating them from the wastes, toxins and (unwanted) microorganisms such as Candida and parasites that are prevented entry and excreted from the body. **However if our intestinal lining becomes chronically inflamed, damage can occur creating gaps that allow passage of larger inappropriate particles through the intestinal wall into the bloodstream (commonly called leaky gut syndrome).** These antigens may then pass into the lymph glands, lungs, liver and other organs, potentially producing a variety of ailments. Conditions traced to “leaky gut” include: weakened immune function, allergies, fatigue, irritability, lethargy, hyperactivity (in children), autism, mood swings, muscle and joint pain, sleep disturbances, poor concentration and memory, chronic fatigue, and fibromyalgia.

Below the stomach, problems associated with the small and large intestines are often significantly improved simply by consuming naturally fermented, probiotic containing foods like raw sauerkraut, pickles, miso and yogurt or probiotic capsules.

**But what creates the chronic inflammation that can cause leaky gut in the first place?** Excess consumption of sugar, alcohol, NSAIDS (Tylenol, Advil, aspirin, etc), prednisone, and even stress often play major roles. Sensitivities/allergies to certain foods if eaten regularly is also a very common cause.

**In the last few years, very much in the discussion among leading doctors and scientists in this field** is the strong likelihood that glyphosate containing foods (foods grown using Roundup herbicide) and vaccines, especially those containing aluminum or mercury are major contributors of intestinal inflammation.

## Repairing The Gut Lining

Reducing the causes and determining possible food allergies is of paramount importance. While there is great individual variation, the first step in self-diagnosis is eliminating or reducing the most common culprits: drugs, coffee, sugar, dairy, unfermented soy products, corn, wheat and other gluten-containing foods such as oats, barley, and rye. Some people do much better with no grains of any kind, more of a paleo diet approach. Eliminating or greatly reducing NSAIDS may also be necessary. Very simply, if you eliminate those items for a few days or weeks and your symptoms diminish or disappear you are definitely on the right tract. You can then go back and add those foods one at a time and see how your body reacts. Not to worry, delicious dairy-free ice creams and gluten-free breads and pastas are now commonly available.

**Generally, if not severely damaged your intestinal lining heals very quickly.** Separately or together, natural supplements that can help accelerate and maintain the healing process include: Probiotics, aloe, slippery elm, marshmallow root, DGL, chamomile, zinc carnosine, and glutamine. **Synergistic combination formulas are listed below.**

Once inflammation levels are down and your gut lining heals up many people have found that health challenges they've suffered with for many years simply disappear and their happy stomachs are able to smile again.

**Rx for a happy stomach:** relax, chew well, begin your meals with miso soup, warm tea, or warm foods, include fermented foods or probiotic capsules regularly, avoid ice-cold drinks with your meals, and always choose organically grown foods, ... Bon appetit!

## Sunshine Has Everything You Need To Keep Your Stomach Smiling

- Organic Sweet White And Dark Red Misos
- Organic Fermented Umeboshi Plum Paste
- 2 Varieties Of Sunshine-Made Raw Organic Sauerkraut
- World's Best Organic Coconut Yogurt
- Digestive Enzymes And Probiotics In Capsules
- [Vital Gut Renew](#) from Vital Planet
- [Digest Mend](#) from Natura

**Ask us for guidance as to which products or formulas are best suited to address your individual challenges.**



**Trace Mineral Research  
Electrolytes & Workout Formulas  
More Energy And Faster Recovery  
All Summer Long!**

An electrolyte is a mineral that produces an electrically conducting solution when dissolved in water. Muscles need electrolyte minerals such as calcium, sodium, and potassium to contract for strength, and magnesium to extend and relax. When these nutrients become imbalanced, it can lead to muscle weakness & fatigue, excessive contraction (cramping), or even insomnia.

Activity during the warm summer season can easily cause you to sweat out important electrolyte minerals. Drinking water alone often isn't enough to replenish your body's supply of electrolytes. Many foods today are grown in soils depleted of their naturally abundant minerals. To help restore your body's lost electrolytes and minerals, supplementation is often necessary.



**Single Serving Power Paks – add to water for a refreshing pick-me-up packed with electrolytes, trace minerals, vit-C, and more.**

Great Salt Lake in Utah is the world's oldest inland sea, a remnant of the last great Ice Age. It has been collecting and concentrating minerals and trace elements from the surrounding Rocky Mountains for tens of thousands of years. The result is nutrient rich waters which contain over 72 ionic minerals and trace elements that are eight to ten times more concentrated than regular seawater in precisely the same proportion as healthy human fluids. It is from this source that Trace Minerals Research (TMR) harvests the elements and trace minerals that go into every product.

**TMR electrolytes are available in tablets or liquids that are ready to add to water or your favorite sports drink. They now also offer 3 Flavors Of Great-Tasting Electrolyte Gummies**

In addition to their electrolyte formulas TMR also offers 2 great workout formulas that combine their electrolytes with additional nitric oxide boosters to increase circulation and amino acids to help rebuild muscle mass.

**All TMR products contain no artificial colors, flavors, or sweeteners and are non-GMO.**

**Why You Should Buy Sunscreens  
Only At Health Food Stores**

Statistically the greatest rise in skin cancer has been in countries where chemical sunscreens have been heavily promoted. Most mass market sunscreens contain oxybenzone, a synthetic estrogen that goes thru the skin into the bloodstream. It can cause hormonal imbalances in men, women & children.

Further, 40% of mass market sunscreens also contain vitamin A (retinol or retinyl palmitate). Government studies showed tumors and lesions develop 21% faster when skin coated with vitamin A is exposed to sunlight.

**Know The Facts. Pick Up Our FREE 2-page Sun Protection Article Before You Buy Sunscreen Again**



**Increased Energy,  
Improved Sleep  
Stephen's Success Story**

Stephen Ceekay, a 60-year-old dog trainer from Brookline, Ma. was feeling the effects of decades of non-stop work and family responsibilities. He wasn't sleeping well, waking up 4 or 5x every night. Coffee to get thru his day had become a necessity.

A family member suggested that Steve read about an adaptogenic formula that was featured in the March issue of the Sunshine newsletter. He found the article in the Wellness Library on the store website, called us, and ordered a bottle of **Power Adapt**.

**The Results:** In less than a week Steve began to feel the results. His sleep was much improved and he had more energy throughout his day. His clients (the dogs) began responding more quickly and his wife began noticing his improved mood as well. Steve said: "When I'm well-rested and at my best, the dogs feel it and the results are much improved. Power Adapt has really helped all aspects of my life."

**Power Adapt** from NATURA, an Ashland company is an extraordinarily well-balanced energy tonic designed to build strength and stamina while promoting a healthy stress response which often leads to improved sleep.

An extra-strength adaptogenic formula, **Power Adapt** features a blend of herbal extracts that work together to maximize the benefits of physical exercise. In many cases it can provide the boost needed to get you moving again or the balance needed to improve sleep. Unlike pharmaceutical sleep aids or caffeinated energy beverages, Power Adapt can provide energy and calm simultaneously!



**Contains herbs used for centuries**

The botanical ingredients encourage healthy endocrine function by providing nourishment to the spleen, kidneys, and adrenal glands which results in the energy necessary to support your body's ability to rebuild, bounce back, and restore balance.

**Some people experience the benefits of Power Adapt overnight. Most feel it working in 3-7 days.**

**Coconut Milk Yogurt** Delicious and Dairy-Free Incredibly rich and packed with 15 different probiotic strains. This is the highest quality, best-tasting coconut yogurt we've ever had. At my house we all limit ourselves to about 2 spoonfuls a day because it's so expensive ... but soooo worth it!



**No Added Sugars**



**Sunshine Popsicle Of The Decade  
Award Winner**

Sweet Cherry n' Lemonade flavor popsicles are made from 100% fruit juice. NO added sugar. A refreshing, delicious, guilt-free summertime treat. Vegetable derived all natural food colorings. For ages ½ to 100 ... and above.



## Enjoy Food & Improve Your Health With Enzymedica Brand Digestive Enzymes

Enzymes are proteins that help speed up chemical reactions in our bodies. Like a match or spark is needed to burn wood, enzymes provide the spark required to unlock nutrients and burn the energy stored in our food. They are essential for digestion and are also required for immune support and cellular repair.

Our bodies create digestive enzymes in the salivary glands, stomach, pancreas and small intestine, where most of the digestion takes place. Different enzymes work on different types of foods. Protease breaks down proteins, lipase breaks down fats, cellulase breaks down fibers and amylase breaks down starches. There are more, but these are the four main types involved in digestion.

Enzymes are made by our bodies and are also plentiful in raw foods. Unfortunately, when food is cooked — or in the case of milk, pasteurized — these enzymes are destroyed by the heat. With fewer enzymes in our foods, our bodies need to make more enzymes. This consumes energy which means you have less to go toward other bodily functions, such as your immune system.

**Enzyme production decreases as we age** and, along with consumption of processed denatured foods, explains why more and more people suffer from digestive complaints as we get older.

**If you suffer from gas, bloating, and other digestive complaints**, you may need enzymes added to your diet. Plant-based enzymes function in the wide pH ranges found throughout the digestive system and break down carbs, fats, sugars, proteins, and fiber.

**Digest Gold** has been the best seller in the U.S. for nearly 20 years and is #1 with Sunshine customers. It is a full-spectrum formula that helps digest your entire meal. **I find digestive enzymes very helpful if I've eaten too close to bedtime**, overeaten, or eaten food from a restaurant that uses low-quality ingredients.

### Enzymedica Also Offers Targeted Formulas For Specific Conditions

**Lypo Gold** breaks down 22 mg of fat per capsule with other enzymes to digest the whole meal. It's very helpful treating fatty liver & gall bladder issues. Can also help reduce cholesterol & triglyceride levels.

**Lacto** is the formula for people who are lactose intolerant. It's the highest potency lactase product available and contains 8 additional enzymes to breakdown not only the dairy sugar (lactose) but also the milk fat, protein and the rest of your meal.

**Gluten Ease Maximum Strength** is for people who are gluten/wheat intolerant. GlutenEase is the highest potency formula of its kind and often allows gluten intolerant folks to occasionally enjoy a meal with wheat or gluten with no ill effects.

**Acid Soothe Chewable** may be taken any time digestive discomfort begins. Or by chewing 1-2 tablets at the end of a meal you can often prevent digestive discomfort.

**Digest Gold + Probiotics** is a really convenient way to get maximum benefits from a single capsule

Ask Rob about an interesting experiment you can do at home to visually demonstrate digestive enzymes in action.

**Receive 30% Off The Msrp Thru July 22<sup>nd</sup>  
On All Enzymedica Digestive Formulas**



**GREAT PRICES, GREAT ADVICE**  
128 S.W. "H" STREET, GRANTS PASS, OR  
541-474-5044 • TOLL FREE: 877-656-1634  
[sunshinefoodandvitamin.com](http://sunshinefoodandvitamin.com)

### - See Inside For July Features -

**60-year-old Improves Sleep And Finds Increased Energy  
Secrets Of Improved Digestion Revealed  
Popsicle Of The Decade Award Winner**



**Rob Pell,  
owner at  
Sunshine**

### Need A Health-Related Guest Speaker For Your Group?

If you have a group of 15 people or more who are interested in holistic healthcare or lifestyle, I'd be very happy to work with you, free of charge. I make room in my schedule every month for one or occasionally two public presentations.

You can choose a topic of particular interest to your group or I can make suggestions for you. Either way we can allot time to include a question-answer period so we'll all learn something new. Call me @ 541 474 5044 between 1 & 6 p.m. and we can discuss availability & options.

**Thank you very much to all the groups who have invited me to speak at their meetings. A partial list includes:**

- \* The Pulmonary Patients Support group at Asante
- \* Vets Helping Vets
- \* JoCo Drug Court Parole program
- \* JoCo Republican Women
- \* The Grants Pass Lion's Club
- \* Grants Pass TOPS group (Take Off Pounds Sensibly)
- \* The Western Welcome Newcomers Club
- \* Asante Hospital Auxiliary Members
- \* The Breast Cancer Survivors group at the Asante Women's Health Center

**In preparing for each presentation I learn a lot and engaging in the Q & A session with attendees is always fun for everyone**