

## Food for Thought

You are what you eat, plain and simple. The function of the digestive system is to properly assimilate vitamins, minerals amino acids, and fatty acids from the foods you eat and the supplements you take.

You are a unique individual therefore your digestive system is unique unto you and you alone. I know people who can eat the entire kitchen along with the kitchen sink and appear to be unaffected by it. I on the other hand have a sensitive digestion system and need to be extremely careful of what I put in it.

Let's compare your digestive system to a library, where you assimilate ideas and information. You're digesting food for thought so to speak. The books on the shelves are carefully categorized depending on their content. Similar to the foods we digest, vegetables get along well with proteins, fruits like to stand alone, and the proper pairing of acids and alkalines make for a happy tummy. You wouldn't find Rodney Dangerfield on a shelf with Aristotle now would you? Shakespeare's Taming of the Shrew probably wouldn't be sitting next to Chevy Chase's Ground Hog Day.

How efficient is your digestive system? How easily do you digest protein? These questions can be answered by a simple metabolic urine-screening test called an Indican assessment. The inability to properly digest protein can throw your hormones out of whack due to improper glycemic levels which can further lead to degenerative disorders and cancer.

You've heard of lectins and glutes, but aren't quite sure what they are. A commonly found lectin is called gluten found in grains such as wheat, rye, barley, and oats. It bears repeating each digestive system is unique and chronic indigestion is rampant in the intestines of individuals with poor gluten reaction. Undigested proteins create a heavy load of toxins causing the liver to work twice as hard. This may also lead to intestinal bacterial overgrowth creating more hormone damage.

Are you at risk? Unless you spend hours upon hours tending to your organic garden and raising your own chickens (free-range of course) and milking the goat for your morning cream, I'd say there's a good chance. When in doubt call Dr. Ross (1-858-481-1131), don't wait a minute longer, you're tummy will love you.