

The Digestive System

Getting to the Root of Gastrointestinal Problems

Psalms 139:14 – “I will praise thee; for I am fearfully and wonderfully made; marvelous are thy works; and that my soul knoweth right well.”

1 Corinthians 10:31 – “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”

Proverbs 26:2 – “As the bird by wandering, as the swallow by flying, so the curse causeless shall not come.”

“A cruel and wicked ignorance is tolerated in regard to this important question. So closely is health related to our happiness, that we cannot have the latter without the former. A Practical knowledge of the science of human life, is necessary in order to glorify God in our bodies. It is therefore of the HIGHEST IMPORTANCE, that among the studies selected...physiology should occupy the first place. How few know anything about the structure and functions of their own bodies, and of Nature's laws! Many are drifting about without knowledge, like a ship at sea without compass or anchor; and what is more, they are not interested to learn how to keep their bodies in a healthy condition and prevent disease.” (HR August 1, 186 par.4) (CH 38.1)

FACTS ABOUT THE DIGESTIVE SYSTEM:

***THE DIGESTIVE SYSTEM = The foundation of the human machinery!**

“...The digestive organs lose their vital force. The foundation of the human machinery is gradually undermined, and life is rendered very unpleasant.” {CD 101.3}

DIGESTIVE ORGANS THAT PRODUCE SECRETION:

- Liver
- Mouth
- Pancreas
- Small intestines
- Stomach

Normal transit time for waste to be eliminated out of your body = 24 hours.

Mouth/Alkaline = 1-5 minutes

Stomach/Acidic = 4 ½ - 5 hours

Small Intestines/Alkaline = 7 1/2 hours

Large Intestine = 12 hours

TOTAL ELIMINATION TIME: 24 HOURS GOOD TO KNOW FACTS:

Zantac & Exlax = the 2 leading (OTC) over the counter drugs.

***Sugar & Milk produce Alcohol on the Liver**

***Abusing the Stomach = Dishonoring Christ**

“...Christ is dishonored when the stomach is abused...” (CD 111.3)

*The soul is afflicted when the stomach is afflicted. (CD 111.3)

***Bad breath = sign of bad digestion.** (CD 101.1)

Digestion is closely related to your mind. How you digest food will have an impact on your way of thinking.

CAUSES OF HYDROCHLORIC ACID DEFICIENCY:

Bad Food combination
Drinking liquid with meals
Eating between meals
Late night eating
Not enough chewing
Overeating

*****In order to solve a digestive problem, we need to correct the cause.**

"In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system." {MH 127.1}

29 THINGS THAT CAUSE DIGESTIVE PROBLEMS:

1. Overeating (CD 101.2)

2. Eating Things That Are An Enemy To Health. (CD 102.1) (CD 85.1 – Adulterous substances to be avoided)

- A. Aspartame
- B. White Bread
- C. White Rice
- D. Food Coloring
- E. Milk
- F. Meat
- G. Cheese
- H. Sugar
- I. MSG
- J. Gluten; Etc.

3. Study & Violent Exercise After Eating. (CD 103.2) -- It is good to take a short walk. - (CD 103.3-104)

4. Liquid Diet (CD 105.1-.2) – "Taken in a **LIQUID STATE**, your food would not give healthful vigor or tone to the system... So much liquid taken into the stomach was not healthful, and that all who subsisted on such a diet placed a great tax upon the kidneys, and so much watery substance debilitated the stomach." (CD 105.1-.2)

5. Hot Food (CD 106.2)

6. Cold Food (CD 106.3)

7. Drinking With Meals {CD 106.4} – "Food should not be washed down. Taken with meals, water diminishes the flow of saliva... the more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must first be absorbed." (CD 106.4-.5)

8. Eating Quickly (CD 107.1-.3)

9. Too Many Items At One Meal (CD 107.1/107.4/109.5/110.1-.4/110.5/111.1/111.4/113.3-.4)

"Do not have too great a variety at a meal; three or four dishes are plenty."

10. Sour Bread (CD 108.1; CD 316.4)

11. Eating At Improper Times (CD 109.2)

- a. In between meals (180.4)
- b. Studying or eating violently after eating/eating after violent exercise (103.2-.3)
- c. After 6:00 pm
- d. When stressed (anxious or excited) (cd 107.2)
- e. No regularity (cd 124.1)
- f. Meals too close together (cd 173.1)

12. Improper Food Combinations (CD 109.4/111.3)

- a. Fruit & veggies eaten together (CD 112.3/.6)
- b. Rich desserts & vegetables eaten together (CD 112.5)
- c. Combinations of milk & sugar (CD 113.2)

13. Not Chewing (masticating) food well (CD 107.1-.3)

14. Eating Rich Foods (CD 124.1/64.3)

15. Eating Unripe Fruit (CD 167.2)

16. Eating Spoiled Food (CD 309.6)

17. Bread Not Well Done (CD 317.1-.2) = **"BREAD WHICH IS TWO OR THREE DAYS OLD IS MORE HEALTHFUL THAN NEW BREAD."**

18. Eating Condiments (CD 429 #747) - (Ketchup, Mustard, Store Bought BBQ Sauce, Vegenaïse, Worcestershire Sauce, etc. All these items have vinegar)

19. Eating Vinegar (CD 345.1/ 345.6)

20. Fried Foods (potato chips esp.CD 323.1)....Greasy Foods (CD 83.1/314.3)

21. Eating Too Much Sugar (she's referring to the unprocessed kind) (CD113.1/196-197)

22. Drinking Soft Drinks

23. Drinking Coffee, Tea or any Caffeine (CD 149.2)

24. Chewing Gum (CD 180.4)

25. Eating Overcooked Food (loss of minerals)

26. Eating Spicy Foods (CD 83.1)

27. Eating Baking Soda & Baking Powder (CD 342.1/343.1/ 344...top part of page)

28. Eating Too Hurriedly (CD 107.2)

29. Fruit Eaten After A Full Meal (CD 309.6)

"If men and women would only remember how greatly they afflict the soul when they afflict the stomach, and how deeply Christ is dishonored when the stomach is abused, they would be brave and self-denying, giving the stomach opportunity to recover its healthy action. **While sitting at the table we may do medical missionary work by eating and drinking to the glory of God.**" {CD 111.3}

***EATING, DRINKING AND DRESSING are carried to such excess that they become crimes. They are among the marked sins of the last days, and constitute a sign of Christ's soon coming...it is impossible to present our bodies a living sacrifice to God when we continually fill them with corruption and disease by our own sinful indulgence. Knowledge must be gained in regard to how to eat and drink and dress so as to preserve health." (CH 24.2)

Blog Link:

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/11/the-digestive-system-getting-to-root-of.html>