

Breathe Fresh Air

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As we open the windows to get fresh air into our houses, we must look at the air around us. What does the air around you say about you? Do you give off toxic fumes after you eat? Does your family leave the area so they can get some fresh air?

The air around us indicates the status of our gut where we digest our food. The gut consists of a hollow tube that begins at the mouth and stops at the end of the colon. Signs of a malfunctioning GI tract could include the following:

- Bloating and/or acid reflux
- Light colored stools and/or constipation
- Pain on the upper right side of the abdomen
- Gall stone formation
- Dry skin and/or skin rashes
- Pain in the neck and upper back or between the shoulder blades
- Belching/gas, and indigestion after eating fats, oils, and/or protein.

The digestive process begins in the mouth with the mixing of food with saliva. Washing down the food with a drink prevents the digestive process from starting. Drinking with meals also dilutes the digestive enzymes that are present in the gut, causing indigestion and gas. Drinking should be completed one hour before meals. This rule applies to all liquids including water, wine, milk, soda pop, tea and coffee.

One way to influence the air is to avoid eating specific gas producing foods. When there are insufficient digestive enzymes people avoid broccoli, brussel sprouts, cauliflower, cabbage, onions, asparagus, beans, apples, peaches and pears. These foods are high in anti-oxidant and anti-cancer vitamins and minerals. Instead of avoiding these beneficial foods, fix the gut!

A healthy digestive system is important. Digestive difficulties can develop when we eat too fast or when there are insufficient digestive enzymes in the gut to allow the proper breakdown of foods eaten. When food is not properly digested it can ferment, putrefy, become rancid, and injure the lining of the gut.

We enjoy the fermentation process that creates such products as beer, wine and alcohol. We do not enjoy the fermentation process that results in gas and bad breath. If our bodies are unable to produce the correct combination of digestive enzymes, the body will ferment food in order to move it through the system.

Fermentation is why we pollute the air after eating. The gut bacteria that ferment the food also create an acid. This acid can reflux back up into the esophagus causing a burning sensation or acid reflux. The key is to fix gut digestion. Seek out alternative physicians who can determine enzyme and digestive deficiencies and offer many natural solutions.